

Hymns and Readings for Sunday 10th September 2023

Fourteenth Sunday after Pentecost

Sunday before the Exaltation of the Cross

Afterfeast of the Nativity of the Most Holy Theotokos

The Holy Virgin Martyrs Menodora, Metrodora, and Nymphodora, at Nicomedia

THE HOURS

TROPARIA AND KONTAKION AT THE THIRD HOUR

Troparia: Resurrection; Glory ... Holy Virgin Martyrs; Both now ... From the Horologion

Kontakion: Resurrection

TROPARIA AND KONTAKION AT THE SIXTH HOUR

Troparia: Resurrection; Glory ... Nativity of the Theotokos; Both now ... From the Horologion

Kontakion: Holy Virgin Martyrs

THE DIVINE LITURGY

FIRST ANTIPHON

[Music on website / Sheet]

O Lord, remember David in all his meekness.

Through the prayers of the Theotokos, O Saviour, save us!

We heard of it at Ephratah, we found it in the fields of the wood.

Through the prayers of the Theotokos, O Saviour, save us!

Glorious things are spoken of thee, O city of God.

Through the prayers of the Theotokos, O Saviour, save us!

God is in the midst of her; she will not be moved. God will help her when the morning dawns.

Through the prayers of the Theotokos, O Saviour, save us!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Through the prayers of the Theotokos, O Saviour, save us!

SECOND ANTIPHON

[Music on website / Sheet]

The Lord swore an oath to David, from which He shall not turn back.

O Son of God, glorified in Thy Saints, save us who sing to Thee: Alleluia!

Of the fruit of thy body, I will set upon thy throne.

O Son of God, glorified in Thy Saints, save us who sing to Thee: Alleluia!

There I will make the horn of David flourish; I have ordained a lamp from my anointed.

O Son of God, glorified in Thy Saints, save us who sing to Thee: Alleluia!

For the Lord has chosen Zion; He has desired it for His habitation.

O Son of God, glorified in Thy Saints, save us who sing to Thee: Alleluia!

Glory be to the Father, and to the Son, and to the Holy Spirit.

Both now and ever and unto the ages of ages. Amen.

O only-begotten Son and Word of God. O Thou Who art Immortal, yet for our salvation didst deign to be incarnate of the holy Mother of God and Ever-Virgin Mary; and without change wast made man; Who also wast crucified for us; and by death didst overcome death: save us, O Christ, our God; one Person of the Holy Trinity, glorified together with the Father and the Holy Spirit.

THIRD ANTIPHON

Reader: Here I will dwell for I have desired it.

Troparion of the Nativity of the Theotokos in Tone 4 [\[Music on website / Sheet\]](#)

Thy nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from thee, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.

Reader: The Most High has sanctified His tabernacle.

Thy nativity, O Virgin ...

Reader: Holy is Thy temple and wonderful in righteousness.

Thy nativity, O Virgin ...

ENTRANCE HYMN

O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

TROPARIA & KONTAKIA

Troparion of the Resurrection in Tone 5

[\[Music on website / Green Book page10\]](#)

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

Troparion of the Nativity of the Theotokos in Tone 4 [\[Music on website / Sheet\]](#)

Thy nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from thee, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.

Troparion of Saint Chad in Tone 2

[\[Music in Folder\]](#)

As a Bishop thou gavest thyself
to preaching the truth and the purity of the Church.
Thou didst shine forth as an example of humility and holiness;
studying the Scriptures, thou tookest care to follow the Word.
Pray for thy children, O Holy Father Chad,
that we too may follow Christ,//
and be found worthy to partake of the nature of God.

Troparion of the Holy Virgin Martyrs in Tone 1

[\[Music on website / Sheet\]](#)

Let all who rejoice at their triumph honor those three virgin martyrs,
who are united to God as sisters
and who pour forth fair streams of grace:
Menodora, Metrodora, and Nymphodora,
who were in all things courageous;//
they ever pray to the Trinity for us.

Kontakion of the Resurrection in Tone 5[\[Music on website / Green Book page10\]](#)

Thou didst descend into hell, O my Saviour,
shattering its gates as Almighty,
resurrecting the dead as Creator,
and destroying the sting of death.
Thou hast delivered Adam from the curse, O Lover of man, //
and we cry to Thee: "O Lord, save us!"

Kontakion of Saint Chad in Tone 2[\[Music in Folder\]](#)

When thou wast praying to Christ, O venerable Chad
the choir of the angels came to call thee to thy reward.
Then thou wast summoned to share
in the Thrice Holy song with the seraphim.
Pray thou that we may live
as icons of the cherubim //
rejoicing before the Trinity, the Giver of life.

Glory to the Father, and to the Son, and to the Holy Spirit;

Kontakion of the Holy Virgin Martyrs in Tone 4[\[Music on website / Sheet\]](#)

Invincible in your struggles for the Holy Trinity,
and through your love for each other as sisters,
you defeated the foe of the spiritual life,
and with the five virgins, entered victoriously into the heavenly mansions //
where you ever rejoice with the angels in the presence of the King of all!

Both now and ever and unto ages of ages. Amen.

Kontakion of the Nativity of the Theotokos in Tone 4[\[Music on website / Sheet\]](#)

By thy nativity, most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve, from the corruption of death.
And we, thy people, freed from the guilt of sin, celebrate and sing to thee: //
"The barren woman gives birth to the Theotokos, the Nourisher of our Life."

THE TRISAGION

PROKEIMENA

Reader: The Prokeimenon in the Sixth Tone.

Reader: O Lord, save Thy people, and bless Thine inheritance!

Choir: O Lord, save Thy people, and bless Thine inheritance!

Reader: To Thee, O Lord, will I call. O my God, be not silent to me!

Choir: O Lord, save Thy people, and bless Thine inheritance!

Reader: And in the Third Tone.

Reader: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

Choir: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

EPISTLE

The Reading from the Epistle of the Holy Apostle Paul to the Galatians.

Ye Brethren: See with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen. [Galatians 6:11-18]

Ye Brethren: Be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. [Ephesians 6:10-17]

ALLELUIA

Priest: Peace be to thee that reapest, and to all the people.

Reader: And to thy spirit. Alleluia, alleluia, alleluia!

Reader: I have exalted one chosen out of My people.

Choir: Alleluia, alleluia, alleluia!

Reader: For My hand shall defend him and My arm shall strengthen him.

Choir: Alleluia, alleluia, alleluia!

Reader: Hearken, O daughter, and see, and incline thine ear!

Choir: Alleluia, alleluia, alleluia!

GOSPEL

The Reading from the Holy Gospel according to John.

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him." [John 3:13-17]

The Lord said to his disciples, "Nothing is covered up that will not be revealed, or hidden that will not be known. Therefore whatever you have said in the dark shall be heard in the light, and what you have whispered in private rooms shall be proclaimed upon the housetops. I tell you, my friends, do not fear those who kill the body, and after that have no more that they can do. But I will warn you whom to fear: fear him who, after he has killed, has power to cast into hell; yes, I tell you, fear him! Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows. And I tell you, everyone who acknowledges me before men, the Son of man also will acknowledge before the angels of God; but he who denies me before men will be denied before the angels of God. And everyone who speaks a word against the Son of man will be forgiven; but he who blasphemes against the Holy Spirit will not be forgiven. And when they bring you before the synagogues and the rulers and the authorities, do not be anxious how or what you are to answer or what you are to say; for the Holy Spirit will teach you in that very hour what you ought to say." [Luke 12:2-12]

THE ZADOSTOYNIK

[Music on website / White Book page 8]

"Magnify, O my soul, the most glorious Nativity of the Mother of God ..."

COMMUNION HYMNS

Praise the Lord from the heavens, praise Him in the highest! I will take the cup of salvation and call on the Name of the Lord. Alleluia, Alleluia, Alleluia!

AFTER COMMUNION

"We have seen the True Light ..." etc., as usual.

AFTER THE SERMON

The Memorial Service (Mnimosino; Panikhida; Parastas) will be sung for the first anniversary of the repose of Queen Elizabeth II, of blessed memory.
