

# Hymns and Readings for Sunday 17<sup>th</sup> September 2023

## Fifteenth Sunday after Pentecost ♦ Sunday after the Exaltation of the Cross

### Afterfeast of the Exaltation of the Cross

#### The Holy Great-Martyr Sophia, and her daughters, the Holy Martyrs Faith, Hope, & Love (Vera, Nadezhda & Lyubov; Pistis, Elpis, & Agape), at Rome

#### THE HOURS

##### TROPARIA AND KONTAKION AT THE THIRD HOUR

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

**Kontakion:** Resurrection

##### TROPARIA AND KONTAKION AT THE SIXTH HOUR

**Troparia:** Resurrection; Glory ... Exaltation of the Cross; Both now ... From the Horologion

**Kontakion:** Holy Martyrs

---

#### THE DIVINE LITURGY

##### FIRST ANTIPHON

[Music on website / White Book page 12]

God, my God, attend to me! Why hast Thou forsaken me?

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

Why art Thou so far from helping me, from the words of my groaning?

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

O my God, I cry by day, but Thou dost not answer; and by night, but find no rest.

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

Thou dwellest in the sanctuary, the praise of Israel.

***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 / White Book page 13]

O God, why dost Thou cast us off forever?

***O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!***

Remember Thy congregation, which Thou hast gotten of old!

***O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!***

Remember Mount Zion, where Thou hast dwelt!

***O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!***

God is our King before the ages; He has worked salvation in the midst of the earth.

***O Son of God, crucified in the flesh, 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

[Music on website / White Book page 14]

**Reader:** The Lord reigns, let the people tremble!

**Troparion of the Cross in Tone 1**[\[Music on website / White Book page 15\]](#)

O Lord, save Thy people,  
and bless Thine inheritance!  
Grant victories to the Orthodox Christians  
over their adversaries;  
and by the power of Thy Cross, //  
preserve Thy habitation.

**Reader:** The Lord reigns, let the people tremble! He sits enthroned upon the cherubim; let the earth quake!

***O Lord, save Thy people ...***

**Reader:** The Lord is great in Zion; He is exalted over all the peoples.

***O Lord, save Thy people ...***

**Reader:** Bow down in worship to the Lord in His holy court!

***O Lord, save Thy people ...***

---

**ENTRANCE HYMN**

*The Introit of the Little Entrance shown of page 14 of the White Book is not used. Instead, as usual:*

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****Troparion of the Resurrection in Tone 6**[\[Music on website / Green Book page 12\]](#)

The Angelic Powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave,  
seeking Thy most pure body.  
Thou didst capture hell  
not being tempted by it.  
Thou didst come to the Virgin, granting life. //  
O Lord, Who didst rise from the dead, glory to Thee.

**Troparion of the Cross in Tone 1**[\[Music on website / White Book page 15\]](#)

O Lord, save Thy people,  
and bless Thine inheritance!  
Grant victories to the Orthodox Christians  
over their adversaries;  
and by the power of Thy Cross, //  
preserve Thy habitation.

**Troparion of Saint Chad in Tone 2**[\[Folder\]](#)

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 Martyrs in Tone 5**[\[Music on website / Sheet\]](#)

Thou didst blossom in the courts of the Lord  
as a fruitful olive tree,  
Holy martyr Sophia;  
in thy contest thou didst offer to Christ the sweet fruit of thy womb,  
thy daughters Faith, Hope, and Love. //  
Together with them intercede for us all!

**Kontakion of the Resurrection in Tone 6**[\[Music on website / Green Book page 12\]](#)

When Christ God the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race.//  
He is the Saviour of all, the Resurrection, the Life, and the God of all.

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

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

**Kontakion of the Martyrs in Tone 1**[\[Music on website / Sheet\]](#)

The holy branches of noble Sophia,  
Faith, Hope, and Love,  
confounded Greek sophistry through Grace.  
They struggled and won the victory//  
and have been granted an incorruptible crown by Christ the Master of all.

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

**Kontakion of the Cross in Tone 4**[\[Music on website / White Book page 17\]](#)

As Thou wast voluntarily crucified for our sake,  
grant mercy to those who are called by Thy Name;  
make all Orthodox Christians glad by Thy power,  
granting them victories over their adversaries//  
by bestowing on them the invincible trophy, Thy weapon of peace!

---

**THE TRISAGION**

---

**PROKEIMENA**

**Reader:** The Prokeimenon in the Seventh Tone.

**Reader:** Extol the Lord our God; worship at His footstool for He is holy!

**Choir:** Extol the Lord our God; worship at His footstool for He is holy!

**Reader:** The Lord reigns, let the people tremble!

**Choir:** Extol the Lord our God; worship at His footstool for He is holy!

**Reader:** And in the Fourth Tone.

**Reader:** God is wonderful in His saints, the God of Israel.

**Choir:** God is wonderful in His saints, the God of Israel.

**EPISTLE**

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

Ye Brethren: You know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavour to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin?

Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. [Galatians 2:16-20]

Ye Brethren: Working together with him, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labours, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. [2 Corinthians 6:1-10]

### ALLELUIA

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

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

**Reader:** Remember Thy congregation, which Thou hast purchased of old!

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** God is our King before the ages; He has wrought salvation in the midst of the earth.

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** I waited patiently for the Lord, and He was attentive unto me, and hearkened unto my supplication.

**Choir:** Alleluia, alleluia, alleluia!

### GOSPEL

The Reading from the Holy Gospel according to Mark.

The Lord said, "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power." [Mark 8:34-9:1]

At that time: A great crowd followed Jesus and thronged about him. And there was a woman who had had a flow of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. Hearing about Jesus, she came up behind him in the crowd and touched his garment. For she said, "If I touch even his garments, I shall be made well." And immediately the haemorrhage ceased; and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had gone forth from him, immediately turned about in the crowd, and said, "Who touched my garments? And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" And he looked around to see who had done it. But the woman, knowing what had been done to her, came in fear and trembling and fell down before him, and told him the whole truth. And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." [Mark 5:24-34]

---

### THE ZADOSTOYNIK

[Music on website / White Book page 23]

Magnify, O my soul,

the most precious Cross of the Lord!

Thou art the mystical Paradise, O Theotokos,

in which Christ blossomed;

through Him the life-bearing wood of the Cross was planted on earth.

Now at its Elevation,

as we bow in worship before it, //

we magnify thee.

---

---

**COMMUNION HYMNS**

Praise the Lord from the heavens, praise Him in the highest! The light of Thy countenance has been signed upon us, O Lord. Alleluia, Alleluia, Alleluia!

---

**AFTER COMMUNION**

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

---