

**Vespers sung on Saturday 9th September 2023 for Sunday 10th September
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**

“LORD, I CALL ...”

Tone 5

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

Lord, I call upon Thee, hear me!
Hear me, O Lord!
Lord, I call upon Thee, hear me!
Receive the voice of my prayer,
when I call upon Thee!//
Hear me, O Lord!

Let my prayer arise
in Thy sight as incense,
and let the lifting up of my hands
be an evening sacrifice!//
Hear me, O Lord!

Bring my soul out of prison, that I may give thanks to Thy Name.

Tone 5 (For the Resurrection)

By Thy precious Cross, O Christ,
Thou hast put the devil to shame.
By Thy Resurrection, Thou hast blunted the sting of sin
and saved us from the gates of death.//
We glorify Thee, O only-begotten One.

The righteous will surround me, for Thou wilt deal bountifully with me.

Christ was led as a sheep to the slaughter
in order to grant Resurrection to the human race.
The princes of hell were frightened by this,
for the gates of sorrow were lifted.
Christ the King of glory had entered,
saying to those in chains: “Go forth!”//
And to those in darkness: “Come to the light!”

Out of the depths I cry to Thee, O Lord. Lord, hear my voice!

O great wonder!
The Creator of the invisible suffered in the flesh in His love for man
and rose again immortal.
Come, O sons of nations,
let us worship Him,
for delivered from error by His compassion,//
we have learned to sing of one God in three Persons!

Let Thine ears be attentive to the voice of my supplications!

We offer Thee our evening worship,
O never-setting Light,
Who didst come in these last days to the world in the flesh;
Who even didst descend to hell to dispel its darkness.
Who hast revealed the light of Resurrection to the nations.//
Glory to Thee, O Lord and Giver of light!

If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.

Tone 8 *(For the Nativity of the Theotokos)*

O most glorious wonder!

Today the unwedded Mother of God
springs forth from a childless and barren womb,
as a stem bearing a flower,
coming from the righteous Joachim and Anna.

Therefore the councils of the Prophets and the whole assembly of the Patriarchs, //
rejoice at her nativity.

For Thy Name's sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.

Today David rejoices and Jesse dances.

Levi is magnified and the righteous Joachim leaps in spirit.

The barrenness of Anna is openly loosed by thy birth, O pure Mary.

The company of Angels and all mortals //

call thy divine womb blessed, O unwedded One.

From the morning watch until night, from the morning watch, let Israel hope on the Lord!

Rejoice, union of earth with heaven!

Rejoice, temple of the Lord!

Rejoice, unwedded Mother!

Thou hast most gloriously loosed Anna's barrenness
and by thy birth have given remission of sins to mortals.

Rejoice, all-immaculate one!

Rejoice, divine temple! //

Rejoice, tabernacle in which our Creator and Lord made His dwelling place!

For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

Tone 4 *(For the Holy Virgin Martyrs)*

You arrayed yourselves in garments dyed purple with your own blood.

In your beauty, O virgin maidens and martyrs,

you united yourselves spiritually to Christ,

our all-beautiful God Who preserves your virginity undefiled

in the eternal bridal chamber of incorruption;

in the mansions of Heaven, //

in a chamber not made by hands.

Praise the Lord, all nations! Praise Him, all peoples!

In imperfect bodies, yet with a perfect mind,

by the power of the Spirit, O glorious ones,

you conquered the ancient serpent, the source of evil,

and showed his power to be impotent.

Therefore you have received crowns of victory,

O Menodora, Metrodora and Nymphodora, //

champions of the Trinity.

For His mercy is confirmed on us, and the truth of the Lord endures forever.

Your limbs were twisted and thrown on the fire,

you were torn with iron hooks,

you were hanged upon a tree and beheaded by the sword.

You did not deny Christ, O all-praised athletes.

Therefore you have received the crown of victory,

O Menodora, Metrodora and Nymphodora, //

champions of the Trinity.

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

Tone 2 *(For the Nativity of the Theotokos)*

What is this sound of feasting we hear?

Joachim and Anna mystically celebrate, saying:

“Rejoice with us today, O Adam and Eve;

for if by your transgression you closed the gate of Paradise to those of old,
we have now been given a glorious fruit, //

Mary the child of God, who opens its entrance to all!”

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

Tone 5 *(Theotokion – Dogmatikon)*

In the Red Sea of old,

a type of the Virgin Bride was prefigured.

There Moses divided the waters;

here Gabriel assisted in the miracle.

There Israel crossed the sea without getting wet,

here the Virgin gave birth to Christ without seed.

After Israel’s passage, the sea remained impassable;

after Emmanuel’s birth, the Virgin remained a Virgin.

O ever-existing God Who didst appear as Man, //

O Lord, have mercy on us!

APOSTICHA

Tone 5 *(For the Resurrection)*

We magnify Thee in songs of praise,

O incarnate Christ and Saviour.

By accepting the Cross and death for our sake,

as the Lord and Lover of man,

Thou didst overthrow the gates of hell, //

and didst arise on the third day, saving our souls.

V. The Lord is King; He is robed in majesty!

By being pierced in the side, O Lover of man,

Thou hast poured out drops of life and salvation for all.

By accepting death in the flesh, Thou hast granted us immortality.

Thou hast freed us by being placed in the tomb,

and hast resurrected us with Thyself in glory, as God. //

Glory to Thee, O Lord and Lover of man!

V. For He has established the world, so that it shall never be moved.

Thy crucifixion and descent into hell are awesome, O Lover of man.

Thou hast captured it, releasing the ancient prisoners.

Thou hast opened Paradise and given it to us.

Grant us purification of sins,

who glorify Thy Resurrection on the third day!

Make us worthy of Paradise //

and save us, O Lover of man!

V. Holiness befits Thy house, O Lord, forevermore!

For our sake, Thou didst accept death in the flesh,

to rise from the dead on the third day.

Heal us from our earthly passions,

and restore us from our evil transgressions; //

and save us, O Lover of man!

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

Tone 2 *(For the Nativity of the Theotokos)*

She who was foreordained Queen of all
and the habitation of God,
has come forth today from the barren womb of joyful Anna.
She is the divine sanctuary of the eternal Essence;
shameless Hades has been trampled down through her,
and Eve with all her race is established secure in life.
It is meet and right that we should cry aloud to her://
"Blessed art thou among women, and blessed is the Fruit of thy womb!"

TROPARIA

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.

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

Troparion of the Holy Virgin Martyrs in Tone 1

[Music on website / Sheet]

Let all who rejoice at their triumph honour 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.

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

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.