

# Hymns and Readings for Sunday 29<sup>th</sup> October 2023

## 21<sup>st</sup> Sunday after Pentecost

### The Holy Venerable Martyr Anastasia the Roman

### Our Venerable and God-bearing Father Abramius the Recluse

#### THE HOURS

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

**Troparia:** Resurrection; Glory ... Venerable Abramius; Both now ... From the Horologion

**Kontakion:** Resurrection

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

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

**Kontakion:** Resurrection

#### THE DIVINE LITURGY

#### TYPICAL PSALMS AND BEATITUDES

##### 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 4**

[[Music on website / Green Book page 8](#)]

When the women disciples of the Lord learned from the angel  
the joyous message of Thy Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
Christ our God is risen, //  
granting the world great mercy!”

###### **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 Holy Martyr Anastasia in Tone 4**

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

Thy lamb Anastasia calls out to Thee, O Jesus, in a loud voice:  
“I love Thee, my Bridegroom, and in seeking Thee I endure suffering.  
In baptism I was crucified so that I might reign in Thee,  
and I died so that I might live with Thee.  
Accept me as a pure sacrifice,  
for I have offered myself in love.” //  
Through her prayers save our souls, since Thou art merciful!

###### **Troparion of Venerable Abramius in Tone 8**

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

The image of God was truly preserved in thee, O Father,  
for thou didst take up the Cross and didst follow Christ.  
By so doing, thou taughtest us to disregard the flesh for it passes away;  
but to care instead for the soul, for it is immortal. //  
Therefore thy spirit, venerable Abramius, rejoices with the angels.

**Kontakion of the Resurrection in Tone 4**[\[Music on website / Green Book page 8\]](#)

My Saviour and Redeemer as God  
rose from the tomb and delivered the earth-born from their chains.  
He has shattered the gates of hell,  
and as Master, //  
He has risen on the third day!

**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.

**Kontakion of the Holy Martyr Anastasia in Tone 3**[\[Music on website / Sheet\]](#)

Purified by the waters of virginity,  
righteous Anastasia, thou wast crowned by the blood of martyrdom.  
Thou grantest healing and salvation to those in need,  
and who call on thee from their hearts, //  
for Christ gives thee strength, pouring out on thee ever-flowing grace.

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

**Kontakion of Venerable Abramius in Tone 3**[\[Music on website / Sheet\]](#)

Thou didst live in the flesh on earth as an angel,  
and through thine ascetic life  
thou didst become like a tree nourished by the waters of abstinence and didst flourish.  
Thou hast washed away stains with the streams of thy tears //  
and so thou hast been revealed, Abramius, to be a God-like vessel of the Spirit.

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

**Steadfast Protectress of Christians in Tone 6**[\[Music on website / Folder\]](#)

Steadfast Protectress of Christians,  
Constant advocate before the Creator,  
despise not the cry of us sinners,  
but in thy goodness  
come speedily to help us who call on thee in faith.  
Hasten to hear our petition and to intercede for us, O Theotokos, //  
for thou dost ever protect those who honour thee.

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**THE TRISAGION**

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**PROKEIMENA**

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

**Reader:** O Lord, how manifold are Thy works; in wisdom hast Thou made them all.

**Choir:** O Lord, how manifold are Thy works; in wisdom hast Thou made them all.

**Reader:** Bless the Lord, O my soul! O Lord, my God, Thou art very great!

**Choir:** O Lord, how manifold are Thy works; in wisdom hast Thou made them all.

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

**Reader:** Precious in the sight of the Lord is the death of His saints.

**Choir:** Precious in the sight of the Lord is the death of His saints.

## **EPISTLE**

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

Ye Brethren: 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: The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfil the law of Christ. [Galatians 5:22-6:2]

## **ALLELUIA**

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

**Reader:** And with thy spirit. Alleluia, Alleluia, Alleluia.

**Reader:** Go forth, and prosper and reign, for the sake of truth, and meekness, and righteousness!

**Choir:** Alleluia, Alleluia, Alleluia.

**Reader:** For Thou lovest righteousness, and hatest iniquity.

**Choir:** Alleluia, Alleluia, Alleluia.

**Reader:** Blessed is the man that feareth the Lord; he shall greatly delight in His commandments.

**Choir:** Alleluia, Alleluia, Alleluia.

## **GOSPEL**

The Reading from the Holy Gospel according to Luke.

At that time: there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Someone touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened. [Luke 8:41-56]

The Lord said to his disciples: All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." [Matthew 11:27-30]

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**ZADOSTOYNIK**

It is truly meet to bless thee, O Theotokos,  
ever blessed and most pure, and the Mother of our God.  
More honourable than the Cherubim,  
and more glorious beyond compare than the Seraphim:  
without defilement thou gavest birth to God the Word:  
true Theotokos, we magnify thee!

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**COMMUNION HYMNS**

Praise the Lord from the heavens, praise Him in the highest. The righteous shall be in everlasting remembrance; he shall not be fear evil tidings. Alleluia, Alleluia, Alleluia!