

# Hymns and Readings for Sunday 28<sup>th</sup> July 2024

Fifth Sunday after Pentecost

The Holy Apostles of the Seventy and Deacons Prochorus, Nicanor, Timon & Parmenas

## THE HOURS

### TROPARIA AND KONTAKIA AT THE THIRD AND SIXTH HOURS

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

**Kontakion:** Resurrection

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## 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 AND 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 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 Apostles in Tone 3**

[Music on website / Sheet]

O Holy Apostles,  
intercede with the merciful God, //  
that He grant unto our souls remission of offences.

##### **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.

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

### **Kontakion of the Holy Apostles in Tone 1**

[Music on website / Sheet]

The glorious Nícanor, Próchorus, Parménas, and Tímon,  
the honoured deacons and eyewitnesses of the Word,  
have been shown to be chosen vessels of the Faith.  
Wherefore, we celebrate your sacred memory today, //  
blessing you with gladness of heart.

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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### **PROKEIMENON**

**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:** O Lord, how manifold are Thy works;

**Choir:** in wisdom hast Thou made them all.

### **EPISTLE**

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

Ye Brethren: My heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practises the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved. [Romans 10: 1-10]

### **ALLELUIA**

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

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

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

**Reader:** Go forth and prosper and reign, because of truth and meekness and righteousness.

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

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

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

**THE GOSPEL**

The Reading from the Holy Gospel according to Matthew.

At that time: When Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighbourhood. And getting into a boat he crossed over and came to his own city. [Matthew 8:28-34, 9:1]

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**THE ZADOSTOYNIK**

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

"It is truly meet ..." / "Meet it is in truth ..."

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**COMMUNION HYMN**

Praise the Lord from the heavens, praise Him in the highest! Alleluia, Alleluia, Alleluia!

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**AFTER COMMUNION**

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

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