

**SUNDAY 21 SEPTEMBER 2014**  
**Sunday after the Exaltation of the Precious and Lifegiving Cross**

**MATINS**

“**God is the Lord...**” in Tone 6 with its stichoi. Then the **Troparia**:

**Tone 6** Troparion of the Resurrection Green Book page 12

**Glory ...**

**Tone 1** Troparion of the Holy Cross White Book page 15 (1)  
NB: In this Parish, we sing “... by the **power** of Thy Cross ...” as on the sheet

**Both now ...**

**Tone 1** Troparion of the Holy Cross White Book page 15 (1)

The **Kathismata** from the Octoechos, Tone 6, with the verses on “Both now ...” for the Cross, as follows:

**First Kathisma**

We adore the wood of Thy Cross, O Lover of mankind; for Thou wast nailed thereon, O Life of all. O Saviour, Thou didst open paradise to the thief who approached Thee with faith. He was counted worthy of bliss, confessing Thee, “Remember me, O Lord.” Receive us, therefore, as Thou didst receive him, as we cry to Thee: “We have all sinned against Thy compassion; turn not away from us!”

**Second Kathisma**

By the mere planting of Thy Cross, O Christ, the foundations of death were shaken. Hades did swallow Thee eagerly, but it disgorged Thee with trembling. Thou hast shown us Thy salvation, O Holy One; wherefore we glorify Thee, O Son of God. Have mercy upon us.

**Polieley** is sung Matins booklet page 33

The **Evlogetaria** are sung Matins booklet page 35

The **Hypakoë**, **Anabathmoi** and the **Prokeimenon** with its accompanying stichos are all from the Octoechos Tone 6.

The 4<sup>th</sup> Eothinon Gospel is chanted from the Holy Table. After the Gospel:

“Having beheld the Resurrection of Christ ...” Matins booklet page 44

Psalm 50

Troparia following Psalm 50 Matins booklet page 46

The Intercession then follows.

The **Great Doxology** with the Troparion “Rising from the Tomb...”

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**DIVINE LITURGY**

We use the **Festal Antiphons**

White Book page 12ff

**ENTRANCE HYMN**

After the fourth singing of the Troparion and “Wisdom! Stand upright!” the Introit of the Little Entrance (White Book page 14) is intoned, immediately followed by:

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!

**TROPARIA & KONTAKIA**

**Tone 6** Troparion of the Resurrection Green Book page 12

**Tone 1** Troparion of the Holy Cross White Book page 15  
**Glory ...**

**Tone 6** Kontakion of the Resurrection Green Book page 12  
**Both now ...**

**Tone 4** Kontakion of the Holy Cross White Book page 17

The **Trisagion** (“Holy God ...”) as usual.

**PROKEIMENON** Tone 6

O Lord, save Thy people \* and bless Thine inheritance.

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

**PROKEIMENON** Tone 7

Extol the Lord our God. \* Worship at His footstool, for it is holy!

**EPISTLE:** Galatians 2:16-20

**ALLELUIA**

v: He who dwells in the shelter of the Most High will abide in the shadow of the God of heaven.

v: He will say to the Lord: My Protector and my Refuge; my God, in Whom I trust.

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

**GOSPEL:** Mark 8:34-9:1

**MEGALYNARION**

Magnify, O my soul, the most precious Cross of the Lord!

White Book page 23

**COMMUNION HYMNS**

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

Instead of “We have seen the true Light ...” we sing the Troparion of the Holy Cross (White Book page 15)
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