

# Reader's Service for Sunday 20<sup>th</sup> September 2020

15<sup>th</sup> Sunday after Pentecost • Sunday after the Exaltation of the Cross  
The Greatmartyr Eustathius, the Martyr Theopisti, and their children

*The 'Reader' may be the most senior person present – e.g. a parent or grandparent, according to the situation – or simply the most confident reader or singer. The parts marked for the 'Choir' can be read or sung by everyone together, or by one person alone. Music for some parts may be found on the website: [www.orthodoxcommunityrugby.com/choir/](http://www.orthodoxcommunityrugby.com/choir/) If no one present is a confident singer, the service can be chanted on one note, or simply read. You may prefer to use parts of the service in your own language. If so, please make sure that the prayers are read from an Orthodox prayer book or service book.*

## Before the Service

*If possible, the Service should be said in front of the household icons – e.g. in the family icon corner. If practical, and if they are available, a Cross and a Book of the Gospels (or a copy of New Testament, or a Bible) should be placed on a table in front of the icons. A lamp or candle, and incense, if available, should be lit before the Service begins.*

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

*In place of the GREAT LITANY, the choir sings:*  
Lord, have mercy. (x 12)

## FIRST ANTIPHON

### Psalm 102

**Choir:** Bless the Lord, O my soul:/ Blessed art Thou, O Lord.  
Bless the Lord, O my soul:/ and all that is within me, bless His holy Name.  
Bless the Lord, O my soul:/ and forget not all His benefits:  
Who forgiveth all thine iniquities,/ Who healeth all thy diseases.  
The Lord is merciful and gracious,/ slow to anger and plenteous in mercy.  
Bless the Lord, O my soul:/ and all that is within me, bless His holy Name. Blessed art Thou, O Lord.

*In place of the LITTLE LITANY, the choir sings:*  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

## SECOND ANTIPHON

### Psalm 145

**Choir:** Glory be to the Father, and to the Son, and to the Holy Spirit.

Praise the Lord, O my soul./ While I live will I praise the Lord;/ I will sing praises unto my God while I have any being.  
Put not your trust in princes, nor in any sons of men/ in whom there is no help.  
His breath goeth forth, he returneth to his earth:/ in that very day his thoughts perish.  
The Lord shall reign forever:/ even thy God, O Zion, unto all generations.

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.

*In place of the LITTLE LITANY, the choir sings:*  
Lord, have mercy. Lord, have mercy. Lord, have mercy.

## THIRD ANTIPHON

### The Beatitudes

**Choir:** In Thy Kingdom remember us, O Lord,/ when Thou comest in Thy Kingdom.  
Blessed are the poor in spirit:/ for theirs is the Kingdom of Heaven.  
Blessed are they that mourn:/ for they shall be comforted.  
Blessed are the meek:/ for they shall inherit the earth.  
Blessed are they which do hunger and thirst after righteousness:/ for they shall be filled.  
Blessed are the merciful:/ for they shall obtain mercy.  
Blessed are the pure in heart:/ for they shall see God.  
Blessed are the peacemakers:/ for they shall be called the children of God.  
Blessed are they which are persecuted for righteousness' sake:/ for theirs is the Kingdom of Heaven.  
Blessed are ye when men shall revile you and persecute you,/ and shall say all manner of evil against you falsely, for my sake.  
Rejoice and be exceeding glad:// for great is your reward in Heaven.

## ENTRANCE HYMN

**Choir:** 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](#)]

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](#)]

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

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 4

[[Music on website](#)]

In their sufferings, O Lord,  
Thy martyrs received imperishable crowns from Thee, our God;  
for, possessed of Thy might,  
they set at nought the tormentors, and crushed the feeble audacity  
of the demons.//  
Through their intercessions, save Thou our souls!

## THE TRISAGION

**Choir:** Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x 3)

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

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

## PROKEIMENON

**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:** Extol the Lord our God;

**Choir:** worship at His footstool for He is holy!

## EPISTLE

**Reader:** The Reading from the Epistle of the Holy Apostle Paul to the Galatians [Galatians 2:16-20]

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.

## ALLELUIA

**Choir:** 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!

## THE GOSPEL

*All stand for the reading of the Gospel. In these exceptional circumstances, the Gospel may be read by the most senior person present – e.g. a parent or grandparent – according to the situation.*

**Reader:** The Reading from the Holy Gospel according to Mark

**Choir:** Glory be to Thee, O Lord, glory be to Thee.

**Reader** 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]

**Choir:** Glory be to Thee, O Lord, glory be to Thee.

*Instead of the AUGMENTED LITANY, the Choir sings:*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

## PRAYER TO THE LORD OF HOSTS

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

Remember us, O Lord, when Thou comest into Thy Kingdom. *(All make a deep reverence)*

Remember us, O Master, when Thou comest into Thy Kingdom. *(Reverence)*

Remember us, O Holy One, when Thou comest into Thy Kingdom. *(Reverence)*

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Come unto Him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

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

The choir of holy Angels and Archangels, with all the Powers of heaven, sing Thy praises and do cry: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

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

## THE CREED (SYMBOL OF FAITH)

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds, Light of Light, very God of very God, begotten, not made; of one substance with the Father, by Whom all things were made.

Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Ghost and the Virgin Mary, and was made man.

And was crucified also for us under Pontius Pilate, He suffered and was buried. And the third day He rose again, according to the Scriptures; and ascended into heaven, and sitteth at the right hand of the Father. And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And in the Holy Ghost, the Lord, the Giver of Life, Who proceedeth from the Father;

Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets.

In One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.

And I look for the Resurrection of the dead, and the life of the world to come. Amen.

## PRAYER OF FORGIVENESS

**Reader:** O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge or ignorance, whether by day or night, whether in mind or thought; forgive us all these, for Thou art good and lovest mankind.

## THE LORD'S PRAYER

Our Father, who art in heaven,  
hallowed be Thy name, Thy Kingdom come.  
Thy will be done, on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from the evil one.

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

## KONTAKIA

### **Kontakion of the Resurrection in Tone 6** [\[Music on website\]](#)

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**

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

### **Kontakion of Saint Eustathius in Tone 2** [\[Music on website\]](#)

Having openly imitated the Passion of Christ,  
and having eagerly drunk of His cup, O Eustathius,  
thou didst become a partaker and fellow-heir of His glory,//  
receiving divine forgiveness from on high from the God of all.

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

## **Kontakion of the Cross in Tone 4**

[\[Music on website\]](#)

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!

**Reader:** Lord, have mercy. (x 12)

**Reader:** All-holy Trinity, Mighty one in essence, Kingdom undivided,  
origin of all good things, be graciously inclined also to me, a sinner.  
Establish me; give understanding to my heart, and purge away all my  
vileness. Enlighten my mind, that I may glorify, sing praises, and adore  
Thee, and say:

**Choir:** One is Holy,/ One is Lord,/ Jesus Christ,/ to the glory of God the  
Father. Amen.

**Choir:** Blessed be the Name of the Lord, from this time forth and for  
evermore.

Blessed be the Name of the Lord, from this time forth and for evermore.  
Blessed be the Name of the Lord, from this time forth and for evermore.

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

## PSALM 33

**Reader:** I will bless the Lord at all times; his praise shall continually be  
in my mouth. My soul makes its boast in the Lord; let the afflicted hear  
and be glad. O magnify the Lord with me, and let us exalt His name  
together. I sought the Lord, and he answered me, and delivered me from  
all my fears. Look to Him, and be radiant; so your faces shall never be  
ashamed. This poor man cried, and the Lord heard him, and saved him  
out of all his troubles. The angel of the Lord encamps around those who  
fear Him, and delivers them. O taste and see that the Lord is good! Happy  
is the man who takes refuge in Him! O fear the Lord, you His saints, for  
those who fear Him have no want. The young lions suffer want and  
hunger; but those who seek the Lord lack no good thing.

Come, O sons, listen to me, I will teach you the fear of the Lord. What  
man is there who desires life, and covets many days, that he may enjoy

good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are toward the righteous, and his ears toward their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from the earth. When the righteous cry for help, the Lord hears, and delivers them out of all their troubles. The Lord is near to the broken-hearted, and saves the crushed in spirit. Many are the afflictions of the righteous; but the Lord delivers him out of them all. He kept all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in Him will be condemned.

### THE ZADOSTOYNIK

[[Music on website](#)]

Magnify, O my soul,  
the most precious Cross of the Lord!  
Thou art a mystical Paradise, O Theotokos,  
in which Christ has 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.

### THE DISMISSAL

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

Lord, have mercy. Lord, have mercy. Lord, have mercy. Bless, O Lord.

[*When the service is used in church, the marked sections are omitted.*]

Reader: Lord Jesus Christ, Who rose again from the dead, through the intercessions of Thy most pure Mother, by the might of the precious and life-giving Cross; by the protection of the honourable bodiless powers of heaven; at the supplications of the Holy, Glorious Prophet, Forerunner and Baptist, John; of our Holy, Venerable and God-bearing Fathers; of our Father among the Saints, Chad, Bishop of Lichfield, Patron and Protector of this Community; of the Holy and Righteous Ancestors of God, Joachim and Anna; and of all the saints, have mercy upon us and save us. Amen.

*All kiss the Gospel Book (or New Testament, or Bible) and the Cross placed on the table. When all have done so, the reader or choir sings slowly:*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

**Reader:** Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

*[When the service is used in church, the people come one at a time to venerate the Gospel Book and Cross by making the sign of the Cross and bowing before them, but **without kissing them**. Meanwhile, the Singer quietly repeats the Troparia and Kontakia of the day, or other appropriate hymns.*

*When all have venerated the Gospel Book and Cross, the Singer sings slowly:  
Lord, have mercy. Lord, have mercy. Lord, have mercy.]*