

Hymns & Readings for Sunday 19th September 2021

13th Sunday after Pentecost

Sunday after the Exaltation of the Cross

The Holy Martyrs Trophimus, Sabbatius, and Dorymedon of Synnada

TROPARIA & KONTAKIA

Troparion of the Resurrection in Tone 4

[[Music on website](#)]

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 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 Saint Trophimus and his Companions in Tone 8

[[Music on website](#)]

God Who is praised in Trinity hath glorified a trinity of martyrs:
Trophímus, Sabbátius, and Dorýmedon.
For believing in Him, they cast down the enemy.//
By their supplications, O Christ our God, have mercy on us.

Kontakion of the Resurrection in Tone 4

[[Music on website](#)]

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

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 Trophimus and his Companions in Tone 8

[Music on website]

As the foundation of athletes and confirmation of piety,
the Church doth honour and glorify thy luminous suffering,
O right wise and glorious Trophimus, ever-hymned and blessed athlete.//
With those who suffered with thee ask cleansing for those who hymn thee, in that thou art invincible.

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!

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

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!

GOSPEL

The Reading from the Holy Gospel according to Mark [Mark 8:34-9:1]

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."

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

Magnify, O my soul,
the most precious Cross of the Lord!
Thou art the mystical Paradise, O Theotokos,
in which Christ blossomed;
through Him the life-bearing wood of the Cross was planted on the earth.
Now at its Exaltation,
we bow before it, and we magnify thee.