

# Hymns and Readings for Sunday 11th September 2022

Thirteenth Sunday after Pentecost

Sunday before the Exaltation of the Cross

Afterfeast of the Nativity of the Most Holy Theotokos

## THE HOURS

### TROPARIA AND KONTAKION AT THE THIRD HOUR

**Troparia:** Resurrection; Glory ... Saint Theodora; Both now ... From the Horologion

**Kontakion:** Nativity

### TROPARIA AND KONTAKION AT THE SIXTH HOUR

**Troparia:** Resurrection; Glory ... Nativity; 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 & 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 the Nativity of the Theotokos in Tone 4**

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

Thy nativity, O Virgin,  
has proclaimed joy to the whole universe!  
The Sun of righteousness, Christ our God,  
has shone from thee, O Theotokos.  
By annulling the curse,  
He bestowed a blessing. //  
By destroying death, He has granted us eternal life.

##### **Troparion of Saint Theodora in Tone 8**

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

The image of God was truly preserved in thee, O Mother,  
for thou didst take up the Cross and 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 Theodora, 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!

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

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

Thou didst deplete thy bodily strength by fasting, vigil, and prayers,  
entreating the Creator to grant forgiveness of thy sin;  
having received it, thou hast showed us the way of repentance, //  
venerable Mother Theodora.

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

**Kontakion of the Nativity of the Theotokos in Tone 4**[\[Music on website / Sheet\]](#)

By thy nativity, most pure Virgin,  
Joachim and Anna are freed from barrenness,  
Adam and Eve — from the corruption of death.  
And we, thy people, freed from the guilt of sin, celebrate and sing to thee: //  
“The barren woman gives birth to the Theotokos, the Nourisher of our Life.”

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**THE TRISAGION**

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**PROKEIMENA**

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

**Reader:** O Lord, save Thy people, and bless Thine inheritance!

**Choir:** O Lord, save Thy people, and bless Thine inheritance!

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

**Choir:** O Lord, save Thy people, and bless Thine inheritance!

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

**Reader:** My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

**Choir:** My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

**EPISTLE**

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

Ye Brethren: See with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen. [Galatians 6:11-18]

Ye Brethren: Be watchful, stand firm in your faith, be courageous, be strong. Let all that you do be done in love. Now, brethren, you know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; I urge you to be subject to such men and to every fellow worker and labourer. I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; for they refreshed my spirit as well as yours. Give recognition to such men. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. All the brethren send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. If anyone has no love for the Lord, let him be accursed. Our Lord, come! The grace of the Lord Jesus be with you. My love be with you all in Christ Jesus. Amen. [1 Corinthians 16:13-24]

**ALLELUIA**

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

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

**Reader:** I have exalted one chosen out of My people.

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

**Reader:** For My hand shall defend him and My arm shall strengthen him.

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

**Reader:** Harken, O daughter, and see, and incline thine ear!

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

## **GOSPEL**

The Reading from the Holy Gospel according to John.

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him." [John 3:13-17]

The Lord spoke this parable: "There was a householder who planted a vineyard, and set a hedge around it, and dug a wine press in it, and built a tower, and let it out to tenants, and went into another country. When the season of fruit drew near, he sent his servants to the tenants, to get his fruit; and the tenants took his servants and beat one, killed another, and stoned another. Again, he sent other servants, more than the first; and they did the same to them. Afterward he sent his son to them, saying, 'They will respect my son.' But when the tenants saw the son, they said to themselves, 'This is the heir; come, let us kill him and have his inheritance.' And they took him and cast him out of the vineyard, and killed him. When therefore the owner of the vineyard comes, what will he do to those tenants?" They said to him, "He will put those wretches to a miserable death, and let out the vineyard to other tenants who will give him the fruits in their seasons." Jesus said to them, "Have you never read in the scriptures: 'The very stone which the builders rejected has become the head of the corner; this was the Lord's doing, and it is marvellous in our eyes'?" [Matthew 21:33-42]

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## **THE ZADOSTOYNIK**

[Music on website / White Book page 8]

"Magnify, O my soul, the most glorious Nativity of the Mother of God ..."

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## **COMMUNION HYMNS**

Praise the Lord from the heavens, praise Him in the highest! I will take the cup of salvation and call on the Name of the Lord. Alleluia, Alleluia, Alleluia!

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## **AFTER COMMUNION**

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

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## **AFTER THE SERMON**

The Memorial Service (Mnimosino; Panikhida; Parastas) will be sung for our newly-reposed Queen Elizabeth II, of blessed memory.

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