

**ORTHROS ON SUNDAY, SEPTEMBER 17, 2023; TONE 6 /  
EOTHINON 4**

**AFTER-FEAST OF THE ELEVATION OF THE HOLY CROSS**

MARTYRS SOPHIA AND HER DAUGHTERS FAITH, LOVE AND  
HOPE

Priest: Blessed is our God always, now and ever, and unto  
ages of ages.

Choir: Amen.

Priest: Glory to Thee, our God, glory to Thee.

O heavenly King, the Comforter, Spirit of Truth, Who  
art in all places, and fillest all things, Treasury of good  
things, and Giver of life, come, and dwell in us, and  
cleanse us from every stain; and save our souls, O  
good One.

People: Holy God, Holy Mighty, Holy Immortal: have mercy  
on us. (*thrice*)

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

All-holy Trinity, have mercy on us. Lord, cleanse us  
from our sins. Master, pardon our iniquities. Holy One,  
visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (*thrice*)

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

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 evil.

Priest: For Thine is the kingdom, and the power, and the  
glory: of the Father, and of the Son, and of the Holy  
Spirit; now and ever, and unto ages of ages.

Choir: Amen.

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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

Do Thou, Who of Thine own good will wast lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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

O fearsome champion, who cannot be put to confusion, despise not our petitions, O good and all-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us all to that victory which is from heaven, for thou art she who gavest birth to God and alone art blessed.

#### LITANY

Priest: Have mercy on us, O God, according to thy great mercy, we pray thee, hearken and have mercy.

*The choir responds "Lord, have mercy" (thrice) in this litany until noted.*

Again, we pray for all pious and Orthodox Christians.

Again we pray for our father and metropolitan, N., (our bishop, N.) and all our brotherhood in Christ.

For thou art a merciful God and lovest mankind, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen. Bless, father, in the name of the Lord.

Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Reader:Glory to God in the highest, and on earth peace, goodwill among men. (*thrice*)

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (*twice*)

### PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

### PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord;

Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

### PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

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

## PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

## PSALM 102

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 that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that

are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

#### PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do

Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

Hearken unto me, O Lord, in Thy righteousness and enter not into judgment with Thy servant. (*twice*)

Thy good Spirit shall lead me in the land of uprightness.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)

O our God and our Hope, glory to Thee!

THE GREAT LITANY

Priest: In peace, let us pray to the Lord.

*The choir responds "Lord, have mercy" to each petition until noted.*

For the peace from above and the salvation of our souls, let us pray to the Lord.

For the peace of the whole world, the good estate of the holy churches of God and the union of all, let us pray to the Lord.

For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.

For our father and metropolitan, N., (our bishop, N.,) the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.

For our country, its president (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.

For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.

For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.

For travelers by sea, by land and by air, the sick, the suffering, the captive, and for their salvation, let us pray to the Lord.

For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.

Help us; save us; have mercy on us; and keep us, O God, by thy grace.

Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For unto thee are due all glory, honor and worship, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

“GOD IS THE LORD” IN TONE SIX

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.

**Verse 1.** O give thanks unto the Lord and call upon His Holy Name. (*Refrain*)

**Verse 2.** All nations compassed me about: but in the Name of the Lord will I destroy them. (*Refrain*)

**Verse 3.** This is the Lord’s doing; it is marvelous in our eyes. (*Refrain*)

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to



the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

### RESURRECTIONAL APOLYTIKION IN TONE SIX

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

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

### APOLYTIKION OF THE ELEVATION OF THE HOLY CROSS IN TONE ONE

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

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

### THE LITTLE LITANY

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thine is the might, and Thine is the kingdom, and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

## SIXTH TONE RESURRECTIONAL KATHISMATA (Plain

### Reading)

#### First Kathisma

When the tomb was shown to be open and Hades wailing, Mary cried unto the cowering Apostles, saying: Come out, ye laborers of the vineyard, and proclaim the words of the Resurrection; for the Lord is risen, granting the world Great Mercy.

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

Mary Magdalene, O Lord, did stand by Thy tomb and cry, weeping. And when she thought Thou wast the gardener, she said: Where hast Thou hidden the everlasting Life? Where hast Thou placed Him Who sitteth on the cherubic throne? And when she saw the guards who kept Him, appearing from fear like dead, she cried unto them: Give me my Lord; or else cry with me saying: O Thou Who was numbered among the dead, and Who didst raise the dead, O Lord, glory to Thee.

(For the After-feast) *Both now and ever, and unto ages of ages. Amen.* In thee, O thrice-blessed and life-giving Cross of the Lord, the people delight as with the immaterial hosts they now keep festival; piously the orders of high priests sing thy praises; reverently the legions of monastics keep worship; and all of us in faith glorify Christ God, the Crucified.

#### Second Kathisma

Verily, Life was placed in the grave, and the seals were applied to the stone. And the soldiers guarded Christ as they would a sleeping king. But the Lord rose, smiting His enemies in an invisible way.

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

Verily, Jonah did come before and made a sign of Thy tomb; and Simeon did interpret Thy divine Resurrection, O deathless Lord; for Thou didst descend into the grave as one who is dead, O Thou Who didst invade the gates of Hades, and didst rise free of corruption for the salvation of the world, being the Master, O Christ our God, and didst light those who are in darkness.

(For the After-feast) *Both now and ever, and unto ages of ages. Amen.* Shining as the light, O Lord, Thy Cross doth banish the arrays of darkness, and doth make the faithful shine with joy as they cry out, chanting unto Thee: The Cross is truly the glory of all the world.

## EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

*Blessed art Thou, O Lord; teach me Thy statutes.*

The company of the Angels was amazed, when they beheld Thee numbered among the dead, yet Thyself, O Savior, destroying the power of death, and with Thee raising up Adam and releasing all men from Hell.

*Blessed art Thou, O Lord; teach me Thy statutes.*

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

*Blessed art Thou, O Lord; teach me Thy statutes.*

Very early in the morning did the Myrrh-bearing Women run lamenting unto Thy tomb; but an Angel came toward them saying: The time for lamentation is passed; weep not; but announce unto the Apostles the Resurrection.

*Blessed art Thou, O Lord; teach me Thy statutes.*

The Myrrh-bearing Women mourned as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them saying: Why number ye the Living among the dead? In that He is God, He is risen from the grave.

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

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in One Essence; crying with the Seraphim: Holy, Holy, Holy art Thou, O Lord.

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

In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He Who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)  
O our God and our Hope, glory to Thee!

## THE LITTLE LITANY

Priest: Again and again, in peace, let us pray to the Lord.  
Choir: Lord, have mercy.  
Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.  
Choir: Lord, have mercy.  
Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.  
Choir: To Thee, O Lord.  
Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.  
Choir: Amen.

**SIXTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)**

By Thy willing yet life giving Death, O Christ, Thou hast crushed the gates of Hades, because Thou art God, and hast opened the old paradise; and having risen from the dead, Thou hast redeemed our life from corruption.

**SIXTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)**

First Antiphony

- + To the heavens do I lift mine eyes, O Word of God. Have mercy upon me that I may live by Thee.
- + O Word, have mercy upon us who are despised, and make us good and chosen vessels.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, in the Holy Spirit is the cause of salvation for all; for when He bloweth on one worthily, He doth raise him speedily from earthly things, doth wing him and cause him to grow, and doth rank him in the heavenly places.

Second Antiphony

- + Were not the Lord in our midst it would not be possible for any of us to stand firm in his wrestling with the enemy; for only thereby do the victors attain the exaltation of victory.
- + Woe to me, how shall I escape the enemies while I am a lover of sin. Wherefore, deliver not my soul, O Word, like a bird, to their teeth.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, through the Holy Spirit is everyone made divine; and in Him is pleasure, understanding, safety, and blessing; for He is equal to the Father and the Word together.

### Third Antiphony

- + They who trust in the Lord are feared by their enemies and are wondered at by all; for their sight is very high.
- + The party of the righteous hath secured Thee as its succor, O Savior, and therefore shall not reach out its hands to iniquities.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, the Holy Spirit hath might over all; for Him do all the heavenly hosts worship, and every breath below.

### PROKEIMENON FOR THE RESURRECTION IN TONE SIX

O Lord, arouse Thy strength, and come to our salvation. (*twice*)

*Stichos: Hearken, O Shepherd of Israel.*

O Lord, arouse Thy strength, and come to our salvation.

### LET EVERYTHING THAT HATH BREATH

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For Holy art Thou, O our God, Who restest in the Holy Place, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Let everything that hath breath praise the Lord. (*twice*)

*Praise ye God in His saints; praise Him in the firm foundation of His power.*

Let everything that hath breath praise the Lord.

THE FOURTH EOTHINON GOSPEL

Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.

Choir: Lord, have mercy. (*thrice*)

Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel.

Priest: Peace be to all.

Choir: And to thy spirit.

Priest: The Reading from the Holy Gospel according to Saint Luke (24:1-12).

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

Deacon: Let us attend!

Priest: On the first day of the week, at early dawn, the women went to the tomb, taking the spices which they had prepared, and certain others with them. And they found the stone rolled away from the tomb; but when they went in, they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the Living among the dead? He is not here, but is risen. Remember how He told you, while He was still in Galilee, that the Son of Man must be delivered into the hands of sinful men, and be crucified, and on the third day rise again." And they remembered His words, and returning from the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the apostles; but their words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he departed, wondering at what had happened.

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

Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection, for in that He endured the cross for us, He hath destroyed death by death.

### PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

### TROPARIA AFTER PSALM 50 IN TONE TWO

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

Through the intercessions of the Apostles, O Thou Who art merciful, blot out all the multitudes of our transgressions.

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

Through the intercessions of the Theotokos, O Thou Who art merciful, blot out all the multitudes of our transgressions.

*Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.*

Jesus, having risen from the grave as He foretold, hath given unto us life eternal and Great Mercy.

### THE INTERCESSION<sup>1</sup>

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross—as we now celebrate its Elevation—by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis, the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; *of Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim

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<sup>1</sup> Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.



and Anna, especially Paisios of Athos; of the Martyrs Sophia and her daughters Faith, Love and Hope, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

Choir: Lord, have mercy. (*twelve times*)

Priest: Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

Choir: Amen.

### SIXTH TONE RESURRECTIONAL KONTAKION AND OIKOS

#### (Plain Reading)

Having raised up all the dead out of the dark abysses by His life-bestowing hand, Christ God, the Giver of Life, hath bestowed the Resurrection upon mortal nature; for He is the Savior and Resurrection and Life of all, and the God of all.

We the faithful praise and worship Thy Cross and burial, O Giver of life, for Thou hast bound Hades, O immortal One, as God omnipotent, and Thou hast raised up the dead with Thyself, and broken the gates of Hades, and destroyed the dominion of death, since Thou art God. Wherefore, we the earthborn glorify Thee with longing, Who art risen, and hast destroyed the dominion of the all-destroying enemy. Thou hast raised up all who believe in Thee, and has rescued the world from the darts of the serpent, and hast delivered us from the error of the enemy, O almighty One. Hence, we reverently praise Thy Resurrection, whereby Thou hast saved us, since Thou art the God of all.

#### THE SYNAXARION (Plain Reading)

On September 17 in the Holy Orthodox Church, we continue to celebrate the Elevation of the Holy Cross; and we commemorate the Martyrs Sophia and her daughters Faith, Love and Hope.

#### *Verses*

When Sophia's Faith, Hope, and Love were beheaded,

Then was wisdom justified of all her children.  
On the seventeenth, they beheaded Love, Faith, and Hope.

This blessed family lived and suffered in Rome during the reign of Emperor Hadrian. Sophia was wise, as her name implies; she was widowed, and had established herself and her daughters well in the Christian Faith. When Hadrian's persecuting hand extended over the virtuous home of Sophia, Faith was only twelve years old; Hope, ten; and Love, nine. Brought before the emperor, these four held each other's hands "like a woven wreath," humbly but steadfastly confessed their faith in Christ and refused to offer sacrifices to the pagan idol Artemis. Before their suffering, the mother encouraged her daughters to endure to the end: "Your heavenly Bridegroom, Jesus Christ, is eternal health, inexpressible beauty and eternal life. When your bodies are slain by torture, He will clothe you in incorruption and the wounds on your bodies will shine in the heavens as stars." The torturers inflicted cruel torments on each daughter and killed them. Sophia took the bodies of her daughters and honorably buried them. She remained at their grave for three days and nights, praying to God. Then she gave her spirit to God, flying off to Paradise, where the blessed souls of her daughters awaited her.

By the intercessions of Thy saints, O Christ God, have mercy upon us. Amen.

### THE KATAVASIAE OF THE HOLY CROSS CANON IN TONE EIGHT

**Ode 1.** A cross did Moses inscribe, when with an upright stroke of his rod he divided the Red Sea for Israel, who went on foot; then he turned and smote the sea, once again uniting it o'er Pharaoh's chariots, with transverse stroke portraying the invincible weapon. Wherefore, let us praise in song Christ our God; for He truly is glorified.

**Ode 3.** The rod is perceived as a figure of the Mystery, for by its blossoming it showed who was chosen to be priest. And for the Church that formerly was barren hath the Wood of the Cross now blossomed forth unto strength and steadfastness.

**Ode 4.** I have hearkened and heard, O Lord, of Thy dispensation's most awesome mystery; and I came to knowledge of Thy works, and I sang the praise of Thy Divinity.

**Ode 5.** O Tree divine and thrice-blessed, whereon Christ God was outstretched, though He is King and Lord of all: He who once had through the tree wrought wicked beguilement, fell himself because of thee, ensnared when God was nailed unto thee in our mortal flesh, He Who granteth peace unto our souls.

**Ode 6.** When Jonah, who was in the belly of the sea monster, stretched forth his hands in the form of a cross, he prefigured the saving Passion manifestly. Hence also, when he came forth on the third day, he indicated the supernal Resurrection of Christ God, Who was crucified in the flesh and enlightened the world by His Arising on the third day.

**Ode 7.** The ungodly tyrant's most insensate decree affrighted common folk, breathing forth with threats and wicked mouthings of blasphemy. But the Three Children were not struck with fear by rage wild and bestial, nor by roaring fire; but in an echoing and dew-besprinkling breeze, they stood amidst the fire and sang: O Thou supremely praised God of our Fathers and our God, forever art Thou blessed.

*We praise, we bless, and we worship the Lord.*

**Ode 8.** O ye Children, equal in number to the Trinity, bless ye God the Father and Creator; praise ye the Word, Who descended and changed the fire into dew; and supremely exalt the All-holy Spirit, Who granteth life unto all forever.

Deacon:           The Theotokos and Mother of the Light let us honor and magnify in song.

#### MAGNIFICATIONS IN TONE EIGHT

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

*Refrain:*        More honorable than the cherubim, and more glorious beyond compare than the seraphim, thou who without corruption didst bear God the Word, and art truly Theotokos: we magnify thee. (*Repeat after each verse.*)

+ For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (*Refrain*)

- + For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. (*Refrain*)
- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (*Refrain*)
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (*Refrain*)
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (*Refrain*)

**Ode 9.** O Theotokos, thou art a mystical paradise, which being untilled hath blossomed forth Christ, by Whom the life-bringing Tree of the Cross was planted in the earth. In worshipping Him now through its elevation, thee do we magnify.

#### THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the powers of heaven praise Thee, and unto Thee do they ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

Holy is the Lord our God. (*thrice*)

Exalt ye the Lord our God, and worship at His  
footstool, for He is holy.

THE FOURTH EOTHINON EXAPOSTEILARION IN TONE TWO

(\*\*Upon that mount in Galilee\*\*)

In flashing light of virtues clad, \* let us behold the young men \* who,  
at that tomb that beareth life, \* appeared in flashing raiment \* unto  
the myrrh-bearing women \* who bowed their faces earthward; \* and  
let us be instructed of \* the arising of Heaven's \* Master and Lord \*  
and with Peter run to Life in the Lord's tomb; \* and wond'ring at that  
which was wrought, \* let us remain to see Christ.

THE EXAPOSTEILARION FOR ELEVATION OF THE CROSS IN  
TONE TWO

(\*\*While Thy disciples looked on Thee\*\*)

The Cross is the guardian of the whole world; \* the Cross is the  
support and staff of the faithful; \* the Cross is the beauty of the  
Church of Christ; \* the Cross is the mighty strength of kings; \* the  
Cross is the glory of Angels; \* it is the wounding of demons.

AINOI (PRAISES) IN TONE SIX

Choir: Let everything that hath breath praise the Lord. Praise  
ye the Lord from the heavens; praise Him in the  
heights. To Thee, O God, is due our song.

Choir: Praise ye Him, all His angels; praise ye Him, all His  
hosts. To Thee, O God, is due our song.

For the Resurrection in Tone Six

**Verse 1.** *This glory shall be to all His saints.*

The Cross, O Lord, is Life and Resurrection to Thy people, and in it  
we do trust. Wherefore, Thee do we praise, O our risen Lord; have  
mercy upon us.

**Verse 2.** *Praise God in His sanctuary; praise Him in the firmament of  
His power.*

Thy burial, O Master, has opened paradise for mankind. Wherefore,  
as we escape corruption, we praise Thee, O our risen God; have  
mercy on us.

**Verse 3.** *Praise Him for His mighty acts; praise Him according to His  
excellent greatness.*

With the Father and the Spirit, let us praise Christ risen from the dead. Let us cry to Him, Thou art our Life and Resurrection; have mercy on us.

*Verse 4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.*

Thou hast risen from the tomb in three days, as it was written, O Christ, and hast raised with Thee our ancestors. Wherefore, mankind doth glorify Thee and praise Thy Resurrection.

For the Holy Cross in Tone Eight (\*\**O strange wonder*\*\*)

*Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

O strange wonder, great and marvelous! \* Today the life-bearing Tree, \* the all-holy and precious Cross, \* being lifted up on high, \* is made manifest openly. \* All of the ends of the earth give glory now, \* and all the demons are sorely terrified. \* O what a gift is this, \* kindly granted to us mortal men, O Christ! \* Whereby save our souls, since Thou alone art merciful.

*Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

O strange wonder, great and marvelous ... (*repeat above*)

*Verse 7. Exalt ye the Lord our God, and worship at His footstool.*

O strange wonder, great and marvelous! \* The Cross, which held the Most High \* like a grape-cluster full of life, \* clearly doth appear this day \* lifted high up above the earth. \* Through it, we all have been drawn nigh unto God, \* and death is utterly swallowed up at last. \* O thou unsullied Tree! \* through which, as we send up glory unto Christ, \* we partake of Eden's comely and immortal fruit.

*Verse 8. As for God, He is our King before the ages.*

O strange wonder, great and marvelous! \* The length and breadth of the Cross \* is the equal of Heaven's span, \* for by means of grace divine, \* it doth hallow the universe. \* By this, barbarian nations are subdued; \* by this, the scepters of princes are made strong. \* O ladder most divine! \* Whereby we ascend unto the Heavens' heights, \* while exalting Christ the Lord with hymns and songs of praise.

## THE FOURTH EOTHINON DOXASTICON IN TONE FOUR

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

Verily, the women came at early dawn to Thy tomb, O Christ, but they found not Thy body, precious to them. And as they were perplexed, behold there stood among them those who were in shining clothes who said to them: Why seek ye the living among the dead? He hath risen as He foretold. Why have ye forgotten His words? And when they were assured by their saying, they preached to the Disciples the things seen. But their glad tidings were received with ridicule; for they were still without understanding. But Peter hastened to behold, and glorified Thy wonders in himself.

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

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

## THE GREAT DOXOLOGY IN TONE FOUR

- + Glory to Thee, Who hast shown us the Light; Glory to God in the highest, and on earth peace, good will among men.
- + We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.
- + Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.
- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.
- + Let Thy mercy, O Lord: be upon us, as we do put our hope in Thee.

- + Blessed art Thou, O Lord: teach me Thy statutes. (*thrice*)
- + Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life: in Thy light shall we see light.
- + O continue Thy loving-kindness unto them that know Thee.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*thrice*)
- + Glory 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.

#### TROPARION IN TONE EIGHT

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.