

SUNDAY, JANUARY 28, 2024

TONE 1

34th Sunday after Pentecost / Ven. Ephraim of Nisbis, St. Isaac, bishop of Nineveh

“Lord I Call...” Tone 1

Lord, I call upon You, hear me!
Hear me, O Lord!
Lord, I call upon You, hear me!
Receive the voice of my prayer,
when I call upon You!//
Hear me, O Lord!

Let my prayer arise
in Your sight as incense,
and let the lifting up of my hands
be an evening sacrifice!//
Hear me, O Lord!

**Reader reads the rest of Psalm 140 and Psalm 141 on pgs 31 & 32 in the pew book, then:
STICHERA**

v. (10) *Bring my soul out of prison, that I may give thanks to Your Name! Tone 1*

Accept our evening prayers, O holy Lord! / Grant us remission of sins, // for You alone have
manifested the Resurrection to the world.

v. (9) *The righteous will surround me, for You will deal bountifully with me.*

Encircle Sion / and surround her, O people! / Give glory in her to the One Who rose from the dead! /
For He is our God, // Who has delivered us from our transgressions!

v. (8) *Out of the depths I cry to You, O Lord. Lord, hear my voice!*

Come, O people,
let us hymn and fall down before Christ,
glorifying His Resurrection from the dead!
For He is our God, //
Who has delivered the world from the Enemy's deceit!

v. (7) *Let Your ears be attentive to the voice of my supplications!*

Be glad, O heavens!
Sound trumpets, O foundations of the earth!
Sing in gladness, O mountains!
Behold Emmanuel has nailed our sins to the Cross!
Granting life, He has slain death. //
He has resurrected Adam as the Lover of man.

v. (6) *If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with
You. Tone 1 (for Ven. Ephraim) (Joy of the Heavenly Hosts)*

You beheld the good things of Paradise, O venerable Ephraim,
and delighted richly in the incorruptible gardens blooming there.
You blossomed forth divine reason to the world.
As we commune with this in spiritual love, //
let us also spiritually grow in our souls.

v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

With streams of tears you wrote of the coming of the Judge.
You taught all to kindle lamps of the soul,
and cried out that when the Bridegroom comes,
all should be robed in bright garments,//
and go forth to meet the Bridegroom, Christ!

v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!
You surrounded the flesh with the protection of abstinence, O Father,
and with prayer and vigil,
you mortified the movement of the passions.
Therefore, the power of the Spirit dwelt in you,//
revealing you spiritually to be a universal lamp.

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities. **Tone 2** (for St. Isaac) (When suspended on the Cross)*

When you received the immaterial fire, of the love of Christ in your heart Father, then you followed in your youth, O thrice-blessed Isaac, Christ the Savior, having denied a passionate attachment to the world; wherefore, God-bearing monastic, with earnest self-control, you cut off the offshoots of the passions.

v. (2) Praise the Lord, all nations! Praise Him, all peoples!

When you were wounded in your soul with holy eros, in silence divinely-minded one, you proceeded to a place of solitude, and you were truly shown to be, a bodily angel, shining as a ray of the Spirit; wherefore, as an interpreter of the divine to monastics, and God-bearing teacher, in deeds and words were you anointed.

v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.

When you were consecrated by the Holy Spirit, as the Hierarch of Nineveh, Father Isaac, then the salvific law of grace, as a divinely-inspired shepherd, you bestowed on the faithful, and established it within them blessed one; wherefore, you showed yourself to be, the fulfillment and model, of excellent conduct, and the divine gospel.

*Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 6** (for Ven. Ephraim)*

You wisely turned from the burdens of this life,
O ever-memorable Ephraim,
and reached the desert through your love of silence.
By that same love, you were lifted up to God!
You shone brightly on the world, bringing words of life to men.
Therefore, do not cease to strengthen us by your prayers, O venerable Father,//
and deliver our souls from the harm of the alien foe.

now and ever, and unto ages of ages. Amen. **Tone 1** (*Theotokion – Dogmatikon*)

Let us praise the Virgin Mary!
The gate of heaven, the glory of the world!
The song of the angels, the beauty of the faithful!
She was born of man, yet gave birth to God!
She was revealed as the heaven, as the temple of the Godhead!
She destroyed the wall of enmity!
She commenced the peace; she opened the Kingdom!
Since she is our foundation of faith,
our defender is the Lord Whom she bore!
Courage! Courage! O People of God!
For Christ will destroy our enemies //
since He is all powerful.

APOSTICHA

Tone 1 We have been freed from sufferings / by Your suffering, O Christ. / We have been delivered from corruption / by Your Resurrection. // O Lord, glory to You!

v. The Lord is King; He is robed in majesty!

Let creation rejoice!
Let the heavens be glad!
Let the nations clap their hands with gladness,
for Christ our Savior has nailed our sins to the Cross.
Slaying death, He has given life. //
He has resurrected fallen Adam as the Lover of man.

v. For He has established the world, so that it shall never be moved.

As King of heaven and earth,
You were voluntarily crucified in Your love for man.
Hell was angered when it met You below.
Adam rose seeing You, the Creator, under the earth.
O wonder! How has the Life of all tasted death?
You enlightened the world which cries: //
O Lord, Who rose from the dead, glory to You!

v. Holiness befits Your house, O Lord, forevermore!

The myrrhbearing women came with haste to Your tomb,
bearing myrrh and lamenting.
Not finding Your most pure body,
they learned from the angel of the new and glorious wonder.
They told the Apostles: //
“The Lord is risen, granting the world great mercy.”

Glory to the Father, and to the Son, and to the Holy Spirit; Tone 4 (for St. Isaac)

Distancing yourself from material relations, you separated yourself for ascetic struggles, with seething longing Isaac, and in your physical body, you strove to be an immaterial Angel, being found worthy of a vision of the invisible, and you exhort all, to have power over creation, with practical words; therefore for those who celebrate your memory, keep us unwounded from the designs of the evil one, entreating divine mercy for all.

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

Tone 4 Look on the entreaties of your servants, O Blameless One!

Stop all the terrible attacks against us,

freeing us from every affliction,

for we have only you as our sure and firm anchor!

Do not let us be put to shame, O Lady,

for we call on you for our intercession!

Hasten to pray for those who call in faith:

“Rejoice, O Lady, Help of all://

the Joy and Shelter and Salvation of our souls!”

TROPARIA

Tone 1 When the stone had been sealed by the Jews, / while the soldiers were guarding Your most pure body, / You rose on the third day, O Savior, / granting life to the world. / The powers of heaven therefore cried to You, O Giver of Life: / “Glory to Your Resurrection, O Christ! / Glory to Your Kingdom!//Glory to Your dispensation, O Lover of mankind!”

Tone 8 (Ven. Ephraim) By a flood of tears you made the desert fertile, / and your longing for God brought forth fruits in abundance. / By the radiance of miracles you illuminated the whole universe.//Our holy Father Ephraim, pray to Christ our God to save our souls!

Glory to the Father, and to the Son, and to the Holy Spirit, Tone 5 Troparion (St. Isaac)

Seen in the Spirit to be shining with the rays of virtue, by your conduct in Christ, multi-lighted luminary, God-bearing Isaac, you secure a straight path, on the road to salvation, by your divinely-inspired teachings, those who praise you Father, as a divine servant of Christ.

now and ever, and unto ages of ages. Amen. Tone 5 Resurrectional Dismissal Theotokion

Rejoice, Impassable Gate of the Lord!

Rejoice, Wall and Protection of those who run to you!

Rejoice, Unshakable Refuge!

Rejoice, you who knew not wedlock,

who gave birth in the flesh to your Creator and God!//

Do not cease praying for those who praise and worship your Son!