

SUNDAY, SEPTEMBER 10, 2023

TONE 5

14<sup>th</sup> Sunday after Pentecost / Sunday Before the Exaltation of the Cross / Afterfeast of the Nativity of the Most Holy Theotokos / Martyrs Menodora, Metrodora, and Nymphodora, at Nicomedia

"Lord I Call..." Tone 5

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!

**After "Lord I Call..." the Reader reads the rest of Ps. 140 & Ps. 141 on pgs 31 in the pew book, then:  
STICHERA**

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name! Tone 5*

By Your precious Cross, O Christ,

You have put the devil to shame.

By Your Resurrection, You have blunted the sting of sin

and saved us from the gates of death.//

We glorify You, O only begotten One.

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

Christ was led as a sheep to the slaughter

in order to grant Resurrection to the human race.

The princes of hell were frightened by this,

for the gates of sorrow were lifted.

Christ the King of glory had entered,

saying to those in chains: "Go forth!"//

And to those in darkness: "Come to the light!"

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

O great wonder!

The Creator of the invisible suffered in the flesh in His love for man

and rose again immortal.

Come, O sons of nations,

let us worship Him,

for delivered from error by His compassion,//

we have learned to sing of one God in three Persons!

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

We offer You our evening worship,

O never setting Light,

Who came in these last days to the world in the flesh;

Who even descended to hell to dispel its darkness.

Who has revealed the light of Resurrection to the nations.//

Glory to You, O Lord and Giver of light!

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You. **Tone 8 (for the Feast)** (Oh, most glorious wonder)*

Oh, most glorious wonder!

Today the unwedded Mother of God  
springs forth from a childless and barren womb,  
as a stem bearing a flower,  
coming from the righteous Joachim and Anna.

Therefore the councils of the Prophets and the whole assembly of the Patriarchs,//  
rejoice at her nativity.

*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.*

Today David rejoices and Jesse dances.

Levi is magnified and the righteous Joachim leaps in spirit.

The barrenness of Anna is openly loosed by your birth, O pure Mary.

The company of Angels and all mortals//

call your divine womb blessed, O unwedded One.

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

Rejoice, union of earth with heaven!

Rejoice, temple of the Lord!

Rejoice, unwedded Mother!

You have most gloriously loosed Anna's barrenness  
and by your birth have given remission of sins to mortals.

Rejoice, all-immaculate one!

Rejoice, divine temple!//

Rejoice, tabernacle in which our Creator and Lord made His dwelling place!

*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 4 (for the Martyrs)** (As one valiant among the martyrs)*

You arrayed yourselves in garments dyed purple with your own blood.

In your beauty, O virgin maidens and martyrs,

you united yourselves spiritually to Christ,

our all-beautiful God Who preserves your virginity undefiled

in the eternal bridal chamber of incorruption;

in the mansions of Heaven,//

in a chamber not made by hands.

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

In imperfect bodies, yet with a perfect mind, / by the power of the Spirit, O glorious ones, /

you conquered the ancient serpent, the source of evil, / and showed his power to be impotent./

Therefore you have received crowns of victory,

O Menodora, Metrodora and Nymphodora,//

champions of the Trinity.

**V. (1)** *For His mercy is confirmed on us, and the truth of the Lord endures forever.*  
Your limbs were twisted and thrown on the fire,  
you were torn with iron hooks,  
you were hanged upon a tree and beheaded by the sword.  
You did not deny Christ, O all-praised athletes.  
Therefore you have received the crown of victory,  
O Menodora, Metrodora and Nymphodora, //  
champions of the Trinity.

*Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 2** (for the Feast, by Anatolius)*  
What is this sound of feasting we hear?  
Joachim and Anna mystically celebrate, saying:  
“Rejoice with us today, O Adam and Eve;  
for if by your transgression you closed the gate of Paradise to those of old,  
we have now been given a glorious fruit, //  
Mary the child of God, who opens its entrance to all!”

*now and ever, and unto ages of ages. Amen. **Tone 5** (Theotokion – Dogmatikon)*  
In the Red Sea of old,  
a type of the Virgin Bride was prefigured.  
There Moses divided the waters;  
here Gabriel assisted in the miracle.  
There Israel crossed the sea without getting wet,  
here the Virgin gave birth to Christ without seed.  
After Israel’s passage, the sea remained impassable;  
after Emmanuel’s birth, the Virgin remained a Virgin.  
O ever-existing God Who appeared as Man, //  
O Lord, have mercy on us!

## **APOSTICHA**

**Tone 5** We magnify You in songs of praise,  
O incarnate Christ and Savior.  
By accepting the Cross and death for our sake,  
as the Lord and Lover of man,  
You overthrew the gates of hell, //  
and arose on the third day, saving our souls.

**V.** *The Lord is King; He is robed in majesty!*  
By being pierced in the side, O Lover of man,  
You have poured out drops of life and salvation for all.  
By accepting death in the flesh, You have granted us immortality.  
You have freed us by being placed in the tomb,  
and have resurrected us with Yourself in glory, as God. // Glory to You, O Lord and Lover of man!

*v. For He has established the world, so that it shall never be moved.*  
Your crucifixion and descent into hell are awesome, O Lover of man.  
You have captured it, releasing the ancient prisoners.  
You have opened Paradise and given it to us.  
Grant us purification of sins,  
who glorify Your Resurrection on the third day!  
Make us worthy of Paradise//  
and save us, O Lover of man!

*v. Holiness befits Your house, O Lord, forevermore!*  
For our sake, You accepted death in the flesh,  
to rise from the dead on the third day.  
Heal us from our earthly passions,  
and restore us from our evil transgressions//  
and save us, O Lover of man!

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

**Tone 2** She who was foreordained Queen of all  
and the habitation of God,  
has come forth today from the barren womb of joyful Anna.  
She is the divine sanctuary of the eternal Essence;  
shameless Hades has been trampled down through her,  
and Eve with all her race is established secure in life.  
It is meet and right that we should cry aloud to her://  
"Blessed are you among women, and blessed is the Fruit of your womb!"

**TROPARIA Tone 5** Let us, the faithful, praise and worship the Word, /co-eternal with the Father  
and the Spirit,/ born for our salvation from the Virgin;/ for He willed to be lifted up on the Cross in  
the flesh,/ to endure death,/ and to raise the dead//by His glorious Resurrection.

*Glory to the Father, and to the Son, and to the Holy Spirit, Tone 1 Troparion (Martyrs)*  
Let all who rejoice at their triumph honor those three virgin martyrs,/ who are united to God as<sup>^</sup>  
sisters/ and who pour forth fair streams of grace:/ Menodora, Metrodora, and Nymphodora,/ who  
were in all things <sup>^</sup>courageous;//they ever pray to the Trinity for us.

*now and ever, and unto ages of ages. Amen. Tone 4 Troparion (Feast)*  
Your nativity, O Virgin,  
has proclaimed joy to the whole universe!  
The Sun of righteousness, Christ our God,  
has shone from you, O Theotokos.  
By annulling the curse,  
He bestowed a blessing//  
By destroying death, He has granted us eternal life.