

SUNDAY, JANUARY 11, 2026

TONE 6

31<sup>st</sup> Sunday after Pentecost / Sunday After the Theophany / Afterfeast of the Theophany / Ven.  
Theodosius the Great, the Cenobiarch

"Lord I Call..." Tone 6

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 & 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 6*

Possessing victory over hell, O Christ,  
since You are free among the dead,  
You ascended the Cross  
raising with Yourself those who sat in the shades of death.//  
Drawing life from Your light, O almighty Savior, have mercy on us!

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

Today Christ tramples on death,  
for He is risen as He said!  
Let us all sing this song,  
for He has granted joy to the world:  
O Light unapproachable, O Fountain of life!//  
O Savior almighty, have mercy on us!

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

Where shall we sinners flee from You, Who are in all creation?  
In heaven You dwell!  
In hell You trampled on death!  
In the depths of the sea?  
Even there is Your hand, O Master!  
To You we flee, and falling before You, we pray://  
O You Who rose from the dead, have mercy on us!

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

In Your Cross, we glory, O Christ.  
We sing and glorify Your Resurrection.  
For You are our God, // and we know no other than You.

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

**Tone 2** Our Light that enlightens all / comes to be baptized. / The Forerunner sees Him and rejoices in His soul. / His hand trembles as he shows Him to the people: / “Behold, the Redeemer of Israel, / the One Who frees us from corruption.” // O sinless One, Christ our God, glory to You!

*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.*

A servant baptized our Redeemer,  
and the coming of the Spirit bore witness to Him.  
The hosts of Angels saw this and shook with fear.  
And the voice of the Father was heard from heaven:  
“The One on Whom the Forerunner lays his hand,  
He is My beloved Son; I am well pleased in Him.” //  
O Christ our God, glory to You!

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

The streams of the Jordan received You, their Source,  
and the Comforter descended in the form of a dove.  
He Who bowed the heavens now bows His head.  
The Clay cries aloud to the Potter:  
“Why do You command me to do what is beyond me;  
for it is I that should be baptized by You?” //  
O sinless One, Christ our God, glory to You!

*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 5 (O venerable father)***

O venerable, God-bearing Father Theodosius,  
you struggled valiantly in this fleeting life;  
in song, in vigils and fasting you became an example to your disciples.  
Now you dance with the Angels, glorifying Christ without ceasing.  
He is God from God, the Word of God, our Redeemer;  
He bowed His head beneath the Forerunner's hand,  
and sanctified the nature of the waters.  
Pray to Him and beseech Him, O holy one, //  
to grant the Church unity, peace, and great mercy!

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

O venerable, God-bearing Father Theodosius / you obtained your great desire: the cleansing of your soul. / The grace of the all-holy Spirit dwelt within you as pure light; / you were made beautiful by His working. / Now you glorify Christ without ceasing; / He is one Son, in two natures; / He was baptized by the hand of the Forerunner, / and the voice of the Father testified to Him. / Pray to Him and beseech Him, O holy one, // to grant the world unity, peace, and great mercy!

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

O venerable, God-bearing Father Theodosius,  
you have been made worthy of a blessed life.  
Through purity and self-denial you won the life on high,  
and now you rejoice with the Angels.  
You see Christ and glorify Him without ceasing.  
He wondrously took flesh from a virgin;  
He was baptized in the Jordan, drowning all our sins.  
Pray to Him and beseech Him, O holy one, //  
to grant the world unity, peace, and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 2** (by Byzans)*

You bowed Your head before the Forerunner / and crushed the heads of the dragons. / You stood  
in the waters and enlightened all things // that they might glorify You, O Savior, the Light of our  
souls.

*now and ever, and unto ages of ages. Amen. **Tone 6** (Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?  
Who will not sing of your most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from you He was ineffably incarnate.  
God by nature, yet Man for our sake,  
not two persons, but one known in two natures.  
Entreat Him, O pure and all-blessed Lady, //  
to have mercy on our souls!

## **SCRIPTURE READINGS**

**The Reading is from the Wisdom of Solomon 3:1-9**

The souls of the righteous are in the hand of God, and no torment will ever touch them. In the eyes of the foolish they seemed to have died, and their departure was thought to be an affliction, and their going from us to be their destruction; but they are at peace. For though in the sight of men they were punished, their hope is full of immortality. Having been disciplined a little, they will receive great good, because God tested them and found them worthy of himself; like gold in the furnace he tried them, and like a sacrificial burnt offering he accepted them. In the time of their visitation they will shine forth, and will run like sparks through the stubble. They will govern nations and rule over peoples, and the Lord will reign over them forever. Those who trust in him will understand truth, and the faithful will abide with him in love, because grace and mercy are upon his holy ones, and he watches over his elect.

### **The Reading is from the Wisdom of Solomon 4:7-15**

The righteous man, though he die early, will be at rest. For old age is not honored for length of time, nor measured by number of years; but understanding is gray hair for men, and a blameless life is ripe old age. There was one who pleased God and was loved by him, and while living among sinners he was taken up. He was caught up lest evil change his understanding or guile deceive his soul. For the fascination of wickedness obscures what is good, and roving desire perverts the innocent mind. Being perfected in a short time, he fulfilled long years; for his soul was pleasing to the Lord, therefore he took him quickly from the midst of wickedness. Yet the peoples saw and did not understand, nor take such a thing to heart, that God's grace and mercy are with his elect, and he watches over his holy ones.

### **The Reading is from the Wisdom of Solomon 5:15-6:3**

The righteous live forever, and their reward is with the Lord; the Most High takes care of them. Therefore they will receive a glorious crown and a beautiful diadem from the hand of the Lord, because with his right hand he will cover them, and with his arm he will shield them. The Lord will take his zeal as his whole armor, and will arm all creation to repel his enemies; he will put on righteousness as a breastplate, and wear impartial justice as a helmet; he will take holiness as an invincible shield, and sharpen stern wrath for a sword, and creation will join with him to fight against the madmen. Shafts of lightning will fly with true aim, and will leap to the target as from a well-drawn bow of clouds, and hailstones full of wrath will be hurled as from a catapult; the water of the sea will rage against them, and rivers will relentlessly overwhelm them; a mighty wind will rise against them, and like a tempest it will winnow them away. Lawlessness will lay waste the whole earth, and evil-doing will overturn the thrones of rulers. Listen therefore, O kings, and understand; learn, O judges of the ends of the earth. Give ear, you that rule over multitudes, and boast of many nations. For your might was given you from the Lord, and your power from the Most High.

### **APOSTICHA**

**Tone 6** Your Resurrection, O Christ our Savior,  
the Angels in heaven sing!  
Enable us on earth//  
to glorify You in purity of heart!

*V. The Lord is King; He is robed in majesty!*

Destroying the gates of hell,  
breaking the chains of death,  
You resurrected the fallen human race as almighty God!//  
O Lord, Who rose from the dead, glory to You!

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

Desiring to return us to Paradise,  
Christ was nailed to the Cross and placed in a tomb.  
The Myrrhbearing Women sought Him with tears, crying,  
“Woe to us, O Savior!  
How do You deign to descend to death?  
What place can hold Your life bearing body?  
Come to us as You promised!  
Take away our wailing and tears!”  
Then the Angel appeared to them:  
“Stop your lamentations!  
Go, proclaim to the Apostles:  
‘The Lord is risen,//  
granting us purification and great mercy!’”

*V. Holiness befits Your house, O Lord, forevermore!*

Having been crucified as You willed,  
by Your burial You captured death, O Christ,  
rising on the third day as God in glory,//  
granting the world unending life and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit; Tone 8*

We honor you, O Theodosius our father,  
as the instructor of a multitude of monks.  
We have indeed learned to walk rightly in your footsteps.  
Blessed are you, for having labored for Christ,  
you denounced the power of the enemy.  
You were a converser with the Angels and a companion of the venerable and righteous.//  
Together with them, entreat the Lord that He grant mercy to our souls!

*now and ever, and unto ages of ages. Amen. Tone 8 (for the Feast)*

Today the armies of angels are amazed,  
seeing You stand naked in Jordan's waters, O Savior,  
bowing Your pure head to be baptized by John.  
By Your voluntary poverty,  
You have filled the universe with riches./  
O Lord, glory to You!

## TROPARIA

**Tone 6** The Angelic Powers were at Your tomb;  
the guards became as dead men.

Mary stood by Your grave,

seeking Your most pure body.

You captured hell, not being tempted by it.

You came to the Virgin, granting life.

O Lord, Who rose from the dead, //

glory to You.

*Glory to the Father, and to the Son, and to the Holy Spirit, Tone 8 Troparion (Ven. Theodosius)*

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 Father Theodosius, pray to Christ God to save our souls!

*now and ever, and unto ages of ages. Amen. Tone 1 Troparion (Feast)*

When You, O Lord, were baptized in the Jordan,

the worship of the Trinity was made manifest.

For the voice of the Father bore witness to You,

and called You His beloved Son;

and the Spirit in the form of a dove

confirmed the truthfulness of His word.

O Christ our God, You have revealed Yourself //

and have enlightened the world, glory to You.