

SUNDAY, JANUARY 5, 2025

TONE 3

28<sup>th</sup> Sunday after Pentecost/Sunday Before the Theophany/Eve of the Theophany  
Hieromartyr Theopemptus, Bishop of Nicomedia, and Martyr Theonas

“Lord I Call...” Tone 3

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 in the pew book, then STICHERA:

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name! Tone 3*

By Your Cross, O Christ our Savior,  
death’s dominion has been shattered;  
the devil’s delusion destroyed.  
The race of man, being saved by faith,//  
always offers You a song.

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

All has been enlightened by Your Resurrection, O Lord.  
Paradise has been opened again.  
All creation, praising You,//  
always offers You a song.

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

I glorify the power of the Father and the Son.  
I praise the authority of the Holy Spirit:  
the undivided, uncreated Godhead,//  
the consubstantial Trinity which reigns forever.

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

We bow down in worship before Your precious Cross, O Christ,  
and we glorify and praise Your Resurrection,//  
for by Your wounds we have all been healed.

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You. Tone 6 (for the Forefeast) (On the third day)*

O earth and you that are born on earth,  
leap for joy and adorn yourselves;  
the Torrent of Delight is baptized in the river,  
drying up the flood of evil,// and gushing forth divine remission.

*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.*

Jesus, as the Bestower of Light,  
has no need to be baptized,  
yet He comes in the flesh to the streams of Jordan,  
wishing to enlighten those in darkness;//  
in faith let us eagerly go to meet Him.

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

Bearing the appearance of a servant,  
Christ comes to be baptized in the streams of the Jordan by a servant,  
granting deliverance from the servitude of the ancient sin,//  
and sanctifying and enlightening us.

*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)*

Let us praise the wise Theonas and Theopemptus;  
for, obedient to the precepts of Christ, they utterly demolished all lawless worship,  
and piously offered the worship that is august and holy,  
courageously confessing one Lord and God in the presence of the tyrants;//  
and they have been crowned from on high.

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

Having abandoned the base way of life,  
the comfort of luxury and fading glory as being transient,  
you have cleaved to Christ, O all-praiseworthy saints.  
How pleasantly you shone with His fair beauty!  
And you were offered as fragrant roses.//  
Divinely strengthened, you were crowned with the crown of the incorruptible Kingdom.

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

Having hated the world, you appeared as above the world,  
and were joined to the Church of the First-born.  
With the Angels you sing the unfading song,  
as you stand face to face with God;  
and having destroyed the lawless deceit of idols,//  
as martyrs, you overthrew the madness of the tyrants.

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

Prepare, O River Jordan! / Behold, Christ is coming to be baptized by John in you! / Rejoice, O  
barren wilderness! / Dance in gladness, O hills and mountains! / Eternal Life is coming to reclaim  
Adam. / O Forerunner, call out with the voice of one who cries:// "Prepare the ways of the Lord!  
Make straight His paths!"

*now and ever, and unto ages of ages. Amen. Tone 3 (Theotokion – Dogmatikon)*

How can we not wonder  
at your mystical childbearing, O exalted Mother?  
For without receiving the touch of man,  
you gave birth to a Son in the flesh, O immaculate Virgin.  
The Son born of the Father before eternity  
was born of you at the fullness of time, O honored Lady.  
He underwent no mingling, no change, no division,  
but preserved the fullness of each nature.  
Entreat Him, O Lady and Virgin and Mother,  
to save the souls of those who, in the Orthodox manner, confess you//  
to be the Theotokos.

### APOSTICHA

**Tone 3** The sun was darkened by Your Passion, O Christ,  
but all creation was enlightened by the light of Your Resurrection.//  
Accept our evening song, O Lover of man!

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

Your life-bearing Resurrection, O Lord,  
enlightened the whole universe, recalling Your creation.  
Delivered from Adam's curse, we sing://  
O Almighty Lord, glory to You!

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

You are the changeless God,  
Who, suffering in the flesh, were changed.  
Creation could not endure seeing You on the Cross.  
It was filled with fear while praising Your patience.  
By descending to hell and rising on the third day,//  
You have granted to the world life and great mercy.

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

You endured death, O Christ,  
to deliver the race of men from death.  
You rose from the dead on the third day,  
raising with Yourself those who knew You as God//  
and enlightening the world. Glory to You!

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

**Tone 6** Let the wilderness of Jordan rejoice exceedingly,/and burst into flower, like a lily;/  
for the voice of one crying out has been heard there:/"Prepare the way of the Lord." /For He Who  
caused the mountains to rise up in their place,/and fixed the valleys with a yoke,/Who as God  
fulfills all things,/is baptized as a servant;/He becomes poor, Who bestows abundant gifts./Eve  
heard the words, "In sorrow will you bear children," /but now the Virgin has heard:/"Rejoice, O  
maiden full of grace, // the Lord, Who bestows great mercy, is with you!"

## **TROPARIA**

**Tone 3**      **Troparion**    *(Resurrection)*

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world //

great mercy.

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

**Tone 4**      **Troparion of the Forefeast**

The River Jordan was turned back by the mantle of Elisha,  
after Elijah had been taken up to heaven.

The waters were parted in two,

and the stream became a dry path.

This was truly a type of baptism,

by which we pass over the stream of life. //

Christ has shone forth in the Jordan to sanctify the waters.