

SUNDAY, OCTOBER 29, 2023

TONE 4

21st Sunday after Pentecost (6th of Luke) / Martyr Anastasia the Roman / Ven. Abramius the Recluse

"Lord I Call..." Tone 4

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 4**

We glorify Your Resurrection on the third day, O Christ God,
by always honoring Your life-creating Cross;
by it, You have renewed the corrupted nature of man,
O almighty One.
By it, You have renewed our entrance to heaven,//
for You are good and the Lover of man.

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

You loosed the Tree's verdict of disobedience, O Savior,
by being voluntarily nailed to the tree of the Cross.
By descending to hell, O almighty God,
You broke the bonds of death.
Therefore, we adore Your Resurrection from the dead, singing in joy://
"Glory to You, O all powerful Lord!"

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

You smashed the gates of hell, O Lord,
and by Your death You demolished the kingdom of death.
You delivered the race of men from corruption,//
granting the world life, incorruption and great mercy.

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

Come, O people,
let us sing of the Savior's Resurrection on the third day!
By it, we have been freed from the unbreakable bonds of hell.
By it, we have received life and incorruption.
Save us by Your Resurrection!//
O Life-creating and almighty Savior, glory to You!

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You. **Tone 4** (for St. Anastasia) (As one valiant among the martyrs)*

You bore the torturing of your body with patience,
O greatly-suffering Anastasia.
You were maimed and burned before your unjust death,
receiving the crown of victory.//
Now you dwell in the heavenly bridal-chambers.

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.

You are manifested to those who celebrate your memory as a treasure of virginity,
an enclosed paradise, a holy offering, and a sacred wall.
You are a living icon, a bride of Christ,
a model for those who lead the ascetic life,
the adornment of martyrs and a fountain springing with waters of healing.//
O all-praised Anastasia.

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

Come, let us all zealously praise in songs
the adornment of martyrs,
the flowering of virgins and greatest jewel of monastics:
the greatly-suffering Anastasia, the boast of Rome,
a most pleasing and undefiled sacrifice,
an unshakable foundation of piety.//
for she has struggled most gloriously in the contest!

*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 8** (for Ven. Abramius) (Oh, most glorious wonder)*

O godly-minded Father Abramius,
being an imitator of Abraham in the spirit,
you became an exile in your native land.
Denying yourself the desires of the flesh,
and shutting your body within a tiny hut,
you made your mind take wing to Heaven.//
whose citizenship you clearly gained.

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

O venerable Father Abramius,
bearing his name, you possessed a soul like Abraham's;
strengthened by divine faith you endured temptations;
through love you were united to God;
adorned with the brilliance of virtues you inherited the Promised Land.//Therefore we joyfully
celebrate your memory.

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

O venerable Father Abramius,
you drew up and brought into the saving presence of God
the woman who had been seduced by the deceptions of the serpent,
and had slipped into the pit of destruction.
All were astounded at her repentance,//
and devoutly glorified the Lord, Who is supremely good.

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

Tone 4 The Prophet David was a father of the Lord
through you, O Virgin.

He foretold in songs the One Who worked wonder in you:

“At Your right hand stood the Queen,”

Your Mother, the mediatrix of life,

since God was freely born of her without a father.

He wanted to renew His fallen image, made corrupt in passion,

so He took the lost sheep upon His shoulder

and brought it to His Father,

joining it to the heavenly pow’rs.//

Christ, Who has great and rich mercy, has saved the world, O Theotokos.

APOSTICHA

Tone 4 By ascending the Cross, O Lord,

You have annulled our ancestral curse.

By descending to hell, You have freed the eternal prisoners,

granting incorruption to the human race.//

Therefore in songs we glorify Your life-creating and saving Resurrection.

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

By hanging upon the tree, O only powerful Lord,

You shook all of creation.

By being laid in the tomb You have raised those who dwelt in the tombs,

granting life and incorruption to the human race.//

Therefore in songs we glorify Your rising on the third day.

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

The lawless people, O Christ,

handed You over to Pilate, condemned to be crucified,

thus proving themselves ungrateful before their Benefactor.

But voluntarily You endured burial,

rising by Your own power on the third day as God,//

granting us life everlasting and great mercy.

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

With tears the women reached Your tomb,
searching for You, but not finding You.

They wept with wailing and lamented:

“Woe to us! Our Savior, King of all,

how were You stolen?

What place can hold Your life-bearing body?”

An Angel replied to them:

“Do not weep, but go and proclaim that the Lord is risen,//
granting us joy as the only compassionate One!”

Glory to the Father, and to the Son, and to the Holy Spirit; 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!”

TROPARION

Tone 4 When the women disciples of the Lord

learned from the angel the joyous message of Your Resurrection,

they cast away the ancestral curse

and elatedly told the apostles:

“Death is overthrown!

Christ God is risen,//

granting the world great mercy!”

*Glory to the Father, and to the Son, and to the Holy Spirit, **Tone 4 Troparion** (St. Anastasia)*

Your lamb Anastasia calls out to You, O Jesus, in a loud voice:

“I love You, my Bridegroom, and in seeking You I endure suffering.

In baptism I was crucified so that I might reign in You,

and I died so that I might live with You.

Accept me as a pure sacrifice,

for I have offered myself in love.”//

Through her prayers save our souls, since You are merciful!

*now and ever, and unto ages of ages. Amen. **Tone 4 Resurrectional Dismissal Theotokion***

The mystery hidden from all eternity, / unknown even by Angels,/ through you, Theotokos, is revealed to those on earth:/ God incarnate by union without confusion./ He voluntarily accepted the Cross for us,/ by which He resurrected the first-created man, // saving our souls from death.