

"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 6 Idiomela** (for the Feast, by Patriarch Sergius)*

Today God, Who rests upon the spiritual thrones,
has prepared for Himself a holy throne on earth.
He Who in wisdom established the heavens
has fashioned a living heaven in His love for mankind;
for, from a barren root He has made a life-bearing branch spring up for us,
even His Mother.
O God of wonders and Hope of the hopeless,//
O Lord, glory to You!

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

This is the day of the Lord!
Rejoice, O peoples,
for, behold, the bridal chamber of the Light, the book of the Word of Life,
has come forth from the womb!
The gate that faces the East is born
and awaits the entry of the Great Priest.
She alone admits Christ into the world//
for the salvation of our souls.

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

Although by God's will other barren women
have brought forth famous offspring,
yet, of all those children Mary shines most brightly, as is fitting to God.
For she herself was born wondrously of a barren mother,
and gave birth in the flesh to the God of all,
in a manner surpassing nature, from a womb without seed.
She is the only gateway of the only-begotten Son of God,
Who passed through this gate yet kept it closed,
and, having ordered all things in His own wisdom,//
has wrought salvation for all mankind.

*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 St. Theodora) (As one valiant among the martyrs)*

Feminine in body and masculine in bearing and attire, O Theodora,
you undertook manly struggles living among men,
and you diminished the passions and completely restrained the appetite for pleasures,//
by fasting, intense supplications, and by unremitting contemplation of God.

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

The sun, setting beneath the horizon, never saw you sin; / but the unsetting Sun and Lord, / Who knows the hearts and sees the hidden things, did know you, / and He illumined the eyes of your heart with the light of repentance.//Therefore you diligently served Him by unflagging abstinence and perfection of virtues.

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

In no way did you remain ignorant of the enemy's wiles,
but you cherished the child who was not your own,
and nurtured him with a father's kindness, O glorious Theodora.
With piety of mind you bore the reproach of men,
and suffered unnumbered rebukes in your love for the child.//
Therefore we celebrate your honored festival.

*Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 4***

As foretold by the Angel's prophecy,
you have come forth today, O Virgin,
the most sacred fruit of righteous Joachim and Anna.
You are the heaven and throne of God, the vessel of purity,
heralding joy to all the world, you that bring us our life;
you destroy the curse and give blessing in its stead.
Wherefore on this feast of your birth, O Maiden called by God,//
entreat peace for the world and for our souls great mercy!

*now and ever, and unto ages of ages. Amen. **Tone 4** (Theotokion – Dogmatikon)*

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.

LITYA

Tone 2 You wept tears from the depths of your soul,
lamenting your barrenness,
desiring children.
Yet you gave birth to a child//
who is the boast of all our race.

With voices raised in song
let us honor the venerable birth
of the most holy Virgin,
for because of her//
the world hath been renewed.

Rejoice, O wise prophets,
who spoke from God!
Rejoice in the Virgin,
through whom the salvation of the world//
will be given birth!

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

Tone 8 Let us strike our spiritual harp on this solemn day of our feast,
for today, from the seed of David,
the Mother of Life is born, dispelling the darkness.
She is the re-creation of Adam, and the recalling of Eve.
She is the source of incorruption and our release from corruption.
Through her we have been made godlike and delivered from death.
So let us the faithful cry out to her with Gabriel:
“Rejoice, O Full of Grace, the Lord is with you, //
granting us His great mercy through you!”

When the singers have completed the stichera, the deacon says:

God, save your people and bless your inheritance, watch over your world in mercy and compassions, lift up the horn of right-glorifying Christians and send down upon us your rich mercies, through the intercessions of our all-pure lady the Birthgiver of God and ever-virgin Mary whose remembrance of her holy Nativity we fulfill, by the power of the precious and life-creating Cross, by the protections of the honorable bodiless powers of heaven, through the supplications of the honorable, glorious prophet, forerunner and baptist John, of the holy, glorious, and all-laudable apostles, of our fathers among the saints, great hierarchs and teachers of the world Basil the Great, Gregory the Theologian and John the Golden-mouth; Athanasius, Cyril, and John the Merciful, patriarchs of Alexandria, Nicholas of Myra and Spyridon the bishop of Trimythous, the wonderworkers; of the holy glorious and right-victorious martyrs, of the holy glorious great martyrs George the trophy-bearer, Demetrios the myrrh-streamer, Theodore the Recruit and Theodore the Commander, of our venerable and God-bearing Fathers, of the holy and righteous ancestors of God Joachim and Anna, of the venerable Theodora of Alexandria, whose remembrance we fulfill, and of all your saints, we implore you, only Lord full of mercy, hear us the sinners who pray to you and have mercy on us.

Choir: Lord, have mercy. (x3)

Again we pray for our rulers, that the Lord our God works together with them and makes them prosper in all.

Choir: Lord, have mercy. (x3)

Again we pray for our Archbishop and father (name).

Choir: Lord, have mercy. (x3)

Again we pray for every Christian soul distressed and weary, in need of God's mercy and help, for the protection of this holy house and those who dwell in it, for the peace and stillness of the whole world, for the stability of the holy Churches of God, for the salvation and help of our fathers and brothers who with diligence and fear of God labor and serve, for those who are absent and those who are abroad, for the healing of those who lie in infirmity, for the repose, blessed memory and remission of sins of all our right-glorifying fathers and brethren gone before us, who piously lie asleep here and everywhere, for deliverance of the imprisoned, and for our brethren who are in ministries, and for all who serve and have served in this holy house, let us say:

Choir: Lord, have mercy. (x3)

Again we pray that this holy house, and every monastery, city, and countryside be kept from pestilence, famine, earthquake, flood, fire, sword, invasion of enemies, civil war, and sudden death; that our good God who loves mankind be gracious, favorable, and conciliatory, and turn away and dispel all the wrath and illness stirred up against us, and deliver us from his looming righteous threat, and have mercy on us.

Choir: Lord, have mercy. (x3)

Again we pray that the Lord God will hear the voice of our supplication, of the sinners, and have mercy on us.

Choir: Lord, have mercy. (x3)

Priest: Hear us, God, our Savior, the hope of all the ends of the earth and of those who are far off upon the sea; and be gracious, Master, be gracious to us, upon our sins, and have mercy on us. For you are a merciful God and love mankind, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. **Choir:** Amen.

Priest: Peace to all.

Choir: And to your spirit.

Deacon: Let us bow our heads to the Lord.

Choir: To You, O Lord.

All bow their heads as the priest says the following prayer aloud:

Master full of mercy, Lord Jesus Christ our God, through the intercessions of our all-pure Lady the Birthgiver of God and ever-virgin Mary whose remembrance of her holy Nativity we fulfill, by the power of the precious and life-creating Cross, by the protections of the honorable bodiless powers of heaven, through the supplications of the honorable, glorious prophet, forerunner and baptist John, of the holy, glorious, and all-laudable apostles, of our fathers among the saints, great hierarchs and teachers of the world Basil the Great, Gregory the Theologian and John the Golden-mouth; Athanasius, Cyril, and John the Merciful, patriarchs of Alexandria, Nicholas of Myra and Spyridon the bishop of Trimythous, the wonderworkers; of the holy glorious and right-victorious martyrs, of the holy glorious great martyrs George the trophy-bearer, Demetrios the myrrh-streamer, Theodore the Recruit and Theodore the Commander, of our venerable and God-bearing Fathers, of the holy and righteous ancestors of God Joachim and Anna, of the venerable Theodora of Alexandria whose remembrance we fulfill, and of all your saints, make our supplication acceptable, grant us remission of our trespasses, shelter us in the shelter of your wings, drive away from us every enemy and adversary, make our life peaceful, Lord, have mercy on us and on your world and save our souls, for you are good and love mankind. **Choir:** Amen.

Priest: Rejoice, O Virgin Theotokos, Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls. (x1)

Choir: Rejoice, O Virgin Theotokos, Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Savior of our souls. (twice)

The priest takes one of the loaves from the five loaves and with it makes the sign of the cross over the loaves.

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Lord Jesus Christ our God, who blessed the five loaves in the wilderness and with them fed the five thousand, yourself also bless these loaves, the wheat, the wine and the oil, and multiply them in this city and in the whole world; and sanctify your faithful servants who will partake of them. For it is you who bless and sanctify all things, Christ our God, and to you we send up glory, together with your unoriginate Father and your all-holy, and good, and life-creating Spirit, now and ever, and to the ages of ages.

Choir: Amen.

The priest takes one of the loaves and sings in Tone 7:

Priest: Rich men have turned poor * and gone hungry; * but they that seek the Lord * shall not be deprived of any good thing. (once)

Choir: Rich men have turned poor * and gone hungry; * but they that seek the Lord * shall not be deprived of any good thing. (twice)

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 Let the barren and childless Anna today clap her hands with gladness!

Let those on earth be decked in splendor;

let rulers leap for joy;

let priests be glad in blessing; let the whole world keep the feast!

For behold the Queen and immaculate bride of the Father

has sprung forth from the root of Jesse.

No longer will women bear children in sorrow,

for joy has blossomed forth,

and the Life of mankind now dwells in the world.

No longer are the offerings of Joachim be turned away,

for the lamentation of Anna has been changed to joy.

She cries: “Rejoice with me, all you chosen of Israel,

for behold, the Lord has given me the living palace of His divine glory

for our common gladness and joy//

and for the salvation of our souls!”

TROPARIA

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 8 Troparion (St. Theodora)***

The image of God was truly preserved in you, O Mother,

for you took up the Cross and follow Christ.

By so doing, you taught us to disregard the flesh for it passes away;

but to care instead for the soul, for it is immortal.//

Therefore your spirit, venerable Theodora, rejoices with the angels.

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.

APOLYSIS

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: The blessing and mercy of the Lord come upon you with his grace and love for mankind, always, now and ever and to the ages of ages.

Choir: Amen.

Priest: Glory to You, Christ God our Hope, glory to You.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen. Lord, have mercy; Lord, have mercy; Lord, have mercy. Father, bless!

Priest: (*says the apolysis*)

Choir: Amen.

Priest: Through the prayers... **Choir:** Amen.