

SUNDAY, SEPTEMBER 13, 2020

TONE 5

14th Sunday after Pentecost / Forefeast of the Exaltation of the Cross, Sunday before the Exaltation / Commemoration of the Founding of the Church of the Resurrection (Holy Sepulcher) at Jerusalem

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 6 Dedication is to be honored,
as was decreed in the Old Law;
even more should the New Law be honored through dedication;
for as Isaiah proclaims: "The islands are dedicated to God."
By this we understand the churches now built by the Gentiles,
which receive a firm foundation from God.//
Therefore let us spiritually celebrate this present feast!

v. (5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.

Be dedicated anew, O people!

Putting away the old man, live in newness of life,

placing a bridle on everything from which death may come!

Let us chasten all our members,

hating every evil fruit of the tree!

Mindful of this, let us avoid our ancient errors,

that mankind may thus be restored!//

Thus this day of dedication is honored.

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

Tone 6 O Christ, the pre-eternal Word,

You set up Your Church as a tower of strength,

founding it upon the rock of the faith.

Therefore it abides in You, unshaken forever,

for, without undergoing change,

You became Man in these latter times for its sake.

Therefore we give thanks to You and praise You in hymns, saying:

“You are our King since before time began;//

now and forever – 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 4

Being lifted high upon the Cross,

You raised Adam with Yourself

and, with him, our whole fallen nature, O our Lord.

Wherefore, exalting Your spotless Cross,

we ask You, O Friend of man, for Your power from above, as we cry out:

O Most High, save them that revere

the divine, bright and hallowed Exaltation of Your Cross with fitting honor, //

since You are God the All-merciful.

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

As it says in the psalms,

we now see the footstool, O Master Christ,

where Your undefiled feet have stood: Your precious Cross,

which is exalted this day with fervent longing and sacred love.

We exalt it piously and implore You while crying out:

O Most High God, Who have hallowed all men by Your divine Cross,

make us sharers of divine grace //

and Your ineffably tender love.

v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.

As a trophy invincible,
as a shield strong against the foe,
as a scepter given by God, O Savior Christ,
we bow and worship Your holy Cross, whereby all the world is saved;
for its sake Adam dances;
and with songs, we the companies of those born of earth
laud and honor it, keeping feast in gladness on its godly Exaltation, //
while asking pardon of all our sins.

Glory to the Father, and to the Son, and to the Holy Spirit; Tone 6

Celebrating the memory of the dedication, O Lord,
and glorifying You, the Giver of holiness,
we ask that You hallow the senses of our souls,
through the supplications of the glorious passion-bearers, //
O You Who are good and almighty!

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!

READINGS FROM THE SCRIPTURES

The Reading is from the Third Book of Reigns. [10, 22-23. 27-31; 8, 22-23a]

Solomon stood before the Altar of the Lord, in front of the whole Assembly of Israel, and spread out his hands to heaven and said, 'Lord God of Israel, there is no god like you in heaven above or on earth below. If heaven and the highest heaven will not be adequate for you, how much less then this House which I have built in your name? And you, Lord God of Israel, will look upon my supplication, to hear the supplication and the prayer which your servant makes before you this day, that your eyes may be open towards this house day and night, towards this place of which you have said, "My name will be there", to hearken to the prayer which your servant makes at this place day and night. And you will hearken to the supplication of your servant and of your people Israel, whatever they may pray for at this place, and you will hearken in the place of your habitation in heaven, and you will act be merciful to them.'

The Reading is from Proverbs. [3: 19-34]

With wisdom God founded the earth. He prepared the heavens with understanding. With his knowledge the deeps were broken open and the clouds poured down dew. My son, keep my counsel and my thought, do not pour them away, that your soul may live and grace be around your neck; and there shall be health for your flesh and safety for your bones; that with confidence you may walk all your ways in peace, and your foot may not stumble. For if you sit down, you shall be unafraid; if you slumber, you shall have sweet sleep; you shall not fear alarm coming upon you, nor the assaults of the impious; for the Lord shall be over all your ways and shall support your feet, so that you are not snared. Do not hold back from doing good to the needy, whenever your hand is able to help. Do not say, 'Come back again sometime', and 'Tomorrow I shall give': when you are able, do good, for you do not know what the coming day will bring forth. Do not devise evils for your friend who lives near you and trusts you. Do not quarrel with someone needlessly, lest they devise some evil against you. Do not gain the reproaches of wicked men, nor covet their ways; for every transgressor is unclean before the Lord, he does not take his seat among the just. The Lord's curse is on the houses of the ungodly, but the dwellings of the just are blessed. The Lord opposes the proud, but gives grace to the humble.

The Reading is from Proverbs. [9:1-11]

Wisdom has built herself a house and set up seven pillars. She has slaughtered her beasts, mixed the wine in her mixing bowl and prepared her table. She has sent out her servants, inviting with a loud proclamation to her banquet saying, 'Whoever is foolish, let him turn in here to me,' and to those lacking understanding she said, 'Come, eat my bread, drink the wine I have mixed for you. Abandon folly and you will live; seek sagacity that you may have life, and correct understanding with knowledge. He who reproves wicked men will receive from them dishonour; he who rebukes the impious will shame himself. For to the impious rebukes are bruises. Do not rebuke the wicked, lest they hate you: rebuke a wise man and he will love you. Give a wise man an opportunity, and he will become wiser; instruct a just man and he will continue to receive. The beginning of wisdom is fear of the Lord; and the counsel of saints, understanding; knowing the law is the mark of a right mind. For by this means you will live a long time, and years will be added to your life.'

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 fearful, 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
You are my mighty protection,
O three-part Cross of Christ.
Sanctify me by your power,//
that I may worship and glorify you with faith and with love.

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 4 Troparion (Founding)
You have revealed the beauty of the holy dwelling place of Your glory on earth
to be like the splendor of the heavenly firmament, O Lord.
Through the prayers of the Theotokos,
strengthen it for ever and ever
and accept our supplication
which we ceaselessly offer to You therein,//
the life and resurrection of all!

now and ever, and unto ages of ages. Amen. Tone 4 Troparion (Forefeast)
We offer in supplication
the life-creating Cross of Your goodness, O Lord,
which You have granted to us
although we are unworthy.
Through the Theotokos, save all right-glorifying Christians, O only Lover of man!