

SUNDAY, SEPTEMBER 19, 2021

TONE 4

13<sup>th</sup> Sunday after Pentecost / Sunday after the Exaltation of the Cross / Afterfeast of the Exaltation of the Cross / Martyrs Trophimus, Sabbatius, and Dorymedon of Synnada

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.*

Angels and men sing of Your Resurrection on the third day, O Savior.  
By it, the ends of the earth have been illuminated.  
By it we have been delivered from bondage to the Enemy.  
Save us by Your Resurrection!//  
O Life-creating and almighty Savior, 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.*

You have shattered the gates of brass  
and destroyed the chains of death, O Christ God.  
You have raised the fallen human race.//  
O Lord, risen from the dead, glory to You!

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

**Tone 4** The most holy Cross, the invincible trophy,  
comes forth today like a hidden treasure revealed from the earth,  
enriching the whole world with rays of universal goodness.  
Therefore, we glorify the all-good dispensation of Christ our God,//  
Who willed to be crucified on it.

V. (3) *For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

The most holy Cross, the invincible trophy,  
comes forth today like a hidden treasure revealed from the earth,  
enriching the whole world with rays of universal goodness.  
Therefore, we glorify the all-good dispensation of Christ our God,//  
Who willed to be crucified on it.

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

The Cross depicted of old by the Prophet Moses,  
the faithful seer and beloved of God,  
routed the hordes of the foreign oppressors.  
Now, shown forth in divine elevation at the hands of sacred ministers,  
it dispels the hordes of demons and assemblies of evil ones,//  
reproving the boldness of the ungodly.

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

Your Cross, our Savior, is the invincible might of Christians.  
By it multitudes of enemies are vanquished;  
the peace of Your Church, O Christ, is given to those who offer fitting glory.  
As we venerate it now, we entreat You, O Lover of man://  
"Count us worthy of a portion with Your saints!"

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

Let us proclaim today a festival of song,  
and with radiant faces and with our tongues let us cry aloud:  
O Christ, You have accepted condemnation for us,  
and, being spat upon, and scourged,  
You were robed in purple and didst ascend the Cross.  
Seeing You, the sun and the moon hid their light,  
the earth quaked in fear,  
and the veil of the Temple was torn in two.  
Grant us Your precious Cross as our guardian and protector,  
driving demons away,  
that we may all embrace it and cry out:  
"Save us, O Cross, by your might!  
Sanctify us by your radiance, O precious Cross,  
and strengthen us through your Exaltation;//  
for you have been given to us as the light and salvation of our souls!"

*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.

## **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 5** The words of Your prophets Isaiah and David are fulfilled, O God.  
They said: “All nations will come and bow down before You.”  
Behold the people filled with grace in Your courts in Jerusalem, O good One!  
You endured the Cross for us, granting us life through Your Resurrection. //  
Preserve and save us!

## **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, now and ever, and unto ages of ages. Amen.*

**Tone 1 Troparion** (*Cross*)  
O Lord, save Your people,  
and bless Your inheritance!  
Grant victories to the Orthodox Christians  
over their adversaries;  
and by virtue of Your Cross, //  
preserve Your habitation!