

SEPTEMBER 11, 2016:

SUNDAY BEFORE THE UNIVERSAL EXALTATION OF THE HOLY CROSS

*Commemoration of St. Theodora of Alexandria; of St. Effrosinos the Cook;
Of the holy Martyrs Demetrios & Evanthia, & their son, Demetrianos;
Mode III; Eothinon I.*

Parish Council: Nick Rulli, Georgia Liapes, Elias Scott Taylor and Sue Fischer

Coffee: Cappella Romana

Memorials: George Venikouas: 6 months, The Very Reverend Archimandrite Ephrem (Lash): 6 months.

*Please note: Prayers before receiving Holy Communion are found on page 29 of your
Divine Liturgy book.*

~ Ὕμνοι & Ἀναγνώσματα | Hymns & Readings ~

Doxastikon at Lauds: Eothinon I

Εἰς τὸ ὄρος τοῖς Μαθηταῖς ἐπειγομένοις, διὰ τὴν χαμόθεν ἔπαρσιν, ἐπέστη ὁ Κύριος, καὶ προσκυνήσαντες αὐτὸν
καὶ τὴν δοθεῖσαν ἐξουσίαν, πανταχοῦ διδαχθέντες, εἰς τὴν ὑπ' οὐρανὸν ἐξαπεστέλλοντο, κηρῦσαι τὴν ἐκ
νεκρῶν Ἀνάστασιν, καὶ τὴν εἰς Οὐρανοὺς ἀποκατάστασιν· οἷς καὶ συνδιαγωνίζειν, ὁ ἀψευδὴς ἐπηγγείλατο, Χριστὸς
ὁ Θεός, καὶ Σωτὴρ τῶν ψυχῶν ἡμῶν.

The Lord stood before his Disciples, who had ascended the mountain for his being lifted from the ground. They
worshipped him, and when they had been taught that authority had been given him everywhere, they were sent out
to proclaim his Resurrection from the dead and his restoration to Heaven. And Christ, God and the Saviour of our souls,
promised unfailingly that he would be with them for ever.

Third Antiphon: Resurrectional Apolytikion; Mode III

Στίχος· Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.

Verse: This is the day which the Lord has made; let us rejoice and be glad in it.

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος ἐπάτησε τῷ
θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ
τὸ μέγα ἔλεος.

*(Efrenéstho ta ouránia, aghalliástho ta epígia, óti epíise krátos, en vrakhyíoni aftoú, o Kyrios epátise to thanáto ton
thánaton, protótokos ton nekron eyéneto, ek kilias ádthou errísato imás, ke paréskhye to kózmo to mégla éleos.)*

Let everything in heaven rejoice, let everything on earth be glad, for the Lord has shown strength with his arm; by
death he has trampled on death; he has become the first-born of the dead; from the bowels of Hades he has delivered
us; and granted the world his great mercy.

Apolytikion of the Nativity of the Mother of God; Mode IV.

Ἡ γέννησίς σου Θεοτόκε, χαρὰν ἐμήνυσε πάσῃ τῇ οἰκουμένῃ· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ ἥλιος τῆς δικαιοσύνης,
Χριστὸς ὁ Θεὸς ἡμῶν, καὶ λύσας τὴν κατάραν, ἔδωκε τὴν εὐλογίαν· καὶ καταργήσας τὸν θάνατον, ἔδωρήσατο
ἡμῖν ζωὴν τὴν αἰώνιον.

*(I génnisis sou Theotóke, kharán emíniseh pási ti ikouméni: ek sou ghar anétilen o ílios tis dthikeosínis, Christós o
Theós imón, ke lísas tin katáran, édthokeh tin evloyían; ke kataryísas ton thánaton, edthorísato imín zoín tin eónion.)*

Your Nativity, O Mother of God, has brought joy to all the inhabited world; for from you there dawned the Sun of
righteousness, Christ our God. He abolished the curse and gave the blessing; and by making death of no effect, he
has bestowed on us eternal life.

Apolytikion of the Church (Pentecost); Mode Pl. IV

Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλειῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον,
καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλόανθρωπε, δόξα σοι.

*(Evloyitós i, Christé o Theós imón, o pansófous tous ali-ís anadthíxas, katapémψas aftís to Pnévma to áyion, ke
dthi' aftón tin ikouménin sayinéψas, filánthrophe, dthóxa si.)*

Blessed are You, Christ our God, who revealed the fishermen to be most wise, by sending down to them the Holy Spirit, and so through them catching the whole world in a net, lover of mankind, glory to You.

Kontakion of the Nativity of the Most Holy Mother of God (8 Sept); Mode IV

Ἰωακείμ καὶ Ἄννα ὀνειδισμοῦ ἀτεκνίας, καὶ Ἀδὰμ καὶ Εὐά, ἐκ τῆς φθορᾶς τοῦ θανάτου, ἠλευθερώθησαν, Ἄχραντε, ἐν τῇ ἀγία γεννήσει σου· αὐτὴν ἑορτάζει καὶ ὁ λαός σου, ἐνοχῆς τῶν πταισμάτων, λυτρωθεὶς ἐν τῷ κράζειν σοι· Ἡ στεῖρα τίκει τὴν Θεοτόκον, καὶ τροφὸν τῆς ζωῆς ἡμῶν.

(Ioakím ke Ánna onidhizmoú ateknías, ke Adthám ke Éva, ek tis fthorás tou thanátou, ileftheróthisan, Ákhrandeh, en ti ayía yennísi sou; aftín eortázi ke o laós sou, enokhyís ton ptezmáton, litrothís en to krázin si: I stíra tíkti tin Theotókon, ke trofón tis zoís imón.)

Joachim and Anne were set free from the reproach of childlessness, Adam and Eve from corruption of death by your holy Nativity, O Immaculate. Delivered from the guilt of offences, your people celebrate it as they cry to you: The barren woman bears the Mother of God, the sustainer of our souls.

Prokeimenon of the Apostle (Ps. 27: 9, 1)

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

Apostle Reading: Paul's Letter to the Galatians (6: 11 - 18)

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

The Holy Gospel According to John (3: 13 - 17)

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."