

SUNDAY, SEPTEMBER 14

TONE 5

14th Sunday after Pentecost

The Universal Exaltation of the Precious and Life-giving Cross

"Lord I Call..." Tone 6

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!

V. (10) Bring my soul out of prison, that I may give thanks to Your Name!

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

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

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

V. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with 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.

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

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 6 *(Having placed all their hope)*

As the Cross is lifted on high,

it urges all of creation

to praise the undefiled Passion of Christ, Who was lifted up on it.

For by the Cross He killed the one who killed us,

and brought us back to life when we were dead.

He adorned us in beauty,

and in His compassion made us worthy to live in heaven.

Therefore we rejoice and exalt His Name,//

and magnify His infinite condescension.

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

Moses prefigured you, O precious Cross,
when he stretched out his hands on high,
and put the tyrant Amalek to flight.
You are the boast of the faithful, the support of those who suffer,
the glory of the Apostles, the champion of the Righteous,
and the preservation of all the Saints.
Therefore, beholding you raised on high,
creation rejoices and celebrates,
glorifying Christ Who has joined together through you that which was
divided //
in His infinite goodness.

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

O most venerable Cross,
attended by ranks of rejoicing angels,
as you are exalted today at the divine command,
may you lift up again
all those who through the stolen food
had been cast out and were sunk in death.
Therefore, as we venerate you in faith with heart and lips,
we draw sanctification from you and cry aloud:
“Exalt Christ, the God transcendent in goodness, //
and venerate His divine footstool!”

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

Tone 2

Come, all you nations,
let us fall down in worship before the blessed Tree,
by which eternal justice has come to pass!
For he who deceived Adam by a Tree
is caught by the lure of the Cross;
and he who held under his tyranny the creature endowed by God with royal
dignity
is brought down in a headlong fall.
The serpent’s venom is washed away by the blood of God,

and the curse of just condemnation is undone
when the Just One is condemned by an unjust judgment.
For it was fitting that the tree should be healed by a Tree,
and that by the Passion of the passionless God
what was wrought on the Tree should destroy the passions of man, who was
condemned.

But glory to Your dread dispensation for our sakes, O Christ the King,
through which You have saved us all, //
since You are good and the Lover of man!

Old Testament Readings

Exodus 15:22-16:1

Proverbs 3:11-18

Isaiah 60:11-16

Litya

Tone 1 *Idiomela* *(by Andrew of Jerusalem)*

Today the holy saying of David truly has come to pass,
for behold, in the sight of all,
we venerate the footstool of Your undefiled feet,
and, putting our hope in the shadow of Your wings,
we cry aloud to You, O all-compassionate Lord:
“May the light of Your countenance be marked as a sign upon us!
Exalt the horn of Your Orthodox people
by the Exaltation of Your precious Cross, //
O Christ of many mercies!”

The Tree of True Life was planted in the Place of the Skull
and upon it You, the eternal King, have worked salvation in the midst of the
earth.

Exalted today, it sanctifies the ends of the world,
and the church of the Resurrection celebrates its dedication.
Angels in heaven rejoice,
and men upon earth make glad,
crying aloud with David and saying:
“Exalt the Lord our God and worship at His footstool, //
for He is holy, granting the world great mercy!”

Prefiguring Your Cross, O Christ,
Jacob the Patriarch, when he gave the blessing to his descendants,
laid his hands crosswise upon their heads.
And today, as we exalt Your Cross, O Savior, we cry:
“Give victory to Your Orthodox people, //
as You once gave it to Constantine!”

Tone 2 *(by Theophanes)*

Divine treasure hidden in the earth,
the Cross of the Giver of Life appeared in the heavens to the godly king,
and its inscription spiritually signified his victory over the enemy.
Rejoicing with faith and love, and inspired by God
he made haste to raise on high the Cross which he had seen,
and with great zeal he brought it forth from the bosom of the earth//
for the deliverance of the world and the salvation of our souls.

(by Cyprian)

When the Patriarch Jacob crossed his hands while blessing his children,
he foreshadowed the mighty symbol of Your Cross.
Having this as our unshakable safeguard,
we drive out with almighty strength the ranks of demons;
and, casting down by it the arrogance of Belial,
we put to flight the all-destroying power of hateful Amalek.
Now as the Cross is lifted on high,
we the faithful piously offer it to Your goodness for the cleansing of our sins,
crying out in a loud voice:
“Have mercy, O Lord, made flesh of the Virgin; //
take pity, O Good One, on the works that You have fashioned in Your wisdom.”

(by Emperor Leo)

O three-branched Cross of Christ,
you are my strong protection.
Sanctify me by your might//
that I may venerate and glorify you in faith and love!

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 ascended 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!”

(by Anatolius)

You, O Cross, as a sign radiant with light, formed of stars,
have prophetically revealed a trophy of victory to the godly king;
and when his mother Helen found you,
she displayed you in the sight of all the world.
And we the choirs of faithful shout aloud, as we exalt you today:
“Enlighten us with your brightness, O life-bearing Cross!
Sanctify us by your might, O all-venerable Cross,
and strengthen us through your Exaltation, //
when you are lifted on high before the ranks of our enemies!”

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

Tone 4 *(by Anatolius)*

Moses prefigured the power of Your precious Cross, O Christ,
when he put to flight his adversary Amalek in the wilderness of Sinai;
for when he stretched out his arms in the form of a cross, the people prevailed.
Now the fulfillment of these images has come to pass for us.
Today the Cross is exalted, and the demons are put to flight.
Today all creation has been set free from corruption,
for through the Cross all the gifts of grace have shone upon us.
Therefore, rejoicing, we all fall before You and cry: //
“How marvelous are Your works, O Lord! Glory to You!”

Aposticha

Tone 5 *Automelon*

Rejoice, O life-bearing Cross:
invincible triumph of godliness,
gate of Paradise, and protection of the faithful!
The Cross is the might of the Church,
through which corruption is abolished,
through which the power of death is crushed.
and we are raised from earth to heaven.
O invincible weapon, the adversary of demons,
the glory of martyrs, the true adornment of ven'rable saints,
and the haven of salvation,//
which grants the world great mercy.

V. Extol the Lord our God: and worship at His footstool for He is holy! (Ps. 98:5)

Rejoice, O Cross of the Lord,
through which mankind has been delivered from the curse!
You are a sign of true joy,
shattering our enemies by your Exaltation.
O Cross, worthy of all honor,
you are our help, you are the strength of kings.
You are the power of the righteous.
You are the majesty of priests.
All who sign themselves with you are freed from danger.
O rod of strength, under which we like sheep are tended,
you are a weapon of peace around which the angels stand in fear.
You are the divine glory of Christ,//
Who grants the world great mercy.

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

Rejoice, O guide of the blind,
physician of the sick and resurrection of all the dead;
you have raised us up when we were fallen into mortality.
O precious Cross,
through you corruption has been destroyed,
and incorruption has blossomed forth.

We mortals are made divine,
and the devil is completely overthrown.
Today, as we see you exalted by the hands of bishops,
we exalt Him Who was lifted up upon you,
and we fall down in worship before you, //
drawing rich streams of 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 8 *(by John the Monk)*

Your precious Cross, O Christ God,
which Moses of old prefigured in his own person
when he overthrew Amalek and put him to flight;
which David commanded to be worshipped,
calling it Your footstool:
this same Cross we sinners worship today with unworthy lips.
We praise You Who were pleased to be nailed upon it,
and we cry to You: //
“With the thief, make us worthy of Your Kingdom, O Lord!”

Tone 1 **Troparion**

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!

(sung thrice at Great Vespers)

(at the Divine Liturgy)

The First Antiphon

God, my God, attend to me! Why have You forsaken me? *(Ps. 21:1a)*

Refrain: Through the prayers of the Theotokos, O Savior, save us!

Why are You so far from helping me, from the words of my groaning? *(Ps. 21:1b)*
(Refrain)

O my God, I cry by day, but You do not answer; and by night, but find no rest.
(Ps. 21:2) (Refrain)

You dwell in the sanctuary, the praise of Israel. *(Ps. 21:3) (Refrain)*

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

The Second Antiphon

O God, why do You cast us off forever? *(Ps. 73:1a)*

Refrain: O Son of God, crucified in the flesh, save us who sing to You:
Alleluia!

Remember Your congregation, which You have gotten of old! *(Ps. 73:2) (Refrain)*

Remember Mount Zion, where You have dwelt! *(Ps. 73:3b) (Refrain)*

God is our King before the ages; He has worked salvation in the midst of the
earth. *(Ps. 73:13) (Refrain)*

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

("Only-begotten Son and immortal Word of God... ")

The Third Antiphon

The Lord reigns, let the people tremble! *(Ps. 98:1a)*

Tone 1 Troparion

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!

The Lord reigns, let the people tremble! He sits enthroned upon the cherubim; let the earth quake! *(Ps. 98:1)*

Troparion of the Feast

The Lord is great in Zion; He is exalted over all the people. *(Ps. 98:2)*

Troparion of the Feast

Bow down in worship to the Lord in His holy court! *(Ps. 98:10)*

Troparion of the Feast

Entrance Verse

Extol the Lord our God: worship at His footstool for He is holy! *(Ps. 98:5)*

Tone 1 Troparion

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!

Tone 4 Kontakion

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by Your power,
granting them victories over their adversaries//
by bestowing on them the invincible trophy, Your weapon of peace!

(Instead of the Trisagion, we sing:)

Before Your Cross, we bow down in worship, O Master,
and Your holy Resurrection we glorify.

Tone 7 Prokeimenon

Extol the Lord our God: / worship at His footstool for He is holy! *(Ps. 98:5)*

V. The Lord reigns, let the people tremble! (Ps. 98:1a)

Epistle

(125) 1 Corinthians 1:18-24

Tone 1

Alleluia, Alleluia, Alleluia!

V. Remember Your congregation, which You have gotten of old! (Ps. 73:2)

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

Gospel

(60) John 19:6-11, 13-20, 25-28, 30-35

(Instead of "It is truly meet...", we sing:)

Tone 8

Magnify, O my soul, the most precious Cross of the Lord!

You are a mystical Paradise, O Theotokos,
who, though untilled, have brought forth Christ;
through Him the life-bearing wood of the Cross was planted on earth.
Now at its Exaltation,
as we bow in worship before it, we magnify you.

Communion Hymn

The light of Your countenance has been signed upon us, O Lord. *(Ps. 4:7)*
Alleluia, Alleluia, Alleluia!