

SUNDAY, SEPTEMBER 21

tone 6

15<sup>th</sup> Sunday after Pentecost

Sunday After/ Leavetaking of the Exaltation of the 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!*

**Tone 6**      *(for the Resurrection)*

Possessing victory over hell, O Christ,

since You are free among the dead,

You ascended the Cross

raising with Yourself those who sat in the shades of death.//

Drawing life from Your light, O almighty Savior, have mercy on us!

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

Today Christ tramples on death,

for He is risen as He said!

Let us all sing this song,

for He has granted joy to the world:

O Light unapproachable, O Fountain of life!//

O Savior almighty, have mercy on us!

*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.*

Where shall we sinners flee from You, Who are in all creation?  
In heaven You dwell!  
In hell You trampled on death!  
In the depths of the sea?  
Even there is Your hand, O Master!  
To You we flee, and falling before You, we pray://  
O You Who rose from the dead, have mercy on us!

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

*(Resurrection stichera by Anatolius)*

In Your Cross, we glory, O Christ.  
We sing and glorify Your Resurrection,  
for You are our God, //  
and we know no other than 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 6**      *(for the Feast)*      *(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;*

**Tone 2**      *(for the Feast)*

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!

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

**Tone 6**      *(Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?  
Who will not sing of your most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from you He was ineffably incarnate.  
God by nature, yet Man for our sake,  
not two persons, but one known in two natures.  
Entreat Him, O pure and all-blessed Lady,//  
to have mercy on our souls!

**Aposticha**

**Tone 6**      *(for the Resurrection)*

Your Resurrection, O Christ our Savior,  
the Angels in heaven sing!  
Enable us on earth//  
to glorify You in purity of heart!

*v. The Lord is King; He is robed in majesty!*

Destroying the gates of hell,  
breaking the chains of death,  
You resurrected the fallen human race as almighty God!//  
O Lord, Who rose from the dead, glory to You!

*v. For He has established the world, so that it shall never be moved.*

Desiring to return us to Paradise,  
Christ was nailed to the Cross and placed in a tomb.  
The Myrrhbearing Women sought Him with tears, crying,  
“Woe to us, O Savior!  
How do You deign to descend to death?  
What place can hold Your life bearing body?  
Come to us as You promised!  
Take away our wailing and tears!”  
Then the Angel appeared to them:  
“Stop your lamentations!  
Go, proclaim to the Apostles:  
‘The Lord is risen,//  
granting us purification and great mercy!’”

*v. Holiness befits Your house, O Lord, forevermore!*

Having been crucified as You willed,  
by Your burial You captured death, O Christ,  
rising on the third day as God in glory,//  
granting the world unending life and 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**      *(for the Feast, 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!”

*(at Great Vespers)*

**Tone 6**      **Troparion**      *(Resurrection)*

The Angelic Powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You captured hell, not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead,//  
glory to You.

*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**      *(Feast)*

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!

*(at the Divine Liturgy)*

**Tone 6      Troparion    *(Resurrection)***

The Angelic Powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You captured hell, not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead, //  
glory to You.

**Tone 1      Troparion    *(Feast)***

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 6      Kontakion    *(Resurrection)***

When Christ God, the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race. //  
He is the Savior of all, the Resurrection, the Life, and the God of all.

**Tone 4      Kontakion    *(Feast)***

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!

**Tone 6      Prokeimenon    *(Resurrection)***

O Lord, save Your people, / and bless Your inheritance! *(Ps. 27:9a)*

*V. To You, O Lord, will I call. O my God, be not silent to me! (Ps. 27:1a)*

**Tone 7      Prokeimenon    *(Feast)***

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

### **Epistle**

(203) Galatians 2:16-20 (*Sunday After*)

(176) 2 Corinthians 4:6-15

### **Tone 6**

Alleluia, Alleluia, Alleluia!

*V. He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps. 90:1)*

*V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (Ps. 90:2)*

### **Tone 1**

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

### **Gospel**

(37) Mark 8:34-9:1 (*Sunday After*)

(92) Matthew 22:35-46

*(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**

Praise the Lord from the heavens, praise Him in the highest! (*Ps. 148:1*)  
The light of Your countenance has been signed upon us, O Lord. (*Ps. 4:7*)  
Alleluia, Alleluia, Alleluia!

---

*Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.*