Byzantine Monthly Menaion

Volume One: September

Metropolitan Cantor Institute
Byzantine Catholic Seminary
Pittsburgh, PA
Foreword

A Menaion is a liturgical book which contains the changeable parts of Byzantine divine services for a given month. The volume in your hands is the first of a series of twelve books for use in Byzantine Catholic parishes. Each day is provided with the following material:

1. Synaxarion (brief life of the saints remembered)
2. Troparia and Kontakia
3. Prokeimena and Alleluiaaria

On major feasts, the proper antiphons (when there are any) and the Magnification and Irmos (appointed to take the place of It is truly proper) are also included.

Texts which are contained in the Faithful’s Book published by the Byzantine Catholic Church are reproduced with their musical settings from that book. Those texts were translated by the Inter-Eparchial Liturgical Commission, and then set to plainchant by the Inter-Eparchial Music Commission.

Many of the Troparia contained in this volume of the Menaion are, in fact, common texts (i.e., they are used on more than one feast). These texts, too, come from the work of the IELC/IEMC, as are all the Prokeimena and Alleluiaaria and Communion Hymns.

The texts of the Troparia and Kontakia that are not from the above-mentioned source are almost always taken from the Order of Matins published by the Sisters of the Order of Saint Basil the Great, and we acknowledge these texts with gratitude.

This volume is intended to be used annually. Because of this, cantors must use the Typikon of the Metropolitan Church to discern how materials from the Menaion are to be combined with the Sunday Ochtoechos. The Typikon will also explain how Prokeimena and Alleluiaaria are to be combined.

May this series of volumes be a blessing for all who attend daily celebrations of the Divine Liturgy, as well as for those who, unable to be at church each day, still wish to pray with the Church and honor the Lord and his saints.

August 28, 2005

Our venerable father Moses the Ethiopian and
Our holy father Augustine, bishop of Hippo
O Lord, maker of the universe, who alone has power over times and seasons, bless this year with your bounty, preserve our country in safety, and keep your people in peace, save us through the
pray'rs of the The-o-to-kos.

Troparion of Simeon the Stylite - Tone 1

You became a column of endurance and rivaled the forefathers, O holy one, becoming like Job in your sufferings and like Joseph in your trials, like the bodiless angels, though you lived in the flesh.

O Simeon, our holy father, intercede with Christ our God that he may save our souls.

Troparion for the Environment - Tone 4

Lord and Savior who as God brought all things into being by a word, establishing laws and governing unerringly to your glory, at the pray'rs of the The-o-to-kos, keep secure and unharmed all the elements which hold
and save the universe.

Rejoice, O woman full of grace, ever-virgin Theotokos, harbor and protectress of the human race. The Savior of the universe received flesh from you, for you are the only one to be both mother and virgin, forever blessed, forever glorified. Intercede with Christ our God that he may grant peace to the whole world.

O Creator and Master of time and eternity, God of all, O merciful One, bless the course of this year, and in your boundless
mercy, save all those who worship you, our one and only Master,

and who cry out to you in fear: O Savior, grant a happy year to

all people.

Kontakion of Simeon Stylites - Tone 2

You looked to heaven and became like an angel. You made of your pillar

a fiery chariot. Now that you are among the angels, join them

in praying to Christ that he might save our souls, O Father.

Prokeimenon of the New Year - Tone 3 (Psalm 146: 5, 1):

Great is our Lord and great is his power. His understanding

is beyond measure.

Verse: Praise the Lord, for a psalm is good. May praise delight our God.
Alleluia - *Tone 4 (Psalm 64: 1, 12a)*

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Al - le - lu - ia!  Al - le - lu - ia!  Al - le - lu - ia!
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**Verse:** To you our praise is due in Zion, O God. To you we pay our vows, you who hear our prayer.

**Verse:** You crown the year with goodness.

### Communion Hymn (Psalm 64: 12a)

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You crown the year, the year with your goodness.  Al - le - lu - ia!

Al - - le - lu - ia!  Al - - le - lu - ia!
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2 **The holy martyr Mammas** was born in Paphlagonia to Christian parents who were imprisoned for the name of Christ. His father died first, and then his mother; the baby was left next to the body of his parents, and rescued by a pious widow. He was dumb until the age of five, and his first word was ‘mama,’ and it is from this word that his name derives. At the age of fifteen, he was brought before the emperor Aurelian. The emperor commanded him to blaspheme Christ, and Mammas replied, “I shall not deny my God and King Jesus Christ, either in my heart or with my lips.” After many forms of torture, Mammas was martyred by a pagan priest. (274)

**Our venerable father John the Faster, patriarch of Constantinople.** Originally a goldsmith, John was called to the priesthood as a young man. He was eventually chosen to be the Patriarch of Constantinople. He practiced fasting assiduously; he was both a man of prayer and a wonderworker right up to his death. (595)

### Troparion of Mammas - *Tone 4*

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Your mar - tyr  Mam - mas,  O  Lord  our  God,  in  his  strug - gle,  received  an  incor-
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rup-ti-ble crown from you. With your strength, he brought down the tyrants
and broke the cowardly valor of demons. Through his prayers, O Christ our
God, save our souls.

Troparion of John the Faster - Tone 4

Your life has shown you to your flock as a rule of faith, an image
of gentleness, and a teacher of moderation. You acquired great-ness
through humility and wealth through poverty. O father
and bishop John, intercede with Christ our God to save our souls.

Kontakion of John the Faster - Tone 3

You proved yourself a heavenly vessel of abstinence, O blessed John,
and a lasting treasure of piety. Your life was radiant with
perfect self-control, and you enriched the poor with alms, O father John.
Beg Christ to have mercy on all of us.

Kontakion of the holy martyr Mammas - Tone 3

O holy Mammas, with the staff God gave to you, lead your people
as a flock to life-giving pastures; crush the fierce and invisible
enemies beneath the feet of those who honor you; for all those
in danger have received you as their fervent intercessor.

Prokeimenon of a Martyr - Tone 7 (Psalm 63:11,2)
The just man will rejoice in the Lord, rejoice in the Lord
and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.
My lips will speak words of wisdom;
understanding will be the theme of my heart.

Verse: Hear this, all you peoples; give heed, all who dwell in the world.

Alleluia of a Martyr - Tone 4 (Psalm 91:13,14):

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.
Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

Alleluia of a Bishop - Tone 2 (Psalm 36:30,31):

Verse: The just man’s mouth utters wisdom and his lips speak what is right.
Verse: The law of his God is in his heart; his steps shall be saved from stumbling.

Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he will not fear, evil news he will not fear. Al-le-lu-ia! Al-le-lu-ia!
3 The holy martyr Anthimus, bishop of Nicomedia, in Bithynia, and his companions, martyrs in the persecution of Diocletian the emperor. In fact, a whole crowd followed him as he received the glory of martyrdom by beheading for the sake of his confession of Christ. Some of his companions a judge ordered beheaded by the sword, some burned up by the fire, and finally some were put in boats and drowned at sea. (303)

Our venerable father Theoktistus, companion of St. Euthymius the Great, was hegumen of the monastery six miles from Jerusalem on the road to Jericho. He was in all things a disciple of Euthymius, governing the monastery until his nintieth year. (431)

The holy deaconess Phoebe of Cenchreae, handmaid of the Lord among the faithful in that city, who helped blessed Paul the Apostle and many others, as he himself testifies in his letter to the Romans.

Troparion of Anthimus - Tone 4

Al - le - lu - ia!

You shared in the a-pos-tles’ way of life and suc-ceed-ed to their throne,

di - vine-ly in-spired bish - op. You found ac - cess to contempla-tion

in the act - ive life. There - fore, you right - ly taught the word of truth

and strug-gled for the faith to the shed - ding of your blood. O priest-mar-tyr

An-thi - mus, pray to Christ our God to save our souls.
Your abundant tears made the wilderness bloom, and your sufferings made your labors fruitful a hundred-fold; you became a shining torch over the world. Venerable father Theoktistus, pray to Christ our God that he may save our souls.

Enlightened by grace and illumined by Baptism, and taught the faith by the chosen vessel of Christ, you were found worthy of the diaconate, and brought the words of Christ to the city of Rome. O deaconess Phoebe, pray to Christ our God that his Spirit
may enlighten our souls.

Kontakion of Phoebe - Tone 2

Paul proclaimed you a protector of many, and you became his helper.

Hear, now, all those who come to you with faith, and who cry out to you with love: Rejoice, O glory of Corinth and pride of Achaia;

rejoice, O deaconess Phoebe!

Kontakion of Theoktistus - Tone 4

You joined the great Euthymius in the desert, and you became an angel on earth with your good works. O Father, you cleanse the hearts of the faithful by the power of wonderful signs. We venerate you with love for this,
O Theoktistus.

Kontakion of Anthimus - Tone 4

You stood out among the bishops and traveled the road to martyrdom.

You became the opponent of pagan idol worship and the protector of your flock. We now honor you, crying out in spirit:

Deliver us from dangers through your intercession. O Anthimus,

you are worthy of all praise.

Prokeimenon of a Bishop-Martyr - Tone 7 (Psalm 149:5,1):

Let the faithful rejoice in glory, rejoice in glory, shout for joy, and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.
Precious in the eyes, in the eyes of the Lord is the death of his faithful, is the death of his faithful.

Verse: What can I return to the Lord for all he has given me?

Alleluia of a Bishop-Martyr - Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.

Alleluia of a Venerable - Tone 6 (Psalm 111:1,2):

Verse: Happy the man who fears the Lord and greatly delights in his commands.
Verse: His posterity will be mighty upon the earth.
The just man will be remembered forever; evil news he will not fear.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

4 The holy martyr Babylas, bishop of Antioch. St. John Chrysostom wrote of Babylas, “this great and wonderful man—if one can call him a man.” He was archbishop of Antioch in the time of the evil emperor Numerian. He forbade the emperor entrance into the church because he was an idolator. In response, the emperor threw him into prison, and had students of his tortured in front of him in an attempt to have Babylas apostasize. Babylas encouraged them to stand firm and, after they were martyred, he joined them as a victim of the sword. (283)

The holy prophet Moses, who saw God. Moses was chosen by God to free his people who were oppressed in Egypt and to lead them to the promised land. God also revealed himself to Moses on Mount Sinai saying, “I am who I am,” and gave the law which would direct the life of the chosen people. The servant of God died in the fullness of years on Mount Nebo, in the land of Moab near the promised land.

Troparion of Babylas - Tone 4

You shared in the apostles’ way of life and succeeded to their throne, divinely inspired bishop. You found access to contemplation
in the active life. Therefore, you rightly taught the word of truth and struggled for the faith to the shedding of your blood. O priest-martyr Babylas, pray to Christ our God to save our souls.

Troparion of Moses - Tone 2

O prophet Moses, you reached the summit of virtues. By this you came to see the glory of God. You received the tablets of the grace-giving Law and became the crown of prophets and a mystery of piety; for you carried grace deep within you.

Kontakion of Moses - Tone 2

Because their prophecy is fulfilled among us, Moses, Aaron, and the
choir of prophets rejoice. The cross is triumphant today because by it you saved us. By the pray'rs of these holy men, save us, O Christ our God.

Kontakion of Babylas - Tone 8

O glorious Babylas, the Church praises you. Today you are revered as a preacher of holiness and the fortitude of martyrs. Since you have become a favorite of the Lord, beg Christ to keep us in perfect peace;

for we praise and glorify you, O Martyr.

Prokeimenon of a Bishop-Martyr - Tone 7 (Psalm 149:5,1):

Let the faithful rejoice in glory, rejoice in glory, shout for joy, and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.
You are a priest forever according to the order of Melchizedek.

Verse: The Lord said to my Lord: Sit at my right hand till I make your enemies your footstool.

Alleluia of a Bishop-Martyr- Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.

Alleluia of a Prophet - Tone 5 (Psalm 98:6; 96:11):

Verse: Moses and Aaron were among his priests; Samuel was among those who called upon his name.
Verse: Light dawns for the just, and gladness for the upright of heart.

Communion Hymn (Psalm 111:6,7):
Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

5 The holy prophet Zachary and his wife, the holy and venerable Elizabeth, the parents of the Forerunner. When she took Mary her cousin into her home, Elizabeth—full of the Holy Spirit—hailed the mother of the Lord as blessed among women. Zachary, a priest full of the prophetic spirit, praised God the redeemer and preached the near advent of Christ, the Dayspring from on high.

Troparion - Tone 4

Arrayed as a priest, O wise Zechariah, you offered a worthy holocaust according to the law of God. You became a shining light and a witness of the mysteries, clearly bearing within you the signs of grace, O most wise one.

You were slain by the sword in God's temple. O prophet of God, together with the Forerunner, intercede with God that he may save our souls.

Kontakion - Tone 3

Today the prophet Zechariah, the priest of the Most
High and the father of the Fore-runner, has prepared a banquet for the faithful and mixed the drink of holiness. Therefore we praise him as a mystical witness of God's grace.

Prokeimenon - Tone 7 (Psalm 63:11,2)

The just man will rejoice in the Lord, rejoice in the Lord and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.

Alleluia - Tone 5 (Psalm 98:6; 96:11):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: Light dawns for the just, and gladness for the upright of heart.

Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he
Refrain

will not fear. Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia!

6 The commemoration of the miracle of the Holy Archangel Michael at Colossae in Chonia. The archangel Michael worked a miracle of conversion and healing in this place, as well as a miracle of preservation of the site from flood. It is remembered each year on this date.

The holy martyr Eudoxius and his companions Carterius, Styriacus, Tobias, Agapius and companions at Sebaste in Armenia. Under Licinius the emperor they are said to have been soldiers who persisted in the faith of Christ and who were cast into the flames. (c.311)

Troparion of the Archangel - Tone 4

Lead-ers of the heav-en - ly ar - mies, al-though we are unworthy, we al-ways be-seech you to for - ti - fy us by your pray'rs and to shel - ter us beneath the wings of your sub-lime glo - ry. Watch over us who bow to you and cry out fer-vent-ly: De - liv - er us from dan - ger, for you are the com-mand-ers of the pow - ers on high.
Your mar-tyr Eu-do-xi-us, O Lord our God, in his strug-gle, received an incor-
rup-ti-ble crown from you. With your strength, he brought down the ty-
rants and broke the cowardly val-or of de-mons. Through his prayers, O Christ our
God, save our souls.

You gath-ered wealth in heaven and showered it up-on the earth. You gave bread
to the hungry and re-ceived a glo-ri-ous crown. you are re-splen-dent in your
con-fes-sion of Christ. You were brave and died at the hands of the law; thus you
have earned the wag-es of your work. O long-suf-fering Eudoxius, beg Christ
to for-give our sins.
Leaders of God's armies and ministers of divine glory, commanders of angels and guides of mortals, plead on our behalf for what we need and for great mercy; since you are the leaders of the heavenly hosts.

Prokeimenon of the Archangel - Tone 4 (Psalm 103:4,1):

You make your angels spirits and your ministers a flaming fire, and your ministers a flaming fire.

Verse: Bless the Lord, O my soul. Lord my God, how great you are.

Alleluia - Tone 5 (Psalm 148:2,5):

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Verse: Praise the Lord, all his angels; praise him all his hosts.
Verse: He spoke and they were made; he commanded and they were created.
Communion Hymn (Psalm 103:4):

You make your angels, your angels spirits and your ministers,
your ministers a flaming fire, a flaming fire. Alleluia!

Refrain

Alleluia! Alleluia!

7 Prefestive day of the Nativity of the Theotokos
The holy martyr Sozon, at Pompeiopolis in Cilicia. He was a shepherd of Lycaonia who taught his family and friends the law of God. Sozon destroyed an idol, and was tortured and then burned for his Christian faith. (304)

Troparion of the prefeast - Tone 4

Today is born to us, from the root of Jesse and the loins of David,

Mary, the godly child. Therefore, all creation rejoices and is renewed.

Heaven and earth rejoice together. You families of nations sing her praise.

Joachim is elated and Anna cries out in celebration: The barren woman
gives birth to the The-o-to-kos and the Sustain-er of our Life.

Troparion of Sozon - Tone 4

Your mar-tyr So-zon, O Lord our God, in his strug-gle, received an incor-
rup-ti-ble crown from you. With your strength, he brought down the ty-
rants and broke the cowardly val-or of de-mons. Through his prayers, O Christ our
God, save our souls.

Kontakion of Sozon - Tone 2

Let us gath-er together and loud-ly sing to So-zon, the ho-ly
and genuine martyr, ex-pert fight-er for the faith, mys-tic-al se-
er of divine grace, generous pro-vi-d-er of heal-ing; for he is our
in-ter-cess or be-fore God.
The just man will rejoice in the Lord, and will put his trust in him.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.

Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

Communion Hymn (Psalm 111:6,7):

The just man will be re-membered, be re-membered for ever

Refrain

evil news he will not fear, evil news he will not fear. Al-le-lu-ia!

Al-le-lu-ia! Al-le-lu-ia!

8 THE NATIVITY OF THE THEOTOKOS AND EVER-VIRGIN MARY, of the seed of Abraham, born from the tribe of Judah, from the line of King David. From her, the Son of God was born in the flesh that he might free people from the ancient slavery of sin.
Troparion - Tone 4:

Your birth, O Virgin Theotokos, heralded joy to the universe;
for from you arose the Sun of Justice, Christ our God. Removing the curse, he gave the blessing, and by destroying Death, he granted us eternal life.

Kontakion - Tone 4:

At your holy birth, O Immaculate One, Joachim and Anna were freed from the reproach of childlessness and Adam and Eve from the corruption of death. Your people, delivered from the guilt of their faults, celebrate your birth and cry out: The barren woman gives birth to the Theotokos and Sustainer of our Life.
My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Savior.

Verse: For he has looked with favor on the humility of his servant; from this day forward, all generations will call me blessed.

Alleluia - Tone 8 (Psalm 44:11,13):

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Verse: Listen, O daughter, and see and incline your ear.
Verse: The rich among the people will seek your favor.

Instead of “It is truly proper . . .”

Ex - tol, ex - tol, O my soul, O my soul, the Vir - gin Mar - y born of the bar - ren wo - - man.

Vir - gin - i - ty is something for - eign to moth - ers, and child-bear - ing is strange for vir - gins. But in you, O The - o - to - kos, both the one
and the other have come to pass. Therefore, we, the people of the earth, unceasingly extol you.

Or this melody:

Irmos - Tone 2 samopodoben

Vir-gin-i-ty is some-thing for-eign to moth-ers, and child-bear-ing is strange for vir-gins. But in you, O Theo-tokos, both the one and the other have come to pass. Therefore, we, the peoples of the earth, un-

ceas-ing-ly ex-tol you.
I shall take the chalice, the chalice of salvation and call upon the name of the Lord, and call upon the name of the Lord.

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

9 Postfestive day of the Nativity of the Theotokos

The Synaxis of the holy and just Grandparents of God, Joachim and Anna, parents of Mary the immaculate Virgin mother of God, the names of whom were preserved by the ancient traditions of Christians from the Jews.

The holy martyr Severian was a nobleman of Sebaste. He comforted the Forty Martyrs of Sebaste (Mar. 9) in their imprisonment. After their death, he was also arrested, and hanged from a tree with stones hanging from his neck and from his feet. (320)

Conmemoration of the Third Ecumenical Council at Ephesus, 431. This council met with two hundred fathers to condemn the heretic Nestorius, patriarch of Constantinople, for his false teaching regarding the birth of the Lord and the title “Theotokos.” These fathers also confirmed the decisions of the First and Second Councils, especially what we today call the Nicene Creed, laying down that no one may add anything to, or take anything away from, this Creed.

Troparion of Joachim and Anna - Tone 1

The just couple who lived in a state of grace, Joachim and Anna, gave birth to this holy child for us. The holy Church solemnly honors this feast in
She glorifies God who has lifted up our horn of salvation in the house of David.

Your martyr Severian, O Lord our God, in his struggle, received an incorruptible crown from you. With your strength, he brought down the tyrants and broke the cowardly valor of demons. Through his prayers, O Christ our God, save our souls.

You have become a brilliant star to guide the earth; you herald the dawn of Christ, O long-suffering Severian. You have put an end to guile and you give us light. Pray unceasingly for all of us.
The chains of sterility are broken and Anna rejoices.

She nurses the most pure Lady and invites us to sing with her to the virgin Mother who is born for all people.

God is wondrous in his saints, the God of Israel, the God of Israel.

Verse: The salvation of the just is from the Lord, their refuge in time of distress.
Communion Hymn of the feast (Psalm 115:4):

I shall take the chalice, the chalice of salvation, and call upon the name, the name of the Lord.

Refrain

Al-leluia! Al-leluia! Al-leluia!

Communion Hymn of Joachim and Anna (Psalm 32:1):

Rejoice in the Lord, you righteous ones; praise from the upright, the upright is fitting.

Refrain

Al-leluia! Al-leluia! Al-leluia!

10 Postfestival day of the Nativity of the Theotokos

The holy martyrs Menodora, Mitrodora, and Nymphodora were sisters from somewhere in Bythinia. Brought up as Christians, they withdrew from the city into the desert to live for Christ alone, and gave themselves up to fasting, prayer, and work. They became famous as a source of healing illness, which brought them to the attention of the governor. He, astounded by their beauty, wanted to marry them off to noblemen, but they refused. He then put them to the torture to get them to renounce Christ. They died confessing the name of Jesus. (306)
You traded violent tortures and bitter death for eternal life. Three virgins professed the uncreated Trinity before a false judge at an illegal trial. You followed the footsteps of the slaughtered Lamb when they pierced you with the sword. Pray for those who honor your memory.

Fearless as you were in your struggles for the Holy Trinity and because of your sisterly love for each other, you defeated the enemy of your spiritual life. In the company of the five virgins, you entered...
vic-toriously into the heav-en-ly mansions where you are forever joyful with the angels in the pres-ence of the King of all.

Kontakion of the feast - Tone 4 (music found on page 25)

Prokeimenon of the feast - Tone 3 (Luke 1:46-48): (music found on page 26)
Immediately after the verse:

Prokeimenon of the Martyrs - Tone 4 (Psalm 67:36,27):

God is won-drous in his saints, the God of Is-ra-el,

the God of Is-ra-el.

Alleluia of the feast- Tone 8 (Psalm 44:11,13); (music found on page 26)
After the second verse:

Alleluia of the Martyrs - Tone 1 (Psalm 39:2,3):

Verse: I have waited, waited for the Lord, and he stooped toward me and heard my cry.

Instead of “It is truly proper . . .”

Magnification and Irmos of the feast (music found on pages 27-28)
I shall take the chalice of salvation and call upon the name, and call upon the name, the name of the Lord.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Rejoice in the Lord, rejoice in the Lord, you righteous ones.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

11 Postfestival day of the Nativity of the Theotokos

Our venerable mother Theodora of Alexandria. As a young married woman, she committed adultery on the advice of a fortune-teller. She was accused by her conscience, and left the world, cutting off her hair and dressing as a man in order to enter the monastery of Octodecatos, assuming the name Theodore. Falsely accused of having sex with a prostitute, she accepted the rebuke as a punishment for her former sin. She ended up in the desert for seven years, until the hegumen took her back. Only at her death did the monks realize that she was a woman. (490)

Transferred from September 12:

The holy bishop martyr Autonomus fled Italy during the Diocletian persecution and settled in Bythinia, where he brought many to the faith. While preaching to pagans, he was attacked in his own church and killed at the altar. (c.300)
In you, O mother, the divine image was strictly preserved; taking up your cross, you followed Christ. You taught us by example how to spurn the flesh, for it passes away, and how to care for the soul, which is immortal. Therefore, O venerable Theodora, your soul rejoices with the angels.

The Church calls us to celebrate your memory with faith, O splendid and glorious Autonomous, who pleased the Trinity. She rejoices and prais-es you.

Beg the Lover of us all to save us.
Kontakion of Autonomous - Tone 2

You served the holy mysteries faithfully, O wise Autonomous. You became an acceptable offering, O blessed one. Since you drank from the chalice of Christ, O light for the world, exalted Autonomous, pray unceasingly for all of us.

Kontakion of Theodora - Tone 2

In order to obtain complete forgiveness of your sins, you spent all of your bodily strength in fast and abstinence and your might in continual prayer to God. Your penitence and perseverance obtained forgiveness for you.

Kontakion of the feast - Tone 4 (music found on page 25)
God is wondrous in his saints, the God of Israel.

Let the faithful rejoice in glory, and take their rest.

Al-le-lu-ia!

I have waited, waited for the Lord, and he stooped toward me and heard my cry.
Alleluia of a Bishop-Martyr - Tone 2 (Psalm 131:9,13):

Alleluia of a Bishop-Martyr - Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.

Instead of “It is truly proper…”

Magnification and Irmos of the feast (music found on pages 27-28)

Communion Hymn of the postfeast (Psalm 115:4):

Communion Hymn of a Venerable Woman (Psalm 111:6,7):

The just woman shall be remembered for ever; evil news she

will not fear. Alleluia! Alleluia!
The just man will be remembered forever; evil news he will not fear.

Refrain

Al-le-lu-ia! Al-le-lu-ia!

Al-le-lu-ia!

12 Leave-taking of the Nativity of the Theotokos. The service is sung as on September 8, p. 25

Saturday before the Exaltation of the Cross

If the Saturday before the Exaltation of the Holy Cross falls on September 7, 9, 10, 11, or 12 then the following Prokeimenon and Alleluia are sung:

Prokeimenon - Tone 3 (Psalm 46:7,2):

Sing praise to our God, sing praise; sing praise to our King, sing praise,
sing praise to our King, sing praise!

Verse: All you peoples, clap your hands; shout to God with cries of gladness.

Alleluia - Tone 5 (Psalm 88:2,3):

Verse: I shall sing forever of your mercies, O Lord; through all generations my mouth will proclaim your truth.

Verse: For you have said: Mercy is built to last forever. Your truth is firmly established in heaven.
SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS

If the Sunday before the Exaltation is September 13, please see page 44.

Troparion: Prescribed Resurrection Tone

Only on September 7:
Troparion of the Pre-feast of the Nativity - Tone 4 (music found on page 23)

On September 8 through 12:
Troparion of the Nativity - Tone 4 (music found on page 25)

Only on September 7:
Kontakion of the Pre-feast of the Nativity - Tone 3 (music found on page 24)

Only on September 8 and 12:
Kontakion of the Nativity - Tone 4 (music found on page 25).

On September 9 through 11:
Kontakion: Prescribed Resurrection Tone

On September 7, 9, 10, 11, and 12:
Prokeimenon – Tone 6 (Psalm 27:9.1):

Verse: To you, O Lord, I cry out: My God, be not silent to me.

On September 7, 9, 10, 11, and 12:
Alleluia - Tone 1 (Psalm 88:20-22):

Verse: I have exalted one chosen from my people and with my holy oil I have anointed him.
Verse: My hand shall protect him and my arm shall make him strong.
Magnification and Irmos of the feast (music found on pages 27-28)

Communion Hymns:

For Sunday, the usual Communion Hymn is (Psalm 148:1):
And on September 8 through 12, for the Theotokos, the Communion Hymn is (Psalm 115:4)

13 Prefestive day of the Exaltation of the Cross

The commemoration of the dedication of the Church of the Resurrection of the Lord in Jerusalem. When St. Helena found the Lord’s cross in Jerusalem, she stayed longer in the city and built churches in Gethsemane, in Bethlehem, on the Mount of Olives, and in other places connected to the life and death of the Lord. She began to build a huge church on Golgatha, which would house both the hill of Calvary and the tomb from which the Lord rose. St. Helena died before it was finished, and the church was consecrated on this date in 335.

The holy bishop martyr Cornelius the Centurion, who was an officer in Palestine converted by the Apostle Peter (cf Acts 10). That same apostle made him bishop and sent him to the pagan town of Skepseis. There he destroyed the temple of Apollo and baptized the local ruler. He was martyred in that town and buried with reverence by his church.

September 13
On a Sunday

Troparion: Prescribed Resurrection Tone

Troparion of the Dedication - Tone 4:

Lord, Life, and Resurrection of All, you showed the beauty of the holy dwelling-

place of your glory on earth like the splendor of the firmament on high.

Make it stand firm forever. Through the Theotokos, accept our pray'rs
which we unceasingly offer to you within it.

Troparion of the Pre-feast - Tone 4:

Lord, we offer to you in intercession the goodness of your life-creating cross which you gave to us, your unworthy people.

Save our nation and your Church which implores you through the Theotokos.

For you alone love us all.

Kontakion of the Pre-feast - Tone 8:

Today the saving wood shines forth from the bosom of the earth. It is reverently lifted up in the church by the hands of the bishop. The whole world prostrates and kisses it with awe. Save us through your cross, O Lord.
**Prokeimenon – Tone 6 (Psalm 27:9,1):**

Save your people, O Lord, and bless your inheritance.

and bless your inheritance.

Verse: To you, O Lord, I cry out: My God, be not silent to me.

**Alleluia – Tone 1 (Psalm 88:20-22):**

Al-le-lu-ia! Al-le-lu-ia!

Al-le-lu-ia!

Verse: I have exalted one chosen from my people and with my holy oil I have anointed him.

Verse: My hand shall protect him and my arm shall make him strong.

Communion Hymn: For Sunday

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**September 13**

On a day other than a Sunday

**Troparion of the Dedication - Tone 4 (music found on page 42)**

**Troparion of the Pre-feast - Tone 4 (music found on page 43)**

**Kontakion of the Pre-feast - Tone 8 (music found on page 43)**
Prokeimenon - Tone 4 (Psalm 92:5,1):

Verse: The Lord reigns, he is clothed in majesty; robed is the Lord and girt about with strength.

Alleluia - Tone 2 (Psalm 86:1-3):

Verse: Of you are told glorious things, O City of God.

Communion Hymn (Psalm 25:8):

Refrain: Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!
14 THE EXALTATION OF THE PRECIOUS, HOLY, AND LIFE-CREATING CROSS, which is exalted and honored the day after the dedication of the basilica of the Resurrection built over the tomb of Christ, just as the trophy and sign of his paschal victory would appear in heaven, at last foretelling his second advent to all.

The passing of our holy father John Chrysostom, archbishop of Constantinople, whose feast is kept on the thirteenth of November.

First Antiphon (Psalm 21:2): Only one verse and the "Glory/now and ever" are required.

My God, my God, hear me; why have you forsaken me? Far from my salvation are the words of my transgressions. Through the prayers of the Theotokos,

Verse:

O Savior, save us. O my, God, I call by day and you give no reply; I call by night and I find no peace. Through the prayers of the Theotokos,

Verse:

O Savior, save us. Yet you, O God, are enthroned in the holy place,

Verse:

O Glory of Israel. Through the prayers of the Theotokos,

Verse:

O Savior, save us. Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen. Through the prayers
Second Antiphon (Psalm 73:1): Only one verse is required.

Why, O God, have you cast us off for-ev-er? Why does your an-ger smoulder against the sheeps your pas-ture? O Son of God, cruc-i-fied in the flesh,

save us who sing to you: Al-le-lu-ia! Re-mem-ber your flock whom you built up long a-go, whom you re-deemed as your in-her-i-tance.

O Son of God, cruc-i-fied in the flesh, save us who sing to you: Al-le-lu-ia! Re-mem-ber Mount Zi-on where you made your dwell-ing. O Son of God, cruc-i-fied in the flesh,

save us who sing to you: Al-le-lu-ia!
Third Antiphon - Tone 1 Troparion (Psalm 98:1): Only one verse is required.

Verse:

The Lord is King; let the peoples rage. He is enthroned upon the Cherubim; let the earth quake.

Refrain: Troparion – Tone 1:

Save your people, O Lord, and bless your inheritance. Grant victory to your Church over evil, and protect your people by your cross.

Verse:

The Lord is great in Zion, he is supreme over the people.

Verse:

Let them praise your magnificent name; it is awesome and holy.

Entrance Hymn - Tone 1 Troparion (Psalm 98:5):

Exalt the Lord, our God, and worship at his footstool;
for he is holy.

Christ our God, who were willingly raised upon the cross, grant your mercies to the new people who bear your name. By your power grant joy to the Church.

Give her victory over evil with your invincible trophy, the weapon of peace, as an ally.

Instead of "Holy God:"
We bow to your cross, O Lord…

Prokeimenon - Tone 7 (Psalm 98:5,1):

Exalt the Lord, the Lord our God and worship at his footstool;

for he is holy, for he is holy.

Verse: The Lord is King; let the peoples rage.
Alleluia - Tone 1 (Psalm 73:2,12):

Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia!

Verse: Remember your flock which you acquired long ago.
Verse: God is our King from all ages; he has accomplished salvation in the middle of the earth.

Instead of “It is truly proper . . .”

Magnification:

Ex - tol, ex - tol, O my soul, O my soul,

the most pre - cious cross of the Lord.

Irmos:

You are a mystical paradise, O The-o-to-kos; Christ has blos - somed forth from

you with-out till - ing. He plant - ed the life–bearing tree of the cross on the earth.

As we now ex - alt the cross and bow be - fore it, we pro - claim

your great - - - ness.
You are a mystical paradise, O Theotokos; Christ has blossomed forth from you without till ing.

He planted the life-bearing tree of the cross on the earth.

As we now exalt the cross and bow before it, we proclaim your greatness.

Communion Hymn (Psalm 4:7):

We have been signed, O Lord, with the light of your face.

Alleluia! Alleluia! Alleluia!
Come, let us sing joyfully to the Lord; let us acclaim God our Savior.

O Son of God, crucified in the flesh, save us who sing to you:

Alleluia! Let us come before him, giving thanks,

with songs let us praise the Lord. O Son of God, crucified in the flesh,

save us who sing to you: Alleluia!

For the Lord is a great God and a great King over all the earth.

O Son of God, crucified in the flesh, save us who sing to you:

Alleluia! In his hands are the ends of the earth,
the heights of the mountains are his. O Son of God, crucified in the flesh,

save us who sing to you: Alleluia!

To him belongs the sea, for he made it, and the dry land, shaped by his hands.

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

Post-festive Entrance Hymn (Psalm 94:6):

Come, let us worship and bow before Christ. O Son of God,
crucified in the flesh, save us who sing to you: Alleluia!

Troparion - Prescribed Resurrection Tone

Troparion of the Cross - Tone 1: (music found on page 48)

Kontakion of the Cross - Tone 4: (music found on page 49)

Instead of “Holy God”:
We bow to your cross, O Lord…
Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Alleluia - Tone 1 (Psalm 73:2,12) (music found on page 50)

Instead of “It is truly proper . . .”

Magnification and Irmos: (music found on page 50)

Communion Hymns: For Sunday, the usual Communion Hymn is (Psalm 148:1)

And for the Cross, the Communion Hymn is (Psalm 4:7) (music found on page 51)

15 Postfestival day of the Exaltation of the Cross
The holy great martyr Nicetas the Goth on the banks of the Danube. He was ordered to be burned to death by Athanaricus the Arian king because of his Catholic faith. (372)

First Antiphon (Psalm 21:2) (music found on page 46)

Second Antiphon (Psalm 73:1) (music found on page 47)

Post-festive Third Antiphon (Psalm 94:1) (music found on page 52)

Post-festive Entrance Hymn (Psalm 94:6) (music found on page 53)

Troparion of the Cross - Tone 1 (music found on page 48)

Troparion of Nicetas - Tone 4

You lovingly took up the cross for armor, and you advanced to fight the enemy. You were burnt to death for Christ, and thus you offered up your priestly soul to the Lord. You have been rewarded with the gift of healing, O Nicetas; now beg Christ our God to save our souls.
O glorious Nicetas, you crushed the power of error by your perseverance in the faith and earned the crown of victory by your struggles; therefore, you now enjoy the company of the angels in heaven. With them, do not cease to intercede with Christ our God that he may save our souls.

Kontakion of the Cross - Tone 4 (music found on page 49)

Instead of “Holy God”:
We bow to your cross, O Lord…

Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Immediately after the verse:
Prokeimenon of a Martyr - Tone 7 (Psalm 63:11,2)

The just man will rejoice in the Lord, and will put his trust in him.

Alleluia of the Cross - Tone 1 (Psalm 73:2,12) (music found on page 50)
After the second verse:

**Alleluias of a Martyr - Tone 4** (Psalm 91:13,14):

After the second verse:

**Alleluias of a Martyr - Tone 4** (Psalm 91:13,14):

**Verse:** The just man will flourish like the palm tree and grow like a cedar of Lebanon.

**Instead of “It is truly proper . . .”**

**Magnification and Irmos (music found on page 50)**

**Communion Hymn of the Cross** (Psalm 4:7) *(music found on page 52)*

**Communion Hymn of a Martyr** (Psalm 111:6,7):

**Communion Hymn of a Martyr** (Psalm 111:6,7):

**Refrain**

16 Postfesive day of the Exaltation of the Cross

**The holy great martyr Euphemia** at Chalcedon in Bithynia. It is related that she was handed over to the beasts after various tortures under Diocletian the emperor and Priscus the proconsul. She is also commemorated on July 11. (303)

**First Antiphon** (Psalm 21:2) *(music found on page 46)*

**Second Antiphon** (Psalm 73:1) *(music found on page 47)*

**Post-festive Third Antiphon** (Psalm 94:1) *(music found on page 52)*

**Post-festive Entrance Hymn** (Psalm 94:6) *(music found on page 53)*

**Troparion of the Cross - Tone 1** *(music found on page 48)*
Your lamb, Euphemia, O Jesus, cries out in a loud voice: I love you, my Bridegroom; I seek you with painful longing; I am crucified with you; in your baptism, I am buried with you; I suffer for you that I may reign with you; and I die for you that I may live with you. Receive me as a spotless sacrifice immaculately with love for you. By her pray'r's, O merciful One, save our souls.

You waged a good battle in your embrace of death, and after death you blessed us with miraculous signs. We sing of your holy dormition, O praiseworthy Eu-phe-mi-a, coming to your heavenly church with faith, seeking to be
saved from spiritual ills and to obtain the grace of your miracles.

Kontakion of the Cross - Tone 4 (music found on page 49)

Instead of “Holy God”:
We bow to your cross, O Lord…

Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Immediately after the verse:
Prokeimenon of a Woman Martyr - Tone 4 (Psalm 67:36,27):

God is wondrous in his saints, the God of Israel,

the God of Israel.

Alleluia of the Cross - Tone 1 (Psalm 73:2,12) (music found on page 50)

After the second verse:
Alleluia of a Woman Martyr - Tone 1 (Psalm 39:2,3):

Al - le - lu - ia! Al - le - lu - ia!

Verse:  I have waited, waited for the Lord, and he stooped toward me and heard my cry.

Instead of “It is truly proper . . .”

Magnification and Irmos (music found on page 50)

Communion Hymn of the Cross (Psalm 4:7) (music found on page 52)
Communion Hymn of a Woman Martyr (Psalm 32:1):

Re-joice in the Lord, you right-eous ones; praise from the up-right is fit-ting.

praise from the up-right is fit-ting. Al-le - lu-ia! Al-le - lu-ia! Al-le - lu - ia!

17 Postfestive day of the Exaltation of the Cross
The holy martyr Sophia (Wisdom) and her three children, Faith, Hope, and Charity. They lived and suffered in Rome in the time of the emperor Hadrian. For refusing to sacrifice to the goddess Artemis, he had them put to death. (c.137)

First Antiphon (Psalm 21:2) (music found on page 46)
Second Antiphon (Psalm 73:1) (music found on page 47)
Post-festive Third Antiphon (Psalm 94:1) (music found on page 52)
Post-festive Entrance Hymn (Psalm 94:6) (music found on page 53)
Troparion of the Cross - Tone 1 (music found on page 48)

The Church cel-ebrates and is tru-ly hap - py o-ver the new-ly born children and their ra-diant moth - er. Named af-ter Wis-dom, she gave birth to three Chil - dren e - qual to the three theo-log - i-cal vir - tues. In the com-pa - ny of these wise
virgins, she gazes on the Word and chaste Groom. We join her in her happiness and sing: O thrice-blessed martyrs, Faith, Hope, and Charity, make us firm in faith, hope and charity.

Kontakion of the Martyrs - Tone 1

Your daughters, O venerable Sophia, were Faith, Hope and Charity. They were like three buds of great holiness By the grace of Christ, they confused the false reasoning of the Greeks. By their struggles, they obtained an incorruptible crown from Christ the Master of All.

Kontakion of the Cross - Tone 4 (music found on page 49)

Instead of “Holy God”: We bow to your cross, O Lord…

60
Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Immediately after the verse:
Prokeimenon of the Martyrs - Tone 4 (Psalm 67:36,27):

Rejoice in the Lord, you righteous ones; praise from the upright is fitting.

Alleluia of the Cross - Tone 1 (Psalm 73:2,12) (music found on page 50)

After the second verse:
Alleluia of the Martyrs - Tone 4 (Psalm 33:18,20):

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.

Instead of “It is truly proper . . .”

Magnification and Irmos (music found on page 50)

Communion Hymn of the Cross - (Psalm 4:7) (music found on page 52)

Communion Hymn of the Martyrs (Psalm 32:1):

Refrain

praise from the upright is fitting. Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!
18 Postfeste day of the Exaltation of the Cross

Our venerable father Eumenius the Wonder-worker, bishop of Gortyna in Crete. He gave himself with his whole heart to Christ from his youth. He gave all he owned to the poor, and kept a very ascetic life of fasting and vigils. Seeing his virtue, the people of Gortyna chose him to be their bishop. He was father to the poor, consolation to the sad, healing to the sick, and a shepherd to his flock. He traveled to visit the desert fathers in the Thebaid, where he died. (7th century)

First Antiphon (Psalm 21:2) (music found on page 46)

Second Antiphon (Psalm 73:1) (music found on page 47)

Post-festive Third Antiphon (Psalm 94:1) (music found on page 52)

Post-festive Entrance Hymn (Psalm 94:6) (music found on page 53)

Troparion of the Cross - Tone 1 (music found on page 48)

Troparion of Eumenius - Tone 7

Kontakion of Eumenius - Tone 2
us who sing of your glorious and holy death. O father and bishop Eumenius,

pray unceasingly for all of us.

Kontakion of the Cross - Tone 4: (music found on page 49)

Instead of “Holy God”:
We bow to your cross, O Lord...

Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Immediately after the verse:
Prokeimenon of a Venerable - Tone 7 (Psalm 115:6,3):

Precious in the eyes, in the eyes of the Lord is the death

of his faithful, is the death of his faithful.

Alleluia of the Cross - Tone 1 (Psalm 73:2,12) (music found on page 50)

After the second verse:
Alleluia - Tone 6 (Psalm 111:1,2):

Al - le - lu - ia! Al - le - lu - ia!

Verse: Happy the man who fears the Lord and greatly delights in his commands.

63
Instead of “It is truly proper . . .”

Magnification and Irmos (music found on page 50)

Communion Hymn of the Cross (Psalm 4:7) (music found on page 52)

Communion Hymn of a Venerable (Psalm 32:1):

The just man will be re-mem-bered for-ev - er; e - vil news he

will not fear, e - vil news he will not fear. Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia!

19 Postfeste day of the Exaltation of the Cross
The holy martyrs Throphimus, Sabbatius, and Dorymedont, who died for the faith in Phrygia during the reign of the emperor Probus. (c. 227)

First Antiphon (Psalm 21:2) (music found on page 46)

Second Antiphon (Psalm 73:1) (music found on page 47)

Post-festive Third Antiphon (Psalm 94:1) (music found on page 52)

Post-festive Entrance Hymn (Psalm 94:6) (music found on page 53)

Troparion of the Cross - Tone 1 (music found on page 48)

Troparion of the Martyrs - Tone 8

God is praised in the Ho - ly Trin - i - ty, and he prai - es the three mar-tyrs,

Tro-phi-nus, Sab - ba - ti - us and Do - ry - me-dont. By their faith, they
conquered the enemy. By their pray'rs, have mercy on us.

O Christ our God.

Kontakion of the Martyrs - Tone 8

You are brave and blest, O wise Trophi-mus. The Church praises and honors your radiant pas-sion as a support for martyrs and a strong-hold of virtue.

Along with your suffering companions, O praise-wor-thy saint, obtain purification for those who sing to you because you are invincible.

Kontakion of the Cross - Tone 4: (music found on page 49)

Instead of “Holy God”:
We bow to your cross, O Lord...

Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Immediately after the verse:
Prokeimenon of the Martyrs - Tone 4 (Psalm 67:36,27):

God is won-derous in his saints, the God of Is-rael,
Alleluia of the Cross - Tone 1 (Psalm 73:2,12) (music found on page 50)

After the second verse:
Alleluia of the Martyrs - Tone 4 (Psalm 33:18,20):

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.

Instead of “It is truly proper . . .”
Magnification and Irmos (music found on page 50)

Communion Hymn of the Cross (Psalm 4:7) (music found on page 52)

Communion Hymn of the Martyrs (Psalm 32:1):

20 Postfestive day of the Exaltation of the Cross
The holy martyr Eustace and his companions. Eustace was a Roman military leader in the time of the emperors Titus and Trajan. He was a righteous and merciful pagan. One day while hunting, he found a stag. In the stag’s antlers, a cross appeared, and Eustace heard a voice telling him to find a Christian priest and be baptized. He and his whole family were baptized, and then left Rome for Egypt. Eustace was called back into service by Trajan during the barbarian invasions. After defeating the enemy, Eustace was arrested by the new emperor Hadrian for being a Christian. He was killed with his entire family. (118)
The holy martyrs and confessors, the Great Prince Michael, and his counselor Theodore, Wonderworkers of Chernigov. Prince Michael went to the Tartar horde with his counselor Theodore at the invitation of the Tartar ruler. When they refused to worship the idols upon their arrival, they were beheaded. Their relics are preserved in the Church of the Archangel in Moscow. (1244)

First Antiphon (Psalm 21:2) (music found on page 46)
Second Antiphon (Psalm 73:1) (music found on page 47)
Post-festive Third Antiphon (Psalm 94:1) (music found on page 52)
Post-festive Entrance Hymn (Psalm 94:6) (music found on page 53)
Troparion of the Cross - Tone 1 (music found on page 48)
Troparion of the Martyrs - Tone 4

Kontakion of Eustace - Tone 4

O ho-ly Eustace, you were an imitator of Christ in his pas-sion. You drank
There-fore the God of All grant-ed you di-vine pow-er to work won-ders.

Kontakion of Michael and Theodore - Tone 8

You came to realize the void of earth-ly glo-ry and spurned it for its emp-ty show.

You preached the Trinity to the insid-i-ous tor-men-tor, O long-suf-fer-ing Mi-chael and brave The-o-dore. Pray now be-fore the king of powers to preser ve your land in-vi-o-late, and for this we will venerate you un-ceas-ing ly.

Kontakion of the Cross - Tone 4 (music found on page 49)

Instead of “Holy God”:
We bow to your cross, O Lord…

Prokeimenon - Tone 7 (Psalm 98:5,1) (music found on page 49)

Immedi-ately after the verse:

Prokeimenon of the Martyrs - Tone 4 (Psalm 67:36,27)

God is won-drous in his saints, the God of Is-ra-el, the God of Is-ra-el.
Alleluia of the Cross - Tone 1 (Psalm 73:2,12) *(music found on page 50)*

*After the second verse:*

Alleluia of the Martyrs - Tone 4 (Psalm 33:18,20):  

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.

*Instead of “It is truly proper . . .”*

Magnification and Irmos *(music found on page 50)*

Communion Hymn of the Cross (Psalm 4:7) *(music found on page 52)*

Communion Hymn of the Martyrs (Psalm 32:1):

21 Leave-taking of the Exaltation of the Holy Cross *The service is sung as on September 14, page 47*

Transferred to September 22:

The holy apostle Quadratus of Magnesia in Greece, disciple of the Apostles. It is told that he, by his faith and diligence, gathered together the Church, which had been scattered by terror in the persecution of Hadrian the emperor. He also presented a book in defense of the Christian religion, worthy of the apostolic teaching, to that same emperor. (c. 130)
22 The holy martyr Phocas, bishop of Sinope. As bishop, he strengthened the faithful by his example and words, and brought many pagans to the true faith. The governor of the province had him seized and tortured, and then killed him by throwing him into boiling water. He died during the reign of the emperor Trajan. (103)
The holy prophet Jonah, son of Amathi, by whose name a book of the Old Testament is called. Jonah’s famous passage from the belly of the whale is told as a sign of the resurrection of the Lord in the Gospel.
Our venerable Father Jonah the priest, father of Theophane the Hymnographer and Theodore the Artist. He was a wonder-worker who died in the monastery of St. Sabbas the Sanctified. (9th century)

Troparion of Quadratus - Tone 3

O holy Apostle Quadratus, intercede with the merciful God that he may grant our souls forgiveness of sins.

Troparion of Phocas - Tone 4

You shared in the apostles’ way of life and succeeded to their throne, di- vine-ly in-spi-red bish-op. You found access to contemplation in the act-ive life. There-fore, you right-ly taught the word of truth and strug-gled for the faith to the shed-ding of your blood. O priest-mar-tyr
Phocas, pray to Christ our God to save our souls.

As a bishop you offered the sacrifice, O father, and at the end of your life you offered yourself. You gave witness to Christ before the law, strengthened by angels and eager for death. Be ever with those who sing to you:

Be with us, Phocas and never against us!

O Lord, the cosmos offers you Quadratus, a precious prince of priests and a courageous bearer of death. The world honors his memory with hymns, seeking absolution for its sins through his intercession, O compassionate Lord.
Prokeimenon of an Apostle - Tone 8 (Psalm 18:5,2):

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Prokeimenon of a Bishop-Martyr - Tone 7 (Psalm 149:5,1):

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.

Alleluia of an Apostle - Tone 1 (Psalm 88:6,8):

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.
Verse: God is glorified in the council of the holy, great and awesome above all who surround him.

Alleluia of a Bishop-Martyr - Tone 2 (Psalm 131:9,13):

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.
Verse: God is glorified in the council of the holy, great and awesome above all who surround him.
Verse: Your priests will be clothed with righteousness and your saints will rejoice.  
Verse: The Lord has chosen Zion; he prefers her for his dwelling.

Communion Hymn of an Apostle (Psalm 18:5):

Through all the earth their voice resounds;  
their message reaches to the ends of the world.

Communion Hymn of a Bishop-Martyr (Psalm 111:6,7):

The just man will be remem bered for ever;  
evil news he will not fear; evil news he will not fear.

Refrain  
Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!
23 The conception of the holy prophet, forerunner, and baptist John. On this day are celebrated God’s mercy, his wondrous deeds, and his wisdom. The story of the conception of Saint John is related in the first chapter of the Gospel according to Saint Luke.

Troparion - Tone 4

Joy to you, O barren one, unable to give birth; behold, you conceive today the one who is really a torch of the Sun, who will enlighten the whole world that suffers from blindness. Rejoice, O Zechariah, and cry out in all confidence: The one who will be born is a prophet of the Most High!

Kontakion - Tone 1

Zechariah rejoices greatly with his wife Elizabeth, for she has conceived John the Forerunner whom the angel announced in gladness. As for us, we honor him in witness of this blessing.
The just man will rejoice in the Lord, and will put his trust in him.

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: Hear my voice, O God, when I pray to you.

Alleluia - Tone 4 (Psalm 91:13,14):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.
Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he will not fear, evil news he will not fear, he will not fear.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

24 The holy martyr, first among women, and equal to the apostles, Thecla, who was converted to the faith by the preaching of the Apostle Paul, when he came to Iconium with Barnabas. Thecla became a follower of the apostle Paul, and went with him to Antioch. She settled in a solitary place near Seleucia, and was martyred by local physicians who were jealous over her gifts of healing. (51)
O bride of God, Thecla, you were instructed by the words of Paul; you were made firm in the faith by Peter. You have become a protomartyr among women and one of the first to suffer. You walked into the flames as into a cool garden; the beasts and the brutes shunned the cross of your armor. O praiseworthy Thecla, beg Christ to save our souls.

O glorious Thecla, virginity was your splendor, the crown of martyrdom your adornment, and faith your trust. You turned a burning fire into refreshing dew, and with your prayers you appeased the pagan fury, O first woman-martyr.
Prokeimenon of a Woman Martyr - Tone 4 (Psalm 67:36,27):

Verse: In the churches bless God; from Israel’s wellsprings bless the Lord.

Alleluia of a Woman Martyr - Tone 1 (Psalm 39:2,3):

Verse: I have waited, waited for the Lord, and he stooped toward me and heard my cry.
Verse: He drew me out of the pit of destruction, out of the filthy clay.

Communion Hymn of a Woman Martyr (Psalm 32:1):

Verse: Re-joice in the Lord, you righteous ones; praise from the upright,
Refrain: the upright is fitting. Alleluia! Alleluia!

Verse:
Our venerable mother Euphrosyna was born to parents long childless, who brought her up in the Christian faith. She presented herself, in man’s clothing, to the abbot of a local monastery, who admitted her and placed her in the spiritual care of the monk Agapetus. After thirty-eight years of living the monastic life, her father visited the monastery. Just before her death, she identified herself to him. She fell asleep in the Lord and was buried in the monastery. (479)

Our venerable father Sergius of Radonezh, who was a great ascetic and light of the Church of Russia. He became a monk and founded the community of the Holy Trinity in the forest of Radonezh. Gentle, meek, occupied with labor and prayer, God gave him the gift of wonder-working. He had amazing insight into the hearts of men and distant events. During his lifetime, the monastery was filled with monks. (1392)

Troparion - Tone 8

Kontakion - Tone 2
the de-light of the world. You put on the cloth-ing of a man
and a-ban-doned your earthly betrothed for Christ your Bride-groom.

O ven-er-able mother Euphrosyna, you are wor-thy of all praise.

Prokeimenon - Tone 4 (Psalm 67:36,27):

Verse: In the churches bless God; from Israel’s wellsprings bless the Lord.

Alleluia - Tone 1 (Psalm 39:2,3):

Verse: I have waited, waited for the Lord, and he stooped toward me and heard my cry.
Verse: He drew me out of the pit of destruction, out of the filthy clay.
26 The passing of the holy apostle and evangelist, John the Theologian, who, son of Zebedee, with his brother James and Peter was a witness of the transfiguration and also of the passion of the Lord. At the cross he took Mary as his mother, at the command of the dying Lord. In the Gospel and his other writings he shows himself to be a theologian. He was found worthy to contemplate the glory of the incarnate Word, which he saw and proclaimed. (cf May 8)

Communion Hymn (Psalm 111:6,7):

The just woman will be remembered for ever;

Refrain

evil news she will not fear, evil news she will not fear. Alleluia!

Al-le-lu-ia! Al-le-lu-ia!

Troparion - Tone 2

Beloved Apostle of Christ our God, has ten to deliver a people that lacks any other defense. He who accepted that you lay your head on his breast will also accept your pray'r. Pray to Christ, O Theologian, that he may overcome the darkness of pagan
nations, and beg that he grant us peace and abundant mercy.

Kontakion - Tone 2

O man of purity, who could describe your glory? Many are the miracles and healings you perform. Since you are a theologian and the beloved of Christ, intercede with him for the salvation of our souls.

Prokeimenon - Tone 8 (Psalm 18:5,2):

Through all the earth their voice resounds; their message reaches to the ends of the world.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Alleluia of an Apostle - Tone 1 (Psalm 88:6,8):

Al - le - lu - ia! Al - le - lu - ia!

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.

Verse: God is glorified in the council of the holy, great and awesome above all who surround him.
Through all the earth their voice re-sounds; their message reaches to the ends of the earth.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Your holy martyrs, O Lord our God, in their struggles, received incorruptible crowns from you. With your strength, they brought down the tyrants and broke the cowardly valor of demons. Through their prayers, O Christ our God, save our souls.

27 The holy martyr Callistratus and his companions. Raised a Christian, he became a soldier. Reported by one of his cohort as a believer, he was imprisoned and ordered to offer sacrifice to idols. He refused. He was repeatedly tortured and still remained faithful—so much so that forty-nine of his fellow-soldiers came to believe in Christ. They were killed by the sword. (304)

Our venerable father Nilus, founder and hegumen of the Grottaferrata Monastery who, of Greek origin, sought the life of holy conversation and pursued abstinence, humility, and wandering. He was remarkable for his prophecy and his teaching of wisdom. He established the celebrated monastery of Grottaferrata according to the customs of the eastern Fathers. In his ninetieth year of life, he surrendered his spirit to God while in prayer. (1002)
You suffered deep wounds and received crowns from God. Pray to Christ for those who keep your dear memory alive, O great Callistratus,

and you blessed martyrs who suffered with him. Pray also that Christ might give peace to his people and his flock, for he is the strength of the faithful.

God is wondrous in his saints, the God of Israel, the God of Israel.

Verse: In the churches bless God; from Israel’s wellsprings bless the Lord.

Alleluia of the Martyrs - Tone 4 (Psalm 33:18,20):

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.
Communion Hymn (Psalm 32:1):

Re-joice in the Lord, you right-eous ones; praise from the up-right is fit-ting.

praise from the up-right is fit-ting. Al-le - lu - ia! Al-le - lu - ia! Al-le - lu - ia!

28 Our venerable father and confessor Chariton, in the Old Laura near Bethlehem in Palestine, abbot, who, diligent in prayer and fasting, founded many lauras in the desert.

(362)
The holy martyr Wenceslaus, prince of the Czechs, who was the leader of the Bohemians, trained in divine and human wisdom by his grandmother St. Ludmilla. He was severe toward himself but gentle in ruling his kingdom and merciful to the poor. He redeemed in large numbers pagan slaves about to be sold that they might be baptized. After enduring many difficulties in ruling his subjects and in spreading the faith he was betrayed by his brother Boleslaus and killed by assassins in a church in Old Boleslavia [modern Altbunzlau] in Bohemia. (929)
The holy prophet Baruch. A disciple and faithful friend of the prophet Jeremiah, he foretold the return of the Jews from the Babylonian captivity, and the coming of the Son of God on earth. It is held that he was killed by Jews from Egypt, as was the prophet Jeremiah, in the seventh century before Christ.

Our holy priest-martyr Nicetas Budka. Born in Galicia in 1877, he went to seminary and was ordained by Metropolitan Andrew Sheptytsky. He was consecrated bishop in 1912, and sent by the Holy See as bishop for Ukrainian Catholics in Canada. In 1928, he was recalled to L’viv where he became Vicar General. In 1945, he was arrested by the Soviets. (1949)

Troparion - Tone 8

You blend-ed the riv - er of your tears with the well-spring of your pro-fes-sion, and in those wa-ters you wash a-way
the sins of those who esteem your precious memory.

You present them clean before their God and Master;

now beg him to save our souls.

Kontakion - Tone 2

O divinely-minded Chariton, you found your delight in the monastic life.

You conquered the passions of your body and increased in faith; you blossomed forth like the Tree of Life in the midst of paradise, O most blessed and holy father.

Prokeimenon - Tone 8 (Psalm 149:5,1):

Let the faithful rejoice, rejoice in glory, shout for joy
and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.

Alleluia - Tone 6 (Psalm 111:1,2):

The just man will be remembered for ever;

Verses:
1. Happy the man who fears the Lord and greatly delights in his commands.
2. His posterity will be mighty upon the earth.

Communion Hymn (Psalm 111:6,7):

Verse:
1. Evil news he will not fear; evil news he will not fear.

Refrain

29 Our venerable father Cyriacus the anchorite. Born in Corinth of a Christian family, he left to go to Jerusalem and entered the monastery. He learned at the feet of saints such as Euthymius and Gerasimos. He was famous for his silence, his asceticism, and his zeal for the Orthodox faith. (557)
You made the wilderness your dwelling, O father Cyriacus, the bearer of God.

You became an angel in the flesh and a wonder-worker. Through prayers, fasts, and vigils, you obtained from God special graces to heal the sick and to sanctify the souls of those who come to you with trust.

Glory to the One who gave you strength! Glory to the One who crowned you!

Glory to the One who through your intercession grants healing to all!

Your holy monastery honors you today and gladly offers you a yearly tribute; for you are a courageous and strong defender of truth.

Since you have a special acceptance with the Lord our God, keep us safe...
from our enemies so that we may cry out: Joy to you, O thrice-blessed father

Cy - ri - a - cus.

Prokeimenon - Tone 7 (Psalm 115:6,3):

Precious in the eyes, in the eyes of the Lord is the death

Verse: What can I return to the Lord for all he has given me?

Alleluia - Tone 6 (Psalm 111:1,2):

Al - le - lu - ia! Al - le - lu - ia!

Verse: Happy the man who fears the Lord and greatly delights in his commands. 
Verse: His posterity will be mighty upon the earth.

Communion Hymn (Psalm 111:6,7):

The just man will be re - mem - bered for - e - ver;
evil news he will not fear, evil news he will not fear. Alleluia!

To day we faithful people are invited to sing a hymn, to exalt with love in our assembly the daystar of the Unsetting Light, the long-suffering shepherd, the truly heroic pastor, the model of ascetics and martyrs, the radiant glory of the Church of Armenia.

Let us bless with hymns of praise the divinely inspired Gregory who is adorned with the martyr's crown.

30 The holy martyr Gregory, bishop of Armenia, who after many labors withdrew to a cave near the confluence of tributaries of the Euphrates and there rested in peace. He is called “the Illuminator” and is considered the apostle of the Armenians. (332)
O faithful, let us extol today with hymns and spiritual songs the glorious priest-martyr Gregory, the shepherd of souls and powerful teacher, the bright star and fighter for truth. He intercedes with Christ our God for the salvation of our souls.

Precious in the eyes, in the eyes of the Lord is the death of his faithful, is the death of his faithful. 

Verse: What can I return to the Lord for all he has given me?

Verse: Your priests will be clothed with righteousness and your saints will rejoice. 

Verse: The Lord has chosen Zion; he prefers her for his dwelling.
Communion Hymn (Psalm 111:6,7):

The just man will be re-membered, be re-membered for ev-ver

e-vil news he will not fear, e-vil news he will not fear. Al-le-lu-ia!

Al-le-lu-ia! Al-le-lu-ia!