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READER'S TYPIKA ON SUNDAY, SEPTEMBER 17, 2023
(15th Sunday after Pentecost & Sunday after the Exaltation of the Cross)
The After-feast of the Exaltation of the Cross

Leader: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

Reader: Amen.

THE TRISAGION PRAYERS

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*Thrice*)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

Leader: O Lord, Jesus Christ, Son of God, have mercy on us.

All: Amen.

Reader: Lord, have mercy. (*12 times*)

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

O come, let us worship and fall down before God our King.

O come, let us worship and fall down before Christ, our King and our God.

O come, let us worship and fall down before the Very Christ, our King and our God.

THE FIRST ANTIPHON: PSALM 102

Reader: Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgement for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them

that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion.

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

And again: Bless the Lord, O my soul, and all that is within me bless His holy Name; blessed art Thou, O Lord.

THE SECOND ANTIPHON: PSALM 145

Reader: Glory to the Father, and to the Son, and to the Holy Spirit.

Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. Trust ye not in princes, in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God, Who hath made heaven and the earth, the sea and all that is therein, Who keepeth truth unto eternity, Who executeth judgement for the wronged, Who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; the Lord preserveth the proselytes. He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy. The Lord shall be king unto eternity; thy God, O Sion, unto generation and generation.

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

THE HYMN OF JUSTINIAN

Choir: Only-begotten Son and Word of God, who art im-mortal, who for our salvation willed to be incarnate of the Holy Theotokos and ever-virgin Mary, and without change became man; and wast crucified, O Christ our God, and trampled down death by death; who art one of the Holy Trinity, glorified together with the Father and the Holy Spirit: save us.

THE BEATITUDES IN TONE SIX

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they that mourn, for they shall be comforted.

For the Resurrection in Tone Six

Verse 10: Blessed are the meek, for they shall inherit the earth.

Remember me, O God, my Saviour, when Thou comest in Thy Kingdom, and save me, since Thou alone art the Friend of man.

Verse 9: Blessed are they that hunger and thirst after righteousness, for they shall be filled.

By the tree of the Cross, Thou didst save Adam who was deceived through a tree, and also the thief as he cried: Remember me, O Lord, in Thy Kingdom.

Verse 8: Blessed are the merciful, for they shall obtain mercy.

Having shattered the gates and bars of Hades, O Giver of Life, Thou, O Saviour, didst raise up all the dead, who cry: Glory be to Thine Arising.

Verse 7: Blessed are the pure in heart, for they shall see God.

Remember me, O Thou Who didst despoil death by Thy burial, and by Thy Resurrection didst fill all things with joy, since Thou art compassionate.

Verse 6: Blessed are the peacemakers, for they shall be called the sons of God.

When the myrrh-bearers came unto the sepulchre, they heard an Angel who cried: Christ is risen, enlightening the whole world.

Verse 5: Blessed are they which are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

With one accord, let us all praise Christ, Who was nailed to the Tree of the Cross and delivered the world from error.

For the Exaltation of the Cross¹ in Tone Eight

Verse 4: Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

With wood, Moses once transformed the bitter springs in the wilderness, foreshowing the nations' passage unto true religion through the Cross.

Verse 3: Rejoice, and be exceedingly glad, for great is your reward in the heavens.

The Jordan, which had hid in its depth the head of an axe, gave it back again because of the handle of wood, giving a certain token of the cutting-off of error by the Cross and Baptism.

Verse 2: Glory to the Father, and to the Son, and to the Holy Spirit.

The people of Israel, divided into four companies, is assembled after a sacred pattern, going on before the symbolic Tabernacle of Witness, and made glorious by the sign of the Cross formed by their ranks.

Verse 1: Both now and ever, and unto ages of ages. Amen.

Marvellously spread out, the Cross shot forth rays like the sun, and the heavens declared the glory of our God.

THE SUNDAY EISODIKON

Verse: O come, let us worship and fall down before Christ.

Choir: O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, Alleluia, Alleluia.

Apolytikia:

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION OF THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserve Thy community.

APOLYTIKION OF ST. MARY MAGDALENE IN TONE ONE

*(**The soldiers standing guard**)*

¹ These troparia are from 4th Ode of the Matins canon.

When Christ God had been born for our sakes from the Virgin, thou faith-fully didst follow Him, keeping His statutes and heeding His sacred laws, O august Mary Magdalene. Hence, as we today observe thy holy remembrance, we receive the loosing of our sins and transgressions through thy holy prayer(s) for us.

THE TRISAGION HYMN

Holy God, Holy mighty, Holy Immortal have mercy on us. (*thrice*)

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

Holy Immortal have mercy on us.

Holy God, Holy mighty, Holy Immortal have mercy on us.

THE APOSTOLOS & THE GOSPEL

PROKEIMENON, TONE 6

O Lord, save Thy people and bless Thine inheritance. (*Ps.27:9a*) {*twice*}

Verse: Unto Thee, O Lord, will I cry; O my God, be not silent unto me. (*Ps.27:1a*)

O Lord, save Thy people and bless Thine inheritance.

APOSTOLOS FOR SUNDAY AFTER THE CROSS:

Reader: The reading is from the Epistle of St. Paul to the Galatians §203 (2:16-20).

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

ALLELUIA, IN TONE 6

Choir: Alleluia, Alleluia, Alleluia.

Verse 1: He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. (*Ps.90:1*)

Choir: Alleluia, Alleluia, Alleluia.

Verse 2: He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. (*Ps.90:2*)

Choir: Alleluia, Alleluia, Alleluia.

GOSPEL FOR SUNDAY AFTER THE CROSS:

Reader: The reading is from the Holy Gospel according to St. Mark §37 (8:34-9:1).

Choir: Glory the Thee O Lord, Glory to Thee.

Reader: The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

Choir: Glory the Thee O Lord, Glory to Thee.

Then we sing the following, in tone 6

Choir: Remember us, O Lord, when Thou comest in Thy kingdom.

- Remember us, O Master, when Thou comest in Thy kingdom.
- Remember us, O Holy One, when Thou comest in Thy kingdom.

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Verse: Come unto Him, and be enlightened and your faces shall not be ashamed.

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Glory to the Father, and to the Son, and to the Holy Spirit.

The choir of Holy angels and archangels, with all the heavenly hosts praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Both now and ever, and unto the ages of ages. Amen.

THE SYMBOL OF FAITH

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the living and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Leader: Remit, pardon, forgive, O God, our offenses, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all things, for Thou art good and the Lover of mankind.

All: Amen

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

Leader: O Lord Jesus Christ, Son of God, have mercy on us.

All: Amen.

Kontakia:

KONTAKION OF THE RESURRECTION IN TONE SIX

Having raised up all the dead out of the dark abysses by His life-bestowing hand, Christ God, the Giver of Life, hath bestowed the Resurrection upon mortal nature; for He is the Savior and Resurrection and Life of all, and the God of all.

KONTAKION OF THE HOLY CROSS IN TONE FOUR

*(**Thou Who wast raised up**)*

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

Leader: Lord, have mercy. (12 times)

O All-Holy Trinity, the consubstantial dominion, the indivisible Kingdom, and cause of every Good: Show Thy good will even unto me a sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say:

Choir: One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

PSALM 33

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

I will bless the Lord at all times, His praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my tribulations. Come unto Him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, and will deliver them. O taste and see that the Lord is good; blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; for there is no want to them that fear Him. Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, and He delivered them out of all their tribulations. The Lord is nigh unto them that are of a contrite heart, and He will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken. The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of His servants, and none of them will do wrong that hope in Him.

THE HYMN TO THE THEOTOKOS

It is truly meet and right to bless thee, O Theotokos, who art ever blessed and all-blameless, and the Mother of our God. More honourable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

READING(S)

THE AFTERFEAST OF THE UNIVERSAL EXALTATION OF THE HOLY CROSS

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation. At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy." It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country (see Jan. 22, Saint Anastasius the Persian). Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place. [From tyoos.org]

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THE HOLY AND RIGHT-VICTORIOUS VIRGIN MARTYRS FAITH, HOPE, AND LOVE, AND THEIR MOTHER SOPHIA

These Saints were from Italy and contested for the Faith about the year 126, during the reign of the Emperor Hadrian. Faith was twelve years old, Hope, ten, and Love, nine; each was tormented and then beheaded, from the eldest to the youngest. Their mother Sophia mourned at their grave for three days, where she also fell asleep in peace; because of her courageous endurance in the face of her daughters' sufferings, she is also counted a martyr. The name Sophia means "wisdom" in Greek; as for her daughters' names, Faith, Hope, and Love (Charity), they are *Pistis*, *Elpis*, and *Agape* in Greek, and *Vera*, *Nadezhda*, and *Lyubov* in Russian. [From tyoos.org]

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THE HOLY MARTYRESS AGATHOKLEA

The Holy Martyress Agathoklea was a servant in the home of a certain Christian named Nicholas. His wife Paulina was a pagan. For eight years Agathoklea underwent abuse from her mistress because of her faith. Paulina fiercely beat the servant, and made her walk barefoot over sharp stones. Once in a fit of nastiness Paulina with a blow from an hammer broke her rib, and then cut out her tongue. Nothing was able to make the saint give in to the demand of her mistress – to worship idols. Then Paulina locked the martyress in prison and exhausted her with hunger. But Agathoklea did not perish: birds brought her food each day. Finally, in a fit of evil, Paulina went to the prison and murdered the holy martyress. [From holytrinityorthodox.com]

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THE HOLY HIEROMARTYRS HERACLIDES & MYRON, BISHOPS OF CYPRUS (1ST C.)

Hieromartyrs Heraclides and Myron, Bishops of Cypriot city of Thomas suffered for their faith in Christ. St. Heraclius was consecrated by the Holy Apostle Barnabas. St. Myron succeeded St. Heraclius. [From holytrinityorthodox.com]

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OUR RIGHTEOUS FATHER ANASTASIOS OF PERISTERON IN CYPRUS

Regarding the life of Saint Anastasios, we have sources that say he came to Cyprus from the Holy Land in the seventh century with the Arab invasion, and others that he came with the Alaman Saints as a soldier of the Crusades in the twelfth century to the Holy Land and later found refuge from the Arabs in Cyprus. In both cases, he came to Cyprus with 300 other Christians.

Leontios Machairas, the 15th century chronicler, reports that Saint Anastasios was one of the 300 clergymen and lay people who fled to Cyprus from Jerusalem, in 638, in order to escape the wrath of the Arabs who had just conquered the city:

"When the Saracens took the promised land, then the poor Christians came out from their hiding-places and went wherever they found refuge. There were archbishops, bishops, priests and lay people and they went wherever they could reach. And one group came to famous Cyprus. They were about 300 in number and, hearing that Greeks were in charge there, they went, from fear, from one place to another, digging the ground and going in there and praying to God ... Saint Anastasios the Wonderworker found himself in Peristerona."

An old Synaxarion of the Saint records:

"This man, our blessed Father Anastasios, was in the time of the Emperor of the Christians, Alexios Komnenos and his son John. Together with 300 other Orthodox from Alaman [Germany], he lived the monastic life in Palestine, which was then subject to the Orthodox Emperor. When the so-called Holy War was declared and was undertaken supposedly for the holy pilgrimage sites, these soldiers also came with the others. Seeing that the Orthodox were abused in wars by the Latins, who were commanders of the earthly army, they enlisted with the Heavenly King. They took the arms of the monastic state in Cyprus, where, living in deserts and mountains, dispirited, mortified and under attack from demons, they defeated every temptation by the power of Christ, Who strengthened them. Through their great virtues they also were able to work many miracles, not only while they lived but also after death. Thus, to this day, those who approach the grave of Saint Anastasios with reverence find him to be an excellent physician, who is swift to help those who invoke his aid. By his prayers, Christ our God, have mercy upon us, O lover of mankind."

From this we can likely conclude that Anastasios was a genuine Orthodox Roman monk who came to Cyprus with a large number of Christians, since the number 300 is symbolic for a large number.

Saint Anastasios never stopped working in order to earn his daily bread. In a hewn-out cave, which he chose for his ascetic life, he set up his loom and wove sacks in which cereals could be kept or transported. On his grave, on a little ledge, the wooden shuttles he used were kept, in very good condition, until August 1974. People wanting his help would rub themselves with them in order to be cured. Later they were placed before his icons in the two neighboring churches, the old monastery one and the new one. Pilgrims would also bring wax figurines on his account. [FromMystagogy]

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OUR RIGHTEOUS FATHER EUXIPHIOUS OF CYPRUS, THE BISHOP

Saint Euxiphios was from Rome. His parents were pressuring him to marry. However, Saint Euxiphios wanted to be consecrated to virginity and become a monk. So he secretly left Rome and travelled to Limnitis near Soloi. There he met the Mark the Evangelist, who baptized and ordained him Bishop of Soloi. Mark the Evangelist urged him to become a preacher of the Holy Gospel. Saint Euxiphios was so gifted that he converted many pagans to Christianity.

He fell asleep in the Lord and was buried in Soloi after fifty years of being the shepherd of God's people. Saint Euxiphios is highly venerated in the village of Astromeritis, where there is a temple dedicated to his memory. [From orthodoxtimes.com]

THE DISMISSAL

The Leader bows toward the icon of Christ on the iconostasis, saying:

Leader: Glory to thee, O Christ our God and our Hope, glory to thee.

All: Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. O Lord, bless.

Leader: O Thou Who rose again from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross—the Exaltation of which we now celebrate; of our venerable and God-bearing fathers; of the Holy Myrrh-Bearer and Equal to the Apostles Mary Magdalene, protector of this community; of the Holy Martyrs Sophia and her daughters Faith, Love and Hope; Martyr Agathokleia; Hieromartyrs Heracleides and Myron, Bishops of Tamasus in Cyprus; Venerable Anastasios Peristeron of Cyprus; and Euxiphios of Cyprus, the bishop, whose memory we celebrate today, and of all the saints: have mercy on us, and save us, for Thou art good and lovest mankind.

Then, facing the icon of Christ, on the iconostasis, the Leader says:

Leader: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

All: Amen.