

SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS

September 11, 2005

Postfestive 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)

Hymn

melody: O Marije Mati Boza/O Mary, Mother of our God



1. God loved the world so much, He gave His own Son,
2. As Mo - ses raised the ser - pent up, Shown on high,
3. The Christ was not sent to the world To con - demn,



That e - ter - nal life might be His Gift to ev - 'ry - one.
So the Son is lift - ed high that We may nev - er die.
But that all, be - liev - ing Him, might Find their life in Him.

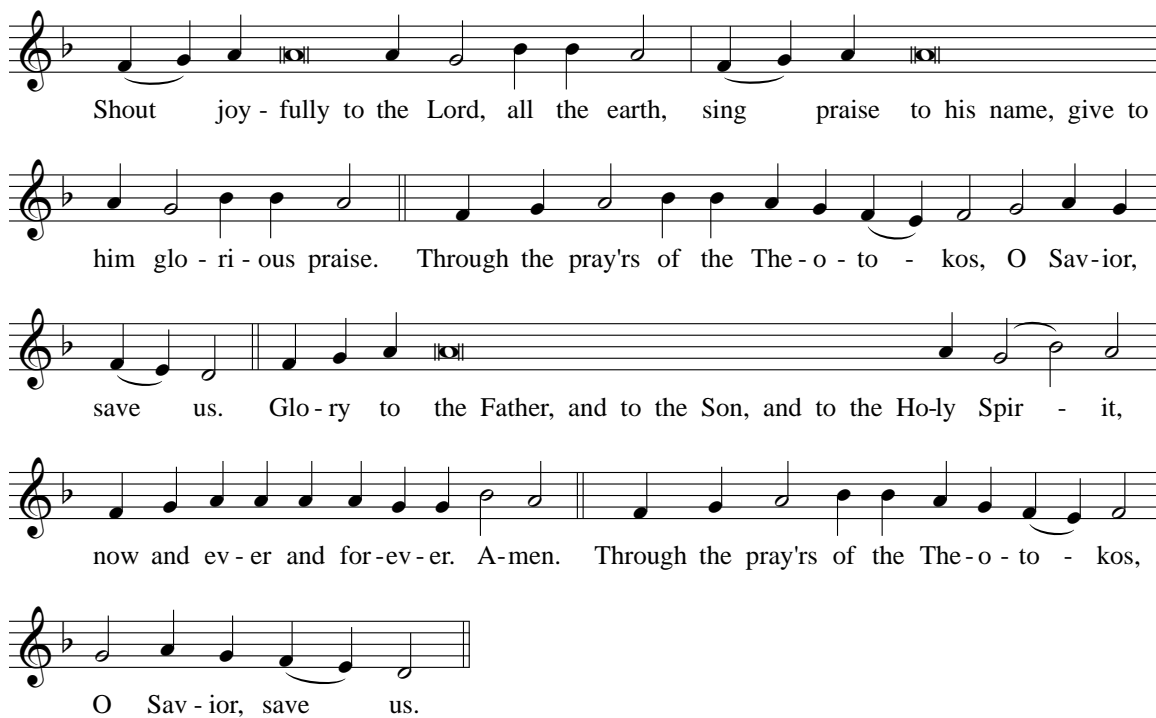


Boast of noth - ing less than the Cross of Christ our Lord!



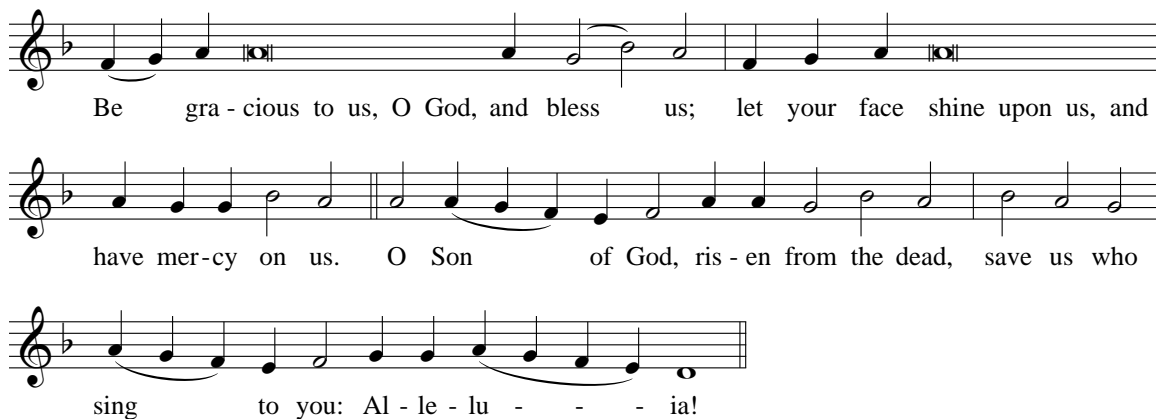
In it, we are blessed; life is our re - ward!

First Antiphon (Psalm 65:1,2):



Shout joy - fully to the Lord, all the earth, sing praise to his name, give to
him glo - ri - ous praise. Through the pray'rs of the The - o - to - kos, O Sav - ior,
save us. Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it,
now and ev - er and for - ev - er. A - men. Through the pray'rs of the The - o - to - kos,
O Sav - ior, save us.

Second Antiphon (Psalm 66:2):



Be gra - cious to us, O God, and bless us; let your face shine upon us, and
have mer - cy on us. O Son of God, ris - en from the dead, save us who
sing to you: Al - le - lu - - - ia!

Hymn of the Incarnation - Resurrection Tone 7

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it,
now and ev - er and for - ev - er. A - men. O on - ly - begotten Son and
Word of God, who be - ing im - mor - tal, deigned for our sal - va - tion
to be - come in - car - nate of the ho - ly Theotokos and ever - Vir - gin Mar - y,
and be - came man with - out change; you were al - so crucified, O Christ our God,
and by death have tram - pled Death, be - ing One of the Ho - ly Trin - i - ty,
glo - rified with the Father and the Ho - ly Spir - it, save us.

The musical score is written on seven staves in G major (one sharp) and 4/4 time. It features a variety of note values including quarter, eighth, and sixteenth notes, as well as rests and bar lines. The lyrics are printed below the notes, with hyphens indicating syllables that span across multiple notes.

Third Antiphon (Psalm 94:1)



Come, let us sing joy-ful-ly to the Lord; let us ac-claim God our Sav - ior.



O Son of God, ris - en from the dead, save us who sing to you:



Al - le - lu - - - ia!

Entrance Hymn (Psalm 94:6):



Come, let us wor - ship and bow be - fore Christ. O Son of God,



ris - en from the dead, save us who sing to you: Al - le - lu - - ia!

Troparion of the Resurrection - Tone 8



You de - scend - ed from on high, O Mer - ci - ful One. You ac - cept - ed



bur - i - al for three days to free us from our pas - sions. O Lord, our



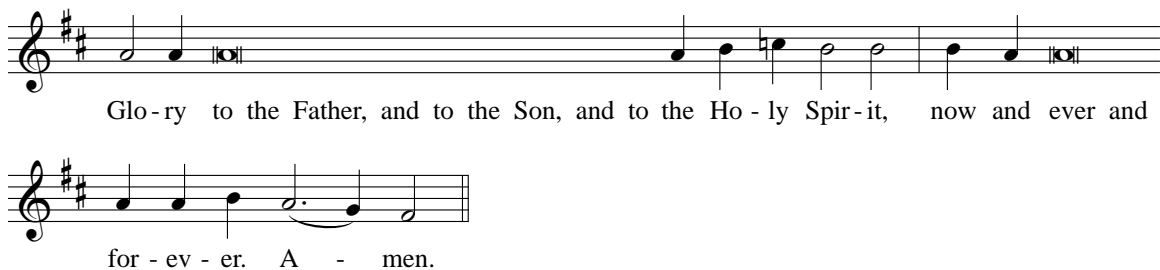
Re - sur - rec - tion and our Life, glo - ry to you.

Troparion of the Nativity of the Theotokos - Tone 4



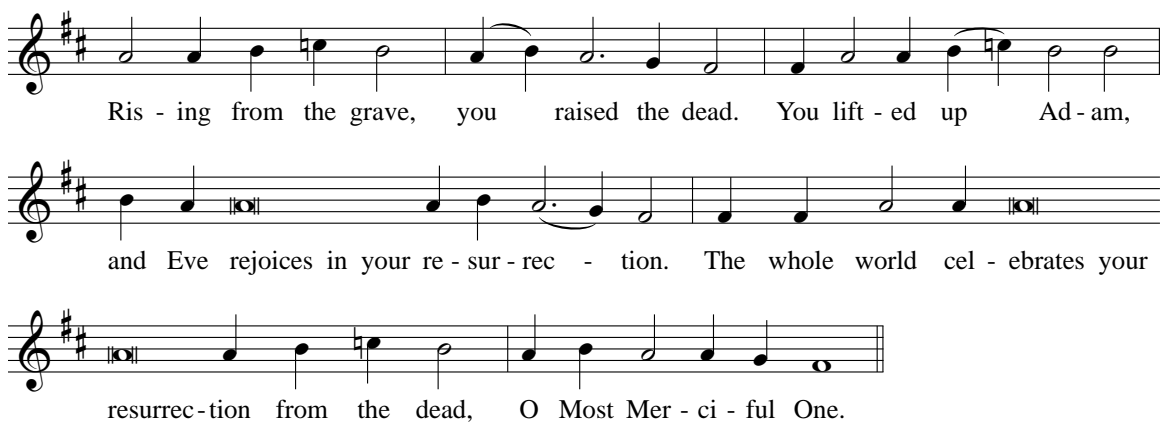
Your birth, O Vir-gin The-o-to - kos, her-ald-ed joy to the u - ni-verse;
for from you arose the Sun of Jus-tice, Christ our God. Re-mov-ing the curse, he
gave the bles - sing, and by de-stroy-ing Death, he grant-ed us e - ter-nal life.

Cantor



Glo-ry to the Father, and to the Son, and to the Ho - ly Spir-it, now and ever and
for - ev - er. A - men.


Kontakion of the Resurrection - Tone 8



Ris - ing from the grave, you raised the dead. You lift - ed up Ad - am,
and Eve rejoices in your re - sur - rec - tion. The whole world cel - ebrates your
resurrec-tion from the dead, O Most Mer - ci - ful One.


Thrice-Holy Hymn

Three times:




Ho - ly God, Ho - ly and Might - y, Ho - ly and Im - mor - - - tal,


Fine



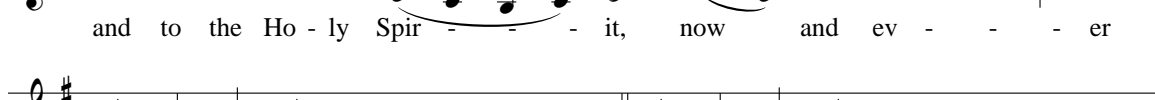
have mer - cy on us. Glo - ry to the Fa - ther, and to the Son,



and to the Ho - ly Spir - - - it, now and ev - - - er




and for - ev - er. A - - - men. Ho - ly and Im - mor - - - tal,

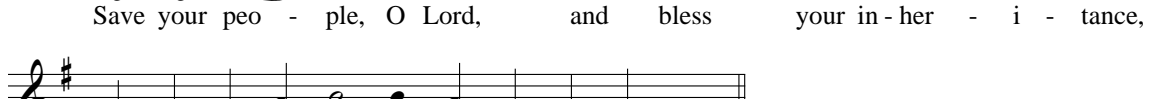


have mer - cy on us. *D. C. al Fine*

Prokeimenon – Tone 6 (Psalm 27:9,1):



Save your peo - ple, O Lord, and bless your in - her - i - tance,



and bless your in - her - i - tance.

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!

The first system of music is on a treble clef staff with a key signature of one flat (B-flat). It contains two measures of music with lyrics underneath. The second system also has a treble clef and one flat key signature, with lyrics underneath. The music consists of eighth and quarter notes, some with slurs and ties.

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.

Cherubic Hymn

A

Let us, who mys - - - tic' - ly re - pre - sent the cher - u - bim,

and sing the thrice - ho - ly hymn to the life - cre - a - ting Trin - i - ty,

now set a - side all earth - ly cares, all earth - ly cares.

A - men. That we may re - ceive, re - ceive the King of All,

in - vis - i - bly es - cort - ed by an - gel - ic hosts. Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia!

The Cherubic Hymn is written on a treble clef staff with a key signature of two sharps (D major). It consists of six systems of music with lyrics underneath. The music features a variety of note values including quarter, eighth, and half notes, with some slurs and ties. The lyrics are spread across the systems.

Anamnesis Acclamation

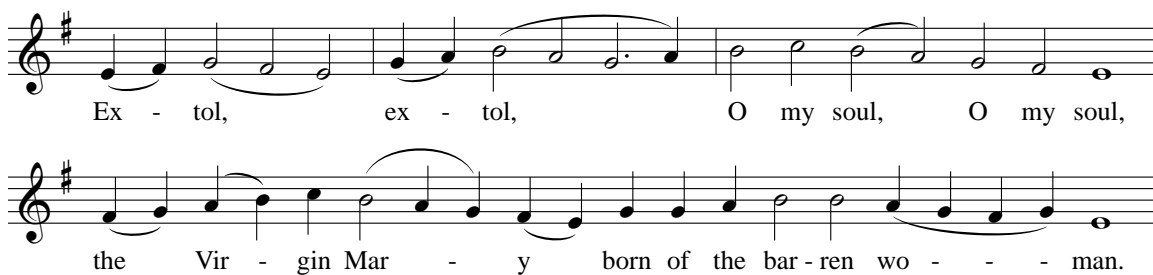
A



We praise you, we bless you, we thank you, O Lord,
and we pray to you, our God, pray to you, our God.

Instead of "It is truly proper . . ."

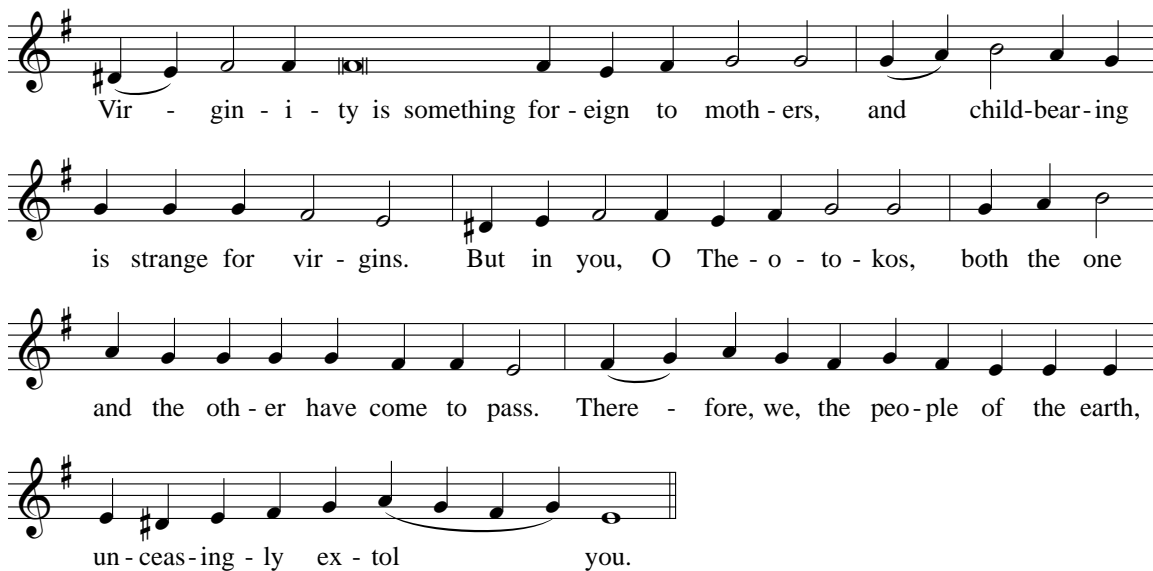
Magnification:



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

Irmos

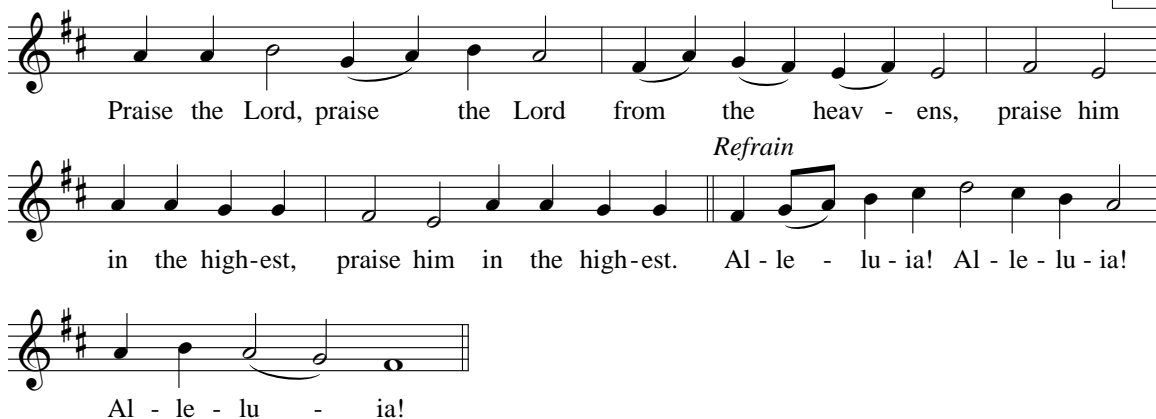
Tone 6 Irmos, simple setting



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 oth - er have come to pass. There - fore, we, the peo - ple of the earth,
un - ceas - ing - ly ex - tol you.

Communion Hymn for Sundays (Psalm 148:1):

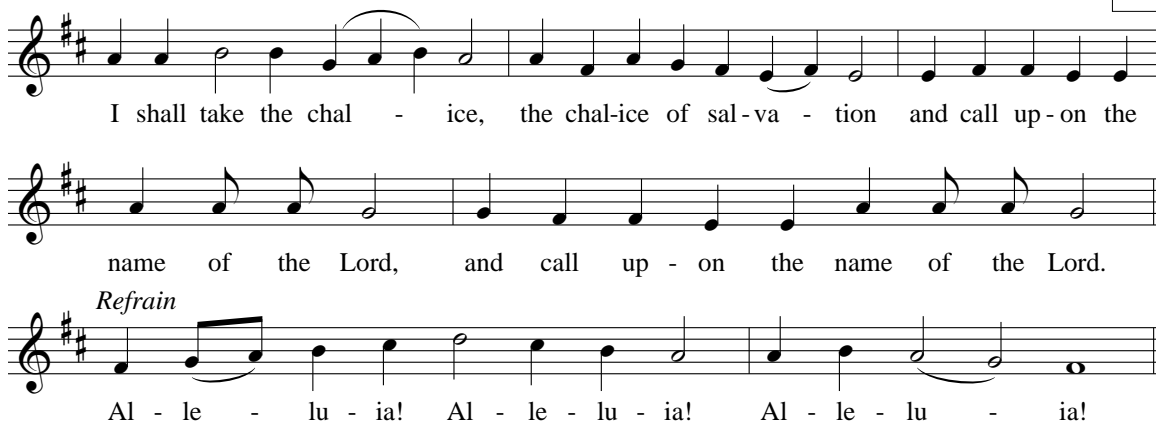
A



Praise the Lord, praise the Lord from the heav - ens, praise him
Refrain
in the high-est, praise him in the high-est. Al - le - lu - ia! Al - le - lu - ia!
Al - le - lu - ia!

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

A



I shall take the chal - ice, the chal-ice of sal - va - tion and call up - on the
name of the Lord, and call up - on the name of the Lord.
Refrain
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!