

**Divine Liturgy, September 11, 2016**  
**SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS**  
**Postfestive Day of the Nativity of the Theotokos**

un-ceas-ing - ly ex - tol you.

**Communion Hymn for Sunday (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!

*And for the Nativity of the Theotokos*

**Communion Hymn (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!

**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  
 Res - ur - 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 res - ur - rec - tion. The whole world cel - ebrates your  
resurrec-tion from the dead, O Most Mer - ci - ful One.

**Prokeimenon of the Sunday before the Exaltation of the Cross - 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 of the Sunday before the Exaltation of the Cross - 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.

*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, 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 - ples of the earth,