

Martyr Paramon and 370 Martyrs in Bithynia

Fr. Martin D. Watt, Priest-in-Charge

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Welcome! We are honored that you have joined us in our celebration of the Lord's resurrection this day.

If you are a first time visitor to our parish, we invite you to sign our guest book. If you have a question, a prayer request, or any need, please speak with Fr. Marty, or with any parish member.

For our friends present with us who are not Orthodox Christians, please note that we have specific disciplines regarding receiving Communion. We ask that you refrain from going to Communion until you have spoken with Fr. Marty and understand our discipline and piety regarding this sacrament and its implication for responsibility towards and membership in the Orthodox Church. The bread and wine offered after communion and the bread offered at the end of the service is available to all.

If you are an Orthodox Christian from another parish who has prepared in accordance with your discipline, and have a blessing from your home priest to do so, we invite and encourage you to partake of Holy Communion.

This booklet contains the variable hymns and readings specific to today. Please feel free to take it with you. There are coil-bound booklets with the text for the Divine Liturgy – if you find it useful, please feel free to take one of those as well, with our compliments.

We also hope you will stay and join us in our coffee and fellowship hour, which immediately follows the service. We want the opportunity to get to know you, and for you to get to know us. Again, welcome!

Regular services:

Great Vespers, Saturday at 6:30pm

Confession, immediately following Great Vespers, other times by appointment.

Third and Sixth Hour Prayers, Sunday at 9:40am

Divine Liturgy, immediately following the hours.

Music Rehearsals, Saturday at 6:00pm

621 Kellogg Avenue, Ames, Iowa 50010
(corner of 7th and Kellogg)

Resurrectional Troparion – Tone 1

When the stone had been sealed by the Jews,
while the soldiers were guarding Your most pure body,
You rose on the third day, O Savior, granting life to the world.
The powers of heaven therefore cried to You, O Giver of Life:
“Glory to Your Resurrection, O Christ!
Glory to Your Kingdom!!!
Glory to Your dispensation, O Lover of mankind!”

Troparion for the Martyrs – Tone 4

Your holy martyrs Paramon and Philumenus and those with them, O Lord,
through their sufferings have received incorruptible crowns from You, our
God.

For having Your strength, they laid low their adversaries,
and shattered the powerless boldness of demons.
Through their intercession, save our souls!

Kontakion for the Apostles – Tone 2

Let us praise the Apostles of Christ,
who illumine the ends of the earth like all-radiant stars:
glorious Philemon an dedicated Archippus,
Onesimus, together with Mark and Apollos, and the all-wise Apphia.
Let us cry to them:
“Unceasingly pray for us all!”

Kontakion for the Martyrs – Tone 4

Urged on by the commandments of God,
with patience, you cleansed your souls from all defilement.
You reached perfection as spiritual athletes;
you renounced sacrifice to idols.
Imitating Christ, you were slain with a spear,
most blessed Paramon and Philumenus.
Always fervently intercede with Christ on behalf of the world!

*Glory to the Father and to the Son and to the Holy Spirit, now and ever
and unto ages of ages, amen*

Resurrectional Kontakion – Tone 1

As God, You rose from the tomb in glory,
raising the world with Yourself.
Human nature praises You as God, for death has vanished.
Adam exults, O Master!
Eve rejoices, for she is freed from bondage and cries to You://
“You are the Giver of Resurrection to all, O Christ!”

Epistle: (229) – Ephesians 5:9-19

Priest: Let us attend! +Peace be unto all!

Reader: And with your spirit!

Priest: Wisdom!

Prokeimenon, Tone 1

Reader: The Prokeimenon, in the 1st Tone: Let Your mercy, O Lord, be upon us as we have set our hope on You!

Choir: Let Your mercy, O Lord, be upon us as we have set our hope on You!

Reader: Rejoice in the Lord, O you righteous! Praise befits the just!

Choir: Let Your mercy, O Lord, be upon us as we have set our hope on You!

Reader: Let Your mercy, O Lord, be upon us ...

Choir: ... as we have set our hope on You!

Deacon: Wisdom!

Reader: The Reading from the Epistle of the Holy Apostle Paul to the Ephesians.

Deacon: Let us attend!

Reader: Brethren, Walk as children of the light (for the fruit of the Spirit is in all goodness and righteousness, and truth), proving what is well pleasing to God. And have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for all that is made manifest is light. Therefore He says: "Awake, you that sleeps, and arise from the dead, and Christ shall give thee light." See therefore, that you walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil. Therefore be not unwise, but understand what the will of God is. And be not drunk with wine, wherein is debauchery, but be filled, rather, with the Spirit, speaking to one another in Psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

Priest: Peace be to you.

Alleluia: Tone 1

Reader: **And to Your spirit.** In the 1st Tone: Alleluia, Alleluia, Alleluia!

Choir: Alleluia! Alleluia! Alleluia!

Reader: God gives vengeance unto me, and subdues people under me.

Choir: Alleluia! Alleluia! Alleluia!

Reader: He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever.

Choir: Alleluia! Alleluia! Alleluia!

Gospel: (71) – Luke 13:10-17

Priest: The reading from the Holy Gospel according to St. **Luke.**

Choir: Glory to You O Lord, Glory to You.

Priest: Let us Attend!

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?" And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

Choir: Glory to You O Lord, Glory to You.

Please join us in our fellowship hour immediately following the dismissal!
