

*Sunday Before the Elevation of the Cross,
Afterfeast of the Nativity of the Theotokos*
Venerable Theodora of Alexandria, Hieromartyr Autonomus

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 3

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world//
great mercy.

Troparion for the Nativity of the Theotokos – Tone 4

Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.
people, O our Savior!

Troparion for St. Theodora – Tone 8

The image of God was truly preserved in you, O Mother,
for you took up the Cross and followed Christ.
By so doing you taught us to disregard the flesh for it passes away
but to care instead for the soul, since it is immortal.//
Therefore your spirit, venerable Theodora, rejoices with the Angels.

Troparion for St. Avtonomus – Tone 4

By sharing in the ways of the Apostles,
you became a successor to their throne.
Through the practice of virtue, you found the way to divine contemplation, O inspired
one of God;
By teaching the word of truth without error, you defended the Faith, even to the
shedding of your blood.//
Hieromartyr Av-to-nó-mus, entreat Christ God to save our souls!

Resurrectional Kontakion – Tone 3

On this day You rose from the tomb, O Merciful One,
leading us from the gates of death.
On this day Adam exults as Eve rejoices;
with the Prophets and Patriarchs//
they unceasingly praise the divine majesty of Your power.

Kontakion for St. Theodora – Tone 2

You depleted your bodily strength by fasting, vigil, and prayers,
entreating the Creator to grant forgiveness of your sin;
having received it, you showed us the way of repentance,
Venerable Mother Theodora.

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

Kontakion for St. Avtonomus – Tone 2

With reverence you served the divine mysteries, O wise one,
and became an acceptable sacrifice while partaking of the cup of Christ.

Now, as you stand before Him, holy martyr Av-to-nó-mus, //
unceasingly intercede for us all!

now and ever and unto ages of ages, amen.

Kontakion for the Nativity of the Theotokos – Tone 4

By your nativity, most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve -- from the corruption of death.

And we, your people, freed from the guilt of sin, celebrate and sing to you: //
“The barren woman gives birth to the Theotokos, the nourisher of our Life.”

*Epistle: (215) Galatians 6:11-18 (Sunday before) and (158) – 1 Corinthians 15:1-11
Prokeimenon, Tone 6*

Reader: The Prokeimenon, in the 6th Tone: O Lord, save Your people, and bless Your inheritance!

Choir: O Lord, save Your people, and bless Your inheritance!

Reader: The Lord has chastened me sorely, but He has not given me over to death.

Choir: O Lord, save Your people, and bless Your inheritance!

Reader: In the Third Tone, the Song of the Theotokos, My soul magnifies the Lord, and my spirit rejoices in God my Savior.

Choir: My soul magnifies the Lord, and my spirit rejoices in God my Savior.

Deacon: Wisdom!

Reader: Brethren, see with what large letters I write to you with my own hand! Those who desire to make a good showing in the flesh are trying to compel you to be circumcised, only so that they may not be persecuted for the cross of Christ. Even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised so that they may boast in your flesh. As for me, I shall find glory in nothing, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. In Christ Jesus, circumcision and uncircumcision mean nothing; only a new creation matters. To those who live by this rule, may there be peace and mercy upon them, and on the Israel of God. From now on, let no one cause me any trouble, for I bear the marks of the Lord Jesus branded on my body. May the grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Brethren, I declare to you, the Good News which I preached to you, which also you accepted, in which you also stand. And you are saved by it, that is if you hold firmly to the word which I preached to you. Otherwise, you believed in vain. For I delivered to you, first of all, what I also received: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Kephias, then to the Twelve. After that, he appeared to over five hundred brethren at once, most of whom remain alive until now, but some have also fallen asleep. Then he appeared to James, then to all the apostles, and last of all, as to the child born at the wrong time, he appeared to me also. Indeed, I am the least of the apostles, unworthy to be called an apostle, because I persecuted the Church of God. But by the grace of God, I am what I am. His grace which was bestowed on me was not in vain, but I worked more than all of them – yet not I, but the grace of God which was with me. It does not matter whether is it I or they: this is what we preach, and so you believed.

Priest: Peace be to you.

Alleluia: Tone 1

Reader: And to Your spirit. In the 1st Tone: Alleluia, I have exalted one chosen out of My people.

Choir: Alleluia! Alleluia! Alleluia!

Reader: For My hand shall defend him, and My arm shall strengthen him.

Choir: Alleluia! Alleluia! Alleluia!

Reader: In the 8th Tone, Hear, O daughter, and see, and incline your ear!

Choir: Alleluia! Alleluia! Alleluia!

Gospel: (9) – John 3:13-17 (Sunday before) and (79) – Matthew 19:16-26

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

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

Priest: Let us Attend!

The Lord said, no one has ascended into heaven, except for the one who came down out of heaven, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, likewise, the Son of Man must be lifted up, so that everyone believing in him should not perish but have eternal life. Indeed, God so loved the world that he gave his uniquely-begotten Son, so that everyone who believes in him should not perish but have eternal life. Certainly, God did not send his Son into the world to judge the world, but so that the world should be saved through him.

Behold, a man came to him and asked, “Good teacher, what good thing shall I do in order to have eternal life?” Jesus said to him, “Why do you call me good? No one is good but one, that is, God. But if you want to enter into life, keep the commandments.” The man asked him, “Which ones?” Jesus replied, “‘You shall not murder.’ ‘You shall not commit adultery.’ ‘You shall not steal.’ ‘You shall not bear false witness.’ ‘Honor your father and mother;’ and, ‘You shall love your neighbor as yourself.’” The young man then said to him, “All these things I have observed from my youth! What do I still lack?” Jesus replied, “If you want to be perfect, go, sell what you have, give it to the poor, and you will have a treasure in heaven. Then come, and follow me!” But when the young man heard these words, he went away sad because he was a person with great possessions. Jesus said to his disciples, “Amen I say to you: it will be hard for someone who is rich to enter into the Kingdom of Heaven! Indeed, I tell you that it is easier for a camel to pass through the eye of a needle than for a rich man to enter into the Kingdom of God.” When his disciples heard this, they were extremely astonished and said, “Who then can be saved?”

Gazing at them, Jesus answered, “By human resources, this is impossible, but with God all things are possible!”

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

Instead of “It is Truly Meet ...”

Magnify, O my soul, the most glorious birth of the Mother of God!

Virginity is foreign to mothers;

childbearing is strange for virgins.

But in you, O Theotokos, both were accomplished./

Therefore all we nations of the earth unceasingly magnify you.

Communion Hymn:

Praise the Lord from the heavens! Praise Him in the highest! I will receive the cup of salvation and call on the name of the Lord. Alleluia, Alleluia, Alleluia!

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