

*Martyrs Proclus and Hilary of Ancyra
Venerable Michael of Maleinus*

Fr. Martin D. Watt, Priest-in-Charge
Mailing address 1411 Wilson Avenue
and rectory: Ames, Iowa 50010

(515) 337-1192 (*rectory*)

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)

Troparion – Tone 5

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

Troparion for St. Michael – Tone 8

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

Troparion for Ss. Proclus and Hilary – Tone 4

Your holy martyrs Proclus and Hilary, 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 intercessions, save our souls!

Kontakion for Ss. Proclus and Hilary – Tone 4

Like the morning star,
your glorious sufferings enlighten us with holy miracles.
We celebrate you memory, O Proclus and Hilary;
pray to Christ our God for us//
that He will save our souls!

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

Kontakion for St. Michael, Tone 2

By your deeds you withered the arrogance of the flesh;
and through enlightenment you gave wings to your agility of spirit.
You were revealed as a dwelling-place of the Trinity,
Whom now you clearly behold.//
O blessed Michael, unceasingly pray for us all!

now and ever and unto ages of ages, amen

Resurrectional Kontakion, Tone 5

You descended into hell, O my Savior,
shattering its gates as Almighty,
resurrecting the dead as Creator,
and destroying the sting of death.
You have delivered Adam from the curse, O Lover of man,//
and we cry to You: “O Lord, save us!”

Epistle: (110) – Romans 12:6-14

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

Reader: And with your spirit!

Deacon: Wisdom!

Prokeimenon, Tone 5

Reader: The Prokeimenon, in the 5th Tone: You, O Lord, shall protect us / and preserve us from this generation forever!

Choir: You, O Lord, shall protect us / and preserve us from this generation forever!

Reader: Save me, O Lord, for there is no longer any that is godly.

Choir: You, O Lord, shall protect us / and preserve us from this generation forever!

Reader: You, O Lord, shall protect us ...

Choir: ... and preserve us from this generation forever!

Deacon: Wisdom!

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

Deacon: Let us attend!

Reader: Brethren, as we have gifts differing according to the grace that is given us, let us use them: if to prophecy, let it be in proportion to our faith; or to minister, let us use it in our ministry; or to teach, in teaching; or to comfort, in comforting. In giving, let it be done with simplicity; in governing, with diligence; in showing mercy, with goodwill. Let love be without hypocrisy. Abhor that which is evil; cleaving to that which is good. Be kind to one another in brotherly love, treating one another with honor. Do not falter in your diligence; remain fervent in spirit while serving the Lord. Rejoice in hope; be patient in tribulation; be steadfast in prayer. Keeping hospitality, fulfilling the needs of the saints. Bless them that persecute you; bless and do not curse.

Priest: + Peace be unto you.

Alleluia: Tone 5

Reader: **And to Your spirit.** In the 5th Tone: Alleluia! Alleluia! Alleluia!

Choir: Alleluia! Alleluia! Alleluia!

Reader: I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.

Choir: Alleluia! Alleluia! Alleluia!

Reader: For You said: Mercy will be established forever; Your truth will be prepared in the heavens.

Choir: Alleluia! Alleluia! Alleluia!

Gospel: (29) – Matthew 9:1-8

Priest: Wisdom! Let us Attend! Let us hear the Holy Gospel! Peace be with you all!

Choir: And with your spirit.

Deacon: The reading from the Holy Gospel according to St. **Matthew**.

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

Deacon: Let us Attend!

At that time, Jesus got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins"—then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

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

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