

*Sunday of the Forefathers of Christ  
Repose of St. Herman of Alaska*

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

*Mailing address* 1411 Wilson Avenue

*and rectory:* Ames, Iowa 50010

(515) 337-1192 (*rectory*)

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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!

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*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

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621 Kellogg Avenue, Ames, Iowa 50010  
*(corner of 7<sup>th</sup> and Kellogg)*

*Resurrectional Troparion – Tone 4*

When the women Disciples of the Lord  
learned from the Angel the joyous message of the Resurrection,  
they cast away the ancestral curse  
and elatedly told the Apostles:

“Death is overthrown!

Christ God is risen,//

granting the world great mercy!”

*Troparion of the Fathers – Tone 2*

Great are the accomplishments of faith,

for the three Holy Youths rejoice in the fountain of flames as though in the waters  
of rest;

and the Prophet Daniel appeared

a shepherd to the lions as though they were sheep.//

So by their prayers, O Christ God, save our souls!

*Troparion of the Forefeast – Tone 4*

Prepare, O Bethlehem, for Eden has been opened to all!

Adorn yourself, O Ephratha, for the Tree of Life blossoms forth from the Virgin  
in the cave!

Her womb is a spiritual paradise planted with the Divine Fruit;

if we eat of it, we shall live forever and not die like Adam.//

Christ comes to restore the image which He made in the beginning.

*Kontakion for the Fathers – Tone 1*

Rejoice, O Bethlehem! Prepare yourself, O Ephratha!

The Lamb is on her way to give birth to the Chief Shepherd she carries in her  
womb.

The God-bearing Forefathers will rejoice, beholding Him,

and with the shepherds, they will glorify the Virgin nursing Him.

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

*Kontakion for The Forefeast – Tone 3*

Today the Virgin comes to the cave

to give birth to the Eternal Word.

Hear the glad tidings and rejoice, O universe!

Glorify with the Angels and the shepherds

the Eternal God, Who is willing to appear as a little child!

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*Epistle: (328) – Hebrews 11:9-10, 17-23, 32-40 (Sunday before the Nativity)*

*Prokeimenon, Tone 4*

*Reader:* The Prokeimenon, in the 4<sup>th</sup> Tone, the Song of the Fathers: Blessed are  
You, O Lord God of our fathers, and praised and glorified is Your name  
forever!

*Choir:* Blessed are You, O Lord God of our fathers, and praised and glorified is  
Your name forever!

*Reader:* For You are just in all that You have done to us.

*Choir:* Blessed are You, O Lord God of our fathers, and praised and glorified is Your name forever!

*Reader:* Blessed are You, O Lord God of our fathers, ...

*Choir:* ... and praised and glorified is Your name forever!

*Deacon:* Wisdom!

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

*Deacon:* Let us attend!

*Reader:* Brethren, by faith Abraham sojourned in the land of promise as in a strange country, dwelling in tents with Isaac and Jacob, the heirs with him of the same promise; for he looked for the city that hath foundations, whose builder and maker is God. By faith Abraham, when he was tested, offered up Isaac, and he that had received the promises offered up his only begotten son, to whom it was said, "in Isaac shall thy seed be called," accounting that God is able to raise him up, even from the dead, so to say, from which he also received him. By faith Isaac blessed Jacob and Esau concerning things to come. By faith Jacob, when he was dying, blessed each of the sons of Joseph, and worshipped, leaning upon the top of his staff. By faith Joseph, when he was dying, made mention of the departure of the children of Israel, and gave instructions concerning his bones. By faith Moses, when he was born, was hidden three months by his parents, because they saw he was a beautiful child; and they were not afraid of the king's commandment. And what more shall I say? For the time would fail me to tell of Gideon and of B́arak and Samson and J́ephthah, also of David and Samuel and the [other] Prophets who by faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the enemies. Women received their dead raised to life again. And others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of cruel mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn asunder, were tempted, were slain by the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented; of whom the world was not worthy. They wandered in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a good report through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect without us.

*Priest:* Peace be to you.

*Alleluia:* Tone 4

*Reader:* **And to Your spirit.** In the 4<sup>th</sup> Tone: Alleluia! Alleluia! Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* We have heard with our ears, O God, for our fathers have told us.

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* For You have saved us from them that oppose us, and have put to shame them that hate us.

*Choir:* Alleluia! Alleluia! Alleluia!

*Gospel: (I) – Matthew 1:1-25 (Sunday before the Nativity)*

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

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

*Priest:* Let us Attend!

The book of the genealogy of Jesus Christ, the Son of David, the Son of Abraham: Abraham begot Isaac, Isaac begot Jacob, and Jacob begot Judah and his brothers. Judah begot Perez and Zerah by Tamar, Perez begot Hezron, and Hezron begot Ram. Ram begot Amminadab, Amminadab begot Nahshon, and Nahshon begot Salmon. Salmon begot Boaz by Rahab, Boaz begot Obed by Ruth, Obed begot Jesse, and Jesse begot David the king. David the king begot Solomon by her who had been the wife of Uriah. Solomon begot Rehoboam, Rehoboam begot Abijah, and Abijah begot Asa. Asa begot Jehoshaphat, Jehoshaphat begot Joram, and Joram begot Uzziah. Uzziah begot Jotham, Jotham begot Ahaz, and Ahaz begot Hezekiah. Hezekiah begot Manasseh, Manasseh begot Amon, and Amon begot Josiah. Josiah begot Jeconiah and his brothers about the time they were carried away to Babylon. And after they were brought to Babylon, Jeconiah begot Shealtiel, and Shealtiel begot Zerubbabel. Zerubbabel begot Abiud, Abiud begot Eliakim, and Eliakim begot Azor. Azor begot Zadok, Zadok begot Achim, and Achim begot Eliud. Eliud begot Eleazar, Eleazar begot Matthan, and Matthan begot Jacob. And Jacob begot Joseph the husband of Mary, of whom was born Jesus who is called Christ. So all the generations from Abraham to David are fourteen generations, from David until the captivity in Babylon are fourteen generations, and from the captivity in Babylon until the Christ are fourteen generations. Now the birth of Jesus Christ was as follows: After His mother Mary was betrothed to Joseph, before they came together, she was found with child of the Holy Spirit. Then Joseph her husband, being a just man, and not wanting to make her a public example, was minded to put her away secretly. But while he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit. And she will bring forth a Son, and you shall call His name JESUS, for He will save His people from their sins." So all this was done that it might be fulfilled which was spoken by the Lord through the prophet, saying: "Behold, the virgin shall be with child, and bear a Son, and they shall call his name Immanuel," which is translated, "God with us." Then Joseph, being aroused from sleep, did as the angel of the Lord commanded him and took to him his wife, and did not know her till she had brought forth her firstborn Son. And he called His name JESUS.

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

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*Communion Hymn:*

Praise the Lord from the heavens! Praise Him in the highest! Rejoice in the Lord, O you righteous; praise befits the just! Alleluia, Alleluia, Alleluia!

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

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