

*Hieromartyr Cyprian, Virgin Martyr Justinia  
and Martyr Theoctistus, of Nicomedia*

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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 6*

The angelic powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You took hell captive,//  
not being tempted by it.  
You came to the Virgin, granting life.//  
O Lord, Who rose from the dead, glory to You.

*Troparion for St. Cyprian – 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 Cyprian, entreat Christ God to save our souls!

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

*Kontakion for Ss. Cyprian and Juliana – Tone 1*

Bound by the love of Christ, O venerable one, and following Him with  
unwavering desire,  
you despised all carnal pleasures, and you shone like the sun in your land.  
Therefore, Christ has enriched you with the gift of miracles.  
Remember us, who venerate your most holy memory//  
and who call out to you: “Rejoice, Sergius, made wise by God!”

*now and ever and unto ages of ages, amen.*

*Resurrectional Kontakion – Tone 6*

When Christ God the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race.//  
He is the Savior of all, the Resurrection, the Life, and the God of all.

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*Epistle: (176) – 2 Corinthians 4:6-15*

*Prokeimenon, Tone 6*

*Reader:* The Prokeimenon, in the 6<sup>th</sup> Tone: O Lord, save Your people, and  
bless Your inheritance!

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

*Reader:* To You, O Lord, will I call. O my God, be not silent to me!

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

*Reader:* O Lord, save Your people, ...

*Choir:* ... and bless Your inheritance!

*Deacon:* Wisdom!

*Reader:* Brethren, it is God who commanded light to shine out of darkness, and  
he has shone in our hearts to give the light of the knowledge of the glory of  
God in the face of Jesus Christ.

However, we have this treasure in vessels of clay, so that the amazing power may be from God and not from ourselves. We are pressed on every side, yet we are not crushed! We are perplexed, but not to the point of despair. We are persecuted yet not forsaken; struck down, yet not destroyed; and we always carry in our bodies the death of the Lord Jesus, so that the life of Jesus may also be revealed in our body. Indeed, we who live are always delivered to death for Jesus' sake, so that the life of Jesus may be revealed in our mortal flesh. And so, death is at work in us, but life in you. Still, we have the same spirit of faith, according to what is written, "I believed, and therefore I spoke." We believe, and therefore we also speak; knowing that he who raised the Lord Jesus will also raise us with Jesus, and bring us with you into his presence. All these things are for your benefit, so that as grace is extended to many, this may also cause thanksgiving to be multiplied to the glory of God.

*Priest:* Peace be to you.

*Alleluia:* Tone 6

*Reader:* **And to Your spirit.** In the 6<sup>th</sup> Tone: Alleluia, Alleluia, Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust.

*Choir:* Alleluia! Alleluia! Alleluia!

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*Gospel: (26) – Luke 6:31-36*

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

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

The Lord said, As you would like others to do to you, do the same to them. If you love those who love you, what credit is that to you? Even sinners love those who love them! And if you do good to those who do good to you, what credit is that to you? For even sinners do the same! If you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners, to receive back as much. But love your enemies, and do good, and lend, expecting nothing back. Then your reward will be great and you will be children of the Most High, for he is kind even to the ungrateful and evil. Therefore, be merciful, even as your Father is also merciful.

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

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

**Parish Council meets tomorrow, Monday, October 3, at 7:00pm**

**Theology on Tap:** a group of Catholic young adults (under 40-ish) meets the first Monday of each month from 7-9pm, has dinner and discusses topics of interest. They have extended an invitation to any of our young adults that would like to attend. Location for tomorrow, October 3, is Olde Main, downtown Ames.

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## **BISHOP ALEXANDER'S VISIT**

*Vladyka Alexander will visit Holy Transfiguration the weekend of October 22-23. The tentative schedule is as follows:*

### **Saturday, October 22:**

*4 – 6pm, dinner with the Iowa State University OCF at the Church*

*6:30pm, Great Vespers*

*7:15pm, Bishop Alexander will (likely) offer words of instruction and take questions.*

*8:15pm, dinner with Parish Council and families (place TBD)*

### **Sunday, October 23:**

*9:30am, Bishop Alexander's arrival*

*9:40am, Third and Sixth Hour prayers*

*10:00am, Divine Liturgy with Vladyka celebrating*

*11:25am (approximately), fellowship and lunch with Vladyka Alexander at the Church*

*The tentative plan is for meals (including the fellowship hour on Sunday) to be catered. We will however need everyone's assistance to clean up after each meal.*

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**St. Isaac of Nineveh, Ascetic Homilies 4:** When a man overcomes justice by mercy, he is crowned, though not with crowns awarded under the law to the righteous, but with the crowns of the mature who are under the gospel. The ancient law also dictates that a man must give to the poor from his own means, and clothe the naked, and love his neighbor as himself. It forbids injustice and lying. But the perfection of the gospels dispensation commands the following: "Give to every man that asks of you, and of him that takes away your goods ask them not again." And further, a man must not merely with joy suffer injustice as regards his possessions and the rest of the external things that come upon him, but he must also lay down his life for his brother. This is the merciful man.

**St. Cyprian of Carthage, The Good of Patience:** How will you love your enemies and pray for your adversaries and persecutors? We see what happened in the case of Stephen. When he was being killed by the violence and stones of the Jews, he did not ask for vengeance but forgiveness for his murderers, saying: "O Lord, do not lay this sin against them." So it was most fitting that the first martyr for Christ who, in preceding by his glorious death the martyrs that were to come, was not only a preacher of the Lord's suffering but also an imitator of his most patient gentleness.

**St. Basil the Great:** "Lend to those from whom you do not hope to receive in return." "And what sort of a loan is this," he says, "to which there is no hope of a return attached?" Consider the force of the statement, and you will admire the kindness of the Lawmaker. When you have the intention of providing for a poor person for the Lord's sake, it is at the same time both a gift and a loan. It is a gift because of the expectation of no repayment, but a loan because of the great gift of the Master who pays in his place and who, receiving trifling things through a poor person, will give great things in return for them.