

Sunday, September 19 Sunday after the Exaltation of the Holy Cross

First Antiphon: My God, my God, look upon me, why have You forsaken me? Why can't my sinful words reach You, my salvation.

Through the prayers of the Mother of God, O Saviour, save us.

When I cry to You during the day, O my God, You do not listen, and there is no rest for me at night.

Through the prayers of the Mother of God, O Saviour, save us.

Nonetheless You are there in the holy place, O Israel's boast.

Through the prayers of the Mother of God, O Saviour, save us.

Glory be to the Father... Only Begotten Son...

Regular Third Antiphon with the following refrain:

Son of God, crucified in the flesh, save us who sing to You: Alleluia!

Tropar of the Exaltation, tone 1: Save Your people, O Lord, and bless Your inheritance. * Grant victory to Your faithful people against enemies, * and protect Your community by Your cross.

Sunday Tropar, tone 8: You came down from on high, O Merciful One, * and accepted three days of burial * to free us from our sufferings. * O Lord, our life and our resurrection, * glory be to You.

Glory be to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever. Amen!

Sunday Kondak, tone 8: When You rose from the tomb, * You also raised the dead and resurrected Adam. * Eve exults in Your resurrection, * and the ends of the world celebrate Your rising from the dead, * O most merciful One.

Instead of "Holy God, Holy Mighty...": To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokimen, Tone 8: Pray and give praise to the Lord our God.

Verse: In Judea God is known; His name is great in Israel.

Epistle: Galatians 2: 16-20

Brothers and Sisters: Knowing that a man is not justified by legal observance but by faith in Jesus Christ, we too have believed in him in order to be justified by faith in Christ, not by observance of the law; for by works of the law no one will be justified. But if, in seeking to be justified in Christ, we are shown to be sinners does that mean that Christ is encouraging sin? Unthinkable! If, however, I were to build up the very things I had demolished, I should then indeed be a transgressor. It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me.

Alleluia Verses: Come, let us rejoice in the Lord; let us acclaim God our Savior. Let us come before His countenance with praise and acclaim Him with psalms.

Gospel: Mark 8:34 - 9:1

At that time He summoned the crowd with his disciples and said to them: "If a man wishes to come after me, he must deny his very self, take up his cross, and follow in my steps. Whoever would preserve his life will lose it, but whoever loses his life for my sake and gospel's will preserve it. What profit does a man show who gains the whole world and destroys himself in the process? What can a man offer in exchange for his life! If anyone in this faithless and corrupt age is ashamed of me and my doctrine, the Son of Man will be ashamed of him when he comes with the holy angels in his Father's glory." He also said to them: "I assure you, among those standing here there are some who will not taste death until they see the reign of God established in power."

Instead of “It is truly right...”: My soul, extol the venerable cross of the Lord. O Mother of God, you are a hidden paradise which mysteriously brought forth Christ by whom a life-giving tree of the cross has been planted on earth. Today this cross is being exalted, and we, adoring it, glorify You.

Communion Hymn: The Light of Your face, O Lord, is raised over us. Praise the Lord from the heavens; praise Him in the highest. Alleluia! Alleluia! Alleluia!