

**Sunday before the Exaltation of the Cross;
Forefeast of the Nativity of the Most Holy Mother of God**

Troparion, Tone 4: (page 29)

When the disciples of the Lord learned from the angel* the glorious news of the resurrection* and cast off the ancestral condemnation,* they proudly told the apostles:* "Death has been plundered!* Christ our God is risen,* granting to the world great mercy."

Troparion, Tone 4:

Today is born to us, from the stem of Jesse and the loins of David,* Mary, the Maiden of God.* Therefore, the whole creation rejoices and is renewed;* and you peoples of the world, sing to her a joyful hymn of praise.* Joachim is elated and Anne shouts for joy:* The barren one gives birth to the Mother of God,* the Sustainer of our life.

† Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 4:

My Savior and Deliverer from the grave* as God raised out of bondage the children of the earth* and shattered the gates of Hades,* and as Master, He rose on the third day.

Now and for ever and ever. Amen.

Kontakion, Tone 3:

Today the holy Virgin and God-bearer Mary* is born from a barren womb by divine counsel.* She is the everlasting bridal chamber of the heavenly bridegroom.* Today the chariot of the Word is adorned,* and the door for God is foretold;* she is called the Mother of Life.

Prokeimenon, Tone 6: (page 33)

Save Your people, O Lord,* and bless Your inheritance.

verse: Unto You I will cry, O Lord, my God, lest You turn from me in silence.

Alleluia, Tone 1: (page 33)

verse: I have exalted one chosen from the people and with my holy oil anointed him.

verse: My hand shall always be with him and my arm shall make him strong.

Communion verse: (page 67)

Praise the Lord from the heavens,* praise Him in the highest.* Alleluia. **(3X)**