

FIRST & THIRD HOUR PROPERs FOR SEPTEMBER 10TH, 2023

SUNDAY BEFORE THE EXALTATION OF THE HOLY CROSS

Postfestive day of the Nativity of the Theotokos

The holy martyrs Menodora, Mitrodora, and Nymphodora were sisters from somewhere in Bythina. Brought up as Christians, they withdrew from the city into the desert to live for Christ alone, and gave themselves up to fasting, prayer, and work. They became famous as a source of healing illness, which brought them to the attention of the governor. He, astounded by their beauty, wanted to marry them off to noblemen, but they refused. He then put them to the torture to get them to renounce Christ. They died confessing the name of Jesus. (306)

FIRST HOUR

Troparion of the Resurrection - Tone 6

An - gel - ic pow - ers ap - peared at your tomb, and the guards be - came like dead
men. Mar - y stood at the tomb seeking your most pure bod - y. You de - spoiled
Ha - des with - out a chal - lenge. You, the Giv - er of Life met the
Vir - gin. O Lord, ris - en from the dead, glo - - - ry to you!

Cantor (Tone 6):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Troparion of the Nativity of the Theotokos - Tone 4

Your birth, O Vir - gin The - o - to - kos, her - ald - ed joy to the u - ni - verse;



for from you arose the Sun of Jus-tice, Christ our God. Re-mov-ing the curse, he



gave the bles - sing, and by de-stry-ing Death, he grant-ed us e - ter - nal life.

Cantor (Tone 4):

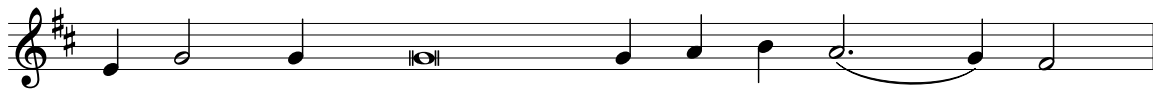


Now and ev - er and for - ev - er. A - men.

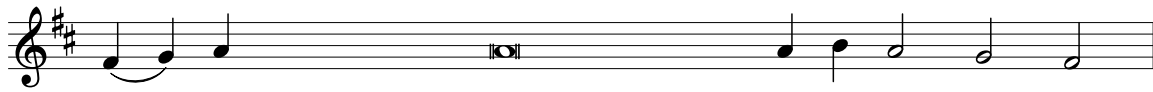
Theotokion of First Hour – Tone 4:



What shall we call you, O Full of Grace?



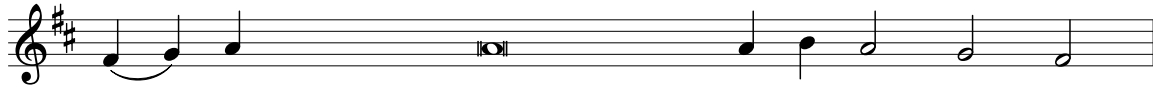
A Hea - ven; for you have born the Sun of Jus - tice?



A Paradise; for you have brought forth the Flower of Im - mor - tal - i - ty?



A Vir - gin; for you have re - mained un - de - filed?



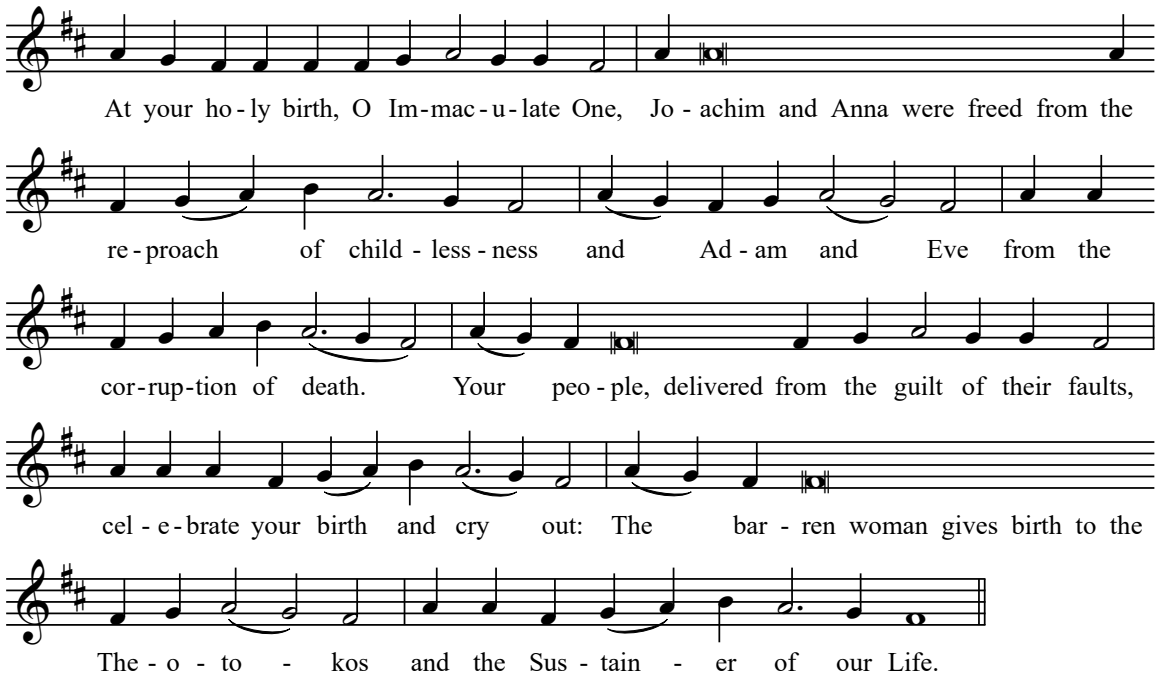
A Mo - ther holding in her holy arms the Son who is the God of all?



Intercede with Him for the sal - va - tion of our souls.

First Hour continues with "Guide my footsteps according to your promise..." on p. 7

Kontakion of the Nativity of the Theotokos - Tone 4

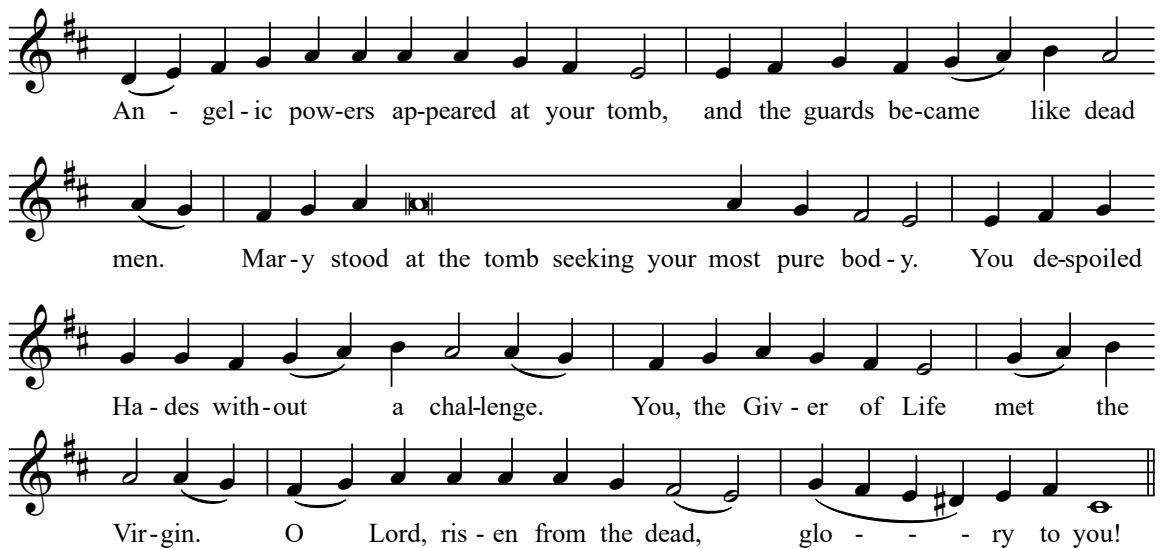


At your ho-ly birth, O Im-mac-u-late One, Jo-achim and Anna were freed from the
re-proach of child-less-ness and Ad-am and Eve from the
cor-rup-tion of death. Your peo-ple, delivered from the guilt of their faults,
cel-e-brate your birth and cry out: The bar-ren woman gives birth to the
The-o-to-ko-s and the Sus-tain-er of our Life.

First Hour continues with "Lord, have mercy..." (40 times) on p. 8

THIRD HOUR

Troparion of the Resurrection - Tone 6



An-gel-ic pow-ers ap-peared at your tomb, and the guards be-came like dead
men. Mar-y stood at the tomb seeking your most pure bod-y. You de-spoiled
Ha-des with-out a chal-lenge. You, the Giv-er of Life met the
Vir-gin. O Lord, ris-en from the dead, glo-ry to you!

Cantor (Tone 4):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Troparion of the Martyrs - Tone 4

You trad-ed vi - olent tortures and bitter death for e - ter - nal life. Three vir - gins

pro - fessed the uncre - at - ed Trin - i - ty be - fore a false judge at an

il - le - gal trial. You fol - lowed the foot - steps of the slaugh - tered Lamb

when they pierced you with the sword. Pray for those who ho - nor your

mem - o - ry.


Cantor (Tone 4):

Now and ev - er and for - ev - er. A - men.

Theotokion of Third Hour - Tone 4:

O The - o - to - kos, you are the true vine laden with the Fruit of Life;

where - fore, we im - plore you, O La - dy, to in - ter - cede



to - gether with the apos - tles and all the saints that we may obtain mer - cy



for our souls.

Third Hour continues with "May the Lord God be blessed..." on p. 16

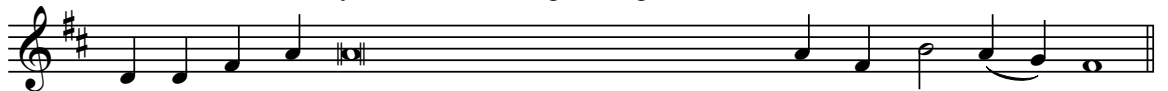
Kontakion of the Resurrection - Tone 6



Christ our God, the Life - giv - er, with his life - giving hand raised the dead



from the val - ley of death, grant - ing res - ur - rec - tion to all of us.



He is the Sav - ior of All, the Resurrection, the Life, and the God of All.

Third Hour continues with "Lord, have mercy..." (40 times) on p. 16

¹ Format 16: Sunday within a Postfestive Period and an Ordinary Saint