

**31 AUGUST**  
**± Sash of the Theotokos C4**

**VESPERS**

**Lord I have cried**

Tone 4

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O Theotokos, the shrine which holds your sash is always known by your servants as an ark of sanctification. It is our glory and boast, a sacred wall which surrounds us, and a fountain of healing. Therefore we have been assembled today by God; we praise your mighty acts and the great depth of your wonders. X2

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

S3: For there is mercy with the Lord

and abundant redemption with *him*.

He will redeem Israel from all his offences.

See the all-glorious place! See the ever-radiant temple in which a treasure has been laid, the sash of the Mother of the divine Son. O people, come to draw out enlightenment and mercy. Shout with a grateful heart, "All-holy Virgin, we bless you, for we have been saved by your childbearing. X2

S2: Every nation, praise the Lord;  
every people, acclaim him!

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Theotokos, we rejoice and keep the feast *which commemorates* the placing of your sash, for today you have granted it to your people. It is a sacred garment, wealth that cannot be stolen, a precious gift, a river of healing, and overflows with spiritual treasures. X2

Glory: Both now: Tone 2

All-pure Theotokos, the Church of God is clothed with your holy sash as though with a resplendent diadem. It is radiant today and cries out to you with joy, "Hail, O sovereign Lady, precious diadem and crown of divine glory! Hail, for you alone are the fullness of glory and everlasting gladness! Hail, O refuge of those who run to you! *You are* our intercessor and salvation.

### **Phos Ilarón**

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

### **Prokeímenon**

*Of the Day*

### **Ektení**

### **Prayer**

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever. Amen. O Lord, let your mercy be on us, for we have hoped in you.

Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy *One*; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

### **Plirotiká**

#### **Prayer**

P: Peace be with you all. R: And with your spirit

D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

*Amen.*

### **Apósticha**

Tone 4

O Virgin more honourable than any other person, you gave your sash to your city as a most sure pledge. It surrounds her with divine power in the face of every danger and keeps her invincible in the presence of the enemy. Therefore she cries aloud, “Your Son, who is full of compassion, is my strength and support, my joy and glory.

S1: The Most High has made his tabernacle holy;

God is within her *and* she will not be moved. Ps 45

O pure Virgin, because they have received your precious sash as a royal diadem, the faithful glorify your marvellous deeds which have made our enemies fearful. They sing to you and cry out in greeting to the Son who was ineffably born from you, “All-powerful Jesus, save us in your mercy.”

S2: The rush of the river cheers God’s city. Ps 45

O pure Virgin, surround us with your power and give us strength to resist our enemy through your sash. Restrain the passions which overpower and fight us. Grant us victory over them so that we can glorify you with a pure heart and continually sing to your Son, “All-powerful Jesus, save us in your mercy.”

Glory: Both now: Tone 2

After we have cleansed our heart and mind, let us keep the feast together with the angels. Let us joyfully address the song of David to the virgin bride of the King of all, Christ our God, as we say, "O Lord, rise into your resting place, both you and the ark of your holiness!" For you, O Master, have adorned her as a beautiful palace. Through her pleas you have given her as an inheritance to your people to preserve and shelter them from their enemies by your mighty power.

### **Song of Simeon**

B/P: O Master, now let your servant depart in peace  
according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
and *the* glory of your people Israel.

### **Triságion Prayers**

#### **Apolytíkion**

Tone 8

Ever-virgin Theotokos, protection of the human race, you have given your city your garment as a protective wall; *it is* the sash which encircled your body. Time and nature are always renewed in you, for you are the Mother of our God. Therefore we implore you to grant peace to your people and great mercy to our souls.

#### **Dismissal**

### **ORTHROS**

#### **God is the Lord Ps 117**

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*

S1: Thank the Lord, for he is good,  
for his mercy lasts for ever.

S2: All the nations surrounded me,  
but I opposed them in the Lord's name.

S3: This *is* the Lord's doing

and it is wonderful in our eyes.

### **Apolytikion**

Tone 8

Ever-virgin Theotokos, protection of the human race, you have given your city your garment as a protective wall; *it is* the sash which encircled your body. Time and nature are always renewed in you, for you are the Mother of our God. Therefore we implore you to grant peace to your people and great mercy to our souls.

### **Small Litany**

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

### **Kathisma 1**

Tone 1

All-holy Virgin, those who are faithful sing about your sash which once surrounded your pure body and from which we now draw healing for our distress. O Mother of the Most High God, we say to you, “O Mary, chosen by God, you are the salvation for all the faithful who honour you.”  
*X2*

### **Kathisma 2**

Tone 4

O Virgin worthy of all praise, your people celebrate the placing of your venerable sash today and continually cry out, “Hail, O pride of Christians!” *X2*

### **Small Litany**

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. *Amen*

### **Psalm 50**

O God, have mercy on me in your abundant mercy  
and wipe out my offence through your great compassion.  
<sup>4</sup> Wash me thoroughly from my lawless act  
and cleanse me from my sin.

<sup>5</sup> For I know my lawlessness  
and my sin is always before me.

<sup>6</sup> I have sinned against you alone  
and done this evil before you

<sup>6b</sup> so that you might be justified in your words  
and overcome when you are judged.

<sup>7</sup> For see, I was conceived in lawlessness  
and my mother gave birth to me in sin.

<sup>8</sup> For see, you have loved truth  
and revealed to me the hidden and secret *things* of your wisdom.

<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.

<sup>10</sup> You will make me hear about joy and gladness;  
the humbled bones will rejoice.

<sup>11</sup> Turn your face from my sins  
and wipe out all my lawlessness.

<sup>12</sup> O God, create a pure heart within me  
and renew an upright spirit within me.

<sup>13</sup> Do not banish me from your presence  
or remove your Holy Spirit from me.

<sup>14</sup> Restore the joy of your salvation to me  
and make me firm with your directing Spirit.

<sup>15</sup> I will teach the lawless your ways  
and the ungodly will return to you.

<sup>16</sup> O God, set me free from the guilt of blood;  
O God of my salvation,  
my tongue will rejoice in your justice.

<sup>17</sup> O Lord, you will open my lips  
and my mouth will proclaim your praise.

<sup>18</sup> For if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.

<sup>19</sup> Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.

<sup>20</sup> O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built.

<sup>21</sup> Then you will be pleased with a sacrifice of justice,  
with an offering and burnt sacrifices;  
then they will offer calves on your altar.

## **Kontákion**

Tone 4

O Theotokos, the sash which encircled your body that had given birth to the Son of God, is a glorious object for us. It is a treasure which abounds in grace. You are the unique ever-virgin Mother.

## **Íkos**

What human mouth cannot speak about your marvels on earth? What pure spirit can do the same in heaven. You gave birth to the unfathomable Depth of compassion. O Lady, receive this song from my barren lips and give me God's grace to honour your holy sash, for the whole world rejoices in you as it sings in unison with the angels. You are the unique ever-virgin Mother.

## **Synaxáron**

On the Thirty First we remember the placing of the venerable sash of the Theotokos in a church at Chalkopratia. It was carried there from Zila during the reign of Emperor Justinian.

We also remember:

Hieromartyr Cyprian of Carthage C3

Patriarch Yennádios of Constantinople C5

Abbess Eanswythe of Folkestone C7

Bishop Aidan of Lindisfarne C7

O God, have mercy on us through their holy prayers. Amen.

## **Katavasías**

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and I glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord.  
O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

### Ode 9

**M**y soul glorifies the Lord  
and my spirit has rejoiced in God my Saviour. **R**

**R:** *You are* more honourable than the Cherubim  
and beyond compare more glorious than the Seraphim.  
You gave birth to God the Word without defilement;  
O true Theotokos, we glorify you.

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. **R**

<sup>3</sup> For the Almighty has accomplished great *things* for me



and his name is holy.

His mercy is from generation to generation  
on those who fear him. **R**

<sup>4</sup> He has accomplished strength with his arm  
*and* scattered the proud in the imagination of their hearts. **R**

<sup>5</sup> He has put down the mighty from *their* thrones  
and exalted the humble.

He has satisfied the hungry with good *things*  
and dismissed the rich with nothing. **R**

<sup>6</sup> He has helped his servant Israel  
in remembering his mercy,  
as he spoke to our fathers,  
to Abraham and his seed for ever. **R**

9: O Theotokos, you are a mystical Paradise in which Christ blossomed.  
Through him the life-bearing wood of the Cross was planted on earth.  
Now at its elevation we bow in worship before it and glorify you.

### **Small Litany**

P: For all the powers of heaven praise you, and to you we send up glory, to  
the Father and to the Son and to the Holy Spirit, now and ever and to the  
ages of ages. *Amen*

### **Exaposteilária**

Tone 3

All-pure Lady, the one who has accomplished great things for you, has  
also allowed respect for your robe and sash because he gave it to your city  
as a mascot. While we remember its placing, we celebrate with our whole  
heart in joy and happiness.

Tone 3

O Lady, you are sovereign over all creation and filled with brilliant  
wisdom as the Theotokos. Fill me with light, grace and the knowledge of  
God while I sing hymns in your honour.

### **Praises**

Tone 4

Let everything with breath praise the Lord.  
Praise the Lord from the heavens;

praise him in the heights.  
To you, O God, is due a song.

Praise him, all his angels;  
praise him, all his powers.  
To you, O God, is due a song.

S4: Praise him with cymbal and dance;  
praise him with strings and flute.

All-pure Theotokos, Christ's Church has received your holy sash as a brilliant diadem. O Lady, she radiates with joy today and sings mystically to you, "Hail, O diadem and crown of God! Hail, unique glory of the assembly! Hail my joy for ever!"

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.  
Let everything with breath praise the Lord.

All-pure Theotokos, Christ's Church has received your holy sash as a brilliant diadem. O Lady, she radiates with joy today and sings mystically to you, "Hail, O diadem and crown of God! Hail, unique glory of the assembly! Hail my joy for ever!"

S1: The Most High has made his tabernacle holy;  
God is within her *and* she will not be moved. Ps 45

O pure Queen, *you are* a fortified wall, an indestructible rampart and a protection for your people and city. O divine bride, you gave them your sash as a priceless treasure and brilliant defensive wall to guard from every danger the faithful who honour it with zeal and devotion.

S1: The rush of the river cheers God's city. Ps 45

O pure Virgin, today your temple has become a perpetual spring of miracles. Streams of grace flow abundantly from your holy reliquary and bring joy to the hearts of those who are filled with faith and love. They cry to you with the greeting, "You are truly our joy, delight and life."

Glory: Both now: Tone 2

All-pure Theotokos, Christ's Church has received your holy sash as a brilliant diadem. O Lady, she radiates with joy today and sings mystically to you, "Hail, O diadem and crown of the Lord's glory! Hail, unique glory

of the assembly! Hail my joy for ever! Hail, O protector of those who come to you as their peaceful harbour! Hail, O anchor of our salvation!”

### Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,

<sup>3</sup> O Lord King, heavenly God, almighty Father,  
O Lord, only-begotten Son, Jesus Christ,  
and you, O Holy Spirit!

<sup>4</sup> O Lord God, Lamb of God, Son of the Father,  
you take away the sin of the world;

have mercy on us,

*for* you take away the sin of the world.

<sup>5</sup> Receive our prayer,

*for* you sit on the right of the Father,  
and have mercy on us.

<sup>6</sup> For only you are holy, only you are Lord,

O Jesus Christ, to the glory of God the Father. Amen.

<sup>7</sup> I will bless you every day

and always praise your name for ever and ever. Ps 144

<sup>8</sup> O Lord, allow us this day

to be guarded from sin.

<sup>9</sup> Blessed are you, O Lord God of our fathers!

Praised and glorified be your name for ever. Amen. Daniel 3

<sup>10</sup> O Lord, let your mercy *be* on us,

for we have hoped in you. Ps 32.

<sup>16</sup> Blessed are you, O Lord!

Teach me your statutes. X3 Ps 118

<sup>12</sup> O Lord, you have been our refuge

from generation to generation. Ps 89

I said, "O Lord, have mercy on me;

heal my soul, for I have sinned against you." Ps 40

<sup>14</sup> O Lord, I have fled to you;

teach me to do your will, for you are my God. Ps 142

<sup>15</sup> For with you is the source of life

and in your light we will see light. Ps 35

<sup>16</sup> Stretch out your mercy  
to those who know you. Ps 35

## **Triságion**

### **Apolytíkion**

Tone 8

Ever-virgin Theotokos, protection of the human race, you have given your city your garment as a protective wall; *it is* the sash which encircled your body. Time and nature are always renewed in you, for you are the Mother of our God. Therefore we implore you to grant peace to your people and great mercy to our souls.

## **LITURGY**

### **Antiphon 1 Ps 91 Tone 5**

S1: It is good to thank the Lord  
and make melody to your name, O Most High.

R: At the prayers of the Theotokos, Saviour, save us!

S2: To announce your mercy in the morning  
and your truth by night,

S3: For the Lord our God is upright  
and there is no injustice in him.

S4: Glory: Both now:

### **Antiphon 2 Ps 94 Tone 2**

S1: Come, let us rejoice in the Lord,  
*and* shout with joy to God our Saviour.

**R:** Save us, O Son of God. You are wonderful in your saints.  
We sing to you, “Alleluia!”

S2: Let us enter his presence with gratitude  
and shout with gladness to him in psalms.

For the Lord is a great God  
and an exalted king over all the earth.

S3: For the ends of the earth are in his hand

and the summits of the mountains are his.  
For the sea is his and he made it;  
his hands have formed the dry land.

*Monogenes*

### **Antíphon 3 Ps 45 Tone 8**

S1: The Most High has made his tabernacle holy;  
God is within her *and* she will not be moved. Ps 45

R: Ever-virgin Theotokos, protection of the human race, you have given your city your garment as a protective wall; *it is* the sash which encircled your body. Time and nature are always renewed in you, for you are the Mother of our God. Therefore we implore you to grant peace to your people and great mercy to our souls.

S2: The rush of the river cheers God's city. Ps 45

### **Entrance Ps 94**

Come, let us worship and fall down before Christ.

Save us, O Son of God.

You are wonderful in your saints.

We sing to you, "Alleluia!"

### **Apolytícion**

Tone 8

Ever-virgin Theotokos, protection of the human race, you have given your city your garment as a protective wall; *it is* the sash which encircled your body. Time and nature are always renewed in you, for you are the Mother of our God. Therefore we implore you to grant peace to your people and great mercy to our souls.

*Of the Church*

### **Kontákion**

Tone 4

O most pure Virgin, Joachim and Anna are freed from barrenness through your birth. Adam and Eve *are freed* from the corruption of death and we, your people, who are freed from the guilt of sin, celebrate and sing to you, "The barren woman gives birth to the Theotokos, the nourisher of our life."

## **Triságion**

### **Prokeímenon Lk 1 Tone 3**

R: My soul glorifies the Lord

and my spirit rejoices in God my Saviour.

S1: For he has observed the humility of his servant.

## **Apóstolos**

From the Letter of Paul to the Hebrews (9:1-7)

Brothers, indeed even the first tabernacle and covenant had ordinances of divine service, and an earthly sanctuary. <sup>2</sup>For there was a tabernacle prepared. In the first part were the lampstand, the table, and the show bread; which is called the Holy Place. <sup>3</sup>After the second veil was the tabernacle which is called the Holy of Holies, <sup>4</sup>having a golden altar of incense, and the ark of the covenant overlaid on all sides with gold, in which was a golden pot holding the manna, Aaron's rod that budded, and the tables of the covenant; <sup>5</sup>and above it cherubim of glory overshadowing the mercy seat, of which things we cannot now speak in detail. <sup>6</sup>Now these things having been thus prepared, the priests go in continually into the first tabernacle, accomplishing the services, <sup>7</sup>but into the second the high priest alone, once in the year, not without blood, which he offers for himself, and for the errors of the people.

### **Alleluia Ps 131 & 44 Tone 6**

S1: O Lord, rise into your resting-place.

S2: O daughter, listen, see and bend your ear.

## **Gospel**

From the Holy Gospel according to Luke (10:38-42, 11:27-28)

At that time Jesus entered a village; and a woman named Martha received him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." <sup>41</sup> But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; <sup>42</sup> one thing is needful. Mary has chosen the good portion, which shall not be taken away from her." <sup>27</sup> As he said this, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore

you, and the breasts that you sucked!" <sup>28</sup> But he said, "Blessed rather are those who hear the word of God and keep it!"

### **Communion Ps 115**

I will take up the cup of salvation  
and address the name of the Lord. Alleluia!