

8 SEPTEMBER
§ Birth of the Theotokos

VESPERS

Lord I have cried

Tone 6

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.

² 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.

Today God who rests on the thrones of wisdom has prepared a throne on earth for himself. The one who by wisdom established the heavens, makes a living heaven in his love for the human race. He gives life to his mother, a life-bearing Garden, from an infertile root. O God of wonders and hope of the hopeless, O Lord, glory to 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.

Hail, O people! This is the day of the Lord. The palace of the light, the scroll of the Word of life today comes from the womb. The gate facing the east is born. She waits for the entrance of the great High Priest. She alone admits Christ into the inhabited earth for the salvation of our souls.

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

Although by God's will other infertile women have given birth to famous children, yet Mary shines brightest with divine glory among those

children. She herself was born marvellously from an infertile mother *and* she bore the God of all in the flesh in a manner surpassing nature from a womb without seed. She is the single gateway of the only-begotten Son of God who passed through this gate yet kept it sealed. After he had ordered everything in his own wisdom, he worked salvation for the whole human race.

S3: For there is mercy with the Lord
and abundant redemption with *him*.

He will redeem Israel from all his offences.

Today the infertile gates are opened and the virgin door of God comes out. Today the fruit of grace begins to blossom and reveals the Mother of God to the world. The earthly will unite in her with the heavenly for the salvation of our souls.

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

Today is the proclamation of universal joy. The infertility of humans is pardoned, for the infertile Anna becomes a mother of the virginal mother of the Creator. The one who is God by nature, Christ the Lover of the human race and the Redeemer of our souls, has taken our human nature and accomplished salvation in the flesh.

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

Today the infertile Anna gives birth to the holy maid of God who was chosen from all generations for the fulfilment of the divine plan and became the home of the King, the Creator of all, Christ our God. We mortals are restored from corruption to life eternal through her.

Glory: Both now:

Today God who rests on the thrones of wisdom has prepared a throne on earth for himself. The one who by wisdom established the heavens, makes a living heaven in his love for the human race. He gives life to his mother, a life-bearing Garden, from an infertile root. O God of wonders and hope of the hopeless, O Lord, glory to you!

Entrance

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

Prophecy 1

Jacob's ladder foreshadows the mediation of the Theotokos.

From the Book of Genesis (28:10-18)

Jacob went away from the well of the oath and left for Haran. ¹¹ He came to a certain place and slept there, for the sun had gone down. He took one of the stones of the place, put it under his head and lay down to sleep in that place. ¹² He dreamed and see there was a ladder fixed on the earth, whose top reached heaven, and the angels of God ascended and descended on it. ¹³ Then the Lord stood on it, and said: I am the God of your father Abraham and the God of Isaac. Do not fear; the land on which you lie, to you I will give it, and to your seed. ¹⁴ Your seed will be like the sand of the earth; it will spread out to the sea, to the south, to the north and to the east. In you and in your seed will all the tribes of the earth be blessed. ¹⁵ See I am with you to preserve you continually along all the way on which you will go. I will bring you back to this land, for I will not desert you, until I have done all that I have said to you. ¹⁶ Then Jacob awoke from his sleep and said: The Lord is in this place and I did not know it. ¹⁷ He was afraid and said: How fearful is this place! This is no other than the house of God and this is the gate of heaven.

Prophecy 2

Ezekiel's closed gate foreshadows the virginity of the Theotokos.

From the Prophecy of Ezekiel (43:27-44:4)

It will come to pass that from the eighth day onwards, the priests will offer your whole-burnt-offerings on the altar, together with your peace-offerings, and I will accept you, says the Lord. ¹ Then he brought me back by the way of the outer gate of the sanctuary that looks eastwards, but it was shut. ² And the Lord said to me: This gate will be shut, it will not be opened, and no one will pass through it, for the Lord God of Israel will enter through it, and it will be shut. ³ For the prince, he will sit in it, to eat bread before the Lord. He will go through it by the way of the porch of the gate, and he will go out by the way of the same *gate*. ⁴ Then he brought me in by the way of the gate that looks northwards, in front of the house. I looked, and, see, the house was full of the glory of the Lord.

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Prophecy 3

Wisdom building a house foreshadows Christ choosing the womb of Mary.

From the Book of Proverbs (9:1-11)

Wisdom has built a house for herself, and set up seven pillars. ² She has killed her sacrifices; she has mingled her wine in a bowl, and prepared her table. ³ She has sent out her servants, calling with a loud proclamation to the feast, as though in a hollow, saying: ⁴ Whoever is foolish, let him turn aside to me; and to those who want understanding she says: ⁵ Come, eat my bread, and drink wine which I have mingled for you. ⁶ Leave folly and seek; search for wisdom so that you may live. Improve understanding by knowledge. ⁷ The one who disciplines evildoers will obtain dishonour for himself. The one who rebukes an ungodly man will disgrace himself. ⁸ Do not rebuke evildoers, in case they hate you. Rebuke a wise man and he will love you. ⁹ Give an opportunity to a wise man, and he will be wiser: instruct someone just, and he will receive more instruction. ¹⁰ The fear of the Lord is the beginning of wisdom, and the counsel of holy ones is understanding, for to know the law is good understanding. ¹¹ For in this way you will live long, and years of your life will be added to you.

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.

Lití

Tone 8

Let us sound our spiritual trumpets on this glorious feast, for today the mother of Life is born from the seed of David. She banishes the darkness. She renews Adam and recalls Eve. She is the source of incorruption *and* release from corruption. In her we are made divine and are given life; by her we are rescued from death. So let us, O faithful, cry out to her with Gabriel, "Hail, O Full of Grace, the Lord is with you and grants the world great mercy through you.

Apósticha

Tone 4

The joy of the world, the glorified virgin sprung from Joachim and Anna, has appeared. She became the living temple of God because of her purity. Only she is called the Theotokos. O Christ our God, send peace to the world and great mercy to our souls through her prayers.

S1: O daughter, listen, see and bend your ear;

forget your people and your father's house. Ps 44

In accordance with the prophecy of the angel the immaculate fruit of Joachim and Anna appears; *she is* the Virgin, the heaven, the throne of God and the vessel of purity who proclaims joy to the world. She is the protection of our life, the annulment of the curse and the bestowal of the

blessing. In your birth, O divinely-chosen virgin, request peace for the world and great mercy for our souls.

S2: The rich people beg your favour. Ps 44

Today let the infertile and childless Anna clap her hands with splendour. Let those on earth bear lamps *and* kings leap for joy. Let bishops be glad in blessing and the whole world keep the feast. For see, the Queen, the immaculate bride of the Father, has come from the root of Jesse. No longer will women bear children in grief, for joy has blossomed and life lives in the world for all. No longer will the offerings of Joachim be rejected, for the weeping of Anna has been changed to joy. She cries, "Rejoice with me, O chosen Israel! For see, the Lord has given me the living Palace of his divine glory for our united gladness and joy, and for the salvation of our souls.

Glory: Both now: Tone 8

O faithful, come and let us run to the Virgin. *She is* the rod of Aaron springing from the shoot of Jesse, the child of Joachim and Anna, the forechosen Mother of our God, the treasure of virginity and the preaching of the prophets. She is born and the world is renewed. She is born and the Church is adorned by her heavenly beauty. She is the holy temple of the Divinity, the vessel of virginity and bridal chamber of the king. The mystery of the union of the two natures of Christ has come about through her. We worship him and praise the birth of the Virgin.

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,

² for my eyes have seen your salvation,
which you have prepared before all peoples,

³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságion Prayers

Apolytícion

Tone 4

O Theotokos, your birth has proclaimed joy to the whole inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a

blessing by annulling the curse and has given us eternal life by destroying death. X3

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 4

O Theotokos, your birth has proclaimed joy to the whole inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has given us eternal life by destroying death. X3

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 4

O David, what has God sworn to you? Cry out, "What God swore to me he has now fulfilled." He said, "He has given the Virgin from the fruit of my loins. From her the Creator, Christ, the new Adam, is born. He is the King to sit on my throne." Today the one reigns whose rule cannot be shaken. The infertile woman gives birth to the Theotokos, the nourisher of our life. X2

Kathisma 2

Tone 4

From the root of Jesse and from the loins of David, Mary, the child of God, is born to us today. The whole creation is renewed and made divine. Rejoice together, O heaven and earth! Praise her, O people of all nations. Joachim is glad and Anna rejoices, crying, "The infertile woman gives birth to the Theotokos, the nourisher of our life." X2

*Polyeleos***Kathísma 3**

Tone 8

Let the heavens rejoice and let the earth be glad, for the Heaven of God, the divine Bride, has come to the earth in accordance with the promise. The infertile *woman* nurses her child Mary. Joachim rejoices at this birth and says, "See, the Branch has been born to me from which Christ will bloom from the root of David! O miracle which truly produces wonder!" 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*

Anaváthmi Ps 128 Tone 4

- 1: Many passions have fought against me from my youth,
but help me and save me, O my Saviour. X2
- 2: Those who hate Zion will be shamed by the Lord;
they will be withered like grass by the fire. X2
Glory:
- 3: Every soul lives through the Holy Spirit, is exalted in purity
and illuminated by the Triune Unity in a sacred mystery.
Both now:
- 4: The streams of grace pour out through the Holy Spirit;
they water all creation and produce life.

Prokeímenon Ps 44 Tone 4

R: I will remember your name.

S: My heart has poured out a good word.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in the firmament of his power. Ps 50

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

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

P: A reading from the Holy Gospel according to Luke.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

Gospel

From the Holy Gospel according to Luke (1:39-49, 56)

In those days Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! But why am I so favoured, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that what the Lord has said to her will be accomplished!" And Mary said: "My soul glorifies the Lord and my spirit rejoices in God my Saviour, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me - holy is his name. Mary stayed with Elizabeth for about three months and then returned home.

R: Glory to you, O Lord, glory to you.

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great compassion.

⁴ Wash me thoroughly from my lawless act

- and cleanse me from my sin.
- ⁵ For I know my lawlessness
and my sin is always before me.
- ⁶ I have sinned against you alone
and done this evil before you
- ^{6b} so that you might be justified in your words
and overcome when you are judged.
- ⁷ For see, I was conceived in lawlessness
and my mother gave birth to me in sin.
- ⁸ For see, you have loved truth
and revealed to me the hidden and secret *things* of your wisdom.
- ⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.
- ¹⁰ You will make me hear about joy and gladness;
the humbled bones will rejoice.
- ¹¹ Turn your face from my sins
and wipe out all my lawlessness.
- ¹² O God, create a pure heart within me
and renew an upright spirit within me.
- ¹³ Do not banish me from your presence
or remove your Holy Spirit from me.
- ¹⁴ Restore the joy of your salvation to me
and make me firm with your directing Spirit.
- ¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
- ¹⁶ O God, set me free from the guilt of blood;
O God of my salvation, my tongue will rejoice in your justice.
- ¹⁷ O Lord, you will open my lips
and my mouth will proclaim your praise.
- ¹⁸ For if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- ¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- ²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built.
- ²¹ Then you will be pleased with a sacrifice of justice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

O merciful *Lord*, wipe out the abundance of our sins through the intercessions of the Theotokos.

Both now:

O merciful *Lord*, wipe out the abundance of our sins through the intercessions of the Theotokos.

Have mercy: Tone 4

The joy of the world has appeared. *She is* the glorified virgin who has sprung from Joachim and Anna. She became the living temple of God because of her purity. Only she is called the Theotokos. O Christ our God. send peace to the world and great mercy to our souls through her prayers.

Intercession

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Joachim and Anna, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

Lord have mercy. X12

Through the mercy, compassion and love for the human race of your uniquely-fathered Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages.

Amen.

Kontákion

Tone 4

O most pure Virgin, Joachim and Anna are freed from infertility 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 infertile woman gives birth to the Theotokos, the nourisher of our life."

Íkos

The prayer and groaning of Joachim and Anna at their infertility and lack of children have proved acceptable, and have come to the ears of the Lord. They have produced a fruit which brings life to the world. The one offered his prayer in the mountain, while the other bore her reproach in the garden. The infertile woman gives birth with joy to the Theotokos, the nourisher of our life.

Synaxáron

Today we celebrate the Birthday of the all-holy Theotokos. Mary was to become the true daughter of Zion through whom God would come to live. (Zechariah 3:14-15) On the Eighth Anna brings the woman who will give birth to the infinite Light into the light of day.

We also remember:

King Ina of Wessex and Queen Ethelburga C8

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 the wood of the Cross has now flowered in the Church that once was infertile. 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.

Canticle Nine

The Magnificat is not sung.

Tone 8

O my soul, glorify the splendid birthday of the Theotokos.
The Light that was before the sun, even God who has shone out over us, took flesh ineffably from your virginal womb; he came to live among us in the body. O blessed and all-holy Theotokos, we glorify you.

O my soul, glorify the splendid birthday of the Theotokos.
The one who made springs of water flow from the rock for the disobedient people, gives you to the obedient Gentiles for our joy like fruit from an infertile womb. O undefiled Theotokos, we rightly glorify you.

O my soul, glorify the splendid birthday of the Theotokos.

You were born from just parents by a decision of divine counsel, so that the Word could live among us in the flesh and save us. You are the divine mother of Christ who is our life. Today we celebrate your glorious birthday.

O my soul, glorify the splendid birthday of the Theotokos. You are our rescuer from the sharp punishment of old, the restoration of our mother Eve, the cause of the reconciliation of our nature to God and the bridge which leads us to the Maker. O Theotokos, we glorify you.

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.

Exaposteilária

Own Tone

O maiden Mary, Theotokos and unwedded bride, today the ends of the earth greatly rejoice at your birth. For today you have removed the reproach of your parents' infertility and the curse of childbirth brought on herself by our mother Eve. X2

O Adam and Eve, be clothed with a new glory! O prophets, together with the holy apostles, sing and rejoice with all the just. Let there be a united joy among angels and men, for on this festive day the just Joachim and Anna have brought into the world the mother of our God.

Praises

Tone 1

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.

Most strange wonder! The fountain of Life is born to the infertile Anna and the grace of fulfilment begins. Hail, Joachim, father of the Theotokos! No father on earth is more pleasing to God than you, for through you the handmaid of God has been given to us. *She is* the dwelling place of God and the holy mountain.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

Most strange wonder! The fountain of Life is born to the infertile Anna and the grace of fulfilment begins. Hail, Joachim, father of the Theotokos! No father on earth is more pleasing to God than you, for through you the handmaid of God has been given to us. *She is* the dwelling place of God and the holy mountain.

S1: O daughter, listen, see and bend your ear;
forget your people and your father's house. Ps 44

Most strange wonder! At the all-powerful Creator's command the fruit which has come from the infertile womb has ended the infertility of good things in this world. O Mothers, rejoice with the Mother of the Theotokos and cry out, "Hail, O Full of grace, the Lord is with you and grants the world great mercy.

S1: The rich people beg your favour. Ps 44

Since Anna, a living tower of chastity, was joyful with grace, she gave birth to the crown of virginity, the holy Flower, the gift to all virgins, who grants great mercy to the faithful.

Glory: Both now: Tone 6

Hail, O people! This is the day of the Lord. The palace of the Light, the scroll of the Word of life comes today from the womb; the gate facing the east is born. She waits for the entrance of the great High Priest. She alone admits Christ into the inhabited earth for the salvation of our souls.

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

² We praise you, we bless you, we worship you,

- we glorify you, we thank you for your great glory,
³ O Lord King, heavenly God, almighty Father,
 O Lord, only-begotten Son, Jesus Christ,
 and you, O Holy Spirit!
- ⁴ 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.
- ⁵ Receive our prayer,
for you sit on the right of the Father,
 and have mercy on us.
- ⁶ For only you are holy, only you are Lord,
 O Jesus Christ, to the glory of God the Father. Amen.
- ⁷ I will bless you every day
 and always praise your name for ever and ever. Ps 144
- ⁸ O Lord, allow us this day
 to be guarded from sin.
- ⁹ Blessed are you, O Lord God of our fathers!
 Praised and glorified be your name for ever. Amen. Daniel 3
- ¹⁰ O Lord, let your mercy *be* on us,
 for we have hoped in you. Ps 32.
- ¹⁶ Blessed are you, O Lord!
 Teach me your statutes. X3 Ps 118
- ¹² 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
- ¹⁴ O Lord, I have fled to you;
 teach me to do your will, for you are my God. Ps 142
- ¹⁵ For with you is the source of life
 and in your light we will see light. Ps 35
- ¹⁶ Stretch out your mercy
 to those who know you. Ps 35

Triságion

Apolytíkion

Tone 4

O Theotokos, your birth has proclaimed joy to all the inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has granted us eternal life by destroying death.

LITURGY

Antiphon 1 Ps 131, 86 & 45 Tone 8

S1: O Lord, remember David and all his humility.

R: Through the prayers of the Theotokos, Saviour, save us.

S2: See, we heard about it in Ephratha
and found it in the plains of the wood.

S3: O City of God, glorious things are spoken about you.

S4: God is within her and she will not be moved.

S5: Glory: Both now:

Antiphon 2 Ps 131 Tone 8

S1: The Lord has sworn in truth to David
and will not set it aside.

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

S2: I will place a king on your throne from the fruit of your loins.

S3: I will make a horn grow there for David
and have prepared a lamp for my anointed.

S4: For the Lord has selected Zion
and chosen her to be his home.

S5: Glory: Both now:
Monogenes

Antiphon 3 Ps 131, 45 & 64 Tone 4

S1: I will settle here for I have chosen her.

R: O Theotokos, your birth has proclaimed joy to all the inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a

blessing by annulling the curse and has granted us eternal life by destroying death.

S2: The Most High has made his tabernacle holy.

S3: Your temple is holy, wonderful in justice.

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!"

Apolytikion

Tone 4

O Theotokos, your birth has proclaimed joy to all the inhabited earth, for the Sun of Justice, Christ our God, has radiated from you. He granted a blessing by annulling the curse and has granted us eternal life by destroying death.

Kontáktion

Tone 4

O most pure Virgin, Joachim and Anna are freed from infertility 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 infertile 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.

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

Apostolos

From the Letter of Paul to the Philippians (2:5-11)

Brothers, have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, although he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, took the form of a

servant and was born in the likeness of men. ⁸ When he was found in human form, he humbled himself and became obedient to death, even to death on a cross. ⁹ Therefore God has highly exalted him and given him the name which is above every name. ¹⁰ Therefore every knee should bow at the name of Jesus, in heaven, on earth and under the earth, ¹¹ and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Alleluia Ps 44 Tone 6

S1: O daughter and listen.

S2: The daughters of Tyre will adore him with gifts.

Gospel

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

At that time Jesus entered a certain village, and a certain woman named Martha received him into her house. ³⁹ She had a sister called Mary, who also sat at Jesus' feet, and heard his word. ⁴⁰ But Martha was distracted with much serving, and she came up to him, and said, "Lord, do you not care that my sister left me to serve alone? Ask her therefore to help me."

⁴¹ Jesus answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is needed. Mary has chosen the good part, which will not be taken away from her." ²⁷ It came to pass, as he said these things, a certain woman out of the multitude raised her voice, and said to him, "Blessed is the womb that bore you, and the breasts which nursed you!" ²⁸ But he said, "On the contrary, blessed 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!