

LITURGICAL VARIABLES – SUNDAY, SEPTEMBER 21, 2025

*Leave-taking and Sunday after the Exaltation of the Holy Cross;
Apostle Quadratos of the Seventy; Prophet Jonah*

FIRST ANTIPHON

O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

Refrain: Through the intercessions of the Theotokos, O Savior, save us!

My God, I will cry by day, and wilt Thou not hearken? And by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. *(Refrain)*

Glory...Both now...*(Refrain)*

SECOND ANTIPHON

O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

Refrain: Save us, O Son of God, Who art crucified in the flesh; who sing to Thee. Alleluia!

This is Mount Zion wherein Thou hast dwelt. *(Refrain)*

God is our King before the ages. He hath wrought salvation in the midst of the earth. *(Refrain)*

Glory...Both now...O Only-begotten Son...

THIRD ANTIPHON

The Lord reigneth, let the people rage; He sitteth upon the cherubim, let the earth be shaken. The Lord is great in Zion; and He is high above all peoples. Let them confess Thy great Name, for it is terrible and holy.

• During the Little Entrance, after the verses of the Third Antiphon, chant the Apolytikion of the Nativity of the Exaltation of the Holy Cross. Then, the following Entrance Hymn:

ENTRANCE HYMN OF THE EXALTATION OF THE HOLY CROSS

Exalt ye the Lord our God, and worship at His footstool; for He is holy. Save us, O Son of God, **Who art risen from the dead**; who sing to Thee: Alleluia!

RESURRECTIONAL APOLYTIKION (TONE 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION OF THE EXALTATION OF THE CROSS (TONE 1)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

APOLYTIKION OF ST. NICHOLAS (TONE 4)

In truth you were revealed to your flock, as a rule of faith, a model of meekness and a teacher of self-control. Therefore, you have won the heights by humility, riches by poverty. Holy Father, Bishop Nicholas, intercede with Christ our God that our souls may be saved.

KONTAKION OF THE EXALTATION OF THE CROSS (TONE 4)

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

THE EPISTLE

O Lord, save Thy people, and bless Thine inheritance.

Unto Thee will I cry, O Lord my God.

Reading from the Epistle of St. Paul to the Galatians (2:16-20)

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

Reading from the Holy Gospel according to St. Mark (8:34-9:1)


The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

COMMUNION HYMN OF THE FEAST (TONE 8)

The light of Thy countenance, O Lord, hath been signed upon us.
Alleluia.

SYNAXARION

On September 21, we take leave of the celebration of the Exaltation of the Holy Cross of our Lord Jesus Christ. On this day, we commemorate the holy, glorious and all-laudable Apostle Quadratos of the Seventy. He preached the Gospel in Athens, and was at first bishop in Athens after St. Publius, and then in the city of Magnesia. Quadratos was considered a "morning star among the clouds," shining forth the light of Christ to the Hellenes in the midst of their dark paganism and evil practices. But darkness always hates the light, and the pagans hated holy Quadratos. They first stoned him, and then imprisoned him, leaving him without bread until his holy soul left his body and entered into the Kingdom of Christ his God in 130. Before that, Quadratos wrote a defense of Christianity and gave it to the pagan Emperor Hadrian, who was so moved that he decreed that Christians should not be persecuted without special cause.



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Welcome to our church community! We are blessed to have you worshipping with us today. We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to first century Antioch, the city in which the disciples of Jesus Christ were first called "Christians" (Acts 11:26). The Orthodox Church is the oldest and second largest Christian group in the world. We are called by God our creator to worship and follow Him, and to proclaim to the world His message of love, peace and salvation.