

**31st Sunday after Pentecost,  
Afterfeast of the Theophany; Sunday after the Theophany  
St. Gregory, Bishop of Nyssa**

**The First Antiphon**

When Israel went forth from Egypt, the house of Jacob from a people of strange language,

***Refrain: Through the prayers of the Theotokos, O Savior, save us.***

Judah became his sanctuary, Israel his dominion. *(Refrain)*

The sea looked and fled; Jordan turned back *(Refrain)*

What ails you, O sea, that you fled? O Jordan, that you turned back? *(Refrain)*

Glory . . . now and ever, and unto ages of ages. Amen. *(Refrain)*

**The Second Antiphon**

I love the Lord because He has heard my voice and my supplication.

***Refrain: O Son of God, baptized in the Jordan, save us who sing to You: Alleluia.***

Because He inclined his ear to me, therefore I will call on Him as long as I live. *(Refrain)*

The snares of death encompassed me; the pangs of Sheol laid hold on me;  
I suffered distress and anguish, then I called on the name of the Lord. *(Refrain)*

Gracious and righteous is the Lord; our God is merciful. *(Refrain)*

**Only Begotten** Son and Word of God, who for our salvation willed to be incarnate of the Holy Theotokos and Ever Virgin Mary, who without change became man and were crucified. Oh Christ our God, trampling down death by death, who are one of the Holy Trinity, glorified with the Father and the Holy Spirit save us.

**The Third Antiphon**

O give thanks to the Lord, for He is good; for His love lasts forever.

***Refrain: Troparion of the Feast (Tone 1)***

**Troparion (Tone 1)**           *(Feast)*

When You, O Lord, were baptized in the Jordan,  
the worship of the Trinity was made manifest.

For the voice of the Father bore witness to You,  
and called You His beloved Son;

and the Spirit in the form of a dove  
confirmed the truthfulness of His word.

O Christ our God, You have revealed Yourself  
and hast enlightened the world, glory to You.

Let the house of Israel say, for the Lord is good; for His mercy endures forever. *(Refrain)*

Let the house of Aaron say, for the Lord is good; for His mercy endures forever. *(Refrain)*

Let those who fear the Lord say, for the Lord is good; for His mercy endures forever. *(Refrain)*

**(Sunday Entrance)** O come let us . . .

**Troparion (Tone 6)** (Resurrection)

The Angelic Powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You captured hell, not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead,  
glory to You.

**Troparion (Tone 1)** (Feast)

When You, O Lord, were baptized in the Jordan,  
the worship of the Trinity was made manifest.  
For the voice of the Father bore witness to You,  
and called You His beloved Son;  
and the Spirit in the form of a dove  
confirmed the truthfulness of His word.  
O Christ our God, You have revealed Yourself  
and hast enlightened the world, glory to You.

**Troparion (Tone 4)** (St. Gregory)

In truth you were revealed to your flock as a rule of faith,  
an image of humility and a teacher of abstinence;  
your humility exalted you;  
your poverty enriched you.  
O Hierarch Father Gregory,  
entreat Christ our God  
that our souls may be saved!

**Kontakion (Tone 6)** (Resurrection)

When Christ God, the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race.  
He is the Savior of all, the Resurrection, the Life, and the God of all.

Glory . . .

**Kontakion (Tone 1)** (St. Gregory)

You kept watch with the eyes of your soul, O holy bishop,  
revealing yourself as a watchful pastor for the world.  
With the staff of your wisdom and your fervent intercession,  
you drove away all heretics like wolves,  
and preserved your flock free from harm, O most wise Gregory.

Now and ever . . .

**Kontakion (Tone 4) (Feast)**

Today You have shone forth to the world, O Lord,  
and the light of Your countenance has been marked on us.  
Knowing You, we sing Your praises:  
“You have come and revealed Yourself,  
O unapproachable Light.”

**Prokeimenon (Tone 1) (Sunday after)**

Let Your mercy, O Lord, be upon us /as we have set our hope on You! (Ps. 32:22)  
v. *Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)*

**Epistle (Ephesians 4:7-13) (Sunday After)**

Grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he led a host of captives, and he gave gifts to men." (In saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of the ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

**Alleluia, Alleluia, Alleluia! (Tone 5) (Ps. 88:1-3)**

v. *I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.*

v. *For You have said: Mercy will be established forever; Your truth will be prepared in the heavens.*

**Gospel (Matthew 4:12-17) (Sunday After)**

Now when Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, that it might be fulfilled which was spoken by Isaiah the prophet, saying: “*The land of Zebulun and the land of Naphtali, By the way of the sea, beyond the Jordan, Galilee of the Gentiles: The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned.*” From that time Jesus began to preach and to say, “*Repent, for the kingdom of heaven is at hand.*”

**Hymn to the Theotokos**

Magnify, O my soul, the most pure Virgin Theotokos,  
more honorable than the heavenly hosts!

No tongue knows how to praise you worthily, O Theotokos;  
even angels are overcome with awe praising you.

But since you are good, accept our faith;  
for you know our love inspired by God!

You are the defender of Christians, and we magnify you.

**Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! (Ps. 148:1)

The grace of God has appeared for the salvation of all men. (Titus 2:11)

Alleluia, Alleluia, Alleluia!