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# The Service of Matins

**for Saturday, March 16, 2019**

**Triodion - Mode pl. 4.  
on Saturday Morning**

**Triodion - On Saturday of the First Week  
Saturday of the First Week. St. Theodore Tyro and Kolyva  
Miracle.  
at Matins**

**Katavasias of Theotokos - Akathist**

**Text in English**

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**vol** Orthodox Monastery of the Veil of our Lady

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**Triodion**

On Saturday of the First Week at Matins

Mode pl. 4. On Saturday Morning

**MATINS**

**CHOIR**

**Mode 2.**

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. [SAAS]

**Verse 1:** *Give thanks to the Lord and call upon His name.*

*or: Give thanks to the Lord, for He is good; for His mercy endures forever.*

**Verse 2:** *All the nations surrounded me, but in the name of the Lord I defended myself against them.*

**Verse 3:** *And this came about from the Lord, and it is wonderful in our eyes.*

**Apolytikion.**

From Triodion - - -

**Mode 2.**

Magnificent are the accomplishments of faith! The holy Martyr Theodore greatly rejoiced as he stood in the fountain of fire as if beside the still waters. He was consumed by fire and offered like sweet bread to the Trinity. At his entreaties, O Christ God, save our souls.

[SD]

Glory. **Repeat.**

From Triodion - - -

**Mode 2.**

Magnificent are the accomplishments of faith! The holy Martyr Theodore greatly rejoiced as he stood in the fountain of fire as if beside the still waters. He was consumed by fire and offered like sweet bread to the Trinity.

At his entreaties, O Christ God, save our souls.

[SD]

From Octoechos - - -

Both now. **Theotokion.**

**Mode 2.**

All surpassing every thought, all surpassing glorious, O Theotokos, are your mysteries. For while bearing the seal of purity and preserved in virginity, you were deemed a Mother in truth, for to the true God you gave birth. To Him pray fervently, entreating Him to save our souls. [SD]

**PRIEST**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

From Triodion - - -

**CHOIR**

**Kathisma I.**

**Mode pl. 4.**

Holy Martyrs, you were shown to be spiritual luminaries; for by faith you ended the foggiess of error, you brightened the lamps of our souls, and with glory you

entered the celestial bridal hall with the Bridegroom. Now we pray you entreat Him to save our souls. [SD]

**Verse:** *God is wondrous in His saints. [SAAS]  
By conceiving the wisdom.*

By your strong faith as martyrs you have become \* ever radiant torches for all the world, \* for you placed your every hope \* in the Lord, who enabled you; \* you kept your souls, like lamps, lit \* with the spiritual oil \* of the all-holy Spirit, \* O Martyrs extolled by all. \* Therefore you are also known as spiritual wine bowls \* that serve up as beverages \* cures and healings to all mankind, \* O victorious martyr saints. \* Intercede with Christ our God \* that He grant forgiveness of offences \* to those who with longing observe your holy memory. [SD]

**Verse:** *To the saints on His earth, in them the Lord magnified all His will. [SAAS]  
When he perceived.*

When they had deadened burning impulses and movements \* of sinful passions by their self-control and virtue, \* then the Martyrs of Christ were given the divine grace \* of driving away the illnesses of the sick \* and working wonders, alive and after their death. \* Paradoxical miracle it is indeed, that naked bones \* should pour out cures abundantly. \* Glory be to our only God. [SD]

Glory. Both now. **Theotokion.**

We have you as a fortress and a port and an acceptable intercessor with God, whom you bore, O unwedded Theotokos, the salvation of the faithful. [SD]

## **Kathisma II.**

From Triodion - -

### **Mode 3. Your confession.**

As you boiled hot with Orthodoxy, \* you extinguished heresy's delusion \* and arrested idolatry's godlessness. \* You became a whole-burnt offering unto God, \* and you refresh the whole world with your miracles. \* Pray to Christ our God, O glorious Martyr, fervently, \* entreating Him to grant us His great mercy. [SD]

Glory. **Your confession.**

The Lord, who strengthened you when in the contests, \* gave you to the world for our salvation, \* as a divine gift, which is what your name denotes. \* You heal the illness and passions that plague our souls \* and ward off physical trauma and suffering. \* Martyr Theodore, to Christ our God pray fervently, \* entreating Him to grant us His great mercy. [SD]

Both now. **Theotokion. Seeing how beautiful.**

You carried in your womb the uncontainable God, \* the hypostatic Word and consubstantial Son, \* who pre-eternally shone forth from the Father without flux or change. \* Virgin all-immaculate, now entreat Him on our behalf, \* bringing with you all the saints, Prophets, Martyrs, and Monastics all, \* Ascetics and the Righteous, and pray Him \* to grant us forgiveness of offences. [SD]

## **READER**

### **Psalms 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned

and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

**Kontakion.**

From Triodion - - -

**Mode pl. 4. Automelon.**

Once you had taken the Faith of Christ into your heart like a suit of armor, you trampled the hostile forces underfoot, having contended much, and you were crowned with heavenly laurels forever, as one invincible. [SD]

**Oikos.**

We gladly in faith extol You, who are carried on a throne of light. For You have given us a divine gift, Theodore, who was brave in the contests and thrice-blessed in his life, as being a champion of the truth. Having a pious frame of mind, he obtained You, O Christ; and against the deceiver he proved to be a mighty victor, as one invincible. [SD]

**Synaxarion.**

From the Menaion.

On March 16 we commemorate the holy Martyr Sabine of Egypt.

On this day we also commemorate the holy Martyr Papas.

On this day we also commemorate the holy Martyr Julian of Cilicia.

On this day Saint John of Rufiniana died in peace.

On this day the holy Martyr Romanos of Parium died by the sword.

On this day the holy Ten Martyrs of Phoenicia died by the sword.

On this day Saint Alexandrion, Pope of Rome, died in peace.

On this day we also commemorate our devout father Aninas the Wonder-worker.

On this day, we also commemorate our devout father Christodoulos the Wonder-worker, who lived in asceticism in the holy Monastery of John the Theologian, where his precious relic also lies.

*From the Triodion.*

On this day, Saturday of the first week of Lent, we celebrate the marvelous wonder involving Kolyva by the holy and glorious Great Martyr Theodore Tyro.

*Verses*

With Kollyva the Tyro feeds the City  
And makes ineffectual the food that was defiled.

By his holy intercessions, O God, have mercy on us and save us. Amen.

**CHOIR**

**Katavasias of Theotokos - Akathist**

**Ode i. Mode 4.**

I open my mouth and pray the Spirit fill it, like David said, \* to pour out a good word to the Queen and Mother of God. \* I will celebrate \* her feast with joy and gladness \* and sing to her merrily, lauding her miracles.

[SD]

**Ode iii.**

Establish your servants who extol you,  
\* O Mother of God, for they have formed  
\* a spiritual choir for you \* the living and abundant fount; \* and graciously in your divine glory give glorious crowns to them. [SD]

**Ode iv.**

He who sits in holy glory \* on the throne of divinity, \* Jesus our most high God, \* on a swift and light cloud has come to us, \* and by the might of His undefiled hand has saved \*

those who cry to Him: Glory to Your power, O Christ. [SD]

**Ode v.**

Amazed was the universe by your divine magnificence. \* You who were perpetually virgin \* carried the heavenly God of all in your womb \* and gave birth to the eternal Son, \* who awards salvation to all who sing hymns of praise to you. [SD]

**Ode vi.**

O godly-minded believers, come \* and celebrate this sacred and venerable feast and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [SD]

**Ode vii.**

Godly-minded three \* did not adore created things in the Creator's stead; \* rather, disdaining the threat \* of fire, they trampled it, and joyfully they sang: \* "O supremely praised \* and most exalted Lord and God \* of the fathers, You are blessed." [SD]

**Ode viii.**

*We praise and we bless and we worship the Lord.*

Guiltless were those Servants in the furnace. \* The Son of the Theotokos went and rescued them. \* He who was prefigured then, \* having been incarnate now, \* is gathering the whole wide world into His Church to sing: \* "O all you works of the Lord, to all ages \* sing praises to the Lord and exalt Him beyond measure." [SD]

**DEACON**

Let us honor and magnify in song the Theotokos and the Mother of the light.



**CHOIR**

**Ode ix.**

**Megalynarion. Mode 4.**

**Verse:** *My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Ode ix. Katavasia. Mode 4.**

All you born on earth, \* with festival lamps in hand, in spirit leap for joy; \* and all you the heavenly angelic orders, join in and celebrate; \* and honoring the sacred wonders of the Mother of God, \* sing the joyful salutation, "O rejoice, \* Theotokos, all-blest, ever-virgin pure!" [SD]

**DEACON**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us

commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

**PRIEST**

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

**CHOIR**

**Exaposteilarion.**

From Triodion - - -

**Mode 2. On the mountain.**

Wearing a crown, O Saint, you now \* stand beside Christ's tribunal \* together with angelic hosts. \* Prize-winner, you are filled with the light that originates there. \* Never cease interceding \* for the peace of the whole wide world, \* and salvation for us who with pious faith \* celebrate your memory, which is radiant, \* O Theodore, all-glorious \* and illustrious Martyr. [SD]

**Theotokion.**

**Mode 2. On the mountain.**

The Lord resided in your womb, \* Theotokos, as He knew, \* wishing to call the world He made \* back from corruption, for it was lost and perishing. Lady, \* now having found salvation, \* all together we cry to you \* the Angel's famous salutation, "Rejoice, \* you are truly blessed among all women!" \* For you, O Virgin, have brought forth \* holy joy to the whole world. [SD]

**Lauds. Mode 1.**

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise

Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.



For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

To fulfill among them the written judgment: this glory have all His holy ones.

Praise God in His saints; praise Him in the firmament of His power.

**From the Triodion.**

From Triodion - -

**Mode 1. For the celestial orders.**

*Praise Him for His mighty acts; praise Him according to the abundance of His greatness.* [SAAS]

O faithful, let us unite now and using one voice extol \* that valiant heavy-armed soldier of the heavenly army, \* St. Theodore, the strong hoplite of our faith, singing mystical odes to him, \* "Martyr of Jesus, you are worthy of our awe. \* Will you pray for us who honor you." [SD]

*Praise Him with the sound of trumpet; praise Him with the harp and lyre.* [SAAS]

Your name denotes it, and truly You are a gift from God, \* and you were given as comfort to all who are in trouble, \* O thrice-blessed Theodore. For everyone \* who comes in truth to your holy church, \* and who with gladness receives the divine rewards \* of your miracles, gives honor to Christ. [SD]

*Praise Him with timbrel and dance; praise Him with strings and flute.* [SAAS]

By your great feats as a martyr, you did amass in yourself \* the holy wealth and brilliance of the Orthodox doctrine. \* You gave all your might as an acceptable gift \* unto God, O Saint Theodore. And in your contests you truly fulfilled your name, \* for it also means a gift to God. [SD]

*Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord.* [SAAS]

Let us, O feast-lovers, all now observe a sumptuous feast \* on this most gay occasion, the festival of the Martyr, \* and faithfully rejoice as we honor the bright \* holy feast-day of his demise. \* Let us extol the Lord Jesus with sacred songs, \* for He glorified his memory. [SD]

Glory. **From the Triodion.**

From Triodion - -

**Mode pl. 2.**

You have revealed to the world the gift of holiness and the riches of divine life, O Theodore. For Christ has glorified your memory, O wise Martyr. We the faithful rejoice in it and with one voice we sing in praise of your contests and labors. [SD]

From Octoechos - -

Both now. **Theotokion.**

Theotokos, you are the true vine that produced the fruit of life. Lady, we fervently entreat you to intercede along with the Martyr and all the saints, that our souls be treated mercifully. [SD]

**Great Doxology**

Glory be to You who showed the light.  
Glory in the highest to God. His peace is on  
earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship  
You, we glorify You, we give thanks to You  
for Your great glory.

Lord King, heavenly God, Father, Ruler  
over all; Lord, only-begotten Son, Jesus Christ;  
and You, O Holy Spirit.

Lord God, Lamb of God, Son of the  
Father, who take away the sin of the world,  
have mercy on us, You who take away the sins  
of the world.

Accept our supplication, You who sit at  
the right hand of the Father, and have mercy  
on us.

For You alone are holy, You alone are  
Lord, Jesus Christ, to the glory of God the  
Father. Amen.

Every day I will bless You, and Your name  
will I praise to eternity, and to the ages of  
ages.

Vouchsafe, O Lord, this day, that we be  
kept without sin.

Blessed are You, O Lord, the God of our  
fathers, and praised and glorified is Your  
name to the ages. Amen.

Let Your mercy be on us, O Lord, as we  
have set our hope on You.

Blessed are You, O Lord. Teach me Your  
statutes.

Blessed are You, O Lord. Teach me Your  
statutes.

Blessed are You, O Lord. Teach me Your  
statutes.

Lord, You have been our refuge from  
generation to generation. I said: Lord, have  
mercy on me. Heal my soul, for I have sinned  
against You.

Lord, I have fled to You. Teach me to do  
Your will, for You are my God.

For with You is the fountain of life; in  
Your light we shall see light.

Continue Your mercy to those who know  
You.

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3)

Glory to the Father and the Son and the  
Holy Spirit.

Both now and ever and to the ages of ages.  
Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us.

**Apolytikion.**

From Triodion - -

**Mode 2.**

Magnificent are the accomplishments  
of faith! The holy Martyr Theodore greatly  
rejoiced as he stood in the fountain of fire as if  
beside the still waters. He was consumed by  
fire and offered like sweet bread to the Trinity.  
At his entreaties, O Christ God, save our souls.

[SD]