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Presanctified Liturgy

on Friday Evening

for Saturday, March 16, 2019

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

**Menaion - March 16
Memory of the Holy Martyr Sabinos the Egyptian**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

On Friday of the First Week at Vespers

Mode pl. 4. On Friday Evening

Saturday of the First Week. St. Theodore Tyro and Kolyva Miracle.

PRESANCTIFIED

On Friday Evening of the First Week 2019

CHOIR

Mode pl. 1.

Lord, I have cried to You; hear me. Hear me, O Lord. Lord, I have cried to You; hear me. Give heed to the voice of my supplication when I cry to You. Hear me, O Lord. [SAAS]

Let my prayer be set forth before You as incense, the lifting up of my hands as the evening sacrifice. Hear me, O Lord. [SAAS]

From the Triodion.

Sticheron Idiomelon. Mode pl. 1.

Bring my soul out of prison to give thanks to Your name, O Lord. [SAAS]

Come, O believers, let us do the works of God in the light; let us conduct ourselves becomingly as in the day. Of our own accord let us get rid of every unjust contract with our neighbor, and not put a stumbling block in his way. Let us abandon the pleasures of the flesh, and instead increase the spiritual gifts of the soul. Let us give bread to those in need. And thus let us go to Christ and cry out in repentance: "O our God, have mercy on us." [SD]

The righteous shall wait for me, until You reward me. [SAAS]

Come, O believers, let us do the works of God in the light; let us conduct ourselves becomingly as in the day. Of our own accord

let us get rid of every unjust contract with our neighbor, and not put a stumbling block in his way. Let us abandon the pleasures of the flesh, and instead increase the spiritual gifts of the soul. Let us give bread to those in need. And thus let us go to Christ and cry out in repentance: "O our God, have mercy on us." [SD]

For the Martyrs.

Mode pl. 4.

Out of the depths I have cried to You, O Lord; O Lord, hear my voice. [SAAS]

Martyrs of the Lord, you sanctify every locality, and you heal every infirmity. And now we pray you to intercede that our souls be delivered from the snares of the enemy. [SD]

Mode pl. 4.

Let Your ears be attentive to the voice of my supplication. [SAAS]

Martyrs of the Lord, we pray you earnestly entreat our God, and ask for an abundance of tender mercy for our souls, and the forgiveness of our many sins. [SD]

Mode pl. 4.

If You, O Lord, should mark transgression, O Lord, who would stand? For there is forgiveness with You. [SAAS]

Your martyr Saints, O Lord, having become oblivious to life's endeavors * even disdaining the tormenting tortures all for the life which is to come, * came to be regarded its inheritors. * Therefore they exult with the angelic hosts. * Bestow upon Your people great mercy, at the fervent appeals of these Your Saints. [SD]

Mode pl. 4.

Because of Your law, O Lord, I waited for You; my soul waited for Your word. My soul hopes in the Lord. [SAAS]

If there be virtue and if there be praise, it is fitting for the Martyrs; for they bowed their necks to the broadsword for You who bowed the heavens and descended. They spilled their blood for You who emptied yourself and took the form of a servant; and they let themselves be humbled, even unto death, in imitation of Your poverty. So, according to the multitude of Your tender mercies, through their prayers, O God, have mercy on us. [SD]

For the Saint.

From Triodion - - -

Idiomelon 1. Mode 2.

From the morning watch until night; from the morning watch until night, let Israel hope in the Lord. [SAAS]

Martyr fans all, come now, let us spiritually make merry and celebrate! Today, the martyr Theodore is offering a mystical banquet, which makes us, who are fans of feast days, so glad, that we shout to him: "We salute you and say, Rejoice, O undefeated medalist! You crushed to the ground the threats made by the tyrants. Rejoice, for you gave your clay body over to torture for the sake of Christ God! Rejoice, for by many trials you were shown to be a tried and true soldier of the heavenly army! Therefore we entreat you, O adornment of martyrs: Intercede on behalf of our souls! [SD]

Idiomelon 2. Mode 2.

For with the Lord there is mercy, and with Him is abundant redemption; and He shall redeem Israel from all his transgressions. [SAAS]

You extend the God-given grace of your miracles to all who run to you in faith, O martyr Theodore. And we extol you for this and say: You deliver captives, you heal the sick, you give wealth to the poor, and you rescue those who sail the seas. You averted the useless escape of slaves, and you showed robbers what their loss would be. You admonished soldiers to refrain from plunder, and you granted children their requests sympathetically. You are an ardent protector of those who keep your sacred memory. Count us with them, O most holy Martyr, and entreat Christ to grant great mercy to us who extol your martyrdom! [SD]

Idiomelon 3. Mode 2.

Praise the Lord, all you Gentiles; praise Him, all you peoples. [SAAS]

You have proved to be a supreme gift of God, according to your name, O martyr Theodore, for you grant the requests of those who pray to you, even after death, as if you were alive. For example, when a widow's son had been taken captive by foreign soldiers, the woman came to your church and drenched it in tears; you, being sympathetic, mounted a white horse and invisibly returned her son. Ever since then you do not cease to do miracles. Now we entreat you to pray to Christ God, for the salvation of our souls. [SD]

Idiomelon 4. Mode 2.

For His mercy rules over us; and the truth of the Lord endures forever. [SAAS]

Thrice-blessed Theodore, I honor you as the namesake of divine gifts. You were shown to be a never-setting luminary of the divine light, and thus you have illumined the entire world with your martyric feats. Being more powerful than fire, you put out the flames and crushed the head of the wily serpent. During your martyrdom, Christ was moved, and He crowned your divine head. O Great Martyr Medalist, since you have confidence before God, fervently entreat Him on behalf of our souls. [SD]

Glory.

From Triodion - - -

Mode pl. 2.

The devil used the tyrant, his fellow apostate, as his instrument. He gave him the foul idea, to attempt to defile the Orthodox people who were purifying themselves by fasting, by compelling them to eat foods that were polluted by pagan sacrifice. But you, O Saint, thwarted his plot with a wiser idea. You appeared to the Archbishop in a dream, and revealed to him the sinister plot, and how awful the consequences would be. For this we offer gratitude, and even call you savior; and every year we remember this miracle. And now we entreat you, O Martyr Theodore, to preserve us unharmed by the plots of the evil one, by your intercessions to God on our behalf. [SD]

From Octoechos - - -

Both now. **Mode pl. 4.**

The First Theotokion of the Mode.

The King of heaven, out of love for mankind, appeared on earth and lived among

men. He is one Son, twofold in nature, but not in hypostasis, for He took on flesh from a pure Virgin, and came forth from her with that which He had assumed. Therefore we confess Christ our God, truly proclaiming that He is one and the same, perfect God and perfect man. Intently pray to Him, O unwedded Mother, to have mercy on our souls. [SD]

DEACON

Wisdom. Arise.

READER

Gladsome light of holy glory of the holy, blessed, heavenly, immortal Father, O Jesus Christ: arriving at the hour of sunset and having seen the evening light, we praise the Father, Son, and Holy Spirit, God. It is worthy for You to be praised at all times with happy voices, O Son of God and Giver of life; * and therefore the world glorifies You.

The Readings

PRIEST

The evening...

From Triodion - - -

READER

Prokeimenon. Mode pl. 1.

Psalm 19 (20).

May the Lord hear you in the day of afflictions.

May the name of the God of Jacob defend you.

[SAAS]

The reading is from the book of Genesis.

PRIEST

Wisdom. Let us be attentive.

READER

2:20-25, 3:1-20

So Adam gave names to all the cattle, to all the birds of heaven, and to all the wild

animals of the field. But for Adam there was not found a helper comparable to him. Thus God brought a trance upon Adam, and he slept; and He took one of his ribs, and filled up the flesh in its place. Then the Lord God built the rib He took from Adam into a woman, and brought her to him. So Adam said, "This is now bone of my bones, and flesh of my flesh. She shall be called Woman, because she was taken out of Man. For this reason a man shall leave his father and mother and be joined to his wife; and the two shall become one flesh." Now the two were naked, both Adam and his wife, and were not ashamed. Now the serpent was more cunning than all the wild animals the Lord God made on the earth. And he said to the woman, "Has God indeed said, 'You shall not eat from every tree of the garden'?" And the woman said to the serpent, "We may eat the fruit from the trees of the garden; but from the fruit of the tree in the middle of the garden, God said, 'You shall not eat from it, nor shall you touch it, lest you die.' " Then the serpent said to the woman, "You shall not die by death. For God knows in the day you eat from it your eyes will be opened, and you will be like gods, knowing good and evil." So when the woman saw the tree was good for food, was pleasant to the eyes, and a tree beautiful to contemplate, she took its fruit and ate. She also gave it to her husband with her, and he ate. Then the eyes of the two were opened, and they knew they were naked. So they sewed fig leaves together and made themselves coverings. Then they heard the voice of the Lord God walking in the garden that afternoon, and Adam and his wife hid

themselves within the tree in the middle of the garden from the presence of the Lord God. So the Lord God called Adam and said to him, "Adam, where are you?" He replied, "I heard Your voice as You were walking in the garden, and I was afraid because I was naked; so I hid myself." Thus He said, "Who said you were naked? Have you eaten from the one tree from which I commanded you not to eat?" Then Adam said, "The woman You gave me, gave me of the tree, and I ate." So the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate." Thus the Lord God said to the serpent, "Because you have done this, you are cursed more than all cattle, and more than all the wild animals of the earth. On your breast and belly you shall go, and you shall eat dust all the days of your life. I will put enmity between you and the woman, and between your seed and her seed. He shall bruise your head, and you shall be on guard for His heel." To the woman He said, "I will greatly multiply your pain and your groaning, and in pain you shall bring forth children. Your recourse will be to your husband, and he shall rule over you." Then to Adam He said, "Because you heeded the voice of your wife, and ate from the one tree of which I commanded you, saying, 'You shall not eat from it,' cursed is the ground in your labors. In toil you shall eat from it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field. In the sweat of your face you shall eat bread till you return to the ground from which you were taken. Earth you are, and to earth you shall return." So Adam called his wife's name

Life, because she was the mother of all living.

[SAAS]

Prokeimenon. Mode pl. 2.

Psalm 20 (21).

Be exalted, O Lord, in Your power.

O Lord, the king shall be glad in Your power.

[SAAS]

(sung)

Command!

PRIEST

Wisdom. Arise. The light of Christ shines upon all.

READER

The reading is from the Proverbs of Solomon.

PRIEST

Wisdom. Let us be attentive.

READER

3:21-37

God by wisdom founded the earth and prepared the heavens with discernment. With perception the depths were broken up, and the clouds flowed with dew. My son, do not be careless, but keep my counsel and thinking, that your soul may live, and grace may be around your neck. And there will be healing for your flesh and care for your bones, that you may walk confidently in peace in all your ways, and your foot may not stumble. For if you sit down, you will be without fear, and if you lie down, your sleep will be pleasant. And do not be afraid of intimidation when it comes upon you, nor of the attack of the ungodly when it comes at you; for the Lord will be over all your ways, and He will plant your feet firmly, that you may not be shaken. Do not withhold doing good to the needy, when

you may give a helping hand; do not say, when you are able to do good, "Come back tomorrow, and I will give you something"; for you do not know what the next day will bring forth. Do not devise evil things against your friend who dwells beside you and trusts in you. Do not be ready to quarrel with a man in vain, lest he do you some harm. Do not incur the reproach of evil men, neither seek their ways; for every lawless man is unclean before the Lord, and he does not sit among the righteous. The curse of God is in the houses of the ungodly, but He blesses the dwellings of the righteous. The Lord opposes the arrogant, but He gives grace to the humble. [SAAS]

(Go back to the Presanctified Liturgy booklet.)