

**March 5**  
**Octoechos**

**Grave Mode.**

On Tuesday Morning

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** *It is good to give thanks to the Lord and to sing to Your name, O Most High.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 2:** *To proclaim Your mercy in the morning and Your truth at night.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

**Verse 3:** *The Lord my God is upright, and there is no wrongdoing in Him.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

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

Through the intercessions of the Theotokos, Savior, save us.

**Antiphon II. Mode 2.**

**Verse 1:** *The Lord reigns; He clothed Himself with majesty; the Lord clothed and girded Himself with power.* [SAAS]

*or:*

**Verse 1:** *Come, let us greatly rejoice in the Lord; let us shout aloud to God our savior.* [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia. [GOA]

**Verse 2:** *And He established the world, which shall not be moved.* [SAAS]

*or:*

**Verse 2:** *Let us come before His face with thanksgiving, and let us shout aloud to Him with psalms. For the Lord is a great God, a great King over all the earth.* [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia.

**Verse 3:** *Holiness is proper to Your house, O Lord, unto length of days.* [SAAS]

*or:*

**Verse 3:** *For in His hand are the ends of the earth, and the heights of the mountains are His. For the sea is His, and He made it, and His hands formed the dry land.* [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia.

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

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

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

**Antiphon III.**

**Apolytikion.**

From Horologion - - -

**Mode 2.**

The memory of the just is observed  
with hymns of praise; for you suffices the  
testimony of the Lord, O Forerunner. You  
have proved to be truly more ven'erable  
than the Prophets, since you were granted  
to baptize in the river the One whom they  
proclaimed. Therefore, when for the truth you  
had contested, rejoicing, to those in Hades you  
preached the Gospel, that God was manifested  
in the flesh, and takes away the sin of the  
world, and grants to us the great mercy. [SD]

*An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.*

**Psalm 102.**

**Psalm 145.**

**The Beatitudes.**

**Grave Mode.**

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven [RSV]

Blessed are those who mourn, for they shall be comforted. [RSV]

Blessed are the meek, for they shall inherit the earth. [RSV]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

[RSV]

Blessed are the merciful, for they shall obtain mercy. [RSV]

Blessed are the pure in heart, for they shall see God. [RSV]

**Troparia.**

From Octoechos - - -

*Blessed are the peacemakers, for they shall be called sons of God.* [RSV]

The fruit that killed me of old was good for food and beautiful to contemplate. But Christ is the very tree of life, from which I eat and die not, And echoing the Robber's words, I cry out, "Remember me in Your kingdom, O Lord." [SD]

*Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.* [RSV]

O Lord, as the only physician of souls and bodies, heal the incurable wounds of my heart, and help me on my way to stand and walk the ways that lead to salvation. [SD]

*Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake].* [RSV]

The lamp of my soul has gone out because of much sinning. O Baptist of Christ, who came before the Sun of Righteousness, reignite my soul, by your divine prayers, so that I may be saved and may ever call you blessed. [SD]

*Rejoice and be glad, for your reward is great in heaven.* [RSV]

**For the Martyrs.**

O wise Martyrs, you competed and were crowned, and thus embarrassed the enemy. And now, filled with perpetual light, you orbit the heavens, and you intercede on behalf of your souls. [SD]

**Glory.**

O Holy Trinity, correctly glorified in single Godhead, cure the incurable passions of my soul, and rescue me from trials and from hell, and grant me the eternal Kingdom. [SD]

**Both now. Theotokion.**

O pure Mother, you contained in your womb the uncontainable God, without constraining Him. Ever implore Him to deliver us your servants from all constraints and assaults of the passions, so that we may glorify you. [SD]

**Entrance Hymn. Mode 2.**

Come, let us worship and bow down before Christ. Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia. [GOA]

**Hymns After the Small Entrance.**

**Apolytikion.**

From Horologion - - -

**Mode 2.**

The memory of the just is observed with hymns of praise; for you suffices the testimony of the Lord, O Forerunner. You have proved to be truly more ven'erable than the Prophets, since you were granted to baptize in the river the One whom they proclaimed. Therefore, when for the truth you had contested, rejoicing, to those in Hades you preached the Gospel, that God was manifested in the flesh, and takes away the sin of the world, and grants to us the great mercy. [SD]

**(Apolytikion of the Parish Church)**

(The text of the Apolytikion of the local church goes here.)

**Kontakion. For the Forerunner.**

**Mode 2.**

O Prophet of God and Forerunner of grace divine, since we have obtained your Head from beneath the earth, as if a most sacred rose, we are receiving the healings continually. And once again, as formerly, you are preaching repentance throughout the world. [SD]

**THE TRISAGION HYMN**

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

*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.

**The Epistle**

TUESDAY OF CHEESE-FARE WEEK

**Prokeimenon. Grave Mode. Psalm 63.**

The righteous man shall be glad in the Lord, and shall hope in Him. [SAAS]

**Verse:** *Hear my voice, O God, in my supplication.* [SAAS]

The reading is from Jude's Universal Letter.

1:1-10

Jude, a servant of Jesus Christ, and brother of James, To those who are called, beloved in God the Father and kept for Jesus Christ: May mercy, peace, and love be multiplied to you. Beloved, being very eager to write to you of our common salvation, I found it necessary to write appealing to you to contend for the faith which was once for all delivered to the saints. For admission has been secretly gained by some who long ago were designated for this condemnation, ungodly persons who pervert the grace of our God into licentiousness and deny the only Master and our Lord Jesus Christ. Now I desire to remind you, though you were once for all fully informed, that the Lord saved a people out of the land of Egypt, afterward destroyed those who did not believe. And the angels that did not keep their own position but left their proper dwelling have been kept by him in eternal chains in the nether gloom until the judgment of the great day; just as Sodom and Gomorrah and the surrounding cities,

which likewise acted immorally and indulged in unnatural lust, serve as an example by undergoing a punishment of eternal fire. Yet in like manner these men in their dreamings defile the flesh, reject authority, and revile the glorious ones. But when the archangel Michael, contending with the devil, disputed about the body of Moses, he did not presume to pronounce a reviling judgment upon him, but said, "The Lord rebuke you." But these men revile whatever they do not understand, and by those things that they know by instinct as irrational animals, they are destroyed. [RSV]

**Alleluia. Mode 2. Psalm 91.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *The righteous shall flourish like a palm tree; he shall be multiplied like the cedar in Lebanon.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *Those planted in the house of the Lord shall blossom forth in the courts of our God.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

Cheesefare Tuesday

The reading is from the Holy Gospel according to Luke.

22:39-42, 45-71; 23:1

At that time, when Jesus came out, he went, as was his custom, to the Mount of Olives; and the disciples followed him. And when he came to the place he said to them, "Pray that you may not enter into temptation." And he withdrew from them about a stone's throw, and knelt down and prayed, "Father, if you are willing, remove this cup from me;

nevertheless not my will, but yours, be done." And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, and he said to them, "Why do you sleep? Rise and pray that you may not enter into temptation." While he was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss him; but Jesus said to him, "Judas, would you betray the Son of man with a kiss?" And when those who were about him saw what would follow, they said, "Lord, shall we strike with the sword?" And one of them struck the slave of the high priest and cut off his right ear. But Jesus said, "No more of this!" And he touched his ear and healed him. Then Jesus said to the chief priests and officers of the temple and elders, who had come out against him, "Have you come out as against a robber, with swords and clubs? When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness." Then they seized him and led him away, bringing him into the high priest's house. Peter followed at a distance; and when they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a maid, seeing him as he sat in the light and gazing at him, said, "This man also was with him." But he denied it, saying "Woman, I do not know him." And a little later someone else saw him and said, "You also are one of them." But Peter said, "Man, I am not." And after an interval of about an hour still another insisted, saying, "Certainly this man also was with him; for he is a Galilean." But Peter said, "Man, I do not know what you are saying." And immediately,

while he was still speaking, the cock crowed. And the Lord turned and looked at Peter. And Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times." And he went out and wept bitterly. Now the men who were holding Jesus mocked him and beat him; they also blindfolded him and asked him, "Prophecy! Who is it that struck you?" And they spoke many other words against him, reviling him. When day came, the assembly of the elders of the people gathered together, both chief priests and scribes; and they led him away to their council, and they said, "If you are the Christ, tell us." But he said to them, "If I tell you, you will not believe; and if I ask you, you will not answer. But from now on the Son of man shall be seated at the right hand of the power of God." And they all said, "Are you the Son of God, then?" And he said to them, "You say that I am." And they said, "What further testimony do we need? We have heard it ourselves from his own lips." Then the whole company of them arose, and brought him before Pilate. [RSV]

### **Hymn to the Theotokos.**

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos. [GOA]

### **Communion Hymn. Psalm 111/112.**

The righteous will be remembered for ever. Alleluia. [RSV]

### **Hymn after Holy Communion.**

#### **Mode 2.**

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

### **THE DISMISSAL**

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint)**; of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

#### **Fasting Rule**

*Dairy: Dairy, eggs, fish, oil and wine are allowed.*

*Refrain from meat.*

*It is the third week of the Triodion.*