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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

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Τῷ Σαββάτῳ Α' Ἑβδομάδος εἰς τὸν Ὅρθρον.

Ἦχος πλ. δ'. Τῷ Σαββάτῳ Πρωΐ

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος β'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

ἤ. Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός, ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με, καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Ἀπολυτίκιον.

Τοῦ Τριωδίου - - -

Ἦχος β'.

Μεγάλα τὰ τῆς πίστεως κατορθώματα!
Ἐν τῇ πηγῇ τῆς φλογός, ὡς ἐπὶ ὕδατος ἀναπαύσεως, ὁ ἅγιος Μάρτυς Θεόδωρος ἠγάλλετο· πυρὶ γὰρ ὀλοκαυτωθεὶς, ὡς ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς αὐτοῦ ἱκεσίαις, Χριστὲ ὁ Θεός, ἐλέησον ἡμᾶς.

Δόξα. **Τὸ αὐτό.**

Τοῦ Τριωδίου - - -

Ἦχος β'.

Μεγάλα τὰ τῆς πίστεως κατορθώματα!
Ἐν τῇ πηγῇ τῆς φλογός, ὡς ἐπὶ ὕδατος ἀναπαύσεως, ὁ ἅγιος Μάρτυς Θεόδωρος ἠγάλλετο· πυρὶ γὰρ ὀλοκαυτωθεὶς, ὡς ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς

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

αὐτοῦ ἱκεσίαις, Χριστὲ ὁ Θεός, ἐλέησον
ἡμᾶς.

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος β'.

Πάντα ὑπὲρ ἔννοιαν, πάντα
ὑπερένδοξα, τὰ σὰ Θεότοκε μυστήρια,
τῇ ἀγνείᾳ ἐσφραγισμένη, καὶ παρθενία
φυλαττομένη, Μήτηρ ἐγνώσθης ἀψευδής,
Θεὸν τεκοῦσα ἀληθινόν· αὐτὸν ἱκέτευε
σωθῆναι τὰς ψυχὰς ἡμῶν.

ΙΕΡΕΥΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν
ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα,
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου
Πνεύματος, νῦν καὶ ἀεὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Ἦχος πλ. δ'.

Φωστῆρες νοεροί, ἀνεδείχθητε ἅγιοι
Μάρτυρες· τὴν γὰρ ἀχλὺν τῆς πλάνης,
κατηργήσατε διὰ τῆς πίστεως, τὰς ψυχικὰς

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 foginess of error, you brightened the

ὕμῶν λαμπάδας ἐφαιδρύνετε, καὶ τῷ
Νυμφίῳ μετὰ δόξης συνεισέλθετε, εἰς τὸν
οὐράνιον νυμφῶνα, καὶ νῦν ἱκετεύσατε,
σωθῆναι δεόμεθα τὰς ψυχὰς ἡμῶν.

Στίχ. Θαυμαστὸς ὁ Θεὸς ἐν τοῖς ἁγίοις
αὐτοῦ.

Τὴν Σοφίαν καὶ Λόγον.

Οἰκουμένης φωστῆρες, ἀειλαμπεῖς,
ἀνεδείχθητε πίστει, μαρτυρικῇ, ὅλην
ἀναθέμενοι, τὴν ἐλπίδα πρὸς Κύριον, καὶ
νοητῷ ἐλαίῳ, τοῦ Πνεύματος Ἅγιοι, τὰς
ψυχικὰς λαμπάδας, ὕμῶν ἐφαιδρύνετε·
ὅθεν καὶ κρατῆρες, νοητοὶ τοῖς ἀνθρώποις,
ἰάσεις προχέοντες, ὥσπερ νάματα ὥφθητε,
Ἀθλοφόροι πανεύφημοι, πρεσβεύσατε
Χριστῷ τῷ Θεῷ, τῶν πταισμάτων ἄφεσιν
δωρήσασθαι, τοῖς ἐορτάζουσι πόθῳ, τὴν
ἁγίαν μνήμην ὑμῶν.

Στίχ. Τοῖς ἁγίοις τοῖς ἐν τῇ γῇ αὐτοῦ
ἐθανυμάστωσεν ὁ Κύριος.

Τὸ προσταχθέν.

Δι' ἐγκρατείας τῶν παθῶν, τὰς
πυριφλέκτους, ἀπονεκρώσαντες ὁρμάς,
καὶ τὰς κινήσεις, τοῦ Χριστοῦ οἱ Μάρτυρες,
ἔλαβον τὴν χάριν, τὰς νόσους ἀποδιώκειν,
τῶν ἀσθενῶν, καὶ ζῶντες καὶ μετὰ τέλος,
θαυματοργεῖν, ὄντως θαῦμα παράδοξον!
ὅτι ὅστέα γυμνά, ἐκβλύζουσιν ἰάματα. Δόξα
τῷ μόνῳ Θεῷ ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Σὲ καὶ τεῖχος καὶ λιμένα ἔχομεν, καὶ
πρέσβυν εὐπρόσδεκτον, πρὸς ὃν ἔτεκες

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,

Θεόν, Θεοτόκε ἀνύμφευτε, τῶν πιστῶν ἡ σωτηρία.

Κάθισμα Β'.

Τοῦ Τριωδίου - - -

Ἦχος γ'. Θείας πίστεως.

Ζέων πίστεως ὀρθοδοξία, πλάνην
ἔσβεσας κακοδοξίας, καταργήσας τῶν
εἰδώλων τὸ ἄθεον, καὶ ὀλοκαύτωμα θεῖον
γενόμενος, θαυματουργίαις δροσίζεις τὰ
πέρατα. Μάρτυς ἔνδοξε, Χριστὸν τὸν Θεὸν
ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Δόξα. Θείας πίστεως.

Θεῖον δῶρόν σε πρὸς σωτηρίαν, πάσῃ
δέδωκε τῇ οἰκουμένη, ὁ ἐν τοῖς ἄθλοις
δυναμώσας σε Κύριος, τὰς ψυχικὰς ἡμῶν
νόσους ἰώμενος, καὶ τῶν σωμάτων τὰ πάθη
τροποῦμενος. Μάρτυς Θεόδωρε, Χριστὸν
τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα
ἔλεος.

Καὶ νῦν. Θεοτοκίον. Τὴν ὡραιότητα.

Ἡ τὸν ἀχώρητον, Θεὸν ἐν μήτρᾳ σου,
Παρθένε ἄχραντε, κυφορήσασα, τὸν πρὸ
αἰώνων ἐκ Πατρὸς ἀρρεύστως ἀνατείλαντα,
Λόγον ἐνυπόστατον, καὶ Υἱὸν ὁμοούσιον,
τοῦτον ἐκδυσώπησον, σὺν Προφήταις καὶ
Μάρτυσιν. Ὁσίοις, Ἀσκηταῖς, καὶ Δικαίοις,
δοῦναι ἡμῖν λύσιν πλημμελημάτων.

ΑΝΑΓΝΩΣΤΗΣ

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν

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

σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον
 πλυνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ
 τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν
 ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία
 μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ
 μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν
 σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς
 λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.
 Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν
 ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου
 γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ
 τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.
 Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι,
 πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.
 Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·
 ἀγαλλιάσονται ὅστέα τεταπεινωμένα.
 Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν
 ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου
 ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν
 ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον
 ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με
 ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά
 σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.
 Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου
 σου καὶ πνεύματι ἡγεμονικῶ στήριζόν
 με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ
 ἄσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με
 ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας
 μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν
 δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου
 ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν
 αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα
 ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία
 τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν
 συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς
 οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ
 εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῇ τὰ
 τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν

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

δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.
Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου
μόσχους.

Κοντάκιον.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Ἀντόμελον.

Πίστιν Χριστοῦ ὥσει θώρακα, ἔνδον
λαβὼν ἐν καρδίᾳ σου, τὰς ἐναντίας
δυνάμεις κατεπάτησας Πολύαθλε, καὶ
στέφει σὺρανίῳ ἐστέφθης αἰωνίως, ὡς
ἀήττητος.

Ὁ Οἶκος.

Τὸν ἐν θρόνῳ φωτὸς ἐποχούμενον,
εὐχαρίστως ἐν πίστει ὑμνοῦμέν σε, ὅτι
δώρημα θεῖον δεδώρησαι, τὸν γενναῖον
τοῖς ἄθλοις Θεόδωρον, τὸν ἐν τῷ βίῳ
τρισμακάριστον, ὡς ὑπέρμαχον ὄντα τῆς
ἀληθείας, εὐσεβεῖ λογισμῷ κεκτημένος
Χριστόν, ἀνεδείχθη κραταιὸς νικητὴς κατὰ
τοῦ δολεροῦ, ὡς ἀήττητος.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ ΙΓ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ
Ἁγίου Μάρτυρος Σαβίνου τοῦ Αἰγυπτίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Μάρτυρος Πάπα.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Μάρτυρος Ἰουλιανοῦ τοῦ ἐν Κιλικίᾳ.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Ἰωάννης, ὁ ἐν
Ρουφιαναῖς, ἐν εἰρήνῃ τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Μάρτυς
Ῥωμανός, ὁ ἐν τῷ Παρίῳ, ξίφει τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Δέκα
Μάρτυρες, οἱ ἐν Φοινίκη, ξίφει τελειοῦνται.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Ἀλεξανδρίων,
Πάπας Ῥώμης, ἐν εἰρήνῃ τελειοῦται.

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.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου
Πατρὸς ἡμῶν Ἀνίνα, τοῦ Θαυματουργοῦ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου
Πατρὸς ἡμῶν Χριστοδούλου, τοῦ
Θαυματουργοῦ, τοῦ ἐν τῇ ἐν Πάτμῳ Ἱερᾷ
Μονῇ Ἰωάννου τοῦ Θεολόγου ἀσκήσαντος,
ἐν ἣ καὶ τὸ τίμιον αὐτοῦ ἀπόκειται
Λεῖψανον.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Σαββάτῳ τῆς πρώτης
Ἑβδομάδος τῶν Νηστειῶν, τὸ διὰ τῶν
Κολλύβων παράδοξον θαῦμα τοῦ ἁγίου καὶ
ἐνδόξου Μεγαλομάρτυρος Θεοδώρου τοῦ
Τήρωνος ἐορτάζομεν.

Στίχοι.

Τροφὴ κολλύβων, ἐστὶ τῇ Τήρων πόλιν,
Τροφὴν τιθεὶς ἄπρακτον, ἡλιγισμένην.

Ταῖς αὐτοῦ πρεσβείαις, ὁ Θεός, ἐλέησον,
καὶ σῶσον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου (Ακάθιστος)
Ὦδὴ α΄. Ἦχος δ΄.

Ἀνοίξω τὸ στόμα μου, καὶ
πληρωθήσεται Πνεύματος, καὶ λόγον
ἐρεῦξομαι, τῇ Βασιλίδι Μητρί, καὶ
ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω
γηθόμενος, ταύτης τὰ θαύματα.

Ὦδὴ γ΄.

Τοὺς σοὺς ὑμνολόγους Θεοτόκε,
ὥς ζῶσα καὶ ἄφθονος πηγὴ, θίασον
συγκροτήσαντας πνευματικόν, στερέωσον·
καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης
ἀξίωσον.

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]

Ὡδὴ δ'.

Ὁ καθήμενος ἐν δόξῃ, ἐπὶ θρόνου
Θεότητος, ἐν νεφέλῃ κούφῃ, ἦλθεν Ἰησοῦς ὁ
ὑπέρθεος, τῇ ἀκηράτῳ παλάμῃ καὶ διέσωσε,
τοὺς κραυγάζοντας· δόξα Χριστὲ τῇ δυνάμει
σου.

Ὡδὴ ε'.

Ἐξέστη τὰ σύμπαντα, ἐπὶ τῇ θείᾳ
δόξῃ σου· σὺ γὰρ ἀπειρογάμε Παρθένε,
ἔσχες ἐν μήτρᾳ, τὸν ἐπὶ πάντων Θεόν, καὶ
τέτοκας ἄχρονον Υἱόν, πᾶσι τοῖς ὕμνουσί
σε, σωτηρίαν βραβεύοντα.

Ὡδὴ Ϛ'.

Τὴν θείαν ταύτην καὶ πάντιμον,
τελοῦντες ἑορτὴν οἱ θεόφρονες, τῆς
Θεομήτορος, δεῦτε τὰς χεῖρας κροτήσωμεν,
τὸν ἐξ αὐτῆς τεχθέντα Θεὸν δοξάζοντες.

Ὡδὴ ϛ'.

Οὐκ ἐλάτρευσαν τῇ κτίσει οἱ θεόφρονες,
παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν,
ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον.
Ὑπερύμνητε, ὁ τῶν Πατέρων Κύριος, καὶ
Θεὸς εὐλογητὸς εἶ.

Ὡδὴ η'.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

Παῖδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ
τόκος τῆς Θεοτόκου διεσώσατο, τότε
μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος,
τὴν οἰκουμένην ἅπασαν, ἀγείρει
ψάλλουσιν. Τὸν Κύριον ὕμνεῖτε τὰ ἔργα,
καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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]

Στίχ. Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοία καρδίας αὐτῶν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ὡδὴ θ'. Καταβασία. Ἦχος δ'.

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι λαμπαδουχούμενος, πανηγυρίζετω δέ, αἰῶνι Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυμάσια τῆς Θεομήτορος, καὶ βοάτω· Χαίροις παμμακάριστε, Θεοτόκε Ἀγνή· ἀειπάρθενε.

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]

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἑξαποστειλᾶριον.

Τοῦ Τριωδίου ---

Ἦχος β΄. Τοῖς Μαθηταῖς συνέλθωμεν.

Στεφανηφόρος Ἄγιε, παρεστῶς σὺν
Ἀγγέλοις, τῷ τοῦ Χριστοῦ νῦν Βήματι,
καὶ φωτὸς τοῦ ἐκεῖθεν, πληρούμενος
Ἀθλοφόρε, τὴν εἰρήνην τῷ Κόσμῳ,
ἀδιαλείπτως πρέσβευε, καὶ ἡμῖν σωτηρίαν
τοῖς εὐσεβῶς, τὴν φωσφόρον μνήμην σου
ἐκτελοῦσι, Θεόδωρε πανόλβιε, Μάρτυς
ἡγλαϊσμένε.

Θεοτοκίον.

Ἦχος β΄. Τοῖς Μαθηταῖς συνέλθωμεν.

Ἐν τῇ γαστρὶ σου Κύριος, ἀπολλύμενον
Κόσμον, φθορᾶς ἀνακαλέσασθαι,
βουληθεὶς ὥσπερ οἶδεν, ἐσκήνωσε Θεοτόκε.

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

Σωτηρίαν οὖν πάντες, εὐρόντες ἐκβοῶμέν
σοι· Χαῖρε τὸ τοῦ Ἀγγέλου, πανευκλεές,
γυναιξὶν ἐν πάσαις εὐλογημένη· καὶ γὰρ
χαρὰν ἐκήσας, πάσῃ τῇ οἰκουμένη.

Οἱ Αἶνοι. Ἦχος α'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ
Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ
πρέπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν
πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ
ὔδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ
ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς
ἐνετείλατο, καὶ ἐκτίσθησαν.

Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα
τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ
πᾶσαι ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα
καταιγίδος, τὰ ποιῶντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα
καὶ πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἐρπετὰ καὶ
πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ
πάντες κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ
νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη
τὸ ὄνομα αὐτοῦ μόνου.

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.

Ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρασ λαοῦ αὐτοῦ.

Ὑμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

Ἀσατε τῷ Κυρίῳ ἄσμα καινόν, ἡ αἰνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς.

Τοῦ δεῖξαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος α'. *Τῶν οὐρανίων ταγμάτων.*

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Τὸν ἀριστεὰ τῆς ἄνω, στρατολογίας πιστοί, ὡς καρτερόν ὀπλίτην, τῆς ἡμῶν εὐσεβείας, συμφώνως συνελθόντες, ὠδαῖς μυστικαῖς, εὐφημήσωμεν λέγοντες· Ἀξιοθαύμαστε Μάρτυς τοῦ Ἰησοῦ, εὐχου ὑπὲρ τῶν τιμώντων σε.

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]

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρα.

Τῇ φερωνύμῳ σου κλήσει, δῶρον Θεοῦ ἀληθῶς, τοῖς θλιβομένοις πᾶσι, θυμηδία ἐδόθης, Θεόδωρε τρισμάκαρ· πᾶς γὰρ τῷ σῶ, προσπελάζων Ναῶ ἀληθῶς, μέτ' εὐφροσύνης λαμβάνων τὰς ἀμοιβάς, τῶν θαυμάτων σου γεραίρει Χριστόν.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Τῆς εὐσεβείας τὸν πλοῦτον, καὶ τὴν λαμπρότητα, ἀθλητικοῖς καμάτοις, σεαυτῷ θησαυρίσας, πᾶσαν τὴν ἰσχύν σου, δῶρον δεκτόν, τῷ Θεῷ προσενήνοχας, ἀναπληρῶν ἐν τοῖς ἅθλοις μετὰ σπουδῆς, Θεοδώρητόν σου πρόσκλησιν.

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Τῇ παμφαεῖ πανηγύρει, τοῦ θείου Μάρτυρος, εὐχρηθῶμεν πάντες, καὶ πιστῶς εὐφρανθῶμεν, φιλέορτοι τιμῶντες, φαιδρὰν ἐορτήν, τῆς αὐτοῦ τελειώσεως, ἁσματικῶς ἀνυμνοῦντες τὸν Ἰησοῦν, τὸν δοξάσαντα τὴν μνήμην αὐτοῦ.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - -

Ἦχος πλ. β'.

Ἀγιοσύνης δωρεά, καὶ πλοῦτος θείας ζωῆς, πεφανέρωσαι τῷ Κόσμῳ Θεόδωρε. Χριστὸς γὰρ σου σοφέ, τὴν μνήμην ἐδόξασεν· ἐν ἣ συμφώνως οἱ πιστοί, γεγηθότες ὑμνοῦμεν, τοὺς ἀγῶνας τῶν πόνων σου.

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]

Τῆς Οκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Θεοτόκε, σὺ εἶ ἡ ἄμπελος ἡ ἀληθινή, ἡ βλαστήσασα τὸν καρπὸν τῆς ζωῆς, σὲ ἱκετεύομεν, πρέσβευε Δέσποινα, μετὰ τοῦ Ἀθλοφόρου καὶ πάντων τῶν ἁγίων, ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος, σὺ εἶ ὁ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

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.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν
Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ
δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς
αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,
καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν
γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν
με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ κατέφυγον. Δίδαξόν με
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός
μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί
σου ὁψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς
γινώσκουσί σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς.

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.

Ἀπολυτίκιον.

Τοῦ Τριωδίου - - -

Ἦχος β'.

Μεγάλα τὰ τῆς πίστεως κατορθώματα!
Ἐν τῇ πηγῇ τῆς φλογός, ὡς ἐπὶ ὕδατος
ἀναπαύσεως, ὁ ἅγιος Μάρτυς Θεόδωρος
ἠγάλλετο· πυρὶ γὰρ ὀλοκαυθθεὶς, ὡς
ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς
αὐτοῦ ἱκεσίαις, Χριστὲ ὁ Θεός, ἐλέησον
ἡμᾶς.

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]