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# **The Service of Matins**

**for Saturday, March 9, 2019**

**Triodion - On Saturday of Cheese Week**

**Memory of the Holy Ascetics  
on Saturday Morning at Matins**

**Menaion - March 9**

**Memory of the Holy Forty Martyrs of Sebastia**

**Katavasias of Theotokos**

**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 τῆς Τυρινῆς εἰς τὸν Ὅρθρον.

**Μηναῖον - ΤΗ Ε' ΜΑΡΤΙΟΥ**

Μνήμη τῶν Ἁγίων Τεσσαράκοντα Μαρτύρων, τῶν ἐν Σεβαστείᾳ

**ΟΡΘΟΣ**

**ΧΟΡΟΣ**

**Ἦχος α'.**

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. Τῶν Μαρτύρων.**

Τοῦ Μηναίου - -

**Ἦχος α'.**

Τὰς ἀλγηδόνας τῶν Ἁγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὀδύνας, ἴασαι φιλόανθρωπε δεόμεθα.

**Δόξα. Τῶν Ὁσίων.**

Τοῦ Τριωδίου - -

**Ἦχος δ'.**

Ὁ Θεὸς τῶν πατέρων ἡμῶν, ὁ ποιῶν αἰεὶ μεθ' ἡμῶν κατὰ τὴν σὴν ἐπιείκειαν, μὴ ἀποστήσης τὸ ἔλεός σου ἀφ' ἡμῶν, ἀλλὰ ταῖς αὐτῶν ἱκεσίαις, ἐν εἰρήνῃ κυβέρονησον τὴν ζωὴν ἡμῶν.

**Triodion**

On Saturday of Cheese Week at Matins

**Menaion - March 9**

Memory of the Holy Forty Martyrs of Sebastia

**MATINS**

**CHOIR**

**Mode 1.**

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. For the Martyrs.**

From Menaion - -

**Mode 1.**

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, as the only One who loves humanity. [SD]

**Glory. For the Devout Saints.**

From Triodion - -

**Mode 4.**

O God of our Fathers, since You always deal with us in accordance with Your gentleness, do not withdraw Your mercy from us, but at their fervent entreaties, pilot our life in peace. [SD]

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

**Ἦχος δ'.**

Τὸ ἀπ' αἰῶνος ἀπόκρυφον, καὶ Ἀγγέλοις  
ἄγνωστον μυστήριον, διὰ σοῦ Θεοτόκε τοῖς  
ἐπὶ γῆς πεφανέρωται· Θεὸς ἐν ἀσυγχύτῳ  
ἐνώσει σαρκούμενος, καὶ Σταυρὸν  
ἐκουσίως ὑπὲρ ἡμῶν καταδεξάμενος· δι' οὗ  
ἀναστήσας τὸν πρωτόπλαστον, ἔσωσεν ἐκ  
θανάτου τὰς ψυχὰς ἡμῶν.

**ΙΕΡΕΥΣ**

Ἔτι 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.)

**Κάθισμα Α'. Τῶν Μαρτύρων.**

Τοῦ Μηναίου ---

**Ἦχος δ'. Ἐπεφάνης σήμερον.**

Τὸ σεπτὸν στερέωμα, τῆς Ἐκκλησίας, ὡς  
ἀστέρες μέγιστοι, καταλαμπρύνετε αἰεὶ, καὶ  
τοὺς πιστοὺς καταγαύζετε, Μάρτυρες θεοὶ,  
Χριστοῦ τεσσαράκοντα.

From Octoechos ---

Both now. **Theotokion.**

**Mode 4.**

O Theotokos, through you became  
manifest to us on earth the mystery, which  
was hid from eternity, and which the Angels  
themselves knew not: that God, uniting  
natures without confusion, becomes a man  
and accepts crucifixion for our salvation  
voluntarily. By virtue of this, resurrecting  
man whom He had first created, He saved our  
souls from death. [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.)

**Kathisma I. For the Martyrs.**

From Menaion ---

**Mode 4. You appeared today.**

In the Church's firmament \* you shine  
most brightly \* evermore, like superstars  
\* and luminaries that you are, \* and you

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος δ'.** *Ἐπεφάνης σήμερον.*

Ἐν τῇ σκέπῃ πάναγνε, τῇ σῇ Παρθένε,  
προσφυγόντων δέησιν, προσδεξαμένη παρ'  
ἡμῶν, μὴ διαλίπης πρεσβεύουσα, πρὸς τὸν  
Υἱὸν σου, σωθῆναι τοὺς δούλους σου.

**Κάθισμα Β'. Τῶν Ὁσίων.**

Τοῦ Τριωδίου ---

**Ἦχος πλ. δ'.** *Ἀνέστης ἐκ νεκρῶν.*

Ἀντώνιον ὁμοῦ, καὶ Εὐθύμιον πάντες,  
σὺν πᾶσι τοῖς λοιποῖς, θεοφόροις Πατράσιν,  
εὐφημήσωμεν ὕμνοις, αὐτῶν τὴν μνήμην  
πανηγυρίζοντες· οὗτοι γὰρ τῷ Κυρίῳ, ὑπὲρ  
τοῦ κόσμου παντὸς πρεσβεύουσιν, ἵνα  
ῥυσθῶμεν τῆς ἀρχαίας ἀρᾶς, λυτρωθέντες  
κολάσεως.

Δόξα. *Τὸ προσταχθέν.*

Ὡς εἰς λειμῶνα ἀρετῶν ἀνθηφοροῦντα,  
τῶν θεοφόρων Ἀσκητῶν περιπατοῦντες,  
τῆς ὁσμῆς πληρούμεθα τῆς ἡδυπνόου· τοῖς  
ἄθλοις γὰρ στομωθέντες τῶν πειρασμῶν,  
τὸ σῶμα τῇ ἐγκρατεῖα δουλοπρεπῶς,  
καθυπέταξαν πνεύματι, ἀγγελικὴν ἐπὶ γῆς,  
πολιτείαν βίωσαντες, δόξης οὖν ἡξιώθησαν.

Καὶ νῦν. **Θεοτοκίον.** *Τὸ προσταχθέν.*

Τῶν Ἀσωμάτων σου Χριστέ, καὶ τοῦ  
Προδρόμου, τῶν Μαθητῶν, τῶν Προφητῶν,  
καὶ τῶν Μαρτύρων, τῶν Ἀγίων ἀπάντων τε,  
καὶ τῶν Ὁσίων, πρεσβείαις τῆς ἀπειράνδρου  
καὶ ἀγαθῆς, Μητρός σου, ἐκδυσωπούμενος,  
δὸς ἡμῖν, τῷ φωτί σου πορεύεσθαι, καὶ

illumine believers all, \* O holy Forty Great  
Martyrs of Christ our God. [SD]

Glory. Both now. **Theotokion.**

**Mode 4.** *You appeared today.*

We your servants flee to you \* for help  
and shelter, \* and we pray that you accept \*  
our supplication, O all-pure \* and holy Virgin.  
Cease not to pray \* and intercede with your  
Son, that He save our souls. [SD]

**Kathisma II. For the Devout Saints.**

From Triodion ---

**Mode pl. 4.** *When You, the Life of all.*

Come all, let us extol all the God-bearing  
Fathers, \* Saint Anthony the Great and  
Efthymius also, \* and all the rest, and let us  
observe their holy memory festively. \* For  
they make intercession unto the Lord on  
behalf of the whole world, \* that we be freed  
from the ancestral curse \* and rescued from  
perdition. [SD]

Glory. *When he perceived.*

As we remember the God-bearing great  
Ascetics, \* it is like walking in a meadow full  
of flowers \* of their virtues, that fill us with  
their sweetest fragrance. \* They struggled  
and thus temptations were overcome. \* Their  
bodies became their servants through self-  
control \* and submitted to the spirit. And as  
they dwelt here on earth \* they were living an  
angelic life. \* They were worthily glorified. [SD]

Both now. **Theotokion.** *When he perceived.*

Being implored by the earnest  
intercessions \* of all Your bodiless angelic  
hosts, the Prophets, \* the Disciples, the  
Forerunner and the holy Martyrs, \* and all the  
devout Monastics and all Your Saints, \* Your  
good ever-virgin Mother, O Christ, to us \*  
grant to walk in Your light, and also count us

καταξιώσον ἡμᾶς, τυχεῖν τῆς Βασιλείας σου, διὰ σπλάγχνα ἐλέους σου.

**Κάθισμα Γ'. Τῶν Μαρτύρων.**

Τοῦ Μηναίου - - -

**Ἦχος πλ. α'.** *Τὸν συνάναρχον Λόγον.*

Τῶν Ἁγίων Μαρτύρων τὸ ἐγκαλλώπισμα, ἡ θεόστεπτος αὐτὴ καὶ θεοσύλλεκτος, τῶν Τεσσαράκοντα πληθὺς, ἀνευφημήσθωσαν νῦν· διὰ κρυμοῦ γὰρ καὶ πυρός, δοκιμασθέντες οἱ σοφοί, ἐδείχθησαν στρατιῶται, Χριστοῦ τοῦ παμβασιλέως, καὶ πρεσβεύουσι τοῦ σωθῆναι ἡμᾶς.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. α'.** *Τὸν συνάναρχον Λόγον.*

Τὴν ταχεῖάν σου σκέπην, καὶ τὴν βοήθειαν, καὶ τὸ ἔλεος δεῖξον, ἐπὶ τοὺς δούλους σου, καὶ τὰ κύματα ἀγνὴ καταπράυνον, τῶν ματαίων λογισμῶν, καὶ τὴν πεσοῦσάν μου ψυχὴν, ἀνάστησον Θεοτόκε· οἶδα γὰρ ὅτι Παρθέने, ἰσχύεις ὅσα καὶ βούλεσαι.

**ΔΙΑΚΟΝΟΣ**

Ἔτι 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.)

worthy to obtain \* Your uncreated kingdom and rule, \* in Your mercy and tender love. [SD]

**Kathisma III. For the Martyrs.**

From Menaion - - -

**Mode pl. 1.** *Let us worship the Word.*

Let the favorite ornament of the martyred saints, \* this divinely recruited, divinely crowned platoon \* of the Forty Martyrs now be extolled with hymns. \* Truly wise, these men were tested by icy cold and fire, \* and they were shown to be soldiers \* of Christ the almighty Ruler. \* And they intercede that we be saved. [SD]

Glory. Both now. **Theotokion.**

**Mode pl. 1.** *Let us worship the Word.*

I implore you to show forth your promptness to provide \* your protection and help and your mercy unto me, \* O pure Maid, and calm the waves of unruly thoughts, \* and resurrect the fallen soul of me your servant, I entreat, \* O all-holy Theotokos. \* I know, I know, O Virgin, \* that you can do whatever you wish. [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.)

## ΙΕΡΕΥΣ

Ὅτι ηὐλόγηταί σου τὸ ὄνομα, καὶ  
δεδοξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ  
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ  
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

## ΧΟΡΟΣ

### Ἀντίφωνον Α'.

#### Ἦχος δ'.

Ἐκ νεότητός μου πολλὰ πολεμεῖ με  
πάθη, ἀλλ' αὐτὸς ἀντιλαβοῦ, καὶ σῶσον  
Σωτήρ μου. (δίς)

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ  
τοῦ Κυρίου· ὡς χόρτος γάρ, πυρὶ ἔσεσθε  
ἀπεξηραμμένοι. (δίς)

Δόξα.

Ἁγίῳ Πνεύματι πᾶσα ψυχὴ ζωοῦται,  
καὶ καθάρσει ὑψοῦται λαμπρύνεται, τῇ  
τριαδικῇ Μονάδι ιεροκρυφίως.

Καὶ νῦν.

Ἁγίῳ Πνεύματι, ἀναβλύζει τὰ τῆς  
χάριτος ρεῖθρα, ἀρδεύοντα, ἅπασαν τὴν  
κτίσιν πρὸς ζωογονίαν.

### Προκείμενον. Ψαλμὸς 65.

Διήλθομεν διὰ πυρὸς καὶ ὕδατος, καὶ  
ἐξήγαγες ἡμᾶς εἰς ἀναψυχὴν. (δίς)

**Στίχ.** Ἐδοκίμασας ἡμᾶς, ὁ Θεός,  
ἐπύρωσας ἡμᾶς, ὡς πυροῦνται τὸ ἀργύριον.

Διήλθομεν διὰ πυρὸς καὶ ὕδατος, καὶ  
ἐξήγαγες ἡμᾶς εἰς ἀναψυχὴν.

## ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

## PRIEST

For blessed is your name, and glorified is  
your kingdom, of the Father and the Son and  
the Holy Spirit, now and forever and to the  
ages of ages.

(Amen.)

## CHOIR

### Antiphon I.

#### Mode 4.

Since my youth have many passions  
waged war against me. O my Savior,  
nonetheless help me and save me. (2) [SD]

You, the haters of Zion, be put to shame  
by the Lord, for like thatch in fire you will be  
completely dried up. (2) [SD]

Glory.

From the Holy Spirit every soul receives  
life, and through cleansing is lifted and  
brightened, in a hidden, sacred manner, by  
the trinal Monad. [SD]

Both now.

From the Holy Spirit do the streams of  
grace well forth; they irrigate everything  
created, so that life be engendered. [SD]

### Prokeimenon. Psalm 65.

We went through fire and water, and You  
led us into a refreshing place. (2)

**Verse:** You, O God, tested us; You tried us  
in the fire, as silver is purified by fire.

We went through fire and water, and You  
led us into a refreshing place. [SAAS]

## DEACON

Let us pray to the Lord.

(Lord, have mercy.)



**ΙΕΡΕΥΣ**

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**Ἦχος β'.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δῖς)  
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

**ΔΙΑΚΟΝΟΣ**

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

**ΔΙΑΚΟΝΟΣ**

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

**ΙΕΡΕΥΣ (ἀπὸ τῆς Ωραιᾶς πύλης)**

κα' 12 - 19

Εἶπεν ὁ Κύριος τοῖς ἐαυτοῦ Μαθηταῖς·  
Προσέχετε ἀπὸ τῶν ἀνθρώπων·  
ἐπιβαλοῦσιν γὰρ ἐφ' ὑμᾶς τὰς χεῖρας αὐτῶν  
καὶ διώξουσιν, παραδίδόντες εἰς συναγωγὰς  
καὶ φυλακάς, ἀγομένους ἐπὶ βασιλεῖς

**PRIEST**

For you are holy, our God, who rest among the Saints, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

**CHOIR**

Amen.

**Mode 2.**

Let everything that breathes praise the Lord. (2) Let everything that breathes. praise the Lord. [SAAS]

**DEACON**

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

**DEACON**

Wisdom. Arise. Let us hear the Holy Gospel.

**PRIEST**

Peace be with all.

(And with your spirit.)

**PRIEST**

The reading is from the Holy Gospel according to Luke.

**DEACON**

Let us be attentive.

(Glory to You, O Lord, glory to You.)

**PRIEST (from the gate)**

21:12-19

The Lord said to his disciples, "Beware of men who will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors for my



καὶ ἡγεμόνας ἔνεκεν τοῦ ὀνόματός μου· ἀποβήσεται δὲ ὑμῖν εἰς μαρτύριον. θέτε οὖν εἰς τὰς καρδίαις ὑμῶν μὴ προμελετᾶν ἀπολογηθῆναι· ἐγὼ γὰρ δώσω ὑμῖν στόμα καὶ σοφίαν, ἣ οὐ δυνήσονται ἀντειπεῖν οὐδὲ ἀντιστῆναι πάντες οἱ ἀντικείμενοι ὑμῖν. παραδοθήσεσθε δὲ καὶ ὑπὸ γονέων καὶ συγγενῶν καὶ φίλων καὶ ἀδελφῶν, καὶ θανατώσουσιν ἐξ ὑμῶν, καὶ ἔσεσθε μισούμενοι ὑπὸ πάντων διὰ τὸ ὄνομά μου· καὶ θριξὶ ἐκ τῆς κεφαλῆς ὑμῶν οὐ μὴ ἀπόληται· ἐν τῇ ὑπομονῇ ὑμῶν κτήσασθε τὰς ψυχὰς ὑμῶν.

(Δόξα σοι, Κύριε, δόξα σοι.)

# ΑΝΑΓΝΩΣΤΗΣ

## Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν 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 δικαιωθῇς 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 ὕσσωπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλιάσιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν

name's sake. This will be a time for you to bear testimony. Settle it therefore in your minds, not to meditate beforehand how to answer; for I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict. You will be delivered up even by parents and brothers and kinsmen and friends, and some of you they will put to death; you will be hated by all for my name's sake. But not a hair of your head will perish. By your endurance you will gain your lives." [RSV]

(Glory to You, O Lord, glory to You.)

# READER

## Psalm 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

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  
ἀσεβεῖς 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  
ἅν· 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 οἰκοδομηθήτω τὰ  
τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν  
δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.  
Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
μόσχους.

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

Δόξα. **Ἦχος β'.**

Ταῖς τῶν Ἀθλοφόρων πρεσβείαις,  
Ἐλεῆμον, ἐξάλειψον τὰ πλήθη τῶν ἐμῶν  
ἐγκλημάτων.

Καὶ νῦν.

Ταῖς τῆς Θεοτόκου πρεσβείαις,  
Ἐλεῆμον, ἐξάλειψον τὰ πλήθη τῶν ἐμῶν  
ἐγκλημάτων.

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]

From Menaion ---

**CHOIR**

Glory. **Mode 2.**

At the intercession of the holy Martyrs, O  
Lord of mercy, blot out my many offences. [SD]

Both now.

At the intercession of the Theotokos, O  
Lord of mercy, blot out my many offences. [SD]

**Ἰδιόμελον. Ἦχος β'.**

**Στίχ.** Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλήθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Προφητικῶς ἀνεβόα ὁ Δαυΐδ ἐν ψαλμοῖς· Διήλθομεν διὰ πυρὸς καὶ ὕδατος, καὶ ἐξήγαγες ἡμᾶς εἰς ἀναψυχήν, ὑμεῖς δὲ Μάρτυρες Χριστοῦ, δι' αὐτῶν τῶν ἔργων τὸ λόγιον πληροῦντες, διήλθετε διὰ πυρὸς τε καὶ ὕδατος, καὶ εἰσήλθετε εἰς τὴν βασιλείαν τῶν οὐρανῶν. Διὸ πρεσβεύσατε, τεσσαράκοντα ὄντες Ἀθληταί, δωρηθῆναι ἡμῖν τὸ μέγα ἔλεος.

**ΔΙΑΚΟΝΟΣ**

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ

**Idiomelon. Mode 2.**

**Verse:** *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.* [SAAS]

In the Psalms, David prophetically said, "We went through fire and water, and You led us into a refreshing place." And you, O Martyrs of Christ, fulfilled this saying in very deed. For you went through fire and water, and you entered the kingdom of heaven. Therefore, O Forty Athletes, intercede on our behalf, that great mercy be granted to us. [SD]

**DEACON**

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs;

τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων  
Χαραλάμπους καὶ Ἐλευθερίου, τῆς  
ἀγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων  
Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων  
καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ τῶν  
Ἁγίων μεγάλων Τεσσαράκοντα Μαρτύρων,  
τῶν ἐν Σεβαστείας μαρτυρησάντων, καὶ  
πάντῳ τῶν ἐν ἀσκήσει λαμψάντων ὁσίων  
καὶ Θεοφόρων Πατέρων ἡμῶν, ὧν καὶ τὴν  
μνήμην ἐπιτελοῦμεν· καὶ πάντων σου  
τῶν Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε  
Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

#### ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

#### ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία  
τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ  
εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ  
καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ  
εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

#### ΑΝΑΓΝΩΣΤΗΣ

**Κοντάκιον. Τῶν Μαρτύρων.**

Τοῦ Μηναίου ---

**Ἦχος πλ. β'. Τὴν ὑπὲρ ἡμῶν.**

Πᾶσαν στρατιὰν τοῦ κόσμου  
καταλιπόντες, τῷ ἐν οὐρανοῖς Δεσπότη  
προσεκολλήθητε, Ἀθλοφόροι Κυρίου  
Τεσσαράκοντα· διὰ πυρὸς γὰρ καὶ ὕδατος,  
διελθόντες μακάριοι, ἐπαξίως ἐκομίσασθε,  
δόξαν ἐκ τῶν οὐρανῶν, καὶ στεφάνων  
πληθύν.

the glorious great Martyr and all-laudable  
Euphemia; the holy and glorious Martyrs  
Thecla, Barbara, Anastasia, Katherine,  
Kyriake, Fotene, Marina, Paraskeve and Irene;  
of our holy God-bearing Fathers; (**local patron  
saint**); the holy and righteous ancestors of  
God Joachim and Anna, and the holy and  
glorious Great Forty Martyrs of Sebastia,  
and all our devout and God-bearing fathers,  
who were illustrious in asceticism, whose  
memory we celebrate, and of all your Saints.  
We beseech you, only merciful Lord, hear us  
sinners who pray to you and have mercy on  
us.

#### CHOIR

Lord, have mercy. (12)

#### PRIEST

Through the mercy, compassion, and love  
of mankind of your only-begotten Son, with  
whom you are blessed, together with your  
all-holy, good and life-giving Spirit, now and  
forever and to the ages of ages.

(Amen.)

#### READER

**Kontakion. For the Martyrs.**

From Menaion ---

**Mode pl. 2. When You had fulfilled.**

When you had forsaken every worldly  
battalion, then you joined yourselves unto  
the Master in heaven, as the Lord's forty-  
numbered contenders who won the prize.  
Inasmuch as you have gone through fire and  
through water, O blessed ones, you worthily  
received \* heavenly glory from on high, and  
manifold crowns. [SD]

**Ὁ Οἶκος.**

Τῷ ἐν θρόνῳ ἀστέκτῳ ἐποχουμένῳ, τῷ ἐκτείναντι τὸν οὐρανὸν καθάπερ δέρεον, τῷ τὴν γῆν ἐδράσαντι, καὶ συνάξαντι τὰ ὕδατα εἰς τὰς συναγωγὰς αὐτῶν, τῷ τὰ πάντα ἐκ μὴ ὄντων ποιήσαντι ὑπάρχειν, καὶ πᾶσι χορηγοῦντι πνοὴν καὶ ζωὴν, τῷ προσδεχομένῳ τῶν Ἀρχαγγέλων τὸν ὕμνον, καὶ ὑπ' ἀγγέλων δοξαζομένῳ, καὶ ὑπὸ πάντων προσκυνουμένῳ, Χριστῷ τῷ παντοκράτορι, τῷ Πλάστῃ καὶ Θεῷ ἡμῶν, προσπίπτω ὁ ἀνάξιος προσάγων μου τὴν δέησιν, λόγου χάριν αἰτῶν, ἵνα ἰσχύσω εὐσεβῶς ὑμνῆσαι καὶ γὰρ τοὺς Ἁγίους, οὓς αὐτὸς ἔδειξας νικητάς, δωρησάμενος αὐτοῖς δόξαν ἐκ τῶν οὐρανῶν, καὶ στεφάνων πληθύν.

**Κοντάκιον. Τῶν Ὁσίων.**

Τοῦ Τριωδίου ---

**Ἦχος πλ. δ'. Ὡς ἀπαρχάς.**

Ὡς εὐσεβείας κήρυκας, καὶ ἀσεβείας φίμωτρα, τῶν θεοφόρων τὸν δῆμον ἐφαίδρυνας, Κύριε, τὴν ὑφήλιον λάμποντα. Ἐν εἰρήνῃ τελείᾳ, ταῖς αὐτῶν ἱκεσίαις, τοὺς σὲ δοξάζοντας καὶ μεγαλύνοντας, διαφύλαξον, ψάλλειν καὶ ᾄδειν σοι, Ἀλληλούϊα.

**Ὁ Οἶκος.**

Τοῖς τοῦ βίου τερπνοῖς ἐνητένισα, λογισμοῖς θεωρῶν τὰ γινόμενα, καὶ μετρήσας αὐτῶν τὰ ἐπώδυνα, τὴν ζωὴν τῶν βροτῶν ἐταλάνισα, ὑμᾶς δὲ μόνους ἐμακάρισα, τοὺς μερίδα καλὴν ἐπιλεξαμένους, τὸ παθεῖν τῷ Χριστῷ, καὶ μένειν σὺν αὐτῷ, καὶ συμπάλλειν αἰεὶ τῷ Προφήτῃ Δαυΐδ, Ἀλληλούϊα.

**Oikos.**

O Christ the Ruler over all, our Creator and God, the One who is carried on an insufferable throne, who stretched out the heavens like a curtain, established the earth, and gathered the water into its places, who brought all things from nothingness into being, and who gives breath and life to all, who receives praise from the Archangels, and is glorified by Angels and worshipped by all: I the unworthy come before You and bring my prayer, asking for the grace of speech, so that I may piously extol the holy Martyrs, whom You showed to be victorious, and to whom You have given \* heavenly glory from on high, and manifold crowns. [SD]

**Kontakion. For the Devout Saints.**

From Triodion ---

**Mode pl. 4. O Planter of creation.**

O Lord, you made the host of God-bearing Saints shine as preachers of godliness and silencers of godlessness, and they lit up the entire earth. By their entreaties, preserve us in peace, as we glorify and magnify You and chant and sing to You: Alleluia. [SD]

**Oikos.**

I observed the delights of earthly life, and considered what goes on in peoples' minds; and I weighed their pain, and I deemed their life unhappy. Only you did I call blessed, you Saints who chose the good portion, to suffer with Christ and remain with Him, and ever sing with the Prophet David: Alleluia. [SD]



**Συναξάριον.**

Τοῦ Μηναίου.

Τῇ Θ' τοῦ αὐτοῦ μηνός, μνήμη τῶν Ἁγίων μεγάλων Τεσσαράκοντα Μαρτύρων, τῶν ἐν Σεβαστείᾳ τῇ πόλει μαρτυρησάντων.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Μάρτυρος Οὐρπασιανοῦ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Καισαρίου, ἀδελφοῦ τοῦ Ἁγίου Γρηγορίου τοῦ Θεολόγου.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Μάρτυρες, Πάππος, Μάμμη, Πατήρ, Μήτηρ, καὶ δύο τέκνα, ξίφει τελειοῦνται.

Τοῦ Τριωδίου.

Τῷ Σαββάτῳ τῆς Τυρινῆς, μνεῖαν ἐπιτελοῦμεν πάντων τῶν ἐν ἀσκήσει λαμψάντων ἁγίων Ἀνδρῶν τε καὶ Γυναικῶν.

**Στίχοι.**

Ψυχᾷς Δικαίων, ὧν αἰεὶ μνήμη μένει,  
Χοᾶς μενούσας, προσκομίζω τοὺς λόγους.

Ταῖς τῶν Ὁσίων σου πάντων πρεσβείαις  
Χριστὲ ὁ Θεὸς ἡμῶν, ἐλέησον ἡμᾶς.

**ΧΟΡΟΣ**

**Καταβασίαι τῆς Θεοτόκου  
Ὡδὴ 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.

**Ὡδὴ γ'.**

Τοὺς σοὺς ὑμνολόγους Θεοτόκε,  
ὡς ζῶσα καὶ ἄφθονος πηγὴ, θιάσον

**Synaxarion.**

From the Menaion.

On March 9, we commemorate the holy and great Forty Martyrs, who witnessed in the city of Sebastia.

On this day we commemorate the holy Martyr Urpasian.

On this day we also commemorate Saint Kesarios, brother of Saint Gregory the Theologian.

On this day the holy Martyrs, a Grandfather, Grandmother, Father, Mother, and two Children, died by the sword.

From the Triodion.

On the Saturday of Cheese-fare week, we commemorate all the holy men and women who excelled in asceticism.

**Verses**

I offer these words as an abiding libation  
to the souls of the Righteous  
whose memory abides forever.

By the intercessions of all Your monastic Saints, O Christ our God, have mercy on us. Amen.

**CHOIR**

**Katavasias of Theotokos  
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

συγκροτήσαντας πνευματικόν, στερέωσον·  
καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης  
ἀξίωσον.

**Ὡδὴ δ'.**

Τὴν ἀνεξιχνίαστον θείαν βουλήν,  
τῆς ἐκ τῆς Παρθένου σαρκώσεως, σοῦ  
τοῦ Ὑψίστου, ὁ Προφήτης, Ἀββακούμ,  
κατανοῶν ἐκραύγαζε· Δόξα τῇ δυνάμει σου  
Κύριε.

**Ὡδὴ ε'.**

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

**Ὡδὴ Ϛ'.**

Τὴν θείαν ταύτην καὶ πάντιμον,  
τελοῦντες ἑορτὴν οἱ θεόφρονες, τῆς  
Θεομήτορος, δεῦτε τάς 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

\* a spiritual choir for you \* the living and  
abundant fount; \* and graciously in your  
divine glory give glorious crowns to them. [SD]

**Ode iv.**

When the Prophet Habakkuk heard the  
divine \* and incomprehensible counsel of  
Your Incarnation \* from the Virgin, O Most  
High, \* considering, he cried aloud: \* Glory to  
Your power, O Lord my God. [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



ψάλλουσιν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα,  
καὶ ὑπερυψοῦτε, εἰς πάντα τοὺς αἰῶνας.

### ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν  
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

### ΧΟΡΟΣ

Ὡιδῇ θ'.

Μεγαλυνάριον. Ἦχος δ'.

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

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]

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

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

**Ὡδὴ θ'. Καταβασία. Ἦχος δ'.**

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι λαμπαδουχούμενος, πανηγυρίζετω δέ, αὔλων 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,  
ἑαυτοὺς 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.)

### Ἐξαποστειλᾶριον. Τῶν Μαρτύρων.

Τοῦ Μηναίου ---

**Ἦχος β'. Γυναῖκες ἀκουτίσθητε.**

Χορὸς τετραδεκάριθμος, Μαρτύρων  
Τεσσαράκοντα, τῆς ὑπερθέου Τριάδος, τῶν  
ἀρετῶν τετρακτύϊ, πυρὸς ἀέρος ὕδατος,  
καὶ γῆς στοιχείων τετράδος, ἄσμασι θείοις  
ὑμνεῖσθω, ὑπὲρ Χριστοῦ ὡς ἀθλήσας, τοῦ  
τῶν ἀπάντων Δεσπότη.

### Τῶν Ὁσίων.

Τοῦ Τριωδίου ---

**Ἦχος β'. Γυναῖκες ἀκουτίσθητε.**

Οἱ κόσμον ἀρνησάμενοι, καὶ τὸν  
Σταυρὸν ἀράμενοι, πληθὺς ὁσίων Πατέρων,  
σὺν τοῖς χοροῖς τῶν Μαρτύρων, Ἱεραρχῶν  
ὁμήγουρις, καὶ Γυναικῶν τὸ σύνταγμα, ἡμᾶς  
καταφαιδρύνετε, τοῦ ἀνυμνῆσαι ἀξίως,  
ὑμῶν τὴν πάμφωτον μνήμην.

## 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.)

### Exapostelion. For the Martyrs.

From Menaion ---

**Mode 2. O Women, hearken.**

The unit of the two score men \* of the  
all-holy Trinity, \* the choir of forty Martyrs \*  
contended for Christ the Savior. \* Let them be  
praised in sacred songs, \* for they endured the  
elements, \* fire and air and water \* and earth  
with the fourfold virtues, \* all for the almighty  
Master. [SD]

### For the Devout Saints.

From Triodion ---

**Mode 2. O Women, hearken.**

All you who had renounced the world  
\* and who had taken up the Cross, \* O holy  
monastic Fathers, \* and you the choirs of  
Martyrs, \* assemblage of the Hierarchs,  
and company of women Saints, \* you make  
us bright and full of joy \* that we may

**Ἑτερον.**

Τοῦ Τριωδίου ---

**Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.**

Τοὺς ἐν ἀσκήσει λάμψαντας,  
Θεοφόρους Πατέρας, καὶ Ἱεράρχας  
ἅμα τε, Γυναικῶν τὰς ὁσίας, καὶ τῶν  
Ἱερομαρτύρων, τὰς χορείας ἐν ὕμνοις,  
φαιδρῶς ἀνευφημήσωμεν, ὅπως  
ἀγιασθῶμεν, καὶ ταῖς εὐχαῖς τούτων, καὶ  
πρεσβείαις τῆς Θεοτόκου, τὸν δρόμον  
διανύσωμεν, εὐμαρῶς τῆς νηστείας.

**Οἱ Αἱνοί. Ἦχος πλ. 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 αὐτόν  
πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτόν 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.

worthily praise you \* and your all-resplendent  
memory. [SD]

**Another.**

From Triodion ---

**Mode 2. On the mountain.**

Come let us splendidly extol \* those  
who were great Ascetics, \* and the most holy  
Hierarchs, \* and the God-bearing Fathers, \*  
and praise the all-honored choirs \* of noble  
Hieromartyrs, \* also the righteous women  
Saints, \* so that we might be sanctified and  
may run \* and with ease complete the course  
of the great Fast, \* by intercessions of the  
Saints \* and of the Theotokos. [SD]

**Lauds. Mode pl. 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.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ πετεινὰ περρωτά.

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.

Ἡ ἔξομολόγησις 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, ἢ αἶνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιᾶσθωσαν 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 πρᾶεις ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιᾶσονται 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 δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

### Στιχηρά. Τῶν Μαρτύρων.

Τοῦ Μηναίου ---

**Ἦχος πλ. α΄. Χαίροις ἀσκητικῶν.**

Τοῦ ποιῆσαι ἐν αὐτοῖς κρίμα ἔγγραπτον· δόξα αὕτῃ ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Δεῦτε μαρτυρικὴν Ἀδελφοί, μέτ' ἐγκωμίων ἀνυμνήσωμεν φάλαγγα, τῷ κρύει πυρποληθεῖσαν, καὶ τὸν τῆς πλάνης κρυμόν, διαπύρῳ ζήλῳ πυρπολήσασαν, στρατὸν γενναιότατον, ἱερώτατον

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.

### Stichera. For the Martyrs.

From Menaion ---

**Mode pl. 1. Rejoice.**

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

Brethren, come now and let us sing praise \* with hymns extolling the platoon of the martyred saints, \* for they were consumed by freezing, \* and they themselves thus consumed \* the chill of delusion by their



σύνταγμα, συνασπισμόν τε, ἀρρόαγῃ καὶ ἀνίκητον, τοὺς τῆς πίστεως, περιβόλους καὶ φύλακας, Μάρτυρας τεσσαράκοντα, χορείαν τὴν ἔνθεον, τῆς ἐκκλησίας τοὺς πρέσβεις, τοὺς δυνατῶς ἱκετεύοντας, Χριστὸν καταπέμψαι, ταῖς ψυχαῖς ἡμῶν εἰρήνην, καὶ μέγα ἔλεος.

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

Χαίροις συναγωγὴ κραταιά, καὶ Ἱερὰ καὶ τροπαιοῦχος παράταξις, οἱ πύργοι τῆς εὐσεβείας, οἱ στρατιῶται Χριστοῦ, οἱ στεῖροὶ ὀπλῖται καὶ ἀήττητοι, τὸν νοῦν εὐτονώτατοι, καὶ ψυχὴν ἀνδρειότατοι, τῷ ὄντι θεῖοι, καὶ Θεῷ ποθεινότατοι, χορὸς Ἅγιος καὶ θεόλεκτον σύστημα, Μάρτυρες τεσσαράκοντα, οἱ ἴσοι τὴν ἄθλησιν, ἴσοι τὴν γνώμην καὶ ἴσους, καὶ τοὺς στεφάνους δεξάμενοι, Χριστὸν δυσωπεῖτε, ταῖς ψυχαῖς ἡμῶν δοθῆναι, τὸ μέγα ἔλεος.

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

Χαίροις τροπαιοφόρος πληθὺς, ἡ ἐν πολέμοις ἀνδρικῶς ἀριστεύσασα, ἀστέρες οἱ διελθόντες, διὰ πυρὸς καὶ κρυμοῦ, καὶ ὑδάτων πῆξιν διαλύσαντες, οἱ γῆν οὐρανῶσαντες, καὶ τὰ πάντα φωτίσαντες, οἱ ἐν τοῖς κόλποις, Ἀβραὰμ νῦν θαλπόμενοι, οἱ χορεύοντες, σὺν Ἀγγέλων στρατεύμασι, Μάρτυρες τεσσαράκοντα,

ardent zeal. \* An army most valorous, a contingent most hallowed, \* they fought as comrades, all for one and invincible. \* They were guardians of the Faith, a protective wall. \* Such are the forty martyred saints, a chorus inspired by God, \* the Church's great intercessors, who make entreaties most powerful \* to Christ, that He send down \* lasting peace upon the world and great mercy on our souls. [SD]

*Praise God in His saints; praise Him in the firmament of His power. [SAAS]*

Mighty, sacred assembly, rejoice. \* O decorated and unbeatable regiment,\* the towers of true religion, you are the soldiers of Christ,\* rugged men in armor and invincible.\* Most focused in intellect, and most manly in soul are you,\* truly divine men, and exceedingly loved by God,\* and a holy choir, and a God-chosen army corps.\* O forty Martyrs of the Lord, all equal in suffering,\* in frame of mind you were equal, and you received equal laurel crowns.\* To Christ pray intently,\* and entreat Him that He grant His great mercy to our souls. [SD]

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

Rejoice, O holy prize-winning band, \* manfully fighting in the battles with excellence, \* O stars who, after you passed through \* the test of fire and cold,\* by your ardent faith did melt the frozen lake. \* A heaven you made of earth; you illumined the universe. \* You now are kept warm in the bosom of Abraham, \* and in chorus dance

τὰ ἄνθη τὰ πνέοντα, τὴν εὐωδίαν τῆς  
ὄντως, πνευματικῆς διαδόσεως, Χριστὸν  
δυσωπεῖτε, ταῖς ψυχαῖς ἡμῶν δοθῆναι, τὸ  
μέγα ἔλεος.

**Στιχηρά. Τῶν Ὁσίων.**

Τοῦ Τριωδίου - - -

**Ἦχος πλ. δ'. Ὁ ἐν Ἐδέμ Παράδεισος.**

*Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε  
αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.*

Τὴν τῶν Πατέρων ἅπαντες πληθύν,  
όσίως ἀσκήσασαν, ἐν ὧδαῖς ἐγκωμιάσωμεν  
πιστοί, τοὺς Ἱεράρχας δὲ Χριστοῦ,  
εὐφημήσωμεν ἄσμασι, θεοφρόνως  
όμοψύχως ἀδελφοί ἐν ἐγκρατεία γὰρ  
ἔζησαν, καὶ ἐν νηστεία καθαρᾷ, καὶ τοῦ  
Χριστοῦ κατετρέψαντες, τὸ Εὐαγγέλιον  
ἡμῖν, μεθ' ὧν ἀνυμνήσωμεν, Γυναικῶν  
τὰς θεοφόρους καὶ λαμπράς, τὴν αὐτῶν  
πολιτείαν, θεοπρεπῶς ζηλοῦντες ἐν ψυχῇ,  
ἵνα εὖρωμεν ἐκεῖ, πλημμελημάτων τὴν  
συγχώρησιν.

*Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῳ,  
αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.*

Τοὺς ἐν ἀσκήσει λάμπαντας φαιδρῶς,  
όσίως τε ζήσαντας, εὐφημήσωμεν ἐνδόξως  
ἀδελφοί, ὡς βιοτεύσαντας καλῶς, πρὸς  
ζωὴν τὴν αἰώνιον, εὐσεβῶς μετοικισθέντας  
ἐν χαρᾷ, πρὸς λῆξιν τε τὴν ἀνώλεθρον,  
καὶ μακαρίαν τὴν ἐκεῖ, δι' ἀρετῆς καὶ  
σεμνότητος, εὐθυδρομήσαντας ἰδοῦ, ἀξίως  
τιμῆσωμεν, ὅπως τύχωμεν ἐλέους ἐκ  
Θεοῦ, τῇ αὐτῶν παρακλήσει, καὶ αἰωνίου  
δόξης καὶ χαρᾶς, καὶ ῥυσθῶμεν τῶν ἐκεῖ,  
ἀπαραιτήτων κολάσεων.

with angelical regiments. \* O forty Martyrs of  
the Lord, the flowers of Paradise \* emitting  
spiritual fragrance indeed dispensing the  
Spirit's gifts. \* To Christ pray intently, \* and  
entreat Him that He grant His great mercy to  
our souls. [SD]

**Stichera. For the Devout Saints.**

From Triodion - - -

**Mode pl. 4. (not metered)**

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

All believers, let us praise in song the  
great company of the Fathers. Brethren, let  
us with a godly mind and singleness of soul  
extol the Hierarchs of Christ. For they lived in  
self-control and pure fasting, and they made  
the Gospel of Christ known to all of us. Let us  
also sing the praises of the God-bearing and  
illustrious Women, and wholeheartedly and  
piously aspire to their way of life, so that in  
the next life we may obtain the forgiveness of  
sins. [SD]

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

Brethren, let us gloriously extol those  
who shined splendidly in asceticism and  
lived in devout monasticism. And let us  
worthily honor those who lived well and  
who piously moved to eternal life with joy,  
to that indestructible and blessed destination  
in the next life. Through virtue and decorum  
they went straight there. By their prayers,  
may we receive mercy from God, eternal  
glory and joy, and may we be delivered from  
unavoidable punishment in the next life. [SD]



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

Τεραρχῶν ἀπάντων ὁ χορός, Δικαίων  
ὁμήγουρις, Ἀσκητῶν τε καὶ ὁσίων Γυναικῶν,  
τῶν βιωσάντων εὐσεβῶς, δυσωπηθέντες  
χάριτι· Ἰκετεύσατε τὸν μόνον ἀγαθόν, καὶ  
πανοικτίρμονα Κύριον, τοῦ οἰκτειρῆσαι καὶ  
ἡμᾶς, καὶ τῆς ἐκεῖ κατακρίσεως, ῥυσθείημεν  
διαπαντός, ταῖς προσευχαῖς ὑμῶν σοφοί,  
καὶ μελλούσης ἀπολαύσεως, τρυφᾶν  
διηνεκῶς, εἰς αἰῶνας αἰώνων, ἀγαλλιώμενοί  
τε καὶ ἡμεῖς, αἶνον ὕμνοις ἀπαύστως, τῷ  
Ζωοδότη ἀνακραζόντες.

Δόξα. **Τῶν Μαρτύρων.**

Τοῦ Μηναίου ---

**Ἦχος πλ. α'.**

Ἀθλοφόροι Χριστοῦ, τὴν πάνσεπτον  
νηστείαν φαιδρότεραν ἀπειργάσασθε,  
τῇ μνήμῃ τῆς ἐνδόξου ὑμῶν ἀθλήσεως·  
Τεσσαράκοντα γὰρ ὄντες, τὴν  
τεσσαρακονθήμερον ἀγιάζετε, τὸ σωτήριον  
πάθος μιμησάμενοι, διὰ τῆς ὑπὲρ Χριστοῦ  
ὑμῶν ἀθλήσεως. Διὸ ἔχοντες παρόρησίαν  
πρεσβεύσατε, ἐν εἰρήνῃ καταντῆσαι ἡμᾶς,  
εἰς τὴν τριήμερον Ἀνάστασιν τοῦ Θεοῦ, καὶ  
Σωτῆρος τῶν ψυχῶν ἡμῶν.

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Μακαρίζομέν σε Θεοτόκε Παρθένε,  
καὶ δοξάζομέν σε οἱ πιστοὶ κατὰ χρόος, τὴν  
πόλιν τὴν ἄσειστον, τὸ τεῖχος, τὸ ἄρρηκτον,  
τὴν ἀρραγῇ προστασίαν, καὶ καταφυγὴν  
τῶν ψυχῶν ἡμῶν.

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

We implore you, Hierarchs and  
Righteous, Ascetics, men and women  
Monastics, all you who lived piously in  
grace. Entreat our all-compassionate Lord,  
who alone is good, to have mercy on us. By  
your prayers, O wise Saints, may we ever be  
delivered from condemnation in the next life,  
so that we may continually enjoy the future  
delights, forever and ever, greatly rejoicing  
and unceasingly shouting hymns of praise to  
the Giver of Life. [SD]

Glory. **For the Martyrs.**

From Menaion ---

**Mode pl. 1.**

O victorious Martyrs of Christ, you have  
made the all-holy Fast even more cheerful  
by the memory of your glorious contest.  
Being forty in number, you sanctify the forty-  
day fast of Lent, for you imitated the saving  
Passion of Christ by contesting for His sake.  
Therefore, since you have confidence before  
Him, intercede for us that we may peacefully  
reach the three-day Resurrection of our God  
and the Savior of our souls. [SD]

From Octoechos ---

Both now. **Theotokion.**

Now we call you blessed, O Virgin  
Theotokos, and we glorify you, duty-  
bound as believers; the city unshakable, the  
wall indestructible, the firm and steadfast  
protection, and the place of refuge for our  
souls. [SD]

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

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

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

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.

## 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.

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 σὲ 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 αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

**Ἀπολυτίκιον. Τῶν Μαρτύρων.**

Τοῦ Μηναίου - - -

**Ἦχος α'.**

Τὰς ἀλγηδόνας τῶν Ἀγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὁδύνας, ἴασαι φιλάνθρωπε δεόμεθα.

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. For the Martyrs.**

From Menaion - - -

**Mode 1.**

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, as the only One who loves humanity. [SD]