

**Menaion - March 9**

Memory of the Holy Forty Martyrs of Sebastia

**Triodion**

Saturday of Cheese Week. We observe the memory of all the God-bearing Fathers, who were illustrious in asceticism.

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

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

**Verse 2:** *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

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

**Verse 3:** *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

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

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

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

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

**Antiphon II. Mode 2.**

**Verse 1:** *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

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

**Verse 2:** *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

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

**Verse 3:** *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

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

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

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

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

**Antiphon III.**

**Apolytikion.**

**Mode 1.**

From Menaion - - -

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]

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

**Psalm 102.**

**Psalm 145.**

**The Beatitudes.**

**Mode 2.**

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

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

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

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

**Canon for the Martyrs.**

**Ode iii. Mode 2. N/M (Establish us in You.)**

From Menaion - - -

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

They despised life and the army,/the beauty of their bodies and their wealth./The truly glorious forty martyrs inherited Christ in place of all these! [OCA]

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

When the forty martyrs were beaten by stones without mercy,/through the Spirit of God they turned back on their tormentors! [OCA]

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

The serpent of the one who invented blasphemy/spoke through the lips of the

tormentors,/but his mouth, opposed to God,/was broken by the rocks hurled against the martyrs! [OCA]

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

**Theotokion.**

You conceived God in your womb without seed,/giving birth to Him who was ineffably incarnate./Even the hosts of Heaven dare not look on Him, pure Ever-Virgin! [OCA]

**Canon for the Fathers.**

From Triodion - - -

**Ode vi. Mode pl. 4. (NM)**

*Held fast by many sins.*

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

Wonderful and worthy of our veneration are the Holy Fathers, with their ascetic struggles for God's sake, their spiritual wrestling, and their works of healing. Who but they have performed such miracles? [KW]

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

Let us honour Rabbula the wonderful, and also Rufus, Sisois equal of the angels, and with them divine Seridos and Silvanus. [KW]

Glory.

As a four-starred firmament, the four Simeons were revealed on earth: three of them were stylites and one a fool for Christ. [KW]

Both now. **Theotokion.**

Leap for joy, Jesse the forefather; from thy root has sprung the Flower and Life that saves the world, Christ our god born from the pure Virgin. [KW]



**Entrance Hymn. Mode 2.**

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

**Hymns After the Small Entrance.  
Apolytikion. 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]

**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]

**(Apolytikion of the Parish Church)**

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

**Kontakion. Mode 2.**

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. [SD]

**THE TRISAGION HYMN**

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

*Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.*

Holy Immortal, have mercy on us.

**The Epistle**

For the Martyrs.

**Prokeimenon. Mode pl. 4. Psalm 11.**

You shall guard us, O Lord; You shall preserve us. [SAAS]

**Verse:** *Save me, O Lord, for the holy man has ceased.* [SAAS]

The reading is from Paul's Letter to the Hebrews.

12:1-10

Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you

have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time at their pleasure, but he disciplines us for our good, that we may share his holiness. [RSV]

**Alleluia. Mode 2.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Those planted in the house of the Lord shall blossom forth in the courts of our God.*

[SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

*For the Devout Saints.*

The reading is from the Holy Gospel according to Matthew.

11:27-30

The Lord said to his disciples, "All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." [RSV]

**Hymn to the Theotokos.**

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

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

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

**Hymn after Holy Communion.  
Mode 2.**

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

**THE DISMISSAL**

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

**Fasting Rule**

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

*Refrain from meat.*

*It is the third week of the Triodion.*