

## March 16

### Triodion

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

### 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.

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]

*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 4.**

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 1 for the Saint.**

**Ode iii. Mode 4. O Mother of God. (N/M)**

From Triodion - - -

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

The greatest among martyrs has turned the sadness of this present season into joy, granting us relief from the strictness of the holy Fast. [KW]

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

Fitting and appropriate is the gift which thou dost grant us through thy prayers, O martyr; for thou callest us to dwell with thee in Paradise, and joyfully we offer thee our gifts of praise. [KW]

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

Thou hast laid a good foundation through thy victory, O glorious martyr; with a courage surpassing nature thou hast overthrown the beast of destruction that breathed out fire and murder. [KW]

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

**Theotokion.**

The whole earth, O Virgin, is filled with the knowledge of the Lord who came forth into the world from thee; and great is the grace of the divine martyrs who have confirmed the truth through their lives. [KW]

**Canon 2 for the Saint.**

From Triodion - - -

**Ode vi. Mode pl. 2. N/  
M (Perceiving the open sea.)**

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

The Archbishop was amazed by your strange unusual appearance to him. And he said, "Sir, who are you, who speak to me? Instruct me and show me how we might be helped." [SD]

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

Theodore replied, "I am obviously the Martyr. Now listen to me. Boil wheat and give it to the people. This is how you will be safe from the polluted foods of that wicked man."

[SD]

Glory.

O Theodore, how great was your miracle,  
and how amazing was your help! Because of  
this, we are all encouraged, and we sincerely  
run to you and pray: Save us who pray to you!

[SD]

Both now. **Theotokion.**

O Lady, you became the dwelling place of  
Light, and the clean vessel of the Logos, by the  
good pleasure of the Father and the visitation  
in you of the Holy Spirit. Therefore, I pray  
you, guide me to the Light. [SD]

**Entrance Hymn. Mode 2.**

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

**Hymns After the Small Entrance.  
Apolytikion.**

From 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]

**(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.

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

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

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

The reading is from Paul's Second Letter to Timothy.

2:1-10

Timothy, my son, be strong in the grace that is in Christ Jesus, and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hardworking farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory. [RSV]

**Alleluia. Mode pl. 2. Psalms 64, 101.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Blessed are they whom You have chosen and received, O Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *And their memorial abides from generation to generation.* [SAAS]

Alleluia. Alleluia. Alleluia.

### **The Gospel**

On Saturday of the First Week of Lent

The reading is from the Holy Gospel according to Mark.

2:23-28; 3:1-5

At that time, Jesus was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. And the Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" And he said to them, "The sabbath was made for man, not man for the sabbath; so the Son of man is lord even of the sabbath." Again he entered the synagogue, and a man was there who had a withered hand. And they watched him, to see whether he would heal him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come here." And he said to them, "Is it lawful on the sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at

their hardness of heart, and said to the man, "Stretch it out," and his hand was restored. [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, the Holy Great Martyr Theodore Tyro, whose miracle of the kolyva we celebrate; and of all the saints, have mercy on us and save us, for He is good and loves mankind.

**Fasting Rule**

*Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.*

*It is Saturday or Sunday in Lent.*