

## ΤΗΙ ΙΣ' ΜΑΡΤΙΟΥ

### Τριώδιον

Σάββατον τῆς Α' Ἑβδομάδος. Τὸ διὰ  
Κολλύβων Θαῦμα τοῦ Ἁγίου Θεοδώρου τοῦ  
Τήρωνος.

## ΛΕΙΤΟΥΡΓΙΑ

### Ἀντίφωνον Α'. Ἦχος β'.

**Στίχ. α'.** Εὐλόγει, ἡ ψυχὴ μου, τὸν  
Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ  
ἅγιον αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. β'.** Εὐλόγει, ἡ ψυχὴ μου, τὸν  
Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς  
ἀνταποδόσεις αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. γ'.** Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε  
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ  
πάντων δεσπόζει.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

## 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.

**Ἀντίφωνον Β'. Ἦχος β'.**

**Στίχ. α'.** Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·  
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ  
μου ἕως ὑπάρχω.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις  
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. β'.** Μακάριος οὗ ὁ Θεὸς Ἰακώβ  
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν  
Θεὸν αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις  
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. γ'.** Βασιλεύσει Κύριος εἰς τὸν  
αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ  
γενεάν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις  
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,  
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ  
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς  
ἁγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,  
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,  
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,  
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος  
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον  
ἡμᾶς.

**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]

**Ἀντίφωνον Γ'.**  
**Ἀπολυτίκιον.**  
**Ἦχος β'.**

Τοῦ Τριωδίου - - -

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.

**Antiphon III.**  
**Apolytikion.**  
**Mode 2.**

From Triodion - - -

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. <sup>[SD]</sup>

*Ἡ, ἀντὶ τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,  
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

**Ψαλμὸς 102.**

**Ψαλμὸς 145.**

**Οἱ Μακαρισμοί.**

**Ἦχος δ'.**

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν  
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.  
Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν  
ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ  
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ  
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν  
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

**Κανὼν Α' τοῦ Ἀγίου.**

**Ὡδὴ γ'. Ἦχος δ'. Τὸν σοὺς ὑμολόγους.**  
Τοῦ Τριωδίου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ  
ἐλεηθήσονται.

Ἰδεῖν τὴν ἡμέραν τοῦ Υἱοῦ σου, ποθῶν  
ὁ χριστάνυμος λαός, εἰς τύπον ταύτης  
Δέσποινα, τανῦν προεορτάζουσι, σὲ  
φέρουσιν ὑπόθεσιν, καὶ τὸν κλεινὸν  
Ἀθλοφόρον σου.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ  
τὸν Θεὸν ὄψονται.

Νικᾷ πᾶσι τρόποις τὰ βελτίω· ὁ  
μέγιστος γὰρ ἐν ἀθληταῖς, εἰς εὐφροσύνην  
ἤμειψε, τὴν τοῦ καιροῦ κατήφειαν, τῆς  
εὐαγοῦς τὸ σύντονον, νηστείας τρέψας εἰς  
ἄνεσιν.

*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]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ  
Θεοῦ κληθήσονται.

Οἰκεῖον καὶ πρέπον σοι τὸ δῶρον·  
καὶ γὰρ ἐξ οἰκειῶν Ἀθλητά· οὓς γὰρ  
αὐτὸς κατώκισας, ἐν ταύτῃ τῇ μερίδι σου,  
περιχαρῶς τὰ δῶρά σοι, τὰ τῶν ἐπαίνων  
προσάγομεν.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν  
δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν  
οὐρανῶν.

### **Θεοτοκίον.**

Ἐπλήσθην μὲν σύμπασα Παρθένε, τοῦ  
γνῶναι τὸν Κύριον ἢ γῆ, ἐκ σοῦ τῷ Κόσμῳ  
φάναντα, ἀλλὰ τοῖς θείοις Μάρτυσι, χάρις  
πολλὴ κρατύνασι, δι' αὐτῶν τὴν ἀλήθειαν.

### **Κανὼν Β' τοῦ Ἀγίου.**

Τοῦ Τριωδίου ---

**Ὡιδὴ Γ'. Ἦχος πλ. β'.**  
*Τοῦ βίου τὴν θάλασσαν.*

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς,  
καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα  
καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Τὸν ξένον θαμβούμενος, τῆς ὁράσεως  
τῆς σῆς, Ἀρχιερεὺς ἀντέφησε. Σὺ τίς εἶ  
Κύριε, ὁ λαλῶν ἐμοί; γνῶρισον καὶ δίδαξον,  
πῶς εὐρήσωμεν θᾶπτον τὴν βοήθειαν.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς  
ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Θεόδωρος ἔφησεν· Ἐγὼ πέφυκα σαφῶς,  
ὁ ἀθλητὴς καὶ ἄκουσον. Σῖτον ἐψῆσας,  
μέρισον τοῖς λαοῖς, καὶ οὕτω σωθήσεσθε,  
κεχραμένων βρωμάτων τοῦ ἀλάστορος.

*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]

Δόξα.

Ὡς μέγα τὸ θαῦμά σου, καὶ παράδοξος  
ἡ σή, ἀντίληψις Θεόδωρε! διὸ θαρροῦντες  
πάντες εἰλικρινῶς, πρὸς σὲ καταφεύγομεν,  
καὶ δεόμεθα· Σῶσον τοὺς οἰκέτας σου.

Καὶ νῦν. **Θεοτοκίον.**

Φωτὸς οἰκητήριον, καὶ δοχεῖον καθαρὸν,  
τοῦ Λόγου ἐχρημάτισας, Πατρὸς τῇ εὐδοκίᾳ,  
καὶ τῇ ἐν σοί, ἐπισκέψει Πνεύματος, τοῦ  
ἁγίου· διό με φωταγώγησον.

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! <sup>[SD]</sup>

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. <sup>[SD]</sup>

**Εἰσοδικόν. Ἦχος β'.**

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ  
Θεοῦ, ὁ ἐν ἁγίοις θαυμαστός, ψάλλοντάς  
σοι, Ἀλληλουῖα.

**Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον  
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 ὀλοκαυτωθείς, ὡς  
ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς  
αὐτοῦ ἱκεσίαις, Χριστέ ὁ Θεός, ἐλέησον  
ἡμᾶς.

**Τοῦ Ναοῦ.**

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

**Κοντάκιον. Ἦχος β'.**

Προστασία τῶν Χριστιανῶν  
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν  
ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν  
δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς  
ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς  
κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν,  
καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα  
ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

**Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ**

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

**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 falls,  
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]



Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

**Προκείμενον. Ἦχος βαρύς. Ψαλμὸς 63.**

Εὐφρανθήσεται δίκαιος ἐν Κυρίῳ καὶ  
ἐλπιδεῖ ἐπ' αὐτόν.

**Στίχ.** Εἰσάκουσον, ὁ Θεός, τῆς φωνῆς  
μου, ἐν τῷ δέεσθαί με πρὸς σέ.

Πρὸς Τιμόθεον Β' Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

2:1-10

Τέκνον Τιμόθεε, ἐνδυναμοῦ ἐν τῇ  
χάριτι τῇ ἐν Χριστῷ Ἰησοῦ, καὶ ἃ ἤκουσας  
παρ' ἐμοῦ διὰ πολλῶν μαρτύρων, ταῦτα  
παράθου πιστοῖς ἀνθρώποις, οἵτινες  
ίκανοὶ ἔσονται καὶ ἑτέρους διδάξαι. Σὺ  
οὖν κακοπάθησον ὡς καλὸς στρατιώτης  
Ἰησοῦ Χριστοῦ. Οὐδεὶς στρατευόμενος  
ἐμπλέκεται ταῖς τοῦ βίου πραγματείαις,  
ἵνα τῷ στρατολογήσαντι ἀρέσῃ. Ἐὰν δὲ καὶ  
ἀθλῇ τις, οὐ στεφανοῦται, ἐὰν μὴ νομίμως  
ἀθλήσῃ. Τὸν κοπιῶντα γεωργὸν δεῖ πρῶτον  
τῶν καρπῶν μεταλαμβάνειν. Νόει ὁ λέγων  
δώη γὰρ σοι ὁ Κύριος σύνεσιν ἐν πάσι.  
Μνημόνευε Ἰησοῦν Χριστὸν ἐγηγερμένον  
ἐκ νεκρῶν, ἐκ σπέρματος Δαυὶδ, κατὰ τὸ  
εὐαγγέλιόν μου, ἐν ᾧ κακοπαθῶ μέχρι  
δεσμῶν ὡς κακοῦργος· ἀλλ' ὁ λόγος τοῦ  
Θεοῦ οὐ δέδεται. Διὰ τοῦτο πάντα ὑπομένω  
διὰ τοὺς ἐκλεκτούς, ἵνα καὶ αὐτοὶ σωτηρίας  
τύχωσι τῆς ἐν Χριστῷ Ἰησοῦ μετὰ δόξης  
αἰωνίου.

**Ἀλληλουῖα. Ἦχος πλ. β'. Ψαλμοὶ 64, 101.**

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

*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.



**Στίχ. α'.** Μακάριοι οὓς ἐξελέξω καὶ προσελάβου, Κύριε.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

**Στίχ. β'.** Καὶ τὸ μνημόσυνον αὐτῶν εἰς γενεὰν καὶ γενεάν.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

### Τὸ Εὐαγγέλιον

ΤΩΙ ΣΑΒΒΑΤΩΙ ΤΗΣ Α' ΕΒΔΟΜΑΔΟΣ ΤΩΝ ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Μᾶρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

β' 23 - γ' 5

Τῷ καιρῷ ἐκείνῳ, ἐπορεύετο ὁ Ἰησοῦς τοῖς σάββασιν διὰ τῶν σπορίμων, καὶ ἤρξαντο οἱ μαθηταὶ αὐτοῦ ὁδὸν ποιεῖν τίλλοντες τοὺς στάχυας. καὶ οἱ Φαρισαῖοι ἔλεγον αὐτῷ· Ἴδε τί ποιοῦσιν ἐν τοῖς σάββασιν ὁ οὐκ ἔξεστι. καὶ αὐτὸς ἔλεγεν αὐτοῖς· Οὐδέποτε ἀνέγνωτε τί ἐποίησε Δαυῖδ ὅτε χρειὰν ἔσχε καὶ ἐπείνασεν αὐτὸς καὶ οἱ μετ' αὐτοῦ; πῶς εἰσῆλθεν εἰς τὸν οἶκον τοῦ Θεοῦ ἐπὶ Ἀβιάθαρ ἀρχιερέως καὶ τοὺς ἄρτους τῆς προθέσεως ἔφαγεν, οὓς οὐκ ἔξεστι φαγεῖν εἰ μὴ τοῖς ἱερεῦσι, καὶ ἔδωκε καὶ τοῖς σὺν αὐτῷ οὖσι; καὶ ἔλεγεν αὐτοῖς· Τὸ σάββατον διὰ τὸν ἄνθρωπον ἐγένετο, οὐχ ὁ ἄνθρωπος διὰ τὸ σάββατον· ὥστε κύριός ἐστιν ὁ υἱὸς τοῦ ἀνθρώπου καὶ τοῦ σαββάτου. Καὶ εἰσῆλθε πάλιν εἰς τὴν συναγωγὴν· καὶ ἦν ἐκεῖ ἄνθρωπος ἐξηραμμένην ἔχων τὴν χειρὰ. καὶ παρετήρουν αὐτὸν εἰ τοῖς σάββασιν θεραπεύσει αὐτόν, ἵνα κατηγορήσωσιν αὐτοῦ. καὶ λέγει τῷ ἀνθρώπῳ τῷ ἐξηραμμένην ἔχοντι τὴν χειρὰ· Ἐγείρε εἰς τὸ μέσον. καὶ λέγει αὐτοῖς· Ἐξεστὶν τοῖς σάββασιν ἀγαθοποιῆσαι ἢ κακοποιῆσαι; ψυχὴν σῶσαι ἢ ἀποκτεῖναι;

**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

οί δὲ ἐσιώπων. καὶ περιβλεψάμενος αὐτοὺς μετ' ὀργῆς, συλλυπούμενος ἐπὶ τῇ πωρώσει τῆς καρδίας αὐτῶν, λέγει τῷ ἀνθρώπῳ· Ἔκτεινον τὴν χειρὰ σου. καὶ ἐξέτεινε, καὶ ἀποκατεστάθη ἡ χεὶρ αὐτοῦ ὑγιῆς ὡς ἡ ἄλλη.

### **Ὑμνος εἰς τὴν Θεοτόκον.**

Ἀξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφεὶμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### **Κοινωνικόν. Ψαλμὸς 111.**

Εἰς μνημόσυνον αἰώνιον ἔσται δίκαιος. Ἀλληλουϊά.

### **Ὑμνος μετὰ τὴν Θ. Κοινωνίαν. Ἦχος β'.**

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ, ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

### **ΑΠΟΛΥΣΙΣ**

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἰκεσίαις τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφύμων Ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων

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, worshipping 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

Θεοπατόρων Ἰωακεῖμ καὶ Ἄννης, τοῦ Ἁγίου  
Μεγαλομάρτυρος Θεοδώρου τοῦ Τήρωνος,  
οὗ τὸ διὰ κολλύβων θαῦμα ἐορτάζομεν·  
καὶ πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

**Κανόνας Νηστείας**

*Κατάλυσις οἴνου καὶ ἐλαίου.*

*Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.*

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.*