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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

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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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]

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]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 16. It would be followed by the short litany.*

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 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]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 17. It would be followed by the short litany.

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.)

PRIEST

For You, O God, are good and love mankind, and to You we offer glory, to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.

(Amen.)

Kathisma II. For the Devout Saints.

CHOIR

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

The Polyeleos.

Psalm 134 (135).

Psalm 135 (136).

Selected Psalm Verses

Selected Psalm Verses for Martyrs

And power. Alleluia.

1. God is our refuge and power; a help in afflictions that severely befall us. Alleluia. (45:2) [SAAS]

2. Therefore we will not fear when the earth is troubled, and when the mountains are

removed into the hearts of the seas. Alleluia.

(45:3) [SAAS]

3. O God, who can be likened to You? Be not silent nor appeased, O God. Alleluia. (82:2)

[SAAS]

4. For behold, Your enemies made a noise, and those who hate You raised up their heads. Alleluia. (82:3) [SAAS]

5. They devised a wicked judgment against Your people, and they plotted against Your saints. Alleluia. (82:4) [SAAS]

6. They said, "Come, and let us destroy them from among the people." Alleluia. (82:5)

[SAAS]

7. They left the dead bodies of Your servants as food for the birds of heaven. Alleluia. (78:2) [SAAS]

8. The flesh of Your saints for the wild animals of the earth. Alleluia. (78:2) [SAAS]

9. Their blood flowed like water. Alleluia. (78:3) [SAAS]

10. For Your sake we are put to death all day long, we are counted as sheep for the slaughter. Alleluia. (43:23) [SAAS]

11. You brought us into the snare; You laid affliction on our back. Alleluia. (65:11) [SAAS]

12. We went through fire and water, and You led us into a refreshing place. Alleluia.

(65:12) [SAAS]

13. Those who afflict me revile me when they break my bones. Alleluia. (41:11) [SAAS]

14. All day long I was scourged. Alleluia. (72:14) [SAAS]

15. And they added to the pain of my wounds. Alleluia. (68:27) [SAAS]

16. The righteous cried, and the Lord heard them; and He delivered them from all their afflictions. Alleluia. (33:18) [SAAS]

17. To the saints on His earth, in them He magnified all His will. Alleluia. (15:3) [SAAS]

18. God is wondrous in His saints. Alleluia. (67:36) [SAAS]

19. Light dawned for the righteous and gladness for the upright in heart. Alleluia. (96:11) [SAAS]

20. A righteous man shall be in everlasting remembrance. Alleluia. (111:6) [SAAS]

21. The righteous shall flourish like a palm tree; he shall be multiplied like the cedar in Lebanon. Alleluia. (91:13) [SAAS]

22. Be glad in the Lord and rejoice greatly, O righteous ones, and boast, all you upright in heart. Alleluia. (31:11) [SAAS]

Glory. **For the Trinity.**

Mode 1.

Come, let us bow in worship and extol,
* all together singing doxologies * to God
the Father and the Son * and the Holy Spirit
faithfully, * crying out and saying: Save us, all-
holy Trinity.

Both now. **Theotokion.**

Mode 1.

O Christ, your people now invoke the
name * of Your holy Mother, O Good One,
and pray: * By her entreaties for us, * will You
give us Your tender love, * so that we may
glorify * You, the hope of our souls, O Lord.

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 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

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]

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.)

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 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 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]

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; 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.)

From Horologion ---

CHOIR

Canon for the Theotokos.

Ode i. Mode pl. 4. Heirmos.

Of old when the Israelite had crossed *
the watery passage as if over a tract of land,
* fleeing from the misery of Egypt, * he cried:
"To God our Redeemer, O let us sing." (2) [SD]

Most-holy Theotokos, save us.

By many temptations am I distressed. *
Praying to be rescued, for salvation I run to
you. * O Virgin and Mother of the Logos, *
from all afflictions and evils deliver me. [SD]

Most-holy Theotokos, save us.

Assaults from the passions unsettle me,
* and they fill my soul to overflowing with
much despair. * Quiet them, O undefiled
Maiden, * with the dispassionate calm of your
Son and God. [SD]

Most-holy Theotokos, save us.

O Virgin who mothered our Savior God,
* I earnestly beg that I be rescued from my
distress. * For now as I flee to you for refuge, *
my soul and reason I lift up in ardent prayer.

[SD]

Most-holy Theotokos, save us.

My body and soul are alike diseased. *
Only Theotokos, count me worthy of your
divine * providence and gracious visitation,
* since you are good and the Mother of Him
who is good. [SD]

Canon for the Martyrs.

From Menaion ---

Mode 2. N/M (Peoples, now come.)

Saints of God, intercede for us.

I praise the divinely-crowned regiment of
the martyrs of Christ/with hymns inspired
by God,/radiantly celebrating the annual
commemoration of the forty,/for He has been
glorified! [OCA]

Saints of God, intercede for us.

The forty desired the title of Christian/
and rejected every title on earth./Therefore,
now they dwell in the highest! [OCA]

Saints of God, intercede for us.

You lived in Christ and despised the
world and the flesh./You put off the old
man and this temporal garment,/clothing
yourselves in the garment of incorruption. [OCA]

Most-holy Theotokos, save us.

Theotokion.

Who is able fittingly to describe your
ineffable conceiving?/You gave birth in the
flesh, all pure one,/to God, the Savior of us
all,/who has revealed Himself to us! [OCA]

Canon for the Fathers.

From Triodion ---

**Mode pl. 4. (NM) O ye
people, let us raise a song.**

Devout Saints of God, intercede for us

With one accord let us all praise in
spiritual songs our divine Fathers, who were
renowned for their ascetic life in Egypt, the
Thebaid and Libya, in every place and city
and land. [KW]

Devout Saints of God, intercede for us

Rejoice, Antony the first leader of monks,
famous in all the world; and God-bearing

Ammoun, the glory of fasting; Arsenios the earthly angel, endued with the power of silence; and Ammonas, bearer of the Spirit. [KW]

Glory.

I sing the praises of three Persons truly existing in one Nature, the Father unbegotten, the Son begotten and the Holy Spirit: sovereignty and power without beginning, a single Godhead. [KW]

Both now. **Theotokion.**

Rejoice, all-holy Temple, Fleece on which the dew of God has fallen, sealed Fountain of the waters of immortality. Keep thy flock, O Lady, safe from the attacks of every enemy. [KW]

Ode i. Katavasia. 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]

From Horologion ---

Canon for the Theotokos.

Ode iii. Mode pl. 4. Heirmos.

O divine Master Builder of the celestial vault, * as the only Lover of mankind and Founder of the Church, * establish me, O Lord, in love for You, the believers' * firm support and ultimate object of all desire. (2) [SD]

Most-holy Theotokos, save us.

I have named you the shelter and the defense of my life. * Therefore, I entreat you, O virgin Maid who gave birth to God, * conduct me to your port, * originator of good things, * the believers' firm support, * only all-lauded one. [SD]

Most-holy Theotokos, save us.

I beseech you, O Virgin, dispel my soul's turbulence, * also the tempestuous surging of grave despondency. * For you, O Bride of God, * gave birth to Christ who is Author * of serene tranquility, * only all-spotless one. [SD]

Most-holy Theotokos, save us.

Pour the wealth of your goodness and benefactions on all, * since you bore the great Benefactor, the Cause of every good. * You carried in your womb * Christ who is mighty in power; * therefore you can do all things, * O Lady blest by God. [SD]

Most-holy Theotokos, save us.

I implore you to help me as I am now being tried * by distressing ailments, O Virgin, and morbid suffering. * For I know you to be * an inexhaustible treasure * plenteous in remedies, * only all-blameless one. [SD]

Canon for the Martyrs.

From Menaion ---

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

Saints of God, intercede for us.

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]

Saints of God, intercede for us.

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

Saints of God, intercede for us.

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]

Most-holy Theotokos, save us.

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 - - -

Mode pl. 4. (NM) None is holy as the Lord.

Devout Saints of God, intercede for us

Let us enter a second Paradise, full of the virtues of the Holy Fathers. Let us taste with joy the living and lifegiving fruits which grow there, and with faith let us sing their praises.

[KW]

Devout Saints of God, intercede for us

Let us honour Evthymios, the brightest of stars, and Helladios, bringer of the morn, with Ephraim inspired by God, and Evlogios the Great. By their works and wonders they have shone to the ends of the earth. [KW]

Glory.

Consubstantial Trinity, Unity supreme in Godhead, distinct in Persons yet single in Nature, unite us in the one will of Thy commandments. [KW]

Both now.

O Tabernacle formed by God, overshadowed by the seraphim, Moses depicted thee prophetically, O Virgin, when he spoke of the Holy of Holies, thus prefiguring thine undefiled childbirth by which Christ became incarnate. [KW]

Ode iii. Katavasia. Mode 4.

Establish your servants who extol you,
* O Mother of God, for they have formed
* a spiritual choir for you * the living and abundant fount; * and graciously in your divine glory give glorious crowns to them. [SD]

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 you are our God, 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.

(Amen.)

READER

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]

CHOIR

Kathisma. For the Martyrs.

From Menaion ---

Mode pl. 4. N/M (By conceiving the wisdom.)

Having served Christ as warriors in martyrdom/ and casting down the enemy through your suffering,/ by your deeds you fulfilled the words of the prophet:/ You courageously went through fire and water,/ finding refreshment and life incorruptible!/ Therefore you are adorned with heavenly crowns/ and rejoice with the bodiless choirs, blessed and all-praised passion-bearers./ Entreat Christ God that He may grant remission of sins// to those who honor your holy memory with love! [OCA]

Glory. For the Devout Saints.

From Triodion ---

Mode pl. 4. (NM) O Mother of God, in thy womb.

Let us glorify the gentleness and purity of Antony, the great wonders of Evthymios, the solitude and quiet of Paul and Arsenios, the renown of Theoktistos and of all the other holy monks. And with them let us praise in hymns the virgin Evpraxia with all the women wise in God, and let us cry aloud with one accord: Intercede with Christ our God, that those who celebrate with love your holy memory may receive forgiveness of their sins.

[KW]

Both now. **Theotokion.**

Mode pl. 4. (NM) O Mother of God, in thy womb.

I am held fast in the mire of sin, and there is no strength or courage in me; the tempest of my trespasses has overwhelmed me. Look upon me thy servant, I entreat thee, for thou hast borne the Word who alone loves mankind. Deliver me, O Lady, from sin and from the passions that destroy my soul, and from every ill inflicted by the enemy, that I may sing with joy: Intercede with Christ our God for thy servant, that I may be forgiven my offences; for I have set my hope in thee. [KW]

From Horologion ---

Canon for the Theotokos.

Ode iv. Mode pl. 4. Heirmos.

I have heard the report, O Lord, * of Your incarnation, which is a mystery. * I considered Your astounding works, * and I glorified Your divinity. (2) [SD]

Most-holy Theotokos, save us.

I entreat you, O Bride of God * who have borne the Helmsman and Lord, to pacify * the confusion that my passions bring * and the surging waves of my iniquities. [SD]

Most-holy Theotokos, save us.

You have borne the compassionate * Lord who is the Savior of all who sing your praise. * Hence, bestow upon me the abyss * of your own compassion which I now invoke. [SD]

Most-holy Theotokos, save us.

We who know you, O wholly pure * Virgin, to be truly the Mother of our God, * have enjoyed so many gifts from you. * Hence, we sing this canticle of gratitude. [SD]

Most-holy Theotokos, save us.

In possessing you as our hope * and the stable buttress and solid battlement * of salvation, O all-lauded one, * we are liberated from all misery. [SD]

Canon for the Martyrs.

From Menaion - - -

Mode 2. N/M (I have heard.)

Saints of God, intercede for us.

The sufferers said to the tormentors:/ Most sinful ones, you vainly offer a bad bargain! [OCA]

Saints of God, intercede for us.

The tormentors offered the saints of Christ/sharpened swords, wild beasts, the Cross and fire! [OCA]

Saints of God, intercede for us.

The fire of Gehenna is frightful to us,/but we are not afraid of any fellow servants! said the athletes. [OCA]

Most-holy Theotokos, save us.

Theotokion.

We beseech you, all-pure One who conceived God without seed:/ever pray for your servants! [OCA]

Canon for the Fathers.

From Triodion - - -

Mode pl. 4. (NM) From the overshadowed mountain.

Devout Saints of God, intercede for us

The divine Hilarion was a lantern seen by all the world; in his knowledge of God, great Justin was a mountain; and let us also praise Hierax and Ivestion, great in honour, together with Joseph. [KW]

Devout Saints of God, intercede for us

Jeremiah shone as lightning; Ischyriion showed a mighty spiritual strength; and with them Karion, Kopris and Kastor burned like beacons, while Cassian excelled in both the active and the contemplative life. [KW]

Glory.

Strange it is that the Godhead should be One and Three, fully present in each single Person without division: for Father, Son and Holy Spirit are worshipped as one God. [KW]

Both now.

Hail, spacious dwelling-place of God; hail, ark of the New Covenant; hail, vessel from which the heavenly Manna has been given to all mortal men. [KW]

Ode iv. Katavasia. Mode 4.

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]

From Horologion - - -

Canon for the Theotokos.

Ode v. Mode pl. 4. Heirmos.

Sovereign Lord our God, * as the One who loves humanity, * with your commandments enlighten us, we pray; * and also grant us * Your peace with Your own uplifted arm. (2)

[SD]

Most-holy Theotokos, save us.

Since you bore the prime * Source of happiness, impart to me, * O pure Maid, your unadulterated joy. * And fill my heart now * to overflowing with your happiness. [SD]

Most-holy Theotokos, save us.

Mother of our God, * do redeem us from all jeopardy, * since the eternal Redemption you have borne, * and Peace that passes * all understanding, O Virgin pure. [SD]

Most-holy Theotokos, save us.

Dissipate the gloom * of my trespasses, O Bride of God, * with the effulgence of your irradiance, * being the Mother * of the divine pre-eternal Light. [SD]

Most-holy Theotokos, save us.

Cure the weakness wreaked * by my passions, O pure virgin Maid. * Account me worthy of your solicitude, * and by your earnest * intercessions give me health again. [SD]

Canon for the Martyrs.

From Menaion - - -

Mode 2. *N/M (Lord, the provider of light.)*

Saints of God, intercede for us.

Through the insane savagery of the tormentors,/the athletes were condemned to spend the night in the cold and open air./They chanted a hymn of thanksgiving to God! [OCA]

Saints of God, intercede for us.

The forty martyrs rejoiced to endure the painful ice,/standing on the lake./Yet they were strengthened by the hope of divine crowns. [OCA]

Saints of God, intercede for us.

The serpent who before had made his nest in the waters/was driven out and became an object of scorn/for the forty martyrs of Christ./He was deprived of his deadly strength! [OCA]

Most-holy Theotokos, save us.

Theotokion.

We cry aloud to you, for you gave birth to Christ, the Creator of all:/Rejoice, pure one!/Rejoice, for you have shone the Light on us!/Rejoice, for you contained the infinite God! [OCA]

Canon for the Fathers.

From Triodion - - -

Mode pl. 4. *(NM) Deliver me, I pray.*

Devout Saints of God, intercede for us

Come, and in the Eden of Paradise let us look upon the ascetic struggles of the Fathers and their victories, which are ever-living flowers, tended by the Lord alone. [KW]

Devout Saints of God, intercede for us

The souls of all are watered and refreshed by the words of Neilos and illumined by the lives of Navkratios, Nikon and Nathaniel; and they are filled with joy by Nisthenor. [KW]

Glory.

Three in Persons but one in Nature is the God in whose Name we were baptized and in whom we believe: Father, Word and consubstantial Spirit. [KW]

Both now.

O Undefined, at the word of the Angel thou hast borne the Word in a way surpassing words. We entreat thee, never cease to pray to Him that thy flock may be always delivered from danger. [KW]

Ode v. Katavasia. Mode 4.

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]

From Horologion - - -

Canon for the Theotokos.

Ode vi. Mode pl. 4. Heirmos.

My prayer * shall I pour out before the Lord, * and to Him shall I proclaim my afflictions, * in that my soul has been flooded with evils, * and very near unto Hades my life has drawn. * Therefore, like Jonah I entreat: * Raise me up from corruption, O Lord my God.

(2) [SD]

Most-holy Theotokos, save us.

Solicit * your Son and Lord to rescue me * from the enemies' malignance, O Virgin, * as He redeemed out of death and corruption * my human nature held down by mortality * and overpowered by decay, * having freely submitted Himself to death. [SD]

Most-holy Theotokos, save us.

O Virgin, * I know you well as Patroness * of my life and most reliable sentry. * For you disperse a great throng of temptations, * and spiteful treatment by demons you drive away. * And constantly do I entreat * to be saved from my passions' depravity. [SD]

Most-holy Theotokos, save us.

We have you * as a protective citadel * and the absolute salvation, O Maiden, * of our souls, and in straits as a broad way. * And in your light we unceasingly jubilate. * And now, O Lady, we beseech, * from the passions and perils deliver us. [SD]

Most-holy Theotokos, save us.

I lie now * in failing health upon my bed, * and there is no cure for my ailing body. * But

I entreat, O good Lady who gave birth * to the Reliever of illnesses, who is God * the Savior of the world, and plead: * raise me up from the ravages of disease. [SD]

Canon for the Martyrs.

From Menaion - - -

Mode 2. N/M (In the sea now.)

Saints of God, intercede for us.

The author of enmity snatched the one who fell away from the forty with joy / just as he took the wretched Judas from the twelve apostles / and Adam from Eden. [OCA]

Saints of God, intercede for us.

The shameless devil rages in vain, / for as of old by the good thief and Matthias, / so now a guard tears the tyrant apart! [OCA]

Saints of God, intercede for us.

The man who missed both lives is empty minded and lamentable, / for when he was thawed by the fire, / he departed into the fire unquenchable. [OCA]

Most-holy Theotokos, save us.

Theotokion.

Virgin, you gave birth without knowing a man / and you remain ever Virgin, / revealing images of your Son and God, the true Deity!

[OCA]

Canon for the Fathers.

From Triodion - - -

Mode pl. 4. (NM) Held fast by many sins.

Devout Saints of God, intercede for us

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]

Devout Saints of God, intercede for us

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

Glory.

I sing Thy praises, Trinity without beginning, divine Unity; Light and Lights Thou art, Life and Lives, one Holy and three Holies: Mind, Word and Spirit, the one God.

[KW]

Both now.

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]

Ode vi. Katavasia. Mode 4.

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]

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 You are the King of peace and the savior of our souls, 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.

(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]

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]

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.

From Horologion - - -

CHOIR

Canon for the Theotokos.

Ode vii. Mode pl. 4. Heirmos.

Those Servants from Judea, * who of old were deported and sent to Babylon, * once treaded on the fire * of the furnace by holding * to the faith in the Trinity * and chanted: Blessed are You the God of our fathers. (2) [SD]

Most-holy Theotokos, save us.

As You wished our salvation * to be thusly dispensed, You abode within the womb * of the all-holy Virgin * whom You have

manifested * to the world as our patroness.

* O Savior, blessed are You * the God of our fathers. [SD]

Most-holy Theotokos, save us.

O pure Mother, implore Him * unto Whom you gave birth, Who delights in steadfast love, * to free from their offenses * and from their souls' defilements * those who cry out in faith and say * to Him: O blessed are You * the God of our fathers. [SD]

Most-holy Theotokos, save us.

You have shown forth Your Mother * as a tower of safety, salvation's treasury, * a spring of incorruption, * the doorway of repentance * unto all those who cry aloud * and say: O blessed are You * the God of our fathers. [SD]

Most-holy Theotokos, save us.

Unto us you delivered * Christ the Savior; and hence we entreat you: Deign to heal * the bodily diseases * and spiritual ailments * of your servants who earnestly * to your divine shelter run, * O Lady Theotokos. [SD]

Canon for the Martyrs.

From Menaion - - -

Mode 2. N/M (The image of gold.)

Saints of God, intercede for us.

The guard set over the forty martyrs was struck with awe/as he beheld their crowns./ He rejected the things that bound him to life./ He took wing with the love of Your manifest glory/and together with the martyrs he sang:/ Blessed are You, the God of our fathers! [OCA]

Saints of God, intercede for us.

The one who loved his life died as he hastened to the soul-destroying bath./The one who loved Christ most perfectly understood

what he saw./Together with the martyrs, as
in an incorruptible bath, he sang:/Blessed are
You, the God of our fathers! [OCA]

Saints of God, intercede for us.

When the spiritual fire burned in the
minds of the forty,/the subtle madness of
the impious was consumed as melting wax./
Together they sang to you, O Christ:/Blessed
are You, the God of our fathers! [OCA]

Most-holy Theotokos, save us.

Theotokion.

Moses foresaw you, pure one, as a
burning bush,/which was not consumed,
yet bore the unbearable radiance of ineffable
Being./He is One of the holy Persons who has
united Himself to our flesh! [OCA]

Canon for the Fathers.

From Triodion ---

Mode pl. 4. (NM) Thou
hast refreshed the Children.

Devout Saints of God, intercede for us

Come, and as is right let us offer hymns to
the women that lived a life of sanctity, equal
to that of the angels, and let us cry: At their
intercessions, O God, save all of us. [KW]

Devout Saints of God, intercede for us

With faith let us honour Vryaini, who bore
Christ in her heart, with godlike Fevronia,
Thomais, Hiereia, Platonis and Melanthia. [KW]

Glory.

With one accord we worship and glorify
Father, Son and Holy Spirit, and we cry aloud
with faith: Glory to Thee our God, Trinity in
Unity. [KW]

Both now.

O blessed Theotokos Virgin, who hast
borne the Saviour and Master of the world,
pray to Him at all times for mercy on our
souls. [KW]

Ode vii. Katavasia. Mode 4.

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]

From Horologion ---

Canon for the Theotokos.

Ode viii. Mode pl. 4. Heirmos.

O praise and bless Him * who by the
armies of Angels * is extolled as King of the
heavens, * supremely exalting Him unto all
the ages. (2) [SD]

Most-holy Theotokos, save us.

Do not disdain us * who need the help
that you offer, * virgin Maiden, and who bless
and extol you, * supremely exalting you unto
all the ages. [SD]

Most-holy Theotokos, save us.

Virgin, you pour out * your great
abundance of healings * over those who
faithfully extol you * and exalt supremely
your ineffable childbirth. [SD]

Most-holy Theotokos, save us.

You heal the sicknesses * of my soul, O
pure Virgin, * and the physical pains that
afflict me. * Hence I glorify you the highly
favored Maiden. [SD]

Most-holy Theotokos, save us.

You drive away from us * the assaults of temptations * and the onsets of passions, O Virgin. * Therefore do we praise you in hymns throughout the ages. [SD]

Canon for the Martyrs.

From Menaion - - -

Mode 2. *N/M (When God went down.)*

Saints of God, intercede for us.

Cruelly inciting every creature against the athletes,/the enemy has been put to shame by them all!/The forty martyrs ever praise the Lord/and exalt Him above all forever! [OCA]

Saints of God, intercede for us.

The members of your bodies were viciously crushed for Christ./You were offered to God as a divine holocaust./You ever join the choir of angels, martyrs,/singing hymns to Christ throughout all ages! [OCA]

Saints of God, intercede for us.

Make your journey and run straight to everlasting life, my Son,/the Christ-loving mother cried to her Christ-loving child./For I could not bear to see you appear in second place/before Christ, the Judge of the contest!

[OCA]

Most-holy Theotokos, save us.

Theotokion.

The Son who is not parted from the bosom of the Father,/made his dwelling in your maternal womb, pure Virgin Bride of God./We hymn and highly exalt Him throughout all ages! [OCA]

Canon for the Fathers.

From Triodion - - -

Mode pl. 4. *(NM) Glorified in the holy mountain.*

Devout Saints of God, intercede for us

Let us all glorify the pastors and wise teachers and hierarchs of the Church of Christ, together with the holy monks; and let us praise the Lord and exalt Him above all for ever. [KW]

Devout Saints of God, intercede for us

Let due praise be given to Basil the Great and to Athanasios of many labours, together with Gregory who surpassed all men in theology. [KW]

Glory.

As Unity in Essence I sing Thy praises; as Trinity in Persons I venerate Thee, Father, Son and All-Holy Spirit. The power of Thy Kingdom that has no beginning I glorify unto all ages. [KW]

Both now.

O Theotokos, thou hast become the Mountain of God in which Christ came to dwell; and He has made into divine temples all those who sing: Praise ye the Lord and exalt Him above all for ever. [KW]

Ode viii. Katavasia. Mode 4.

We praise and we bless and we worship the Lord.

Guiltless were those Servants in the furnace. * The Son of the Theotokos went and rescued them. * He who was prefigured then, * having been incarnate now, * is gathering the whole wide world into His Church to sing: * "O all you works of the Lord, to all 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 pl. 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]

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]

From Horologion ---

Canon for the Theotokos.

Ode ix. Mode pl. 4. Heirmos.

You are the Theotokos * lit'rally, O Virgin; * and we confess it, for we have been saved through you * whom we, O pure one, with choirs of angels magnify. [SD]

Most-holy Theotokos, save us.

Do not dismiss the river * of my tears, O Virgin. * For in your womb you conceived and

you carried Christ * the Lord who takes every
teardrop away from every face. [SD]

Most-holy Theotokos, save us.

With joy, all-holy Virgin, * fill my heart to
fullness, * having received, O pure Maiden,
the fullness of joy * and thereby causing the
sorrow of sin to disappear. [SD]

Most-holy Theotokos, save us.

For those who flee for safety * unto you, O
Virgin, * be a retreat and a fortress immovable,
* defense and shelter and refuge and joyous
ecstasy. [SD]

Most-holy Theotokos, save us.

With rays of your effulgence * brighten
us, O Virgin, * who in the Orthodox manner
declare you to be * the Theotokos who drives
out the gloom of ignorance. [SD]

Most-holy Theotokos, save us.

Restore my health, O Virgin; * for
because of illness, * I am reduced to a state
of tormenting pain. * Transform my feeble
condition into vitality. [SD]

Canon for the Martyrs.

From Menaion - - -

Mode 2. N/M (Being from God.)

Saints of God, intercede for us.

You were stripped naked and stoned for
the sake of Christ./You endured the wintry
air, icy water and the crushing of your limbs./
You were consumed by fire, forty martyrs./
You shine like beacons in the rushing river!

[OCA]

Saints of God, intercede for us.

They acquired the Cross as a staff of
divine power/and the forty athletes cried
out to Christ:/Master, almighty Conqueror,/

crown us with Your own hand,/that we may
unceasingly magnify You with hymns! [OCA]

Saints of God, intercede for us.

You endured the pain of ice the boundless
cruelty of cold./But Paradise is sweet!/The
bosom of the patriarch Abraham warms you
in the eternal mansions! [OCA]

Most-holy Theotokos, save us.

Theotokion.

The hosts of angels entreat your Son,
Virgin Bride and Mother./Accept our prayers,
for you alone re the hope of the faithful./
Grant peace to the world and victory and
salvation to us who love you! [OCA]

Canon for the Fathers.

From Triodion - - -

Mode pl. 4. (NM) The burning bush.

Devout Saints of God, intercede for us

Who can describe the boldness of
Ambrose? Who can recount the wisdom of
Hierotheos, and the steadfastness with which
the Alexanders struggled in defence of the
faith? [KW]

Devout Saints of God, intercede for us

Let us praise the divine Phaidimos and
God-bearing Spyridon, Antipatros, Pambo,
Palladios and Nonnos, with Jerome and all-
honoured Germanos: for they are shining
lights of God. [KW]

Glory.

O God, one in three, glory be to Thee
without ceasing. Each is God, for Father, Son
and Spirit are one in Nature, though threefold
and distinct in the splendour of their Persons.

[KW]

Both now.

The bush which burned with fire and yet was not consumed, that Moses saw of old upon Mount Sinai, was a foreshadowing of thy womb, O Virgin, which received the pure fire of the Godhead. [KW]

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]

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.)

Exaposteilarion. 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 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.

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 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
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]

*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]

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.

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]

DEACON

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

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

Let us pray for pious and Orthodox Christians.

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

Again we pray for (episcopal rank) (name).

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

Again we pray for our brethren: the priests, the hieromonks, the hierodeacons, the monastics, and all our brotherhood in Christ.

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

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

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

Again we pray for the blessed and ever-memorable founders of this holy church, and for all our fathers and brethren who have fallen asleep before us, who here have been piously laid to their rest, as well as the Orthodox everywhere.

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

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and

those who sing, and for the people here present who await Your great and rich mercy.

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

PRIEST

For You are a merciful God Who loves mankind, and to You we offer up glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

DEACON

Let us complete our morning prayer 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.)

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(Grant this, O Lord.)

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

(Grant this, O Lord.)

For pardon and remission of our sins and transgressions, let us ask the Lord.

(Grant this, O Lord.)

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

(Grant this, O Lord.)

That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.

(Grant this, O Lord.)

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

(Grant this, O Lord.)

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 You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

Holy Lord, dwelling on high and beholding things below and, with your eye that observes all, keeping watch over the whole creation, to you we have bowed the neck of our soul and body, and we beseech you, O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above.

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

DEACON

Wisdom.

(Father, bless!)

PRIEST

Blessed are You, Christ our God, always now and forever and to the ages of ages.
(Amen.)

Make firm, Lord our God, the holy and pure faith of the pious Orthodox Christians, together with the Holy Church and this city forever.

READER

Amen.

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.

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

Lord, have mercy. (3) Father, bless!

PRIEST

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.

Through the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us [and save us].

(Amen.)