

Μηναῖον - ΤΗ Θ' ΜΑΡΤΙΟΥ

Μνήμη τῶν Ἁγίων Τεσσαράκοντα
Μαρτύρων, τῶν ἐν Σεβαστείᾳ

Τριώδιον

Σάββατον τῆς Τυρινῆς. Μνήμην
ἐπιτελοῦμεν πάντῳ τῶν ἐν ἀσκήσει
λαμπάντων ὁσίων καὶ θεοφόρων Πατέρων
ἡμῶν.

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.

Menaion - March 9

Memory of the Holy Forty Martyrs of
Sebastia

Triodion

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

LITURGY

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Antiphon I. Mode 2.

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

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

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

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

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

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

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.

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 οὗτός 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,

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

Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἷς ὢν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Ἀντίφωνον Γ'.

Ἀπολυτίκιον.

Τοῦ Μηναίου - - -

Ἦχος α'.

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

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 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]

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

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος β'.

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 τῶν Ματύρων.

Ὡδὴ γ'. Ἦχος β'.

Στερέωσον ἡμᾶς ἐν σοὶ Κύριε.

Τοῦ Μηναίου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Στρατείας καὶ ζωῆς καὶ ὠραιότητος,
σωμάτων καὶ ὄλβου ἡλογηκότες, εὐκλεῶς
οἱ Τεσσαράκοντα, τὸν Χριστὸν ἀντὶ πάντων
ἐκληρώσαντο.

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

Τοῖς λίθοις ἀφειδῶς οἱ Τεσσαράκοντα,
προστάξει βαλλόμενοι τῶν τυράννων,
τὰς βολὰς διὰ τοῦ Πνεύματος, κατὰ τῶν
προσταττόντων ἀπεκρούσαντο.

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

Psalms 102.

Psalms 145.

The Beatitudes.

Mode 2.

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

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

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

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

[RSV]

Canon for the Martyrs.

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

From Menaion ---

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

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

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

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

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ Θεοῦ κληθήσονται.

Ἐλάλει κατὰ τῶν τυράννων χεῖλεσιν, ὁ ὄφης τοῦ Κτίσαντος βλασφημίας, ἀλλ' αὐτοῦ τὸ θεομάχον στόμα, τοῖς κατὰ τῶν Μαρτύρων λίθοις θλάττεται.

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

Θεοτοκίον.

Τοῦ ἄνθρακος χρυσοῦν θυμιατήριον, τοῦ Θεοῦ ἀνύμφευτε γενομένη, τὸ δυσῶδες τῆς καρδίας μου, εὐωδίασον μόνη Αειπάρθενε.

Κανὼν τῶν Πατέρων.

Τοῦ Τριωδίου - - -

Ὡδὴ ζ'. Ἦχος πλ. δ'.
Συνεχόμενον δέξαι με.

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

Θαυμαστοὶ οἱ πανσέβαστοι, Πατέρες ἡμῶν, ὧν οἱ θεῖοι ἄθλοι, ὧν τὰ παλαίσματα, ὧν αἱ ἰάσεις· τίς γὰρ πλὴν τούτων, ἔδειξε τεράτων ἰσχύν;

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

Ῥαβουλᾶς ὁ θαυμάσιος, καὶ Ροῦφος ὁμοῦ, καὶ Σισώης ἅμα ὁ ἰσάγγελος ἀνευφημείσθω, μεθ' ὧν ὁ θεῖος Σέριδος, καὶ Σιλουανός.

Δόξα.

Οὐρανὸς τετραφώστηρος, ἐφάνη ἐν γῇ, ἡ δις δύο αὐτῇ, Συμεώνιος ὁμωνυμία· οἱ ἐν τοῖς στύλοις τρεῖς εἰσι, καὶ εἷς ὁ Σαλός.

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

The serpent of the one who invented blasphemy/spoke through the lips of the tormentors,/but his mouth, opposed to God,/was broken by the rocks hurled against the martyrs! [OCA]

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

Theotokion.

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

Canon for the Fathers.

From Triodion - - -

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

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

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

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

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

Glory.

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

Καὶ νῦν. **Θεοτοκίον.**

Ἐκ τῆς ῥίζης ἀνέτειλε, σοῦ ἄνθος ζωῆς,
Ἰεσσαὶ προπάτορ, ἀνασκίρτησον, ὁ σῶζων
κόσμον, ἐκ τῆς ἀγνῆς Νεάνιδος, Χριστὸς ὁ
Θεός.

Both now. **Theotokion.**

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

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. Τῶν Μαρτύρων.**

Τοῦ Μηναίου ---

Ἦχος α'.

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

Τῶν Ὁσίων.

Τοῦ Τριωδίου ---

Ἦχος δ'.

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

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
αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.

Entrance Hymn. Mode 2.

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

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

From Menaion ---

Mode 1.

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

For the Devout Saints.

From Triodion ---

Mode 4.

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

(Apolytikion of the Parish Church)

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

Kontakion. Mode 2.

O Protection of Christians that never 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]

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

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

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

Τῶν Μαρτύρων.

Προκείμενον. Ἦχος πλ. δ'. Ψαλμὸς 11.

Σύ, Κύριε, φυλάξαις ἡμᾶς καὶ
διατηρήσαις ἡμᾶς.

Στίχ. Σῶσον με, Κύριε, ὅτι ἐκτέλειπεν
ὁσῖος.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

12:1-10

Ἀδελφοί, τοσοῦτον ἔχοντες
περικείμενον ἡμῖν νέφος μαρτύρων, ὄγκον
ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον
ἁμαρτίαν, δι' ὑπομονῆς τρέχωμεν τὸν
προκείμενον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς
τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν
Ἰησοῦν, ὃς ἀντὶ τῆς προκειμένης αὐτῷ
χαρᾶς ὑπέμεινε σταυρόν, αἰσχύνῃς
καταφρονήσας, ἐν δεξιᾷ τε τοῦ θρόνου
τοῦ Θεοῦ κεκάθικεν. Ἀναλογίσασθε γὰρ
τὸν τοιαύτην ὑπομεμενηκότα ὑπὸ τῶν
ἁμαρτωλῶν εἰς αὐτὸν ἀντιλογίαν, ἵνα
μὴ κάμῃτε ταῖς ψυχαῖς ὑμῶν ἐκλυόμενοι.
Οὐπω μέχρις αἵματος ἀντικατέστητε
πρὸς τὴν ἁμαρτίαν ἀνταγωνιζόμενοι,
καὶ ἐκλέλησθε τῆς παρακλήσεως, ἣτις
ὑμῖν ὡς υἱοῖς διαλέγεται· υἱέ μου, μὴ
ὀλιγώρει παιδείας Κυρίου, μηδὲ ἐκλύου
ὑπ' αὐτοῦ ἐλεγχόμενος. Ὅν γὰρ ἀγαπᾷ
Κύριος παιδεύει, μαστιγοῖ δὲ πάντα υἱὸν

THE TRISAGION HYMN

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

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

Holy Immortal, have mercy on us.

The Epistle

For the Martyrs.

Prokeimenon. Mode pl. 4. Psalm 11.

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

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

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

12:1-10

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

ὄν παραδέχεται. Εἰ παιδεῖαν ὑπομένετε, ὡς υἱοῖς ὑμῖν προσφέρεται ὁ Θεός· τίς γάρ ἐστιν υἱὸς ὃν οὐ παιδεύει πατήρ; Εἰ δὲ χωρὶς ἐστε παιδείας, ἧς μέτοχοι γεγόνασι πάντες, ἄρα νόθοι ἐστὲ καὶ οὐχ υἱοί. Εἴτα τοὺς μὲν τῆς σαρκὸς ἡμῶν πατέρας εἶχομεν παιδευτὰς καὶ ἐνετρεπόμεθα· οὐ πολλῶ μᾶλλον ὑποταγησόμεθα τῷ πατρὶ τῶν πνευμάτων καὶ ζήσομεν; Οἱ μὲν γὰρ πρὸς ὀλίγας ἡμέρας κατὰ τὸ δοκοῦν αὐτοῖς ἐπαίδευσαν, ὁ δὲ ἐπὶ τὸ συμφέρον, εἰς τὸ μεταλαβεῖν τῆς ἀγιότητος αὐτοῦ.

Ἀλληλούϊα. Ὦχος β'.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Πεφυτευμένοι ἐν τῷ οἴκῳ Κυρίου, ἐν ταῖς ἀνλῶν τοῦ Θεοῦ ἡμῶν ἐξανθήσουσιν.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ· τοῖς εὐθέσι πρέπει αἰνεσις.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Τῶν Ὁσίων.

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ια' 27 - 30

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ Μαθηταῖς· Πάντα μοι παρεδόθη ὑπὸ τοῦ πατρὸς μου· καὶ οὐδεὶς ἐπιγινώσκει τὸν υἱὸν εἰ μὴ ὁ πατήρ, οὐδὲ τὸν πατέρα τις ἐπιγινώσκει εἰ μὴ ὁ υἱὸς καὶ ὃς ἐὰν βούληται ὁ υἱὸς ἀποκαλύψαι. Δεῦτε πρὸς με πάντες οἱ κοπιῶντες καὶ πεφορτισμένοι, καὶ γὰρ ἀναπαύσω ὑμᾶς. Ἄρατε τὸν ζυγὸν μου ἐφ' ὑμᾶς καὶ μάθετε ἀπ' ἐμοῦ, ὅτι πραῖός

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

Alleluia. Mode 2.

Alleluia. Alleluia. Alleluia.

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

[SAAS]

Alleluia. Alleluia. Alleluia.

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

[SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Devout Saints.

The reading is from the Holy Gospel according to Matthew.

11:27-30

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

εἰμι καὶ ταπεινὸς τῇ καρδίᾳ, καὶ εὐρήσετε
ἀνάπαυσιν ταῖς ψυχαῖς ὑμῶν· ὁ γὰρ ζυγός
μου χρηστός καὶ τὸ φορτίον μου ἐλαφρόν
ἐστίν.

Ὕμνος εἰς τὴν Θεοτόκον.

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

Κοινωνικόν. Ψαλμὸς 111.

Εἰς μνημόσυνον αἰώνιον ἔσται δίκαιος.
Ἀλληλουῖα.

Ὕμνος 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, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
οσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων
τῶν ἐν ἀσκήσει λαμπάντων οσίων καὶ

for your souls. For my yoke is easy, and my
burden is light." [RSV]

Hymn to the Theotokos.

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

Communion Hymn. Psalm 111/112.

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

Hymn after Holy Communion. Mode 2.

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, 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, and all
our devout and God-bearing fathers, who
were illustrious in asceticism, and the holy

θεοφόρων Πατέρων ἡμῶν, καὶ τῶν Ἁγίων
μεγάλων Τεσσαράκοντα Μαρτύρων, τῶν
ἐν Σεβαστείας μαρτυρησάντων, ὧν καὶ
τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν
Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς
καὶ φιλάνθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς τυρὸν καὶ ὠά.

Εἶναι ἡμέρα τῆς Τυρινῆς.

and glorious Great Forty Martyrs of Sebastia,
whose memory we celebrate; and of all the
saints, have mercy on us and save us, for He is
good and loves mankind.

Fasting Rule

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

It is the third week of the Triodion.