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St Theodore and Kolyva

Katavasias of Theotokos

Text in Greek

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ΧΟΡΟΣ

Ἦχος β'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με,
καὶ τῷ ὀνόματι Κυρίου ἡμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

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 ὀλοκαυτωθεὶς, ὡς
ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς
αὐτοῦ ἱκεσίαις Χριστὲ ὁ Θεός, σῶσον τὰς
ψυχὰς ἡμῶν.

Δόξα. **Τὸ αὐτό.**

Τοῦ Τριωδίου ---

Ἦχος β'.

Μεγάλα τὰ τῆς πίστεως κατορθώματα!
ἐν τῇ πηγῇ τῆς φλογός, ὡς ἐπὶ ὕδατος
ἀναπαύσεως, ὁ Ἅγιος Μάρτυς Θεόδωρος
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αὐτοῦ ἱκεσίαις Χριστὲ ὁ Θεός, σῶσον τὰς
ψυχὰς ἡμῶν.

Τῆς Ὁκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος β'.

Πάντα ὑπὲρ ἔννοιαν, πάντα
ὑπερένδοξα, τὰ σὰ Θεοτόκε μυστήρια,
τῇ ἀγνείᾳ ἐσφραγισμένη, καὶ παρθενία
φυλαττομένη, Μήτηρ ἐγνώσθης ἀψευδῆς,

CHOIR

Mode 2.

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 holy name.

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.

From Triodion ---

Mode 2.

Magnificent are Faith's accomplishments!
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)

Glory. **Repeat.**

From Triodion ---

Mode 2.

Magnificent are Faith's accomplishments!
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)

From Octoechos ---

Both now. **Theotokion.**

Mode 2.

All surpassing every thought, all
surpassing glorious, O Mother of God, are
your mysteries. For while bearing the seal of
purity and preserved in virginity, you were

Θεὸν τεκοῦσα ἀληθινόν· αὐτὸν ἰκέτευε
σωθῆναι τὰς ψυχὰς ἡμῶν.

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν
ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα,
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου
Πνεύματος, νῦν καὶ αἰεὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων.

(Ἀμήν.)

Κάθισμα Α'.

Ἦχος πλ. δ'.

Φωστῆρες νοεροί, ἀνεδείχθητε ἅγιοι
Μάρτυρες· τὴν γὰρ ἀχλὺν τῆς πλάνης,
κατηργήσατε διὰ τῆς πίστεως, τὰς ψυχικὰς
ὕμνων λαμπάδας ἐφαιδρύνετε, καὶ τῷ
Νυμφίῳ μετὰ δόξης συνεισήλθετε, εἰς τὸν
οὐράνιον νυμφῶνα, καὶ νῦν ἰκετεύσατε,
σωθῆναι δεόμεθα τὰς ψυχὰς ἡμῶν.

deemed a Mother in truth, for to the true
God you gave birth. To Him pray fervently,
entreating that our souls be saved. (SD)

DEACON

Again and again in peace let us pray to
the Lord.

(Lord, have mercy.)

Help us, save us, have mercy upon us and
protect us, O God, by your grace.

(Lord, have mercy.)

Remembering our most holy, pure,
blessed, and glorious Lady, the Theotokos
and ever-virgin Mary, with all the saints, let
us commit ourselves and one another and our
whole life to Christ our God.

(To You, O Lord.)

PRIEST

For yours is the dominion, and yours is
the kingdom, the power, and the glory of the
Father and the Son and the Holy Spirit, now
and forever and to the ages of ages.

(Amen.)

Kathisma I.

Mode pl. 4.

Holy Martyrs, you were shown to be
spiritual luminaries; for by faith you ended
the foggy of error, you brightened the
lamps of our souls, and with glory you
entered the celestial bridal hall with the
Bridegroom. Now we pray you entreat Him to
save our souls. (SD)

Στίχ. Θαυμαστός ὁ Θεὸς ἐν τοῖς ἁγίοις αὐτοῦ.

Τὴν Σοφίαν καὶ Λόγον.

Οἰκουμένης φωστήρες, ἀειλαμπεῖς,
ἀνεδείχθητε πίστει, μαρτυρικῇ, ὅλην
ἀναθέμενοι, τὴν ἐλπίδα πρὸς Κύριον, καὶ
νοητῶ ἐλαίῳ, τοῦ Πνεύματος Ἅγιοι, τὰς
ψυχικὰς λαμπάδας, ὑμῶν ἐφαιδρύνετε·
ὅθεν καὶ κρατῆρες, νοητοὶ τοῖς ἀνθρώποις,
ἰάσεις προχέοντες, ὥσπερ νάματα ὥφθητε,
Ἀθλοφόροι πανεύφημοι, πρεσβεύσατε
Χριστῷ τῷ Θεῷ, τῶν πταισμάτων ἄφεσιν
δωρήσασθαι, τοῖς ἐορτάζουσι πόθῳ, τὴν
ἀγίαν μνήμην ὑμῶν.

Στίχ. Τοῖς ἁγίοις τοῖς ἐν τῇ γῇ αὐτοῦ
ἐθαυμάστωσεν ὁ Κύριος, πάντα τὰ θελήματα
αὐτοῦ ἐν αὐτοῖς.

Τὸ προσταχθέν.

Δι' ἐγκρατείας τῶν παθῶν, τὰς
πυριφλέκτους, ἀπονεκρώσαντες ὁρμάς,
καὶ τὰς κινήσεις, τοῦ Χριστοῦ οἱ Μάρτυρες,
ἔλαβον τὴν χάριν, τὰς νόσους ἀποδιώκειν,
τῶν ἀσθενῶν, καὶ ζῶντες καὶ μετὰ τέλος,
θαυματοργεῖν, ὄντως θαῦμα παράδοξον!
ὅτι ὅστέα γυμνά, ἐκβλύζουσιν ἰάματα. Δόξα
τῷ μόνῳ Θεῷ ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Σὲ καὶ τεῖχος καὶ λιμένα ἔχομεν, καὶ
πρέσβυν εὐπρόσδεκτον, πρὸς ὃν ἔτεκες
Θεόν, Θεοτόκε ἀνύμφευτε, τῶν πιστῶν ἡ
σωτηρία.

Verse: *God is wondrous in His saints.* (SAAS)

By conceiving the wisdom.

By your strong faith as martyrs you have
become * ever radiant torches for all the
world, * for you placed your every hope * in
the Lord, who enabled you; * you kept your
souls, like lamps, lit * with the spiritual oil * of
the all-holy Spirit, * O Martyrs extolled by all.
* Therefore you are also known as spiritual
wine bowls * that serve up as beverages
* cures and healings to all mankind, * O
victorious martyr saints. * Intercede with
Christ our God * that He grant forgiveness of
offences * to us observing your holy * memory
with faith and love. (SD)

Verse: *To the saints on His earth, in them
the Lord magnified all His will.* (SAAS)

When he perceived.

When they had deadened burning
impulses and movements * of sinful passions
by their self-control and virtue, * then the
Martyrs of Christ were given the divine grace
* of driving away the illnesses of the sick *
and working wonders, alive and after their
death. * Paradoxical miracle it is indeed,
that naked bones * should pour out cures
abundantly. * Glory be to our only God. (SD)

Glory. Both now. **Theotokion.**

We have you as a fortress and a port
and an acceptable intercessor with God,
whom you bore, O unwedded Theotokos, the
salvation of the faithful. (SD)

Κάθισμα Β'.

Ἦχος γ'. Θείας πίστεως.

Ζέων πίστεως ὀρθοδοξία, πλάνην
ἐσβεσας κακοδοξίας, καταργήσας τῶν
εἰδώλων τὸ ἄθεον, καὶ ὀλοκαύτωμα θεῖον
γενόμενος, θαυματουργίαις δροσίζεις τὰ
πέρατα. Μάρτυς ἔνδοξε, Χριστὸν τὸν Θεὸν
ικέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Δόξα. Θείας πίστεως.

Θεῖον δῶρόν σε πρὸς σωτηρίαν, πάση
δέδωκε τῇ οἰκουμένη, ὁ ἐν τοῖς ἄθλοις
δυναμώσας σε Κύριος, τὰς ψυχικὰς ἡμῶν
νόσους ἰώμενος, καὶ τῶν σωμάτων τὰ πάθη
τροποῦμενος. Μάρτυς Θεόδωρε, Χριστὸν
τὸν Θεὸν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα
ἔλεος.

Καὶ νῦν. **Θεοτοκίον. Τὴν ὡραιότητα.**

Ἦ τὸν ἀχώρητον, Θεὸν ἐν μήτρᾳ σου,
Παρθένε ἄχραντε, κυφορήσασα, τὸν πρὸ
αἰώνων ἐκ Πατρὸς ἀρρεύστως ἀνατείλαντα,
Λόγον ἐνυπόστατον, καὶ Υἱὸν ὁμοούσιον,
τοῦτον ἐκδυσώπησον, σὺν Προφήταις καὶ
Μάρτυσιν. Ὁσίοις, Ἀσκηταῖς, καὶ Δικαίοις,
δοῦναι ἡμῖν λύσιν πλημμελημάτων.

ΑΝΑΓΝΩΣΤΗΣ

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ
τῆς ἀμαρτίας μου καθάρισόν με. Ὅτι τὴν

Kathisma II.

Mode 3. Your confession.

As you boiled hot with Orthodoxy, * you
extinguished heresy's delusion * and arrested
idolatry's godlessness. * You became a whole-
burnt offering unto God, * and you refresh
the whole world with your miracles. * Pray to
Christ our God, O glorious Martyr, fervently,
* entreating Him to grant us His great mercy.

(SD)

Glory. Your confession.

The Lord, who strengthened you when
in the contests, * gave you to the world for
our salvation, * as a divine gift, which is what
your name denotes. * You heal the illness and
passions that plague our souls * and ward
off physical trauma and suffering. * Martyr
Theodore, to Christ our God pray fervently,
* entreating Him to grant us His great mercy.

(SD)

Both now. **Theotokion. Seeing how beautiful.**

You carried in your womb the
uncontainable God, * the hypostatic Word
and consubstantial Son, * who pre-eternally
shone forth from the Father without flux or
change. * Virgin all-immaculate, now entreat
Him on our behalf, * bringing with you all the
saints, Prophets, Martyrs, and Monastics all, *
Ascetics and the Righteous, and pray Him * to
grant us forgiveness of offences. (SD)

READER

Psalms 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

ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἰδοὺ γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεός τῆς σωτηρίας μου· ἀγαλλιᾶσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἂν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεός οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

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)

Κοντάκιον.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Αὐτόμελον.

Πίστιν Χριστοῦ ὡσεὶ θώρακα, ἔνδον
λαβὼν ἐν καρδίᾳ σου, τὰς ἐναντίας
δυνάμεις κατεπάτησας Πολύαθλε, καὶ
στέφει σὺρανίῳ ἐστέφθης αἰωνίως, ὡς
ἀήττητος.

Ὁ Οἶκος.

Τὸν ἐν θρόνῳ φωτὸς ἐποχούμενον,
εὐχαρίστως ἐν πίστει ὑμνουμέν σε, ὅτι
δώρημα θεῖον δεδώρησαι, τὸν γενναῖον
τοῖς ἄθλοις Θεόδωρον, τὸν ἐν τῷ βίῳ
τρισμακάριστον, ὡς ὑπέρμαχον ὄντα τῆς
ἀληθείας, εὐσεβεῖ λογισμῷ κεκτημένος
Χριστόν, ἀνεδείχθη κραταιὸς νικητῆς κατὰ
τοῦ δολεροῦ, ὡς ἀήττητος.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ 19^ῃ τοῦ αὐτοῦ μηνός, μνήμη τῶν
Ἀγίων Μαρτύρων Χρυσάνθου καὶ Δαρείας.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Κλαύδιος ὁ
Τριβούνος, ἐν θαλάσῃ βληθείς, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ἁγία Μάρτυς Ἰλαρία,
ἡ τούτου σύζυγος, ξίφει τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Μάρτυρες
Ίάσων καὶ Μαῦρος, οἱ υἱοὶ αὐτῶν, ξίφει
τελειοῦνται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Μάρτυρος Παγχαρίου.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Διόδωρος
Πρεσβύτερος, καὶ Μαριανὸς Διάκονος,
σπηλαίῳ ἐγκλεισθέντες, τελειοῦνται.

Μνήμη τοῦ Ἁγίου Νεομάρτυρος
Δημητρίου τοῦ Τορναρᾶ, ξίφει τελειωθέντος
ἐν ἔτει αψξδ' (1564).

Kontakion.

From Triodion ---

Mode pl. 4. Automelon.

Once you had taken the Faith of Christ
into your heart like a suit of armor, you
trampled the hostile forces underfoot, having
contended much, and you were crowned with
heavenly laurels forever, as one invincible. (SD)

Oikos.

We gladly in faith extol You, who are
carried on a throne of light. For You have
given us a divine gift, Theodore, who was
brave in the contests and thrice-blessed in his
life, as being a champion of the truth. Having
a pious frame of mind, he obtained You, O
Christ; and against the deceiver he proved to
be a mighty victor, as one invincible. (SD)

Synaxarion.

From the Menaion.

On March 19 we commemorate the holy
martyrs Chrysanthos and Daria.

On this day St. Claudius the tribune died
after being cast into the sea.

On this day the holy martyr Hilary, the
wife of St. Claudius, died by the sword.

On this day the holy martyrs Jason and
Maurus, their sons, died by the sword.

On this day we also commemorate the
holy martyr Pancharios.

On this day the Sts. Diodore the priest
and Marian the deacon reposed after being
closed up in a cave.

We also commemorate the holy new
martyr Demetrios the joiner who died by the
sword in the year 1564.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Σαββάτῳ τῆς πρώτης
ἑβδομάδος τῶν Νηστειῶν, τὸ διὰ τῶν
Κολλύβων παράδοξον θαῦμα τοῦ ἁγίου καὶ
ἐνδόξου Μεγαλομάρτυρος Θεοδώρου τοῦ
Τήρωνος ἐορτάζομεν.

Στίχοι.

Τροφῇ κολλύβων, ἐστιᾷ Τήρων πόλιν,

From the Triodion.

On this day, Saturday of the first week
of Lent, we celebrate the marvelous wonder
involving Kolyva by the holy and glorious
Great Martyr Theodore Tyro.

Verses

With Kollyva the Tyro feeds the City

Τροφήν τιθεὶς ἄπρακτον, ἡλιγισμένην.

Ταῖς αὐτοῦ πρεσβείαις, ὁ Θεός, ἐλέησον,
καὶ σῶσον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου Ὡδὴ α'. Ἦχος δ'.

Ἀνοίξω τὸ στόμα μου, καὶ
πληρωθήσεται Πνεύματος, καὶ λόγον
ἐρεῦξομαι, τῇ Βασιλίδι Μητρί, καὶ
ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω
γηθόμενος, ταύτης τὰ θαύματα.

Ὡδὴ γ'.

Τοὺς σοὺς ὕμνολόγους Θεοτόκε,
ὥς ζῶσα καὶ ἄφθονος πηγὴ, θίασον
συγκροτήσαντας πνευματικόν, στερέωσον·
καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης
ἀξιώσον.

Ὡδὴ δ'.

Τὴν ἀνεξιχνίαστον θείαν βουλήν,
τῆς ἐκ τῆς Παρθένου σαρκώσεως, σοῦ
τοῦ Ὑψίστου, ὁ Προφήτης, Ἀββακούμ,
κατανοῶν ἐκράυγαζε· Δόξα τῇ δυνάμει σου
Κύριε.

Ὡδὴ ε'.

Ἐξέστη τὰ σύμπαντα, ἐπὶ τῇ θείᾳ
δόξῃ σου· σὺ γὰρ ἀπειρόγαμε Παρθένε,
ἔσχες ἐν μήτρᾳ, τὸν ἐπὶ πάντων Θεόν, καὶ
τέτοκας ἄχρονον Υἱόν, παῶσι τοῖς ὕμνοῦσί
σε, σωτηρίαν βραβεύοντα.

Ὡδὴ ς'.

Τὴν θείαν ταύτην καὶ πάντιμον,
τελοῦντες ἐορτὴν οἱ θεόφρονες, τῆς
Θεομήτορος, δεῦτε τάς χεῖρας κροτήσωμεν,
τὸν ἐξ αὐτῆς τεχθέντα Θεὸν δοξάζοντες.

And makes ineffectual the food that was defiled.

By his holy intercessions, O God, have
mercy on us and save us. Amen.

CHOIR

Katavasias of Theotokos Ode i. Mode 4.

My mouth shall I open wide, * and it will
thus be with Spirit filled. * A word shall I then
pour out * unto the Mother and Queen. * I will
joyously * attend the celebration * and sing to
her merrily, * lauding her miracles. (SD)

Ode iii.

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 crowns of glory
graciously * in your divine glory grant to
them. (SD)

Ode iv.

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)

Ode v.

Amazed was the universe * by your
divine magnificence. * For while never
consummating wedlock, * you held, O Virgin,
the God of all in your womb, * and gave birth
unto a timeless Son * Who awards salvation to
* all who chant hymns of praise to you. (SD)

Ode vi.

Let us possessed of a godly mind, *
observing this divine and all-venerable feast
in honor of * the Theotokos, come clap our

Ὡδὴ ζ'.

Οὐκ ἐλάτρευσαν τῇ κτίσει οἱ θεόφρονες,
παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν,
ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον.
Ὑπερύμνητε, ὁ τῶν Πατέρων Κύριος, καὶ
Θεὸς εὐλογητὸς εἶ.

Ὡδὴ η'.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

Παῖδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ
τόκος τῆς Θεοτόκου διεσώσατο, τότε
μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος,
τὴν οἰκουμένην ἅπασαν, ἀγείρει
ψάλλουσιν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα,
καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν
ᾧ ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,
καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ
σωτῆρί μου.

Τὴν τιμιωτέραν τῶν Χερουβίμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφίμ, τὴν
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

hands, * while glorifying God who was truly
born of her. (SD)

Ode vii.

Godly-minded three * did not adore
created things * in the Creator's stead, * but
bravely trampling upon * the threat of the
furnace fire chanted joyfully: * "O supremely
praised * and most exalted Lord and God * of
the fathers, You are blessed." (SD)

Ode viii.

*We praise and we bless and we worship the
Lord.*

Pious Servants stood within the furnace.
* The Son of the Theotokos went and rescued
them. * He who was prefigured then, *
manifestly active now, * is gathering together
the entire universe * to sing the hymn: * "O
praise and supremely * exalt the Lord, O all
you His works, unto the ages." (SD)

DEACON

Let us honor and magnify in song the
Theotokos and the Mother of the light.

CHOIR

Ode ix.

Megalynarion. Mode 4.

Verse: *My soul magnifies the Lord, and my
spirit rejoices in God my Savior.* (RSV)

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)

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν
τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν
μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν τιμιωτέραν τῶν Χερουβίμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφίμ, τὴν
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ
Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ το
ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς
φοβουμένοις αὐτόν.

Τὴν τιμιωτέραν τῶν Χερουβίμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφίμ, τὴν
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ,
διεσκόρπισεν ὑπερηφάνους διανοία καρδίας
αὐτῶν.

Τὴν τιμιωτέραν τῶν Χερουβίμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφίμ, τὴν
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε
κενούς.

Τὴν τιμιωτέραν τῶν Χερουβίμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφίμ, τὴν
ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ,
μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς

Verse: For he has regarded the low estate
of his handmaiden. For behold, henceforth all
generations will call me blessed. (RSV)

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.

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. (RSV)

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.

Verse: He has shown strength with his arm,
he has scattered the proud in the imagination of
their hearts. (RSV)

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.

Verse: He has put down the mighty from
their thrones, and exalted those of low degree; he
has filled the hungry with good things, and the
rich he has sent empty away. (RSV)

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.

Verse: He has helped his servant Israel,
in remembrance of his mercy, as he spoke to our

Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.

Τὴν τιμιωτέραν τῶν Χερουβίμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφίμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Καταβασία. Ὕχος δ'.

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι λαμπαδουχούμενος, πανηγυρίζετω δέ, αὐλῶν Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυμάσια τῆς Θεομήτορος, καὶ βοάτω· Χαίροις παμμακάριστε, Θεοτόκε Ἀγνή ἀειπάρθενε.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

fathers, to Abraham and to his posterity for ever.

(RSV)

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.

Katavasia. Mode 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * heavenly intelligences * of incorporeal Angels, celebrate * and honor thus the sacred feast of the Mother of God, * crying loudly: * O rejoice, all-blessed one, * ever-virgin and pure, who gave birth to God. (SD)

DEACON

Again and again in peace let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy upon us and protect us, O God, by your grace.

(Lord, have mercy.)

Remembering our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit 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.)

ΧΟΡΟΣ

Ἐξαποστειλάριον.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Στεφανηφόρος Ἄγιε, παρεστῶς σὺν
Ἀγγέλοις, τῷ τοῦ Χριστοῦ νῦν Βήματι,
καὶ φωτὸς τοῦ ἐκεῖθεν, πληρούμενος
Ἀθλοφόρε, τὴν εἰρήνην τῷ Κόσμῳ,
ἀδιαλείπτως πρέσβευε, καὶ ἡμῖν σωτηρίαν
τοῖς εὐσεβῶς, τὴν φωσφόρον μνήμην σου
ἐκτελοῦσι, Θεόδωρε πανόλβιε, Μάρτυς
ἡγλαϊσμένε.

Ἄτερον.

Θεοτοκίον.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ἐν τῇ γαστρὶ σου Κύριος, ἀπολλύμενον
Κόσμον, φθορᾶς ἀνακαλέσασθαι,
βουληθεὶς ὥσπερ οἶδεν, ἐσκήνωσε Θεοτόκε.
Σωτηρίαν οὖν πάντες, εὐρόντες ἐκβοῶμέν
σοι· Χαῖρε τὸ τοῦ Ἀγγέλου, πανευκλεές,
γυναιξὶν ἐν πάσαις εὐλογημένη· καὶ γὰρ
χαρὰν ἐκύησας, πάσῃ τῇ οἰκουμένη.

Οἱ Αἶνοι. Ἦχος α΄.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρόπει ὕμνος τῷ
Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ
πρόπει ὕμνος τῷ Θεῷ.

CHOIR

Exaposteilarion.

From Triodion - - -

Mode 2. *On the mountain.*

Wearing a crown, O Saint, you now *
stand beside Christ's tribunal * together with
angelic hosts. * Prize-winner, you are filled
with the light that originates there. * Never
cease interceding * for the peace of the whole
wide world, * and salvation for us who with
pious faith * celebrate your memory, which
is radiant, * O Theodore, all-glorious * and
illustrious Martyr. (SD)

Another.

Theotokion.

Mode 2. *On the mountain.*

The Lord resided in your womb, *
Theotokos, as He knew, * wishing to call the
world He made * back from corruption, for it
was lost and perishing. Lady, * now having
found salvation, * all together we cry to you
* the Angel's famous salutation, "Rejoice, *
you are truly blessed among all women!" * For
you, O Virgin, have brought forth * holy joy to
the whole world. (SD)

Lauds. Mode 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)

Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος α΄. *Τῶν οὐρανίων ταγμάτων.*

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλήθος τῆς μεγαλωσύνης αὐτοῦ.

Τὸν ἀριστερά τῆς ἄνω, στρατολογίας πιστοί, ὡς καρτερόν ὀπλίτην, τῆς ἡμῶν εὐσεβείας, συμφώνως συνελθόντες, ὠδαῖς μυστικαῖς, εὐφημήσωμεν λέγοντες· Ἀξιοθαύμαστε Μάρτυς τοῦ Ἰησοῦ, εὐχου ὑπὲρ τῶν τιμώντων σε.

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρα.

Τῇ φερωνύμῳ σου κλήσει, δῶρον Θεοῦ ἀληθῶς, τοῖς θλιβομένοις πᾶσι, θυμηδία ἐδόθης, Θεόδωρε τρισμάκαρ· πᾶς γὰρ τῷ σῶ, προσπελάζων Ναῶ ἀληθῶς, μέτ' εὐφροσύνης λαμβάνων τὰς ἀμοιβάς, τῶν θαυμάτων σου γεραίρει Χριστόν.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Τῆς εὐσεβείας τὸν πλοῦτον, καὶ τὴν λαμπρότητα, ἀθλητικοῖς καμάτοις, σεαυτῷ θησαυρίσας, πᾶσαν τὴν ἰσχύν σου, δῶρον δεκτόν, τῷ Θεῷ προσενήνοχας, ἀναπληρῶν ἐν τοῖς ἄθλοις μετὰ σπουδῆς, Θεοδώρητόν σου πρόσκλησιν.

Αἰνεῖτε αὐτὸν ἐν κυβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Τῇ παμφαεῖ πανηγύρει, τοῦ θείου Μάρτυρος, εὐχρηθῶμεν πάντες, καὶ πιστῶς εὐφρανθῶμεν, φιλέορτοι τιμώντες, φαιδρὰν

From the Triodion.

From Triodion ---

Mode 1. *For the celestial orders.*

Praise Him for His mighty acts, praise Him according to the abundance of His greatness. (SAAS)

O faithful, let us unite now and using one voice extol * that valiant heavy-armed soldier of the heavenly army, * St. Theodore, the strong hoplite of our faith, singing mystical odes to him, * "Martyr of Jesus, you are worthy of our awe. * Will you pray for us who honor you." (SD)

Praise Him with the sound of trumpet, praise Him with the harp and lyre. (SAAS)

Your name denotes it, and truly You are a gift from God, * and you were given as comfort to all who are in trouble, * O thrice-blessed Theodore. For everyone * who comes in truth to your holy church, * and who with gladness receives the divine rewards * of your miracles, gives honor to Christ. (SD)

Praise Him with timbrel and dance, praise Him with strings and flute. (SAAS)

By your great feats as a martyr, you did amass in yourself * the holy wealth and brilliance of the Orthodox doctrine. * You gave all your might as an acceptable gift * unto God, O Saint Theodore. And in your contests you truly fulfilled your name, * for it also means a gift to God. (SD)

Praise Him with resounding cymbals, praise Him with triumphant cymbals. Let everything that breathes praise the Lord. (SAAS)

Let us, O feast-lovers, all now observe a sumptuous feast * on this most gay occasion, the festival of the Martyr, * and faithfully

ἐορτήν, τῆς αὐτοῦ τελειώσεως, ἁσματικῶς
ἀνυμνοῦντες τὸν Ἰησοῦν, τὸν δοξάσαντα
τὴν μνήμην αὐτοῦ.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - -

Ἦχος πλ. β'.

Ἀγιωσύνης δωρεά, καὶ πλοῦτος
θείας ζωῆς, πεφανέρωσαι τῷ Κόσμῳ
Θεόδωρε. Χριστὸς γάρ σου σοφέ, τὴν
μνήμην ἐδόξασεν· ἐν ἣ συμφώνως οἱ πιστοί,
γεγηθότες ὑμνοῦμεν, τοὺς ἀγῶνας τῶν
πόνων σου.

Τῆς Οἰκτιρήσου - -

Καὶ νῦν. **Θεοτοκίον.**

Θεοτόκε, σὺ εἶ ἡ ἄμπελος ἡ ἀληθινή,
ἡ βλαστήσασα τὸν καρπὸν τῆς ζωῆς, σὲ
ἱκετεύομεν, πρέσβευε Δέσποινα, μετὰ
τοῦ Ἀθλοφόρου καὶ πάντων τῶν ἁγίων,
ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Ἡ ΜΕΓΑΛΗ ΔΟΞΟΛΟΓΙΑ

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα
ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν
ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε,
προσκυνοῦμέν σε, δοξολογοῦμέν σε,
εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου
δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ
παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ
Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ
Υἱὸς τοῦ Πατρός, ὁ αἰρὼν τὴν ἁμαρτίαν
τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἰρὼν τὰς
ἁμαρτίας τοῦ κόσμου.

rejoice as we honor the bright * holy feast-
day of his demise. * Let us extol the Lord
Jesus with sacred songs, * for He glorified his
memory. (SD)

Glory. **From the Triodion.**

From Triodion - -

Mode pl. 2.

You have revealed to the world the
gift of holiness and the riches of divine life,
O Theodore. For Christ has glorified your
memory, O wise Martyr. We the faithful
rejoice in it and with one voice we sing in
praise of your contests and labors. (SD)

From Octoechos - -

Both now. **Theotokion.**

Theotokos, you are the true vine that
produced the fruit of life. Lady, we fervently
entreat you to intercede along with the
Martyr and all the saints, that our souls be
treated mercifully. (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.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ
καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ
ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος
Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ
Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ
αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς
τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ,
ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν
Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ
δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς
αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,
καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν
γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν
με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ κατέφυγον. Δίδαξόν με
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός
μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί
σου ὁψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς
γινώσκουσί σε.

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.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς.

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 ὀλοκαυτωθεὶς, ὡς
ἄρτος ἡδύς, τῇ Τριάδι προσήνεκται. Ταῖς
αὐτοῦ ἱκεσίαις Χριστὲ ὁ Θεός, σῶσον τὰς
ψυχὰς ἡμῶν.

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 Holy God, Holy Mighty, Holy
Immortal, have mercy on us.

Apolytikion.

From Triodion ---

Mode 2.

Magnificent are Faith's accomplishments!
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)