

November 11th

Holy Martyr Menas of Egypt

Stichera at "O Lord, I have cried"

Byzantine Chant Tone 8

Special melody: *O strange wonder*

Adapted by Dn. John El Massih
from various sources

1) Thou didst give thy - self up like a lamb to will - ing
slaugh - ter and death, im - i - tat - ing the
Pas - sion of Him Who is dis - pas - sion - ate,
O prize - win - ner, all - famed — Me - nas. The wrath of
rul - ers didst thou not fear at all,
nor didst thou shrink — back from tor - ments of the flesh.
O — might - y for - ti - tude of thy strug - gles and re -
- sis - tance! where - by thou threw - est to thē earth the
haugh - ty foe, O Mar - tyr of Christ.

November 11th - Martyr Menas of Egypt - Stichera at "O Lord, I have cried" - 2

D **C**

Thou wast scraped and torn with man - y wounds; thou, like the

Mas - ter of old, wast stretched out _____ on a

G↓ **C** **G↓**

wood - en stock; all thy sides were ruth - less - ly

C

crushed and beat - en with i - ron _____ rods. Yet thou didst

G↓

nev - er de - ny the Name of Christ,

C

hav - ing thē eyes _____ of thy soul on Him a - lone;

look - ing forth stead - fast - ly un - to Him, O Saint, thou

Un. **G↓**

brave - ly didst en - dure all the pain in - flict - ed

C

on thy flesh, O blest _____ Me - nas.

November 11th - Martyr Menas of Egypt - Stichera at "O Lord, I have cried" - 3

3) All the dark - ness of i - dol - a - try, the murk - y
gloom of the world, with the coun - cils of
god - less men and the mor - tal sol - dier - y
thou for - sook - est for love of Christ; and thou wast
num - bered, O most re - nowned Me - nas,
with that en - list - ment of His di - vine e - lect.
Thence wast thou shown to be an un - con - quered Mar - tyr
Un. in all truth when thou stov - est most cou - ra - geous -
- ly in con - test for His sake.

November 11th
The Holy Martyr Menas
Apolytikion

Byzantine Chant Tone 5
Special melody: *Let us worship the word*

Adapted by Dn. John El Massih
from the Greek Anastasimatarion

With great val - or of soul, _ thou didst strive in mar - tyr - dom, and hav - ing
fought the good fight, _ O di - vine Great Mar - tyr Me - nas, thou from
Heav - en hast re - ceived the gift of mir - a - cles; for _ God hath
shown thee to the world as a work - er of great signs, and
He made thee our pro - tec - tor and a swift help in af -
flic - tions and ev - er - vig - i - lant de - fence from _ harm.

November 11th

Martyrs Menas, Victor, Vincent & Stephanie

Exaposteilarion & Theotokion

Byzantine Mode 3

Special Melody: *Thou who as God adornest*

F **D**

1) As stars a - dorn the heav - - - ens,
3) O all - im - mac - u - late Maid - - - en,

C **F** **D** **Un.**

so doth Me - nas a - dorn the Church
in thee, the Lord's pro - ces - sion - als

F **D**

with val - iant Vic - tor and Vin - - - cent
have now been seen by all man - - - kind,

C **F** **D** **Un.**

and the cou - ra - geous Steph - a - nie;
and they dir - ect us mor - tal men

F **G**

Thou Who art great in com - pas - - - sion,
to where the choirs of the An - - - gels

¹C **F**

through them, save us who ex - tol Thee.

2 **G** **Un.**

and all the Saints have their dwell - ing.

*NOTE: When this day falls on a Sunday, only the Martyrs are commemorated, with verses 1 & 3. Otherwise, if commemorated during the week, sing verse 2 for Theodore on the next page before verse 3.

Venerable Theodore the Studite

2) For the most ho - ly i - - - cons,

thou didst en - dure all suf - fer - ing:

both bit - ter tor - ments and ex - - - iles,

O right - eous Fa - ther The - - o - dore;

hence, thou hast won two - fold lau - - - rels

from the right hand of the Most High.

November 11th

Holy Martrys Menas, Victor, Vincent & Stephanie

Stichera at the Praises

(The Patriarchate of Antioch calls for these Aposticha stichera to be sung as Praises when this day falls on a Sunday.)

Byzantine Mode 4

Special Melody: As one valiant

Adapted by Dn. John El Massih

E Un.

1&2) Pierced with cal-trops, O brave Me-nas, fierce-ly beat-en with

leath-ern whips, and with all thy bod-y ex-

-pend-ed by the fire, thou yet didst nev-er re-

-nounce the sav-ing Name of the Sav-ior Christ,

nor wast thou sub-dued in mind, nor to i-dols didst

sac-ri-fice, but thou didst be-come a pure sac-ri-fice

G

and a per-fect vol-un-tar-y vic-tim, O Great

E

Mar-tyr, will-ing-ly slain for thy Mas-ter's sake.

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November 11th - Martyrs Menas, Victor & Vincent - Stichera at the Apostica at Vespers - 2

Verse: Wondrous is God in His saints.

E **Un.**

3) Mar-tyr Vic - tor most glo - ri - ous, when thine eyes had been

E

root - ed out and thou wast sus - pend - ed up -

E

- on a wood - en post, burnt on all sides by the

E

torch - es at the sav - age - ry of the judge

E

and thy sin - ews had been cut and the sword felled thy

E

bless - ed head, thou wast filled with joy, O il - lus - tri - ous

G

ath - lete of the Sav - ior, who wast strength - ened by the

E

Spir - it to o - ver - come all the foe's ar - rays.

November 11th - Martyrs Menas, Victor & Vincent - Stichera at the Apostica at Vespers - 3

Verse: In the saints that are in His earth hath the Lord been wondrous.

E **Un.**

4) O much - suf - fer - ing Steph - a - nie, with the crown of the

E

gifts of grace hath the Lord now crowned thee, who

gav - est up thy - self to will - ing tor - ments and

pains in the no - bil - i - ty of thy soul:

'twixt two palm trees thou wast bound, and there - by thou wast

rent in twain, spread-ing out thy wings, fly - ing up un - to

G

God like a swift spar - row and for - sak - ing to the

E

fowl - ers thy mor - tal bod - y, O won-drous one.