

September 2nd

Martyr Mamas & His Family

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

Music adapted from St. Gregory Palamas Monastery, Perrysville-Hayesville, OH, copyright 2000.

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3) Walk - ing in the life - be - stow - ing steps of Christ our

God, Who took flesh and, by suf - fer - ing

on the Cross, cast the ty - rant down in shame,

thou, O prize - win - ner blest of God, didst run the

race of a Mar - tyr joy - ous - ly;

and when stretched out and tor - ment - ed ruth - less - ly,

thou, who wast clad in flesh, then, O Mar - tyr, didst both

wound and dash to earth him that once had boasted

that he would blot out the sea.

Apolytikion of a Martyred Saint or Saints

Apolytikion for Men

Byzantine Tone 4

Special Melody: Be quick to anticipate

The musical notation consists of five staves of music in G clef, common time, and a key signature of one sharp (F#). The notes are primarily quarter notes and eighth notes. The melody is marked with 'E' and 'G' above the staff at various points. The lyrics are written below each staff, aligned with the notes.

Thy Mar - tyr, O Lord, in his cou - ra - geous
Thy Mar - tyrs, their

con - test for Thee re - ceived as the prize the

crowns of in - cor - rup - tion and life from Thee, our im -

mor - tal God. For since he pos - sessed Thy strength, he they

cast down the ty - rants and whol - ly de - stroyed the de - mons'

strength - less pre - sump - tion. O Christ God, by his their

prayers, save our souls, since Thou art mer - ci - ful.

Final Ending:

art mer - ci - ful.

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Martyr Mamas & His Family
Exaposteilarion & Theotokion

Byzantine Chant Tone 2

Special Melody: *While Thy disciples looked on Thee*

E

1) Up - on the milk of does thou wast fed and nour - ished,
 2) *The most de - ceit - ful en - e - my, full of cun - ning,*

while liv - ing in the moun-tains, O Mar - tyr Ma - mas;
 who made of me an ex - ile from ho - ly E - den,

yet when thou didst strive in con - test ea - ger - ly,
 hav - ing en - vied me that life di - vine and blest

thou didst show thy no - bil i - ty;
 I had of old in Par a - dise,

and win - ning priz - es of vic - t'ry,
 is now him - self slain and van - quished

thou went - est hence to the Lord God.

by thy birth - giv - ing, O Vir rit. F gin.