

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

1) Since thou hadst first o - ver - come the beasts of thē un -
- bri - dled de - sires, thou didst bri - dle the
gap - ing mouths of fierce li - ons by thy prayer
and didst check wild - ly rag - ing beasts, ev - er - a -
- bid - ing un - harmed with - in their midst,
O laud - ed Ma - mas, prize - win - ner of the Lord.
Thou didst not fear the fire nor a judg - e's an - ger,
since thou didst pre - fer noth - ing to the love of
Christ thy Lord, O bless - ed one.

The musical score is written on ten staves. It begins with a treble clef and a key signature of one sharp (F#). The melody is marked with various notes, rests, and accidentals. Above the staves, there are letters indicating the mode or tone: D, C, G↓, C, G↓, C, G↓, Un., and C. The lyrics are written below the staves, with hyphens indicating syllables that span across multiple notes. The score ends with a double bar line.

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2) Though young in bod - y, thou didst de - feat thē old sup -

- plant - er and foe when thy flesh had re -

- ceived the marks of Christ God up - on it - self,

all - famed Ma - mas most glo - ri - ous; and thou now

dwell - est a - midst the Mar - tyr's' choirs,

ev - er made bright with the Three - fold Day - star Light,

wear - ing a shin - ing crown, and be - hold - ing with a

Un. pure and spot - less mind Him that is the height of

all de - sire, O bless - ed one.

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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 boast - ed
 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*

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

September 2nd
Martyr Mamas & His Family
Exaposteilarion & Theotokion

Byzantine Chant Tone 2

Special Melody: *While Thy disciples looked on Thee*



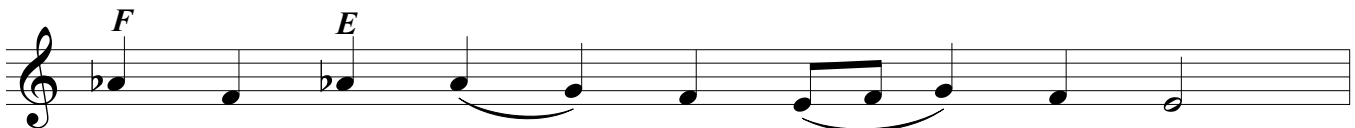
1) Up - on the milk of does thou wast fed___ and nour - ished,
2) The most de - ceit - ful en - e - my, full___ of cun - ning,



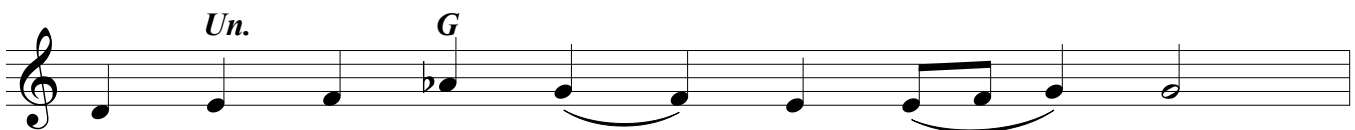
while liv - ing in the moun-tains, O Mar - tyr Ma - mas;
who made of me an ex - ile from ho - ly E - den,



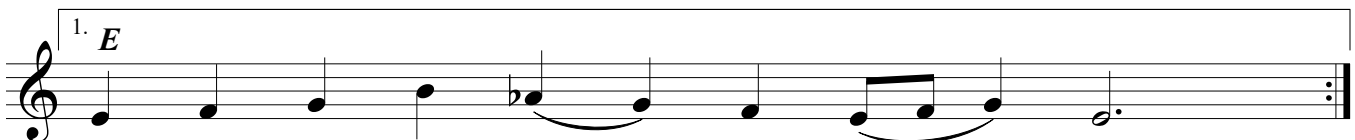
yet when thou didst strive in con - test ea - ger - ly,
hav - ing en - vied me that life___ di - vine___ and blest



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 - gin. gin. ___