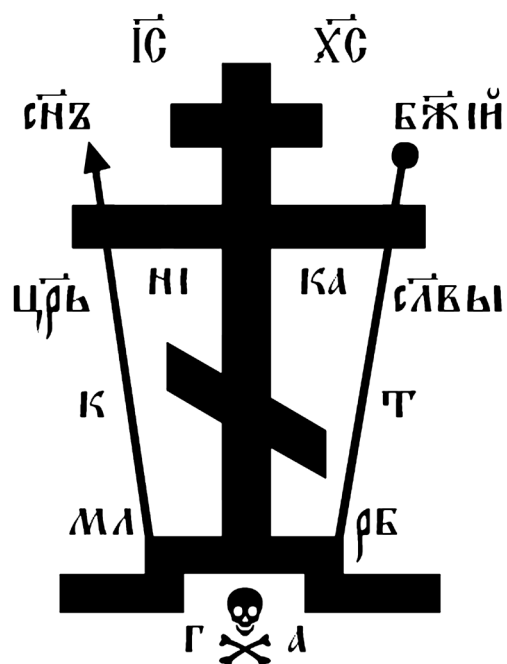


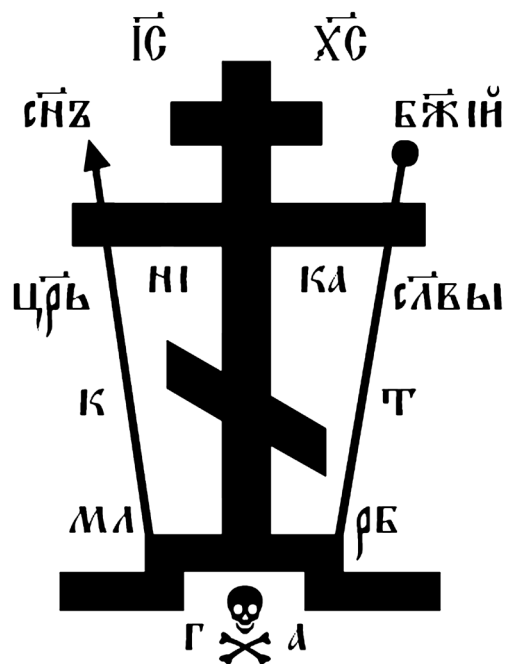


Music for the First Saturday of Great Lent

Δόμνι Ϟγγίχч жєнч мѹρονόєицч
Holy Myrrh-bearers
 Ο Οἶκος τῶν Ἀγίων Μυροφόρων

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 MMXXV



Music for the First Saturday of Great Lent

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The Lenten Triodion

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Choral arrangements from

Music for the Orders of Matins, First Hour, Third Hour, Sixth Hour, Ninth Hour, Typica, Vespers, the Divine Liturgy of the Presanctified Gifts, and the Commemorated of the Departed as used during the first week of Great Lent

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A.D. 2025 Saint Nina, Equal to the Apostles, Enlightener of the Georgians

2025 г. Св. равноапостольная Нины, просветительницы Грузии

Music for First Saturday of Great Lent

Contents

Saturday in the First Week.....	5
Matins	5
Divine Liturgy	18
Appendix – Sessional Hymns to the Martyrs in the Eight Tones.....	20

Saturday in the First Week

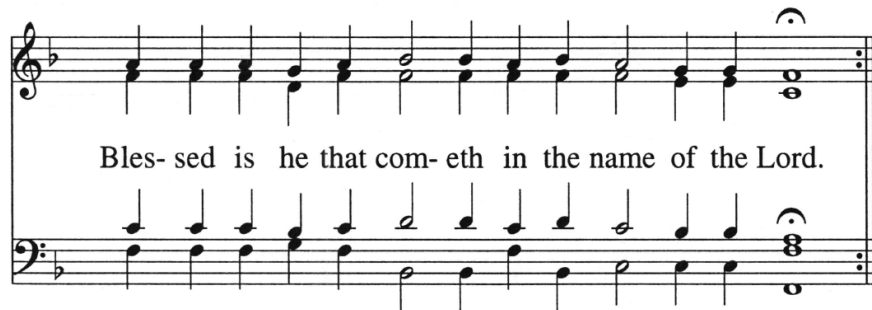
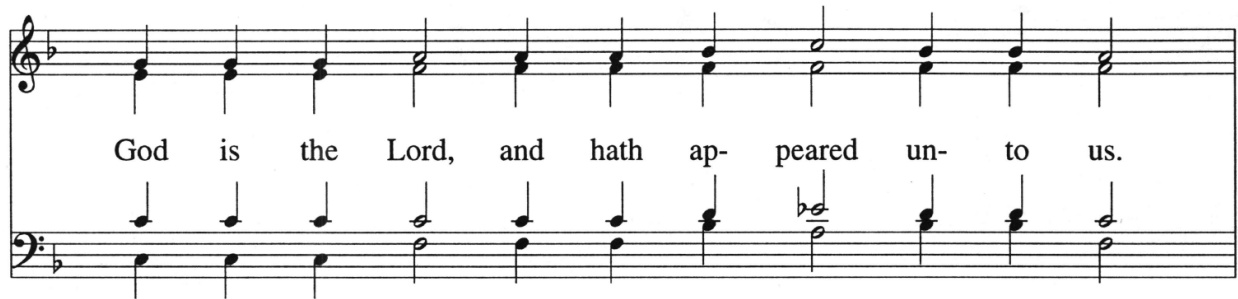
Matins

After the Six Psalms and the Great Litany, we sing God is the Lord.

God is the Lord, Tone II

Deacon: In the Second Tone: God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

O give thanks unto the Lord, for He is good, for His mercy endureth forever.



Deacon: Surrounding me they compassed me, and by the name of the Lord I warded them off.

Choir: God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

Deacon: I shall not die, but live, and I shall tell of the works of the Lord.

Choir: God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

Deacon: The stone which the builders rejected, the same is become the head of the corner. This is the Lord's doing, and it is marvelous in our eyes.

Choir: God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

Troparion to the Holy and Great Martyr Theodore, Tone II

Great are the triumphs of faith! The holy martyr Theodore

The first system of musical notation for the troparion. It consists of a treble and bass staff in G major (one sharp). The melody is written in a simple, homophonic style with quarter and eighth notes. The lyrics are: "Great are the triumphs of faith! The holy martyr Theodore".

rejoiced in a fountain of flame as in refreshing water.

The second system of musical notation. The melody continues with quarter and eighth notes. The lyrics are: "rejoiced in a fountain of flame as in refreshing water."

For, having been made a whole burnt offering by fire,

The third system of musical notation. The melody continues with quarter and eighth notes. The lyrics are: "For, having been made a whole burnt offering by fire,"

he was offered as a sweet bread to the Trinity.

The fourth system of musical notation. The melody concludes with a final cadence. The lyrics are: "he was offered as a sweet bread to the Trinity."

Saturday in the First Week

By His prayers, O Christ God, save our souls!

This musical score is written for a two-part setting. The top part is on a treble clef staff and the bottom part is on a bass clef staff. Both parts are in a key with one flat (B-flat). The melody is simple and homophonic, with the lyrics 'By His prayers, O Christ God, save our souls!' written below the notes. The piece ends with a double bar line and repeat dots.

Glory to the Father, and to the Son, and to the Holy Spirit.

Great are the triumphs of faith!/ The holy martyr Theodore rejoiced in a fountain of flame as in refreshing water./ For, having been made a whole burnt offering by fire,/ he was offered as a sweet bread to the Trinity.// By his prayers, O Christ God, save our souls.

Both now and ever and unto ages of ages. Amen.

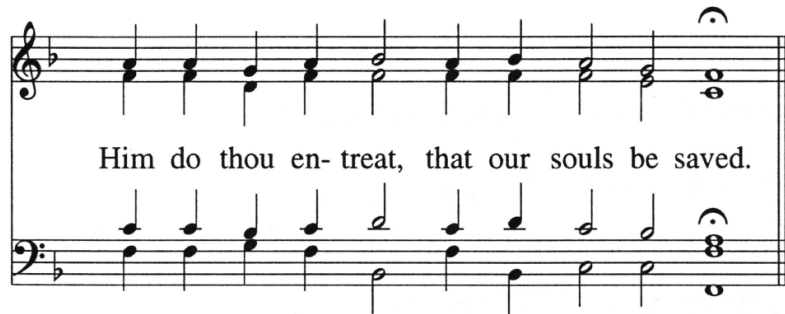
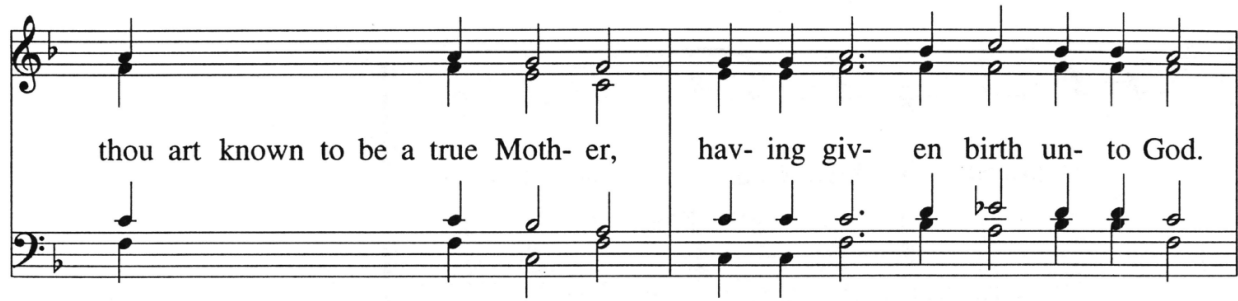
Theotokion, Tone II

All of thy most glorious mysteries are beyond comprehension,

This musical score is written for a two-part setting. The top part is on a treble clef staff and the bottom part is on a bass clef staff. Both parts are in a key with one flat (B-flat). The melody is simple and homophonic, with the lyrics 'All of thy most glorious mysteries are beyond comprehension,' written below the notes. The piece ends with a double bar line and repeat dots.

O The-o-tok-os; for, thy pur-i-ty sealed and thy vir-gin-i-ty in-tact,

This musical score is written for a two-part setting. The top part is on a treble clef staff and the bottom part is on a bass clef staff. Both parts are in a key with one flat (B-flat). The melody is simple and homophonic, with the lyrics 'O The-o-tok-os; for, thy pur-i-ty sealed and thy vir-gin-i-ty in-tact,' written below the notes. The piece ends with a double bar line and repeat dots.



First Kathisma
Kathisma XVI

After the first reading from the Psalter, the Sessional Hymns to the Martyrs in the Tone of the week. See the Appendix, Page 20.

Second Kathisma
Kathisma XVII

*After the second reading from the Psalter, the following Sessional Hymns to St. Theodore:
Tone III*

Burning with orthodoxy of faith, thou hast quenched the error of false teaching and destroyed the godless worship of idols. Sacrificed as a burnt offering to God, with thy miracles thou bringest joy to the ends of the earth. O glorious martyr, pray to Christ our God that we may receive great mercy.

Glory to the Father...

The Lord, who strengthened thee in thy sufferings, has granted thee to all the inhabited earth as a divine gift of salvation. Thou healest the diseases of our soul and puttest to flight the passions of our body. O martyr Theodore, pray to Christ our God that we may receive great mercy.

Both now...

Theotokion

In thy womb, O Virgin undefiled, thou hast conceived God whom nothing can contain, the hypostatic Word and consubstantial Son, who shone forth changelessly before all ages from the Father. With the prophets and the martyrs, with the holy monks, the ascetics and the righteous, entreat Him that we may be granted the remission of our sins.

Then Psalm 50.

The Canon

Canons to the patron saint of the church or monastery, with six troparia; and the two Canons to St. Theodore, with eight troparia. Between the troparia we insert the appropriate verses of the Biblical Odes.

Ode I

Canon I, Tone IV

by John, Metropolitan of Euchaïta

He who transcends all things has set thee higher than all His elect, for thou hast given birth to Him ineffably. Therefore today, O Virgin worthy of all glory, we bring before thee the victorious martyr, crowned by thy Son, and we sing his praises.

I shall sing the praises of Theodore, great among martyrs, the spiritual athlete, illustrious and renowned, famed for his miracles from one end of the earth to the other.

A day of gladness has dawned in this season of mourning, and with its light it has dispersed the gloom. Through the grace of the holy martyr, it heralds from afar the coming feast of the Resurrection.

The Lord, who was Himself offered in sacrifice, has accepted the sacrifice of the martyr who suffered for the glory of God; and with the blood of this holy victim He purifies the Church.

Theotokion

Out of season, yet with spiritual beauty, we keep festival in this time of fasting. For, making all things beautiful, the Queen shares now in the memorial of the martyr, who braved danger and shed his blood for her.

Canon II, Tone VI

by John, Metropolitan of Euchaïta

Irmos: Crossing the deep...

O Christ our God, truly wonderful in Thy saints, fill my heart with wonder at Thy mercy, and give me words that I may praise the wonders of Thy martyr.

Victorious martyr of Christ, thou wast steadfast in suffering and unflinching in pain; and now be swift, O Theodore, in coming to our help.

In his wickedness the tyrant rejected the true faith of his fathers, and he devised an unholy plot, setting himself at enmity with the Lord.

Theotokion

The prophecies spoken by God through holy men of old have received a clear fulfilment in thee, Mother and Virgin: for by a birth fearful and surpassing nature thou hast borne the true and living God.

Tone IV

Katavasia: I will open my mouth,/ and with the Spirit will it be filled;/ and I shall utter discourse unto the Queen and Mother,/ and shall be seen, keeping splendid festival;// and, rejoicing, I will hymn her wonders.

Ode III

Canon I

The people of Christ, O Lady, long to see the day of thy Son; and in preparation they

celebrate this present feast, honouring thee and thy victorious martyr.

The greatest among martyrs has turned the sadness of *this* present season into joy, granting us relief from the strictness of the holy Fast. Fitting and appropriate is the gift which thou dost grant us through thy prayers, O martyr; for thou callest us to dwell with thee in Paradise, and joyfully we offer thee our gifts of praise.

Thou hast laid a good foundation through thy victory, O glorious martyr; with a courage surpassing nature thou hast overthrown the beast of destruction that breathed out fire and murder.

Raging as fiercely as the devil who apostatized of old, the new apostate sprinkled blood from the pagan sacrifices on the food in the markets, polluting it as though with poison. But he failed miserably in his plan, outwitted by the martyr.

Theotokion

The whole earth, O Virgin, is filled with the knowledge of the Lord who came forth into the world from thee; and great is the grace of the divine martyrs who have confirmed the truth through their lives.

Canon II

Irmos: O Lord my God, there is none holy as Thou...

Of old the devil whispered craftily into the ears of Eve, through her beguiling Adam with deceit; and now he has again poured out the deceitful poison of his wickedness.

The lawless enemy was seized with fury when he saw our first father and mother in the joy of Paradise; deceitfully he sought an opportunity to show his hatred against them.

We have entered now upon the beginning of the holy Past, when every Christian purifies himself by great abstinence.

Theotokion

Most holy Virgin, firm hope of the world, our protection and defence, in thy goodness neglect not the prayer of thy servants, who with loving hearts at all times call thee blessed.

Katavasia: O Theotokos,/ thou living and abundant fountain:/ In thy divine glory spiritually establish those who hymn thee,/ and forming themselves into a choir;// and vouchsafe unto them crowns of glory.

Sessional Hymn

Tone VIII

Putting on the whole armour of God, thou hast overthrown the false idols and caused the angels to glorify thy sufferings. Thy mind on fire with love of God, bravely thou hast scorned death in the flames. Rightly art thou named 'Gift of God', for to all who ask thou dost grant divine gifts and the grace of healing. O victorious martyr Theodore, intercede with Christ our God, that we who celebrate thy holy memory with love may receive remission of our sins.

Glory be to the Father...

Thou wast not weakened by the flattery of Maximin; but, endued with courage by the words of Christ, thou hast reduced to ashes the temple of the idols. Thou hast bravely overcome the adversary, passing, as the Psalmist says, through the fire as though it had been water. Therefore, as a just reward for all thy sufferings, thou hast become a source of healing for those who pray to thee with faith. O victorious martyr Theodore, intercede with Christ our God, that we who celebrate thy holy memory with love may receive remission of our sins.

Both now...

Theotokion

Thou art the undefiled Bride of the Creator, the Virgin Mother of the Redeemer, the Tabernacle of the Most High. I am the shameful dwelling-place of sin, and in full knowledge have become the play-thing of the demons. O hasten to deliver me from their wickedness, making me through virtue a temple of glory. O pure Receiver of the Light, drive away the dark cloud of the passions, and bestow on me the brightness from on high, the pure radiance of thy light that knows no evening.

Ode IV

Canon I

O strange and marvellous union and intermingling! At His birth the God-Man has united virginity with childbearing; and, honouring His martyr, He unites a day of gladness with these days of mourning.

See how Christ's soldier loved his Master! For in his zeal he consumed the enemies of Christ with fire, and as his final feat eagerly he offered himself as an acceptable sacrifice to his Lord.

Triumphant in sufferings, in speech scornful of torture, the noble martyr of Christ astonished and confounded his onlookers; and he became a strange and marvellous spectacle to the whole creation.

O divine forbearance! My God and Master suffered even after death, yet not one of His bones was broken. So was it also with His soldier: the fire and the wheel did not touch his corpse.

Theotokion

Dying with the Master, the servants of life are raised with Him from the dead, and now live with Him eternally. Together with the Son, they glorify the Mother, blessing Father, Son and Holy Spirit.

Canon II

Irmos: 'Christ is my strength, my God and Lord...'

Dreadful was the plot devised by the ungodly ruler: for in his wretchedness he planned to defile the people of Christ with unclean food,

This unlawful design he put into effect, giving orders that all clean food should be taken away, and replaced with food that he had polluted with the blood from pagan sacrifices.

His wicked act became known to all the Christians; and when they learned of it, they gathered in the holy temple of the Lord.

Theotokion

O Christ, begotten of the Father before all ages, as our intercessor with faith we bring before Thee the Mother that gave Thee birth. Hearken to her prayers and be gracious to Thy servants.

Katavasia: Seated in glory upon the throne of the Godhead,/ Jesus, most divine,/ is come upon a light cloud,/ and with His incorrupt arm hath saved those who cry:// Glory to Thy power, O Christ!

Ode V

Canon I

Today the forecourt of grace is opened, and this present time of relief prefigures the coming feast of the Resurrection. With its radiance and joy it honours the Queen of Light and the glorious martyr.

On those who love the Epiphany of His beloved Son, God bestows a glorious gift—Theodore, performer of miracles, worker of acts of divine power.

O enemy of man's salvation, useless are thy shafts and arrows against the martyr. Though put to death, he is alive and ever-watchful; and, opposing all thine evil works, he preserves every Orthodox Christian.

Theotokion

Strange was the miracle that came to pass in God's Handmaiden! Confirmed by the sufferings of the victorious martyrs, it is accepted with undoubting faith by all of us, and it remains for ever the cause of man's wonder and his worship.

Canon II

Irmos: I entreat Thee, loving Lord...

With amazement the Archbishop learned of the plan of the ungodly emperor; and celebrating an all-night vigil, he prayed to God not to abandon utterly the people of His inheritance.

In truth God comes swiftly to the aid of all that invoke Him with sincere and fervent prayer; and He did not neglect them, but quickly gave them a solution in their trouble.

With all speed a helper from on high was sent to earth, the victorious martyr Theodore: he appeared in a dream to the Chief Shepherd and told him how to defeat the purpose of the lawless ruler.

Theotokion

No one who runs fervently to thee for help, O Lady, is ever put to shame: but his prayer is answered more quickly than it is made, and the gift for which he asks is granted, in the way that best will help him.

Katavasia: All things are filled with awe at thy divine glory;/ for thou, O Virgin, who knewest not wedlock,/ didst hold in thy womb Him Who is God over all,/ and gavest birth to the timeless Son,// granting peace unto all who hymn thee.

Ode VI

Canon I

The friends and children of Thy bridal chamber cannot fast, O Saviour, since they have Thee the Bridegroom in their midst, together with Thy Mother and Theodore Thy friend; they welcome Thee as guest, and minister to Thee.

The emperor of evil memory fell away from the God of salvation; he fell away from wisdom; and, lapsing into madness, he rebelled against the faith. But his designs were defeated by the illustrious martyr of Christ.

Through his sufferings the martyr became more wise, through his actions more courageous; resisting tyrants, he gained the victory, and even after death he did not cease from his feats.

Theotokion

This day, O Lady, through thy watchful care we have been delivered from soul-destroying peril by the miracle of thy victorious martyr, and we give thanks alike to him and thee.

Canon II

Irmos: When I behold the upswelling sea of life...

Amazed by the strange vision in which thou hast appeared to him, the Archbishop said: 'Who art thou, my lord, that speakest to me? Show me how to find help quickly.'

Theodore replied: 'I am the martyr. Listen to me. Boil wheat, and distribute it among the

people, and ye shall thus be saved from the polluted food of the avenger.'

Great is the wonder thou hast performed, Theodore, and marvellous is thy help. Taking courage, then, with undivided heart we turn to thee for refuge, and we pray: save thy servants.

Theotokion

At the good pleasure of the Father, and through the descent of the Holy Spirit upon thee, thou wast made the dwelling-place of the Light, the pure tabernacle of the Word: guide me with thy light.

Katavasia: Celebrating this divine and most honoured festival of the Mother of God,/ come, ye divinely wise,/ let us clap our hands and glorify God// Who was born of her!

Kontakion

Tone VIII

Thou hast carried as a shield the faith of Christ within thy heart, and trampled underfoot the power of the enemy, O greatly-suffering martyr; thou hast received a heavenly and eternal crown, for thou wast undefeated in the battle.

Ikos

O Thou who art seated on the throne of light, with faith and thankfulness we sing Thy praise. For Thou hast granted us a divine gift: Theodore, courageous in his martyrdom, thrice-blessed in his life, the champion of the truth. With firm devotion he held fast to Christ, and proved a mighty victor over the deceitful enemy, for he was undefeated in the battle.

Ode VII

Canon I

O just Master, Thou hast said that Thy righteous servants are not bound by the Law. So Thine own Mother and Thy servant Theodore, worker of many miracles, with the joy of their memorial release us today from the laws of fasting.

How glad, how great and joyful is this present feast, which the greatest and most glorious of the martyrs has established for us, through a single wonder keeping the people of Christ pure from defilement.

With songs of triumph and garlands of praise let us honour the holy martyr, for he withstood the evil serpent and prevailed against the enemy that destroys our soul and does mischief to our body.

Theotokion

The ancestor of all mankind, though forewarned, did not avoid the food that brings destruction to the soul. But thy faithful people, O Lady, instructed by thy martyr, turned away from the food of death; and with him they offer thee a sacrifice of thanksgiving for their salvation.

Canon II

Irmos: An angel made the furnace moist with dew...

Thou hast come, O glorious saint, as a cloud quenching with its moisture the flames of despair, and thou hast preserved from the furnace of the tyrant all the faithful who cry: O God of our fathers, blessed art Thou.

O lawless king, in shame let thy lips be sealed, which devised a wicked plot against us: for thy strength has been destroyed by the King of Kings and Lord of all.

Foolish Julian, thy heart was altogether filled with evil and worked deceitfully against us; but our wise God gave us healing remedies to save us from thy poison, for He grants His grace

to those that call upon Him.

Theotokion

Thy conceiving is beyond all words, O undefiled Virgin, and thy childbearing beyond all understanding: for thou hast given birth in the flesh to God who saves all men from corruption. Therefore, blessed Theotokos, we glorify thee.

Katavasia: The divinely wise would not worship a created thing/ instead of the Creator,/ but, manfully trampling the threat of the fire underfoot,/ they rejoiced, chanting:// O all-hymned Lord and God of our fathers, blessed art Thou.

Ode VIII

Canon I

By thy childbearing thou hast filled heaven and earth with joy; and now, in this dark season, thou givest us a moment of gladness, keeping festival in honour of the triumphant martyr.

Brethren, let us keep the Sabbath today, resting from our labours of the past week: for at the beginning God blessed this day by resting on it from His labours, and now He has blessed it also with the solemn feast of the martyr.

Truly this is the first among Sabbaths, the Sabbath of Sabbaths; it is filled with the grace of the martyr and the power of God, for we celebrate the memorial of a great deliverance.

With the holy food of God the King, the pure martyr saved us from the lawless emperor's polluted food; so, by a strange and marvellous wonder, he sanctified the seventh day of the week.

Theotokion

The voluntary death of the martyrs confirms the mystery brought to pass in thee, O Maiden. For they put their trust in God incarnate, who of His own will accepted suffering, and bravely they offered themselves in sacrifice.

Canon II

Irmos: Thou hast made dew fall from the flames...

Thou wast delivered from the flames by divine power, O martyr Theodore, and now by thy holy protection thou hast saved us from the wicked devices of the transgressor.

Thy servants wept and lamented in the evening, because of the evil snare of the apostate. But joy shone forth in the morning through thy fervent aid, O martyr patient in suffering.

When fallen into danger, we find in thee a deliverer to save us from the devices of the enemy, O Theodore, victorious martyr of Christ, and we glorify thee for ever.

Theotokion

The mind of man is powerless to express the mystery of thy childbearing, O pure Virgin; therefore with reverent faith we honour thee as Theotokos and we glorify thee for ever.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

Katavasia: The birthgiving of the Theotokos/ saved the pious children in the furnace/ – then in figure, but now in deed –/ and it moveth all the world to chant to thee:/ Hymn the Lord, O ye works/ and exalt Him supremely// for all ages!

Ode IX

Canon I

A multitude from every place runs to the Ark of the testimony: we magnify the Queen of all, and we honour the indwelling grace of God bestowed on him who outshines in glory all

the other martyrs.

O Church of Christ, be strong and of good courage in the face of those who fight in vain against thee. For, during life and after death, the friends of Christ care for thee, as did the holy martyr whose feast thou keepest now with thanksgiving.

Though he was thought to be long since dead, his deeds prove that even after death he is alive and protects the faith with the same zeal as before. Enriched by him, we magnify him as our benefactor.

Theotokion

O sealed Book of God, I set thee as a divine seal on my hymn: I offer thee my praises, Virgin, thereby giving greater glory to thy martyr.

Canon II

Irmos: No man is able to see God...

O glorious martyr, thou hast proved a faithful champion and a strong defence to us. We honour thy holy and venerated memory, the victorious feats of thy suffering and martyrdom, and the divine protection thou hast brought us.

O blessed Theodore, the ever-blessed wonder which thou hast performed is praised in all the world: therefore, gathering at this yearly festival, we give glory to Christ who has glorified thee.

Seeing the love of those who sing thy praises, martyr of Christ, grant them in return increasing grace, Thou knowest how great is our faith, O glorified saint: cease not to be a fervent intercessor with God on our behalf, a witness and a mediator.

Theotokion

We shall not cease to sing thy praises, O Virgin: thou art our helper and protection, our swift succour, our defender who is never put to shame. Keep thy suppliants from all harm, and deliver them at all times from every device of the evil one.

Katavasia: Let every earthborn man leap up,/ enlightened by the Spirit;/ and let the nature of the incorporeal intelligences keep festival,/ honouring the sacred feast of the Mother of God,/ and let it cry aloud:/ Rejoice, O Most-blessed Theotokos,// Pure Ever-virgin!

Exapostilarion

Saint of God, crowned and victorious, thou standest now with the angels before the judgment-seat of Christ. Filled with the light of heaven, pray without ceasing, O Theodore, for peace in the world and for our salvation, who with true devotion celebrate thy joyful feast, O blessed and glorified martyr.

Glory to the Father...

Repeat the exapostilarion.

Both now...

Theotokion

Wishing to restore the fallen world from corruption, the Lord came to dwell within thy womb, O Theotokos, in a way that He alone understands. And all of us who have found salvation cry aloud to thee with the greeting of the Angel: Rejoice! Blessed among all women, for thou hast brought forth joy to the whole inhabited earth.

Psalms of Praise

Four stichera are sung, in honour of the saint:

Tone I

Special Melody: O purest Virgin, thou joy of the heavenly hierarchies...

O ye faithful, let us join with one accord and praise in mystical hymns the champion of the heavenly army, the strong warrior of our holy faith; and let us say: O martyr of Jesus, worthy of our wonder, pray for us who honour thee.

O thrice-blessed Theodore, truly thou art named 'The gift of God', for thou hast been given as a source of gladness to all those in affliction. For everyone who in sincerity draws near thy shrine receives with joy the reward of thy miracles and worships Christ.

By thy sufferings and labours thou hast treasured up for thyself the riches and glory of holiness. Thou hast offered all thy strength as a gift acceptable to God, and by thy martyrdom thou hast with eagerness fulfilled the promise of thy God-given name.

Let us rejoice on this radiant festival of the divine martyr; and let us all who love to keep the feasts make glad in faith, as we honour the joyful celebration of his death. Let us sing in praise of Jesus, who has glorified his memory.

Glory to the Father...

Tone VI

Thou art a gift of holiness, O Theodore, in thy wisdom bringing to the world the riches of the divine life. Christ has glorified thy memory; and rejoicing in thy feast with one accord, we faithful praise thy labours and thy sufferings.

Both now...

Theotokion

O Theotokos, thou art the true Vine that has put forth the fruit of life. We pray thee, O Lady, intercede together with the martyr and all the saints, that mercy may be granted to our souls.

Aposticha of the Saint

Tone III

Now the company of martyrs rejoices at thy shrine, O victorious martyr Theodore, and the ranks of angels extol thy fortitude in suffering. Christ Himself, the Giver of crowns, is present and with His own right hand He grants rich gifts of grace to those who sing thy praises. Thou hast sought and found Him whom thy heart desired, and now thou dwellest in His presence, conversing always with Him. Pray to Him, that light and salvation may be granted to our souls.

Stichos: The righteous shall be glad in the Lord, and shall hope in Him.

The pure and undefiled Fast has now begun, and brings us to the celebration of the martyr's miracles. Through the Fast our souls are cleansed from filth and defilement, and through the martyr's sufferings and miracles we are given strength to fight bravely against the passions. Illumined, therefore, by the grace of holy abstinence and by the wonders worked by Theodore the martyr, strengthened by our faith in Christ, we pray Him to bestow salvation on our souls.

Stichos: The righteous shall flourish like a palm tree: and shall spread abroad like a cedar in Lebanon.

Possessing, O Theodore, a martyr's boldness before God, thou hast brought to nothing the plot devised by the apostate against the faith of Christ. Fighting as a champion in defence of God's people, through a fearful visitation thou hast delivered them from the food defiled by sacrifice to idols. So we honour thee as destroyer of idols, as saviour and guardian of Christ's flock, as protector ever ready to hearken to our prayers; and in our hymns of praise

we ask that, through thine intercessions, forgiveness and illumination may be granted to our souls.

Glory to the Father...

Tone VIII

Armed with good courage through thy sufferings, O victorious martyr of Christ, by His power thou hast invisibly defended the true spiritual worship. The impious idols and the cruel tyrant thou hast rendered powerless, scorning torments and the fire that burns for but a moment. Alike in name and in reality thou art a gift from God: by thine intercessions save those that celebrate thy memory.

Both now...

Theotokion

Accept, O Lady, the prayers of thy servants, and deliver us from all necessity and affliction.

Then It is a good thing to give thanks...; Holy God..., etc., and Our Father; the Troparion of St. Theodore, Great are the achievements...; Glory to the Father... Both now...; Most glorious and beyond our understanding...; and the Litany, Have mercy upon us, O God... After the blessing by the priest, He that is is blessed..., and the Prayer for Orthodox Christians we proceed (without the Dismissal) to the First Hour.

Divine Liturgy

On the Beatitudes

With the Beatitudes we sing four troparia from Ode III of the first Canon to St. Theodore, and four troparia from Ode VI of the second Canon.

The people of Christ, O Lady, long to see the day of thy Son; and in preparation they celebrate this present feast, honouring thee and thy victorious martyr.

The greatest among martyrs has turned the sadness of *this* present season into joy, granting us relief from the strictness of the holy Fast. Fitting and appropriate is the gift which thou dost grant us through thy prayers, O martyr; for thou callest us to dwell with thee in Paradise, and joyfully we offer thee our gifts of praise.

Thou hast laid a good foundation through thy victory, O glorious martyr; with a courage surpassing nature thou hast overthrown the beast of destruction that breathed out fire and murder.

Raging as fiercely as the devil who apostatized of old, the new apostate sprinkled blood from the pagan sacrifices on the food in the markets, polluting it as though with poison. But he failed miserably in his plan, outwitted by the martyr.

Amazed by the strange vision in which thou hast appeared to him, the Archbishop said: 'Who art thou, my lord, that speakest to me? Show me how to find help quickly.'

Theodore replied: 'I am the martyr. Listen to me. Boil wheat, and distribute it among the people, and ye shall thus be saved from the polluted food of the avenger.'

Great is the wonder thou hast performed, Theodore, and marvellous is thy help. Taking courage, then, with undivided heart we turn to thee for refuge, and we pray: save thy servants.

At the good pleasure of the Father, and through the descent of the Holy Spirit upon thee, thou wast made the dwelling-place of the Light, the pure tabernacle of the Word: guide me with thy light.

Prokimenon

Tone VII

The righteous shall be glad in the Lord, and shall hope in Him.

Hear my voice, O God, when I pray unto Thee: deliver my soul from fear of the enemy.

Epistle

(For the day) Hebrews 1: 1-12.

(For St. Theodore) 2 Timothy 2: 1-10.

Alleluia

Tone IV

Stichos 1: The righteous shall flourish like a palm tree: and shall spread abroad like a cedar in Lebanon.

Stichos 2: They that are planted in the house of the Lord: shall flourish in the courts of our God.

Saturday in the First Week

Holy Gospel

(For the day) Mark 2: 23 – 3: 5.

(For St. Theodore) John 15: 17 – 16: 2.

Communion Verse

The righteous shall be had in everlasting remembrance: he will not be afraid of any evil tidings. Alleluia.

Appendix – Sessional Hymns to the Martyrs in the Eight Tones

After the first reading from the Psalter, the Sessional Hymns to the Martyrs in the Tone of the week.

Tone I

As faithful soldiers ye believed with one accord; ye were not terrified, O saints, by the threats of the tyrants, but taking up the precious Cross, eagerly ye followed Christ, and finishing the course, ye received victory from heaven. Glory be to Him who gave you strength; glory be to Him who crowned you; glory be to Him who through you grants healing unto all.

Stichos: Wondrous is God in His saints, the God of Israel.

Accept in supplication, O Lord who lovest mankind, the sufferings that the saints endured for Thee; and, we beseech Thee, heal all our distress.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

Let us all pray to the martyrs of Christ, for they intercede for our salvation. Let us all draw near to them with faith, for they dispense the grace of healing, and as guardians of the faith they drive away the hosts of demons.

Glory to the Father...

For the Dead

In the last days, without changing Thou hast for our sake clothed Thyself in flesh taken from Thy Virgin Mother, and as Lord Thou knowest how easily we fall: forgive and take pity on those who have departed from this life, for with faith they have entrusted their souls unto Thee, our Master and our only God.

Both now...

Theotokion

At Gabriel's salutation, 'Rejoice!', the Master of all things took flesh in thee, O Virgin. Thou art the Holy Ark of which the righteous David spoke; thou wast made wider than the heavens, for thou hast carried thy Creator in thy womb. Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free.

Tone II

Thou hast made Thy saints to shine brighter than gold, and in Thy love Thou hast glorified Thy holy ones. At their intercessions, Christ our God, grant peace to our life and make our prayer ascend as incense, O Thou who alone dost rest among the saints.

Stichos: Wondrous is God in His saints, the God of Israel.

O martyrs of the Lord, blessed is the earth on which your blood was shed, and holy are the shrines that have received your bodies. For in the arena openly ye triumphed over the enemy, and with boldness ye preached Christ. We entreat you, pray to Him that in His love He may grant salvation to our souls.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

Apostles, martyrs and prophets, hierarchs, holy monks and righteous men, who have fought the good fight to the end and kept the faith: since ye have boldness in the presence of the Saviour, we entreat you, pray to Him on our behalf that in His love He may grant salvation to our souls.

Glory to the Father...

For the Dead

Remembering, O Lord, those that have fallen asleep, I call to mind the coming judgement; and foreseeing my condemnation I cry to Thee from torment: O merciful Saviour, have mercy upon me.

Both now...

Theotokion

O holy Mother of the all-pure Light, with true faith and angelic hymns we honour and magnify thee.

Tone III

Rejoice now, all who love the victorious martyrs, and with one accord sing praise to Christ. He has made them shine like stars upon the world, and year by year their festivals confer on us the grace of miracles, enlightening our minds and souls.

Stichos: Wondrous is God in His saints, the God of Israel.

Your brave endurance, glorious martyrs, defeated the devices of the enemy from whom all evil comes; therefore were ye counted worthy of eternal blessedness. Intercede, then, with the Lord for the salvation of Christ's faithful flock, O ye witnesses of the truth.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

Through your faith ye shine as radiant lights, O physicians of the true worship of God, holy and glorious martyrs. Ye were not terrified by the torments of the tyrants, but ye cast down the blasphemous teachings of idolatry, taking up the true Cross as your emblem of victory.

Glory to the Father...

For the Dead

When at Thy command, O Lord and Saviour, we shall stand before Thine impartial judgment seat, condemn us not who have believed in Thee. We all have sinned, and yet we have not turned away from Thee. Therefore we entreat Thee, O Christ, give rest in the dwellings of the righteous to those whom Thou hast taken to Thyself, for Thou alone art rich in mercy.

Both now...

Theotokion

We sing thy praises, Virgin Theotokos, who dost intercede for the salvation of us all: for thy Son and our God, in the flesh He took from thee, accepted suffering on the Cross, and has delivered us from corruption in His love for mankind.

Tone IV

Through their sufferings, O Lord, Thy martyrs obtained crowns of immortality from Thee our God. For strong in Thy might they overthrew tyrants and crushed the powerless arrogance of the devils. At their supplications save our souls, O Christ our God.

Stichos: Wondrous is God in His saints, the God of Israel.

As with scarlet and fine linen Thy Church is adorned with the blood of Thy martyrs in all the world, and through them she cries aloud to Thee, O Christ our God: Have compassion on Thy people, grant peace to Thy flock, and to our souls great mercy.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

Armed with Thy Cross, O Christ our God, Thy victorious martyrs defeated the devices of the enemy from whom all evil comes. They shone like torches, guiding mortal men, and they grant healing unto those that ask with faith. At their intercessions save Thy world.

Glory to the Father...

For the Dead

To the souls that Thou hast taken from this temporary life unto Thyself, give rest in Thy compassion and almighty power, O Christ our God. In pity forgive what they have done; have mercy, merciful Lord, on the work of Thine hands, at the prayers of the Theotokos, O Thou who alone lovest mankind.

Both now...

Theotokion

The mystery hidden from all ages and unknown to the angels, through thee, O Theotokos, is revealed to those on earth: God is made flesh in a union without confusion, and willingly on our behalf accepts the Cross. Through it He raises Adam and saves our souls from death.

Tone V

Thy martyrs, O Lord, longed to drink from the cup of Thy sufferings; they forsook the pleasures of this world and shared in the life of the angels. At their intercessions grant peace to our souls.

Stichos: Wondrous is God in His saints, the God of Israel.

Through the miracles of Thy holy martyrs, O Christ our God, Thou hast given us a rampart that cannot be destroyed. At their prayers scatter to the winds the schemes of the heathen and strengthen the rulers of our land, for Thou alone art good and lovest mankind.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

Undismayed by the proud violence of tyrants, the suffering martyrs scorned danger and persecution, and with boldness they preached Christ. Steadfastly enduring cruel tortures, openly victorious they destroyed the error of idolatry and the power of the devil.

Glory to the Father...

For the Dead

Give rest with the righteous to Thy servants, O our Saviour, and make them to dwell in Thy courts, as it is written, in Thy goodness passing over all their trespasses, voluntary or involuntary, every sin committed in knowledge or in ignorance, O Thou who alone lovest mankind.

Both now...

Theotokion

O Christ our God who from a Virgin hast shone forth upon the world, and through her hast made us sons of light, have mercy upon us.

Tone VI

With patient endurance the saints suffered and contended, and they received the prize of victory from Thee. They brought to nothing the schemes of the transgressors, and were granted crowns of incorruption. At their prayers, O God, bestow upon us Thy great mercy.

Stichos: Wondrous is God in His saints, the God of Israel.

Persecuted by tyrants, the martyrs endured and suffered bravely in the arena; and near them stood the choirs of angels, holding prizes of victory. In their wisdom they astonished rulers and sovereigns, and by confessing Christ they overthrew the devil. Glory be to Thee, O Lord who hast made them strong.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

The memorial of Thy saints, O Lord, is like the Paradise in Eden, for it brings joy to all creation. At their prayers grant us peace and Thy great mercy.

Glory to the Father...

For the Dead

Truly all is vanity, and life is but a shadow and a dream. Every earthborn man troubles himself in vain, as Scripture says. When we have gained the whole world, then we shall depart to the tomb, where kings and beggars dwell together. Therefore, Christ our God, give rest to Thy departed servants in Thy love for mankind.

Both now ...

Theotokion

O Theotokos Virgin, thou art the good hope of the world: I ask for thy dread protection, and for thine alone. Have compassion on thy people that are left without defence; pray unto the merciful God that our souls may be delivered from every threat, for thou alone art blessed.

Tone VII

Rejoice, ye righteous, and let the heavens be glad: for, fighting bravely upon earth, the martyrs have brought error to an end. Let the Church celebrate a feast of joy and triumph, giving glory to the Judge who alone confers the victory, Christ our God who grants the world great mercy.

Stichos: Wondrous is God in His saints, the God of Israel.

Ye despised, O saints, the godless tyrants, and scorning all the pain of the tortures ye denied not your faith in Christ. Pray, then, to God who loves mankind, for the salvation of our souls.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

We entreat you, O ye saints, intercede for the forgiveness of our sins, and pray for our deliverance from the torment that awaits us and from bitter death.

Glory to the Father...

For the Dead

In the land of the living and in the dwellings of the righteous give rest, O loving Lord, to Thy servants whose memorial we keep; and whatever sins they committed in this life do Thou pardon, for Thou art a God of compassion ready to forgive, who grantest to the world great mercy.

Both now...

Theotokion

Since thou art the treasure-house of our resurrection, O Virgin worthy of all praise, do thou raise up from the pit and from the depth of their offences those who have put their trust in thee. Guilty of sin, they have been saved through thee, for thou hast given birth to our Salvation. Virgin before childbirth, and during childbirth virgin, thou hast remained virgin after childbirth.

Tone VIII

O holy martyrs, God has made you into spiritual torches. By the power of faith ye have dispersed the dark mist of error; ye have made the lamp of your soul to burn brightly, and in the company of the Bridegroom ye have entered with glory into the heavenly bridal chamber. And now we entreat you, intercede for the salvation of our souls.

Stichos: Wondrous is God in His saints, the God of Israel.

Suffering in faith a martyr's death, O saints, ye became ever-burning stars that shine on all the earth. Having placed your whole trust in the Lord, ye made the lamps of your souls to burn brightly with the invisible oil of the Spirit. Pouring out your blood, ye have become a chalice that brings refreshment to the Church. Victorious martyrs, worthy of all praise, offer intercession unto Christ our God, that we who celebrate with love your holy memory may receive forgiveness of our sins.

Stichos: To the saints that are in the earth, the Lord has shown the wonders of His will.

Through their self-restraint the martyrs of Christ put to death the fiery impulses of passion. They received the grace to drive out diseases from the sick, and to work miracles both when alive and after they were dead. O marvellous wonder! For their bare bones are a source of healing. Glory be to God, the only wise Creator.

Glory to the Father...

For the Dead

O Thou who with wisdom profound orderest all things in Thy love for mankind, who bestowest on all men, O only Creator, that which is best for them: give rest, O Lord, to the souls of Thy servants, for they have set their hope in Thee, our Maker and Creator and our God.

Both now...

Theotokion

In thee we have a wall and haven, and an intercessor acceptable to God whom thou hast borne, O Virgin Theotokos, the salvation of the faithful.

Κοίνιζ, ἡ βῆϝ ἡάπηνϝ ελάβα.
The end, and to our God be the glory!

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