

4th Sunday in Great Lent
Commemoration of the 40 Holy Martyrs of Sebaste
 (Note: Commemoration of St. John of the Ladder is moved to Compline)

VESPERS: Tone 8

- P. Regular Beginning
 C. Lord I have cried... (Tone 8)
1. We **offer** up to **Thee**, O Christ,/ our evening hymn and reasonable **service**/ for it hath pleased Thee to have **mercy** upon us// by Thy Resurre**ction**.
 2. Lord, **Lord**, cast us not **away** from Thy face,/ but be pleased to have mercy upon us// by Thy Resurre**ction**.
 3. Re**joice**, O holy **Zion**,/ Mother of Churches and **dwelling**-place of God,/ for Thou hast been the first to **receive** remission of sins// by the Resurre**ction**.
 4. Beg**otten** before all ages of God the **Father**,/ the Word, Who in the **latter** time/ willed to take flesh of a maid who **knew** not a man,/ endured the death of the Cross and by His own Resurre**ction**// saved man who in the past was made **subject** to death.

Stichera for the 40 Martyrs of Sebaste (Tone 2)

- 5/6. Valiantly enduring the present **torments**,/ rejoicing in that for **which** they longed,/ the holy martyrs said one to **another**:/ If we do not shed our garments, we shall not put off the **old** man./ Winter is cruel, but **paradise** is sweet;/ the ice is painful, but the acquisition of the Kingdom is **delightful**./ Then, let us not give way, O **warriors**!/ Let us endure but a **little** while,/ that we may be crowned with crowns of victory by **Christ** God,// the Saviour **of** our souls.
- 7/8. Casting off all their garments and entering the lake with **trembling**,/ the holy martyrs said one to **another**:/ Let us not spare today our corruptible **garments**,/ that we may attain the paradise **which** we lost!/ Having once been clothed because of the pernicious **serpent**,/ let us now unclothe ourselves for the resurre**ction** of all;/ let us disdain the frigid ice and **despise** the flesh,/ that we may be crowned with crowns of victory by **Christ** God,// the Saviour **of** our souls!
- 9/10 Seeing tortures **as** delight,/ running to the frozen lake as to a **warm** spring,/ the holy martyrs said: Let us not fear the season of **winter**,/ that we may avoid the fearsome fire of **Gehenna**;/ let our legs be consumed, that they may dance **eternally**;/ let our arms be cut off, that they may stretch themselves forth **unto** the Lord;/ let us not spare our mortal **nature**;/ let us submit to death, that we may be crowned with crowns of victory by **Christ** God,// the Saviour **of** our souls.

Glory... for the 40 Martyrs (Tone 2)

Valiantly enduring the present **torments**,/ rejoicing in that for **which** they longed,/ the holy martyrs said one to **another**:/ If we do not shed our garments, we shall not put off the **old** man./ Winter is cruel, but **paradise** is sweet;/ the ice is painful, but the acquisition of the Kingdom is **delightful**./ Then, let us not give way, O **warriors**!/ Let us endure but a **little** while,/ that we may be crowned with crowns of victory by **Christ** God,// the Saviour **of** our souls.

Both... Dogmatikon (Tone 8)

In His **love** for mankind,/ the King of Heaven appeared upon earth and **dwelt** among men./ For He took flesh of a pure **Virgin**,/ and thus incarnate He came **forth** from her./ The only **Son** is He:/ twofold in nature, but not in **person**./ In proclaiming Him perfect man and perfect **God** indeed,/ we confess **Christ** our God.// Beseech Him, O Mother without wedlock to have mercy upon our souls.

P. Wisdom. Aright!

C. O Joyful Light...

P. Prokimenon. The Lord is King...

P. Wisdom!

R. The reading from the Prophecy of Isaiah (43:9-14)

Let all the nations be gathered together, and let the people be assembled: who among them can declare this, and show us former things? Let them bring forth their witnesses, that they may be justified: or let them hear, and say, It is truth. Ye are My witnesses, saith the Lord, and My servant whom I have chosen: that ye may know and believe Me, and understand that I am He: before Me there was no God formed, neither shall there be after Me. I, even I, am the Lord; and beside Me there is no Saviour. I have declared, and have saved, and I have shown, when there was no strange god among you: therefore ye are My witnesses, saith the Lord, that I am God.

Yea, before the day was I am He; and there is none that can deliver out of My hand: I will work, and who shall let it? Thus saith the Lord, your Redeemer, the Holy One of Israel; For your sake I have sent to Babylon, and have brought down all their nobles, and the Chaldeans, whose cry is in the ships.

R. The reading from the Wisdom of Solomon (3:1-9)

But the souls of the righteous are in the hand of God, and there shall no torment touch them. In the sight of the unwise they seemed to die: And their departure is taken for misery, and their going from us to be utter destruction: But they are in peace. For though they be punished in the sight of men, yet is their hope full of immortality. And having been a little chastised, they shall be greatly rewarded: For God proved them, and found them worthy for Himself. As gold in the furnace hath He tried them, and received them as a burnt offering. And in the time of their visitation they shall shine, and run to and fro like sparks among the stubble. They shall judge the nations, and have dominion over the people, and their Lord shall reign forever. They that put their trust in Him shall understand the truth: And such as be faithful in love shall abide with Him: For grace and mercy is to His saints, and He hath care for his elect.

R. The reading from the Wisdom of Solomon: (5:15-24; 6:1-3)

But the righteous live for evermore; their reward also is with the Lord, and the care of them is with the Most High. Therefore shall they receive a glorious kingdom, and a beautiful crown from the Lord's hand: for with His right hand shall He cover them, and with His arm shall He protect them. He shall take to Him His jealousy for complete armor, and make the creature His weapon for the revenge of His enemies. He shall put on righteousness as a breastplate, and true judgment instead of a helmet. He shall take holiness for an invincible shield. His severe wrath shall He sharpen for a sword, and the world shall fight with Him against the unwise. Then shall the right-aiming thunderbolts go abroad; and from the clouds, as from a well-drawn bow, shall they fly to the mark. And hailstones full of wrath shall be cast as out of a stone bow, and the water of the sea shall rage against them, and the floods shall cruelly drown them. Yea, a mighty wind shall stand up against them, and like a storm shall blow them away: thus iniquity shall lay waste the whole earth, and ill dealing shall overthrow the thrones of the mighty. Hear, therefore, O ye kings, and understand; learn, ye that be judges of the ends of the earth. Give ear, ye that rule the people, and glory in the multitude of nations. For power is given you of the Lord, and sovereignty from the Highest, who shall try your works, and search out your counsels.

P. Augmented Litany

R. Vouchsafe...

P. Litany of Fervent Supplication

C. Litya (*Sing the sticheron of the Saint of the Temple first*)

Stichera for the Martyrs (from Matins Aposticha) (Tone 2)

Chanting a hymn unto the **Saviour**,/ the forty martyrs have given the faithful to drink from the **cup** of truth/ which is filled with their blood, with the fire of their torments and icy **waters**;/ for, though one in mind, they offered themselves to Christ in many **bodies**./ And the godly mother of a Christ-loving son, bearing him upon her **shoulder**, said:// "Come, O athlete, and suffer **with** the rest!"

(Tone 1)

The **choir** of the forty-fold **splendor**,/ the whole army assembled by God,/ hath shone **forth** upon the Fast in their honorable **sufferings**,// illumining and **enlightening** our souls.

(Tone 2)

The martyrs considered the lake to be as a **paradise**,/ and winter to be as the heat of day, O **Christ** God;/ and **thoughts** of the tyrants' threats did not **frighten** them./ Valiant, they feared not the increase of **tortures**,/ having acquired the **weapon** of the Cross;/ and therewith, as mighty, they **vanquished** the foe,// for which they have received **crowns** of grace.

Who will not hymn the choir of the martyrs forty in **number**?/ For they entered the waters of the lake **boldly**,/ and, **huddling** together in the cold, they chanted a hymn unto the Lord:/ Nay, in the rivers art Thou wroth **against** us, O Lord?/ Nay, in the rivers art Thou wroth against us, O **Lover**

of mankind?/ Lighten Thou the oppression and **bitterness** of the wind,/ for our feet are empurpled with our **own** blood,/ and Thou has led us into Thine everlasting habitations, O God!// May the bosom of Abraham **warm** us!

Glory... (Tone 2)

Prophetically David cried **aloud** in the Psalms:/ We went through fire and **water**,/ and **Thou** didst bring us out into **refreshment**!/ And ye, O martyrs of Christ, fulfilling the word in **very** deed,/ passed through fire and water and entered into the Kingdom of **Heaven**./ Wherefore, pray, O ye forty **athletes**,// that we be given great **mercy**.

Both now and ever... (Tone 2)

Here is a new wonder greater than all the **miracles** of old,/ for who has ever known a mother bear a child without the **help** of man?/ and hold in her arms Him Who encompasseth the whole creation?/ It was the will of God to be **born** and thou,/ O all-pure Virgin, hast carried Him, an **infant** in thine arms./ The boldness of a mother is **therefore** thine./ Do thou then pray to Him without ceasing for us who **honour** thee,// and entreat Him to save our souls and have mercy upon us.

P. *Litya prayers in back of Church*

APOSTICHA: (Tone 8)

1. O **Jesus** Who came down from **heaven**,/ Thou didst ascend upon the Cross and didst **come** to die,/ O **Immortal** Life,/ true Light for those sitting in **darkness**:/ and the Resurrection of all the **fallen**:// Glory unto Thee, our Saviour, Who **enlightens** us.

V. The Lord is King,/ and hath put on glorious **apparel**.

2. **Let** us glorify Christ risen **from** the dead,/ Who took upon Himself **body** and soul,/ and separated them one from another by His **Passion**:/ for His most pure soul went down to hell which **He** despoiled;/ and in the tomb the Holy Body of the **Deliverer** of our souls// knew not **corruption**.

V. He hath made the world so sure/ that it **cannot** be moved.

3. We **glorify** Thy Resurrection from the **dead**, O Christ,/ in **psalms** and song,/ for by it Thou hast freed us from the **torments** of hell,/ and hast, since **Thou** art God,// granted eternal life and Thy great **mercy**.

V. Holiness becometh Thine house/ O Lord, **forever**.

4. O **Lord** of all, incomprehensible Maker of **heaven** and earth,/ through Thy passion **on** the Cross,/ Thou hast freed me from **passions**./ After enduring burial, Thou hast risen in **glory**,/ raising up Adam with Thy **mighty** arm./ Glory be to Thy Resurrection on the **third** day,/ by which Thou hast endowed us with **eternal** life/ and granted us the **cleansing** of our sins,// for Thou alone art **compassionate**.

Glory... For the Martyrs (Tone 6)

In hymnody let us praise the forty passion-bearing **martyrs**,/ O ye faithful, and with sweet singing let us cry out to them, **saying**:/ Rejoice, ye **athletes** of Christ:/ Hesychius, Meliton, Heraclius,/ Smaragdus and Domnus, Eunoicus, Valens and Vivianus, Claudius and **Priscus**!/ Rejoice, Theodulus, **Euthychius** and John,/ Xantheas, Helianus, Sisinius, **Cyrion**,/ Angius, Aetius and **Flavius**!/ Rejoice, Acacius, Ecditius, Lysimachus,/ Alexander, Elias and **Candidus**,/ Theophilus, Dometian and godly Gaius and **Gorgonius**!/ Rejoice, Leontius and **Athanasius**,/ Cyril and Sacerdon, Nicholas and **Valerius**,/ Philoctimon, Severian, Chudion and **Agelaius**,/ for ye have boldness before Christ our God, O most honored **martyrs**!/ Him do ye **earnestly** beseech,// that they that keep your most precious memory with faith **may** be saved.

Both... (Tone 6)

O all-hallowed **Virgin**,/ Christ, the Maker and Deliverer and Lord **proceeded** from thy womb,/ and clothing Himself in me, set man free from the original curse of **Adam**./ Wherefore, O all-pure **Virgin**,/ we sing without ceasing to thee as Mother of God and **Virgin**/ in truly the greeting of the **angel**:// Rejoice! O Lady, advocate and defender and **salvation** of our souls.

- C. St. Symeon's Prayer
 R. Trisagion
 C. Rejoice, O Virgin Theotokos 3x

Blessed be the Name of the Lord... x3
 Psalm 33:1-10

MATINS: Tone 8

- P. Regular Beginning
 P. Great Ectenia
 C. God is the Lord...

C. Sunday Troparia (Tone 8) 2x

Thou didst descend from on high, O merciful one./ Thou didst endure the three day burial/ to free us from our sufferings.// O Lord, our Life and Resurrection, Glory to Thee.

Glory... Troparion for the 40 Martyrs of Sebaste (Tone 1)

By the pangs which Thy saints suffered for Thee,/ be Thou entreated, O Lord,/ and heal Thou all our diseases,// we beseech Thee, O Lover of mankind.

Both... (Tone 1)

At the **sound** of Gabriel's voice calling out to thee: "Hail, **Virgin**,"/ the Master of all things became **incarnate** in thee,/ **thou** the Holy Tabernacle,/ as David the **righteous** said./ In **bear**-ing thy Creator, thou hast shown thyself to surpass the vastness of the **heavens**./ Glory unto Him Who **dwelt** in thee./ **Glory** unto Him Who from thee came **forth**.// Glory unto Him, Who by thy childbirth hath **set** us free.

Lord Have Mercy 3x
 Glory...

R. Now...
 R. Kathisma II
 P. Small Ectenia

R. Sessional Hymns:

Thou didst arise from the dead, O Life of all, and the radiant angel cried to the women: "Cease your weeping! Declare unto the apostles, and cry aloud, singing: Christ the Lord hath risen, Whose good pleasure, as God, it hath been to save the human race!"

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

O Thou Who didst truly rise from the dead, Thou didst command the venerable women to proclaim Thine arising to the apostles, as it is written; and speedy Peter ran quickly to Thy tomb and, beholding a light within the sepulcher, was filled with awe. Wherefore, seeing the grave-clothes lying without the divine body in them, he cried out with faith: "Glory to Thee, O Christ God our Saviour, for Thou savest all, in that Thou art the Effulgence of the Father!"

G/B... Thou, O good Lord, for our sakes wast born of a Virgin and hast endured crucifixion, despoiling death by death, and as God, Thou hast shown forth the Resurrection. Despise not the work of Thine hands. Show Thy love for man, O merciful Lord. Accept the intercession made on our behalf by the Theotokos who bore Thee, and, O our Saviour, save Thy despairing people.

R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Men sealed Thy tomb, O Saviour, but an angel rolled the stone away from its entry. The women beheld Thee risen from the dead, and in Sion they proclaimed to Thy disciples the glad tidings that Thou hadst arisen, O Life of all, and that the bonds of death are broken. O Lord, glory be to Thee!

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

The women who bore the burial spices heard from the tomb the voice of the angel, saying: "Cease your weeping, and receive joy instead of grief! Cry aloud, singing that Christ the Lord hath risen, Whose good pleasure it hath been, as God, to save the human race!"

G/B... All creation—the assembly of angels and the human race—rejoiceth in thee, O thou who art full of grace, O sacred temple and reason-endowed paradise, thou boast of virgins, from whom God, Who existeth from before time, was incarnate and became a child; for He made thy loins a

throne, and thy womb He made more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee!

C. Polyeleos

P. Magnification of the Holy 40 Martyrs of Sebaste (once by clergy)

We magnify you,/ O ye holy and victorious forty martyrs,/ and we reverence your honoured sufferings,// which ye did endure for Christ.

C. Evlogitaria (Blessed art Thou, O Lord...)

P. Small Ectenia

R. Ypakoe:

Standing before the tomb of the Bestower of life, the myrrh-bearing women sought the immortal Master among the dead; and receiving the joyous announcement from the angel, they exclaimed to the apostles that Christ God is risen, granting the world great mercy.

R. Sessional Hymns for the 40 Martyrs of Sebaste

O ye forty godly martyrs of Christ, like the greatest of stars ye ever illumine the honorable firmament of the Church and enlighten the faithful.

O wondrous athletes, passing over torment with most manly resolve, ye passed through fire and water, and crossed over to the broad expanses of salvation, receiving as an inheritance the kingdom of heaven, wherein ye make divine supplication in our behalf, O wise forty.

Adornment of the holy martyrs! Lo! the divinely assembled company of the forty warriors of fourfold radiance! Tried by fire and freezing cold, the wise ones were truly shown to be soldiers of Christ, the King of all; and they entreat Him that we be saved.

G/B... I weep now before the Judgment, O pure one, mindful of my wicked and evil deeds, of the abyss of my transgressions which hath grown in size from my youth, stifling my mind. But by their intercession grant me remission, and vouchsafe that I obtain salvation.

Hymn of Degrees: (Antiphon One)

From my youth hath the enemy tempted me, causing me to burn with pleasures; but, trusting in Thee, O Lord, I vanquish him.

Let those who hate Sion be as grass before it is mowed down; for Christ will cut through their necks with the scythe of torments.

G/B... By the Holy Spirit are all things given life. Him do we praise with the Father and the Word, as Light from Light, the great God.

Hymn of Degrees: (Antiphon Two)

Let my heart, humble of mind, be covered with the fear of Thee, O most Compassionate One, and let it not, exalting itself, fall away from Thee.

May he who setteth his hope on the Lord not be terrified when all things will be tried by fire and torment.

G/B... Through the Holy Spirit doth every godly man see and prophesy, working exalted miracles, and hymning the one God in Three Persons; for though Three shine together, the Godhead ruleth as One.

Hymn of Degrees: (Antiphon Three)

I have cried unto Thee: Hearken, O Lord, and incline Thine ear to me who cry out; and before Thou takest me away from hence make me pure.

Everyone who returneth to his mother, the earth, is released to receive torments or honours for those things he did during life.

G/B... Through the Holy Spirit proceedeth the theology of the thrice-holy Unity: for the Father is unoriginate, and from Him hath the Son been begotten timelessly, and the Spirit is equally enthroned and hath the same image, shining forth from the Father.

Hymn of Degrees: (Antiphon Four)

Behold now, what is so good or so beautiful as for brethren to dwell together? For therein hath the Lord promised life eternal.

He Who adorneth the lilies of the field doth warn that it is not fitting for man to give thought to his raiment.

G/B... By the Holy Spirit, the single Cause, are all things sustained through the bestowal of peace; for He is God, Who in dominion is consubstantial with the Father and the Son.

P. Prokimenon: (Tone 8)

The Lord shall be king unto eternity;/ Thy God, O Zion, unto generation and generation.

V. Praise the Lord, O my soul. I will praise the Lord in my life.

C. Let every breath praise the Lord.

P. GOSPEL #8

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

Glory... Open unto me, O **Giver** of Life,/ the gates of **repentance**:/ for early in the morning my spirit seeks Thy holy **temple**,/ bearing a temple of the body **all** defiled.// But in Thy compassion cleanse it by Thy loving-kindness and Thy **mercy**.

Both now... **Guide** me in the paths of salvation, O Theotokos:/ for I have befouled my soul with **shameful** sins/ and have wasted all my life in **slothfulness**.// By thine intercessions deliver me from all **uncleanness**.

(Tone 6)

Have mercy **upon** me, O God,/ in Thy great **mercy**:/ and according to the multitude of Thy **compassion**// blot out my **transgressions**.

As I ponder in my **wretchedness**/ the many evil things that **I** have done,/ I tremble for the fearful day of **judgment**./ But trusting in Thy merciful **compassion**,/ like David do I **cry** to Thee:// Have mercy upon me, O God, in Thy great **mercy**.

P. Save, O God, Thy People...
Anointing.

Canticle One

Irmos: The staff of Moses, once working a wonder,/ striking the sea
in the form of the Cross and dividing it,/ drowned the
mounted tyrant Pharaoh,/ and saved Israel// who fled on foot,
chanting a hymn unto God.

Glory to Thy Holy Resurrection, O Lord.

How shall we not wonder at the almighty divinity of Christ, Who through
His sufferings sheddeth dispassion and incorruption upon all the faithful,
and poureth forth a wellspring of immortality from His holy side and life
ever-lasting from His tomb?

The magnificent angel hath now appeared to the women, bearing splendid
tokens of natural and immaterial purity, by his appearance proclaiming the
light of the resurrection, crying: The Lord is risen!

Theotokion

All-glorious things have been said of thee among generations of
generations, O thou who contained God the Word in thy womb, remaining pure,
O Mary Theotokos; wherefore, we all honour thee, our help after God.

Have mercy on me, O God, have mercy on me.

O Christ my Saviour, I have become like the man who fell among thieves,
who was wounded and left half dead. For through my sins I have wounds more
grievous than his.

Stripped of all Thy wealth, he cried out lamenting: 'O Saviour, I am
gravely wounded; leave me not to the thieves.' So do I also pray to Thee:
Merciful Lord, O save me.

My mind has been scourged with the whips of sin by wicked thieves and
evil thoughts. Heal, Christ my Saviour, and save me, for Thou art rich in
mercy.

Theotokion

O undefiled Mother of Christ, God took flesh from thee while yet
remaining always in the bosom of the Father; pray to Him without ceasing,
that He may save from every peril the creatures He has formed.

Holy Forty Martyrs of Sebaste, pray to God for us.

With hymns inspired by God I praise the divinely-crowned regiment of
the martyrs of Christ, radiantly celebrating the annual commemoration of
the forty, for He hath been glorified!

Rejecting every title on earth, the forty desired the title of Christian, for which they now dwell in the Highest.

Living in Christ and despising the flesh and the world, ye therefore put off the old man and this transitory vesture, and clothed yourselves in the garment of incorruption.

By your supplication, O ye forty martyrs, render God well-disposed now towards us who call upon you with the pure love of our hearts.

Made luminous in the heavens with the rays of the splendor of the three-fold Sun, O ye forty martyrs, protect us who hymn you on earth, which is frozen over by the winter of temptations.

G/B... O Virgin Theotokos, Mother who knewest not man, thou gavest birth unto the Creator and Lord Who is supernaturally over all and Who, for the sake of us men, assumed our flesh.

C. Katavasia (Tone 4)

I shall open my mouth/ and the Spirit will **inspire** it,/ and **I** shall utter the words of my song to the Queen and **Mother**:/ I shall be seen radiantly **keeping** feast// and joyfully praising her **wonders**.

Canticle Three

Irmos: O Christ Who in the beginning/ established the heavens in wisdom/ and founded the earth upon the waters,/ make me steadfast upon the rock of Thy commandments;// for none is holy as Thee, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Adam, who was condemned by his sinful tasting, didst Thou justify by the saving suffering of Thy flesh, O Christ; for Thou Thyself wast not subject to the trial of death, O Sinless One.

Jesus my God, the Light of the resurrection, shone forth upon those sitting in darkness and the shadow of death, and binding the mighty one with His divinity, He despoiled his vessels.

Theotokion

O Theotokos, thou hast been shown to be more exalted than the cherubim and seraphim; for thou alone didst receive the uncontainable God in thy womb, O undefiled one. Wherefore, all of us, the faithful, bless thee with hymns, O pure one.

Have mercy on me, O God, have mercy on me.

Journeying on the path of life, O Christ, I have been sorely wounded by thieves because of my passions: I pray Thee, raise me up.

Thieves have robbed my mind and left me half dead, wounded by my sins:
but heal me, O Lord.

My passions have stripped me bare of Thy commandments, O Saviour
Christ, and I have been scourged by sensual pleasures. But pour oil upon my
wounds.

Theotokion

Pray without ceasing, O pure Bride of God, to Him Who came forth from
thy womb, that those who sing thy praises may be delivered from the deceit
of the devil.

Holy Forty Martyrs of Sebaste, pray to God for us.

When the forty martyrs were mercilessly stoned with rocks at the
command of the tormentors, by the Spirit of God the stones were hurled
back against those who commanded that they be beaten.

The serpent of him who invented blasphemy spake through the lips of
the tormentors, but his blasphemous mouth is broken by the rocks hurled at
the martyrs.

O ye martyred company and united chorus of crowned martyrs, standing
before the Master, do ye ever save us that sing your praises.

Battered by the lake of the passions and by the waves of grievous
temptations, we flee to you, Christ's forty warriors.

Warmed in the bosom of Abraham and arrayed with glorious apparel,
pray ye that Christ grant remission unto those who are bound by the winter
of evil circumstances.

G/B... O Virgin Bride of God, be thou the confirmation, refuge and
protection of those who have recourse unto thee in faith and confess thee to
be the Mother of God.

C. Katavasia (Tone 4)

O **M**other of God,/ thou living and **p**lentiful fount,/ give **s**trength to
those united in spiritual **f**ellowship,/ who sing hymns of **p**raise to thee:/
And in thy divine **g**lory// vouchsafe unto them crowns of **g**lory.

P. Small Ectenia

C. Kontakion for the Martyrs (Tone 6)

Having left all the army of the world,/ ye did cleave unto the Master
in the heavens,/ O forty passion-bearers of the Lord;/ for, having passed
through fire and water, O blessed ones,/ as is meet ye received glory from
the heavens// and a multitude of crowns.

R. Ikos for the Martyrs

Unworthy as I am, I fall down before Christ Almighty, our Creator and
God, Who sitteth upon an unapproachable throne, Who stretched out the

heavens as it were a curtain, Who established the earth, Who gathered the waters in the bodies thereof, Who created all things out of naught, Who granteth breath and life unto all, Who receiveth hymnody from the archangels, is worshipped by the angels and is glorified by all; and offering up entreaty, I beg the grace of eloquence, that I also may piously hymn the saints whom He Himself showed forth as victors, granting them glory from the heavens and a multitude of crowns.

R. Sessional Hymns

Having served Christ in martyrdom as warriors and cast down the enemy through suffering, in your deeds ye fulfilled the words of the Prophet: Ye went manfully through fire and water, finding refreshment, life incorruptible. Wherefore, adorned with heavenly crowns, ye rejoice with the choirs of the bodiless ones, O blessed and all-praised passion-bearers. Entreat Christ God, that He grant remission of sins unto those who honour your holy memory with love. (2x)

G/B... from the Triodion

With Thy Holy Cross as our weapon of salvation, we cry aloud to Thee, our Saviour: O Thou Who willingly hast suffered for our sake, save us, God of all, in thy great mercy.

Canticle Four

Irmos: Thou art my strength, O Lord,/ Thou art my power, Thou art my God,/ Thou art my joy,/ Who, without leaving the bosom of the Father,/ hast visited our lowliness./ Wherefore, with the Prophet Habakkuk I cry to Thee:// Glory to Thy power, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Thou didst love me, Thine enemy, exceedingly, for in a strange abasement Thou didst descend to earth, O Saviour of loving-kindness, refusing to reject mine utter reproach; and abiding in the heights of Thine all-pure glory, Thou hast glorified that which before was dishonoured.

Who is not filled with awe, beholding death destroyed by Thy Passion, O Master? For by the divine power of Thee Who wast crucified was corruption put to flight by the Cross and hades emptied of its riches by Thy death. Wondrous are Thy works, O Thou Who lovest mankind!

Theotokion

Thou art the boast of the faithful, O thou who knewest not wedlock, and thou art also the refuge, bulwark and haven of Christians; for thou bearest entreaties to thy Son, O most immaculate one, and savest from misfortunes those who with faith and love know thee to be the pure Theotokos.

Have mercy on me, O God, have mercy on me.

Thieves have despoiled me of my godly actions, leaving me chastised and in agony.

My unstable thoughts have stripped me bare of Thy commandments, O Saviour, and I have been scourged by my transgressions.

The Levite, when he saw me wounded, passed by on the other side, O Saviour; but do Thou preserve me.

Theotokion

As is right, we glorify thee, Virgin Theotokos, and with all the faithful we take refuge in thy haven.

Holy Forty Martyrs of Sebaste, pray to God for us.

"O ye all-ungodly ones, ye are made vainly to offer such a bad bargain!" said the sufferers.

"The fire of Gehenna affrighteth us, but we are not afraid of any of our fellow servants here present," said the athletes.

"Let our arms be cut off, let our feet be burned," the holy ones cried out, "for we shall receive them back incorruptible."

O martyrs, through God ye have become our illumination, for ye have clothed yourselves in splendor undimmed.

O divinely elect and crowned assembly of martyrs, pray that those who hymn you may be delivered from misfortunes.

G/B... Hymning Him Who was incarnate of thy womb, O pure one, we glorify thee as the Mother of God.

C. Katavasia (Tone 4)

He Who sits in glory upon the throne of the **Godhead**,/ Jesus the **true** God,/ is **come** in a **swift** cloud,/ and with His pure hand He has saved **those** who cry:// Glory to Thy **power**, O Lord.

Canticle Five

Irmos: Wherefore hast Thou turned Thy face from me,/ O Light never-waning?/ And why hath a strange darkness covered me, wretch that I am?/ But turn me, and guide my steps// to the light of Thy commandments, I pray.

Glory to Thy Holy Resurrection, O Lord.

Mocked, Thou didst deign to be clad in a purple robe before Thy sufferings, O Saviour, thus covering the ugly nakedness of the first-created man; and, naked, Thou wast nailed to the Cross in the flesh, O Christ, stripping off our robe of mortality.

Arising, Thou didst fashion anew from the dust of death my fallen essence, O Christ, and didst render it never-aging, showing it again to be a royal image, resplendent in the life of incorruption.

Theotokion

Possessed of maternal boldness before thy Son, O most pure one, dismiss not the thought of us as thy kin, we pray thee; for thee alone do we Christians set before the Master, to obtain merciful purification.

Have mercy on me, O God, have mercy on me.

Bind up, O Jesus, the wounds of my soul, as the Samaritan bound up the wounds of him that fell among thieves, and heal me from my pain, I pray, O Christ.

Scourged by my transgressions, O Christ, my soul is sick and in agony, and I lie naked and bereft of the divine virtues; but I beseech Thee, save me.

When the priest and the Levite saw me, they could not help me, but passed by on the other side. But Thou in Thy compassion hast given me salvation and preserved me.

Theotokion

I entreat Thee, Master, despise me not in my wretchedness, for my mind has been scourged painfully by thieves. But take pity on me, Saviour, at the intercessions of Thy Mother.

Holy Forty Martyrs of Sebaste, pray to God for us.

Through the most mindless savagery of the tormentors, the athletes, condemned to spend the night in the open air in the cold, chanted a hymn of thanksgiving unto God.

Rejoicing, the forty martyrs endured the painful ice, standing in the lake, yet strengthened with the hope of divine crowns.

Driven out, the serpent which before had made its nest in the waters became an object of scorn for the forty martyrs of Christ, for he was deprived of his deadly strength.

From the raging of the heretics do ye now deliver the honourable Church of Christ, O forty martyrs; for, having been born within Her, ye have passed on to great dignity and glory.

Appearing to us, the forty divinely splendid martyrs of Christ like fiery beacons light the saving path of piety for the faithful.

G/B... O Maiden Mistress, thou didst truly bear God as thy divine Offspring, as a mystery inscrutable and incomprehensible to all, passing all understanding.

C. Katavasia (Tone 4)

The whole **world** was amazed at thy divine **glory**,/ for **thou**, O Virgin who hast not known **wedlock**,/ hast **held** in thy womb the **God** of all,/ and hast given birth to an **eternal** Son,// Who rewards with salvation all who sing thy **praises**.

Canticle Six

Irmos: Cleanse me, O Saviour,/ for many are my transgressions/ and lead me up from the abyss of evils, I pray,/ for to Thee have I cried,// and Thou hast hearkened unto me, O God of my salvation.

Glory to Thy Holy Resurrection, O Lord.

By a tree the author of evil mightily cast me down; but, having been uplifted upon the Cross, Thou, O Christ, didst with greater might cast him down, putting him to shame; and thou didst raise up him who was fallen.

Rising from the grave, Thou didst take pity on Sion, by Thy divine blood making it new instead of old, in that Thou art compassionate; and Thou now reignest therein forever, O Christ.

Theotokion

Let us be delivered from grievous transgressions through thine entreaties, O pure Theotokos, and let us receive the divine effulgence of the Son of God, Who ineffably became incarnate of thee, O all-pure one.

Have mercy on me, O God, have mercy on me.

I have wasted my God-given life on the passions, O Master, and I am fiercely scourged in every part by my transgressions; but I turn to Thee for refuge and I pray: Have pity on me.

Scourging my mind with the passions, thieves have seized my wealth and left me as one dead. But take pity on me and save me, O Lord.

When the Levite saw how painfully I had been scourged, unable to endure the sight of my wounds he passed by on the other side. But Thou in Thy love hast poured upon me Thy rich mercy.

Theotokion

Rightly do we glorify thee as the Bush unconsumed by fire, the Mountain and the living Ladder and the Gate of Heaven, O glorious Mary, pride of the Orthodox.

Holy Forty Martyrs of Sebaste, pray to God for us.

With joy the author of malice snatched the one who fell away from the forty as he did the wretched Judas from the twelve apostles and man from Eden.

Being shameless, the devil rageth in vain, for as of old by the thief and Matthias, so now by one in the office of guardsman is the tyrant also rent asunder.

Vain-minded and worthy of lamentation is he who lost both lives, for thawed by the fire, he departed into the unquenchable fire.

O mighty ones, ye have been shown to be watchful and vigilant preservers of the human race and makers of entreaty; and ye have been put yourselves forward as helpers of the grieving.

Of old ye became destroyers of the deception of the demonized persecutors, O most eminent ones; and be ye now our ready help and rampart.

G/B... On thee have I set my hope of salvation, O Ever-virgin Mother; and Thee have I appointed as the steadfast and unshaken intercessor of my life.

C. Katavasia (Tone 4)

As we **celebrate**/ this sacred and solemn feast of the **Mother** of God,/ **let** us come, **clapping** our hands,/ O people **of** the Lord,/ and give **glory** to God// Who was **born** of her.

P. Small Ectenia

C. Kontakion (Tone 8)

By rising from the tomb, Thou didst resurrect Adam./ Eve exults in Thy Resurrection,// and the world celebrates Thy rising from the dead, O greatly merciful One.

R. Ikos

O my long-suffering Saviour, Bestower of life Who lovest mankind, Who captured the kingdoms of hades and raised up the dead, Thou didst greet the myrrh-bearing women, offering them joy instead of grief, didst proclaim signs of victory to Thine apostles, and dost enlighten creation. Wherefore, the world rejoiceth at Thine arising from the dead, O greatly Merciful One.

Canticle Seven

Irmos: Once, in Babylon,/ the fire stood in awe of the condescension of God;/ wherefore, the youths, dancing with joyous step in the furnace,/ as in a meadow, chanted:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Thy glorious abasement, the divine riches of Thy poverty, O Christ, amaze the angels who behold Thee nailed to the Cross to save those who cry out with faith: Blessed art Thou, O God of our fathers!

By Thy divine descent Thou didst fill the nether regions with light, and darkness which before reigned as tyrant was driven away. Wherefore, those held prisoner from ages past arose, crying: Blessed art Thou, O God of our fathers.

Triadicon

Theologizing in Orthodox manner concerning Thee, we declare Thee unto all as the Lord, the only Father of the only-begotten Son, acknowledging that from Thee proceedeth the one upright Spirit, Who is of the same nature and is equally eternal.

Have mercy on me, O God, have mercy on me.

Thieves fell upon me, poor wretch, and scourging me they left me a lifeless corpse; therefore I pray to Thee: Come to my aid.

My ever-moving thoughts have robbed my mind and, striking me through the passions, they have left me dead, because of the multitude of my transgressions. But O Saviour, heal me.

When the Levite saw me, injured and in pain, thinking my wounds incurable and unable to endure the sight of them, he passed by on the other side. But, O my Saviour, do Thou make me whole.

Theotokion

Taking flesh from the Virgin, O Christ, Thou hast saved me, pouring the oil of Thy rich mercy on my wounds. Therefore I glorify Thee.

Holy Forty Martyrs of Sebaste, pray to God for us.

The guard set over the forty martyrs was stricken with awe, beholding their crowns; and, rejecting that which bound him to life, taking wing with the love of Thy manifest glory, with the martyrs he sang: Blessed art Thou, O God of our fathers!

Hastening to the soul-destroying bath, he that loved his life doth die; but he that loved Christ, being a most exemplary apprehender of those things which he beheld, sang with the martyrs as in a bath of incorruption: Blessed art Thou, O God of our fathers!

When the noetic fire flared up in the minds of the forty, the most subtle madness of the ungodly was consumed, as it were melting wax. And to Thee, O Christ, they sang: Blessed art Thou, O God of our fathers!

To all are ye shown to be losers from the passions and beacons shining from afar, the cleansing of the world, the destruction of deception, clear-voiced proclaimers of the truth and expellers of falsehood, chanting: Blessed art Thou, O God of our fathers!

Ye are revealed to us as noetic beacons shining forth, O martyrs; for ye save the tempest-tossed and guide those who sail and are battered by

the storm of life, chanting unto Christ: Blessed art Thou, O God of our fathers!

G/B... A beacon of light, a luminous cloud and a place of sanctity hast thou been shown to be, O thou who knewest not wedlock, for thou didst ineffably receive the Word, the Holiest of the holy. And chanting unto Him, we cry out: Blessed art Thou, O God of our fathers!

C. Katavasia (Tone 4)

The **Holy** Children bravely trampled upon the **threatening** fire,/ preferring not to worship created things rather than the Creator,/ and they **sang** in joy:/ 'Blessed art Thou and **praised** above all,// O Lord God of our **fathers.**'

Canticle Eight

Irmos: Madly did the Chaldaean tyrant/ heat the furnace sevenfold for the pious ones;/ but, beholding them saved by a higher Power,/ he cried out to the Creator and Deliverer:/ ye children, bless; ye priests, hymn;// ye people, exalt Him supremely for all ages.

Glory to Thy Holy Resurrection, O Lord.

The all-divine power of the divinity of Jesus shone forth divinely within us; for, having in the flesh tasted death on the Cross for all, He destroyed the might of hades. Him do ye unceasingly bless, O children! Ye priests, hymn; ye people, exalt Him supremely for all ages!

The Crucified hath arisen! The braggart hath fallen! He who fell and was broken hath been set aright! Corruption hath been cast away, and incorruption hath blossomed forth! For death is swallowed up by Life. Ye children bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Triadicon

The thrice-radiant Godhead which shineth forth the one Ray from Its one nature in three Hypostases—the unoriginate Father, the Word, Who shareth the Father's essence, and the equally reigning Spirit Who is one in essence with Them—ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Have mercy on me, O God, have mercy on me.

Robbed by my thoughts and scourged by my transgressions, O Saviour, I have ruined my life, and I have been stripped of Thy divine image, O God Who lovest mankind; but take pity on me.

Thou hast come down upon earth from on high, O Saviour, taking pity on me when I was wounded in every part by the scourgings of sin; and in Thy compassion, O Christ, Thou hast poured upon me the oil of Thy mercy.

O Master and Saviour, Thou hast given Thy body and soul as a ransom for me; when I was wounded in every part by the great number of my offences and there was none to heal me, Thou hast saved me in Thy mercy.

Theotokion

At the word of the God-Man, O Virgin, in ways past understanding thou hast borne the Lord and still remained inviolate. With all His works we bless thee and exalt thee above all forever.

Holy Forty Martyrs of Sebaste, pray to God for us.

Savagely inciting every creature against the athletes, the enemy hath been put to shame by them all, for the forty martyrs unceasingly hymn and exalt the Lord supremely for all ages.

With steadfast resolve the Christ-loving mother took upon her shoulder him to whom she had given birth; and she offered him up as the fruit of piety, a martyr among martyrs, emulating the sacred action of Abraham.

"Run thy race straight to everlasting life, O my son," the Christ-loving mother cried out to her Christ-loving child, "for I could not bear to see thee appear in second place before Christ, the judge of the contest!"

Ye steadfastly gave yourselves over to a painful death in the midst of winter, O valiant ones; and now, having passed on to the true life which is hidden in Christ, ye beg salvation and remission for us.

Rending asunder the bonds of death, the Saviour hath given victory over death to His martyrs, for, warmed by the cold, the forty sang, begging salvation for all the faithful.

Let us bless Father, Son, Holy Spirit, the Lord! Both...

Mortals given over to the dust of mortality and to corruption hast thou alone raised up, O pure Mistress, Virgin Theotokos, having given birth to Christ our God, the Author of life.

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

C. Katavasia (Tone 4)

The **Off**spring of the Theotokos/ saved the holy Children in the **furnace**./ **He** Who was then prefigured has since been **born** on earth,/ and He gathers together all the creation to sing:/ O all ye **works** of the Lord,// bless ye the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Heaven was stricken with awe,/ and the ends of the earth were amazed,/ that God hath appeared in the flesh, / and that thy womb became more spacious than the heavens./ Wherefore, the ranks of men and angels// magnify thee as the Theotokos.

Glory to Thy Holy Resurrection, O Lord.

Being simple in Thy divine and beginningless nature, Thou didst render Thyself compound by taking on flesh, subsuming it within Thyself, O Word of God; and having suffered as a man, as God Thou didst remain beyond suffering. Wherefore, we magnify Thee in two natures, indivisible and unconfused.

O Most High, Who becamest man by nature while of the divine nature of God the Father, coming down to Thy servants Thou didst tell them of God; and having risen from the tomb, Thou didst endow mortals with the grace of the Father Who is by nature God and Master, and with Whom we all magnify Thee.

Theotokion

In manner transcending nature, O Virgin Mother of God, thou wast shown to be her who gave birth in the flesh unto God the Word, Whom the Father begot from His heart before time began, in that He is good, and Whom we now understand as transcending the human body, even though He clothed Himself in a body.

Have mercy on me, O God, have mercy on me.

Yielding by my own free choice to the passions of sensual pleasure, I have not kept Thy commandments, O Master; I have been stripped of grace and I lie wounded and naked. Therefore I pray to Thee, O Saviour, save me.

The Levite could not cleanse my wounds, but Thou hast come to me in Thy compassion, O loving Saviour, and poured upon me the oil of Thy mercies; and as the best of all physicians Thou hast healed me.

Since Thou art compassionate, Thou hast taken pity on me and saved me, O Christ my Saviour, when I had been painfully scourged by the thieves; and instead of the two silver pieces Thou hast given Thy Soul and Body as a ransom for me.

Theotokion

Beyond our understanding is thy childbearing, O Mother of God. For without man thou hast conceived, and in virginity thou hast given birth; and the Child that thou hast borne is God. Him we magnify, O Virgin, and we call thee blessed.

Holy Forty Martyrs of Sebaste, pray to God for us.

Stripped naked and beaten with stones for Christ's sake, ye endured the cold air of winter, icy water and breaking of your limbs; and having been consumed by fire, O ye forty martyrs, ye shone forth in the rushing river like beacons.

Having acquired the Cross as a staff of divine power, the forty athletes cried out to Christ: "O Master, almighty Conqueror, crown us by Thine own hand, that we may all magnify Thee unceasingly with hymns!"

The pain of the ice and boundless cruelty of the cold did ye endure, O forty martyrs; but paradise is sweet, for the bosom of the Patriarch Abraham doth warm you in the eternal mansions.

Having received power and might from the heavens, O ye who are most rich, fellow prisoners of Christ, ye have become dispellers of falsehood, driving away all the ephemeral gloom of idolatry and enlightening the world, O forty martyrs.

Standing now before Christ with the boldness of piety, and thus illumined with the light of the Godhead, O glorious forty martyrs, earnestly beseech Him, that those who praise you may be enlightened with thrice-radiant splendor.

G/B... O Virgin, portal of divine Light, with the immaterial rays of thy light illumine the manifest twilight of my soul, and vouchsafe that I who magnify thee faithfully and lovingly with hymns, O pure one, may be delivered from the everlasting foe.

C. Katavasia (Tone 4)

Let every mortal **born** on earth,/ radiant with light, in spirit **leap** for joy;/ and **let** the hosts of the angelic powers **celebrate**/ and honour the holy feast of the **Mother** of God,/ and **let** them cry:// Hail! Pure and blessed ever-Virgin, who gavest **birth** to God.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Eight (John 20:11-18)

Seeing two angels inside the tomb, Mary was struck with wonder and not knowing Christ, she asked Him supposing Him to be the gardener: 'Where O Lord, hast thou laid the body of my Jesus?' And recognizing by His call that He was the Saviour Himself, she heard: 'Touch me not; tell the brethren I go to my Father.'

Glory... Exapostilarion for the Martryrs of Sebaste

Let the forty-member choir of the forty who were martyred for the all-divine Trinity and the four-fold virtues, by the four elements: fire, air, water and earth, be hymned with divine songs, for they suffered for Christ, the Master of all.

Both now and ever... Theotokion

O Maiden, thou hast borne past speech One of the Trinity, two by nature, two in operation, one in person. Entreat Him then for us who venerate thee with faith to be ever delivered from all enemy intent, for we all now take refuge in thee, O Lady Theotokos.

C. Lauds: Tone 8 Stichera

Let every breath **praise** the Lord/
 Praise the Lord from the **Heavens**/
 Praise Him in the **highest**/
 To Thee is due a **hymn**, O God/
 Praise Him, all ye His **Angels**;/
 Praise Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.

The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,

To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. Though **Thou** hast stood for trial to be judged of **Pilate**,/ Thou hast not ceased, O Lord, to sit on the throne with the **Father**,/ and risen from the dead, Thou hast set the **world** free/ from the bondage of the **stranger**:// for Thou art compassionate and **lovest** mankind.

V. Praise ye God in His saints,/ praise Him in the firmament of His power.

2. **Though** the Jews laid Thee as dead in the **tomb**, O Lord,/ yet the guards watched Thee as a **sleeping** King,/ and they sealed Thee with seals as a **treasure** of life,// but Thou hast risen and granted our souls incorruption.

V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.

3. **Thou** gavest us Thy Cross as a weapon against the **devil**, O Lord:/ for he **trembles** and quakes,/ unable to bear the **sight** of its strength;/ for it raised up the dead and laid **death** low:// Therefore, we venerate Thy tomb and Thy Resurrection.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.

4. The **angel**, having proclaimed the Resurrection, O Lord,/ frightened Thy guards, yet he cried to the women, **saying**:/ Why do ye seek the living **among** the dead?// God is risen, bestowing life upon the **inhabited** earth!

V. Praise Him with timbrel and dance,/ praise Him with strings and flute.

Stichera for the 40 MM of Sebaste (Tone 5)

5. Come ye, O brethren, and with **praises**/ let us hymn the regiment of martyrs which was consumed by **foe** and cold,/ and with burning zeal burned up the winter of **deception**,/ the most valorous **army**,/ the most sanctified **company**,/ the unvanquished and invincible **protection**,/ the rampart and protectors **of** the faith,/ the divine choir of the forty martyrs who mightily entreat Christ, the Mediator **of** the Church,// that He send down upon our souls **peace** and great mercy.

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

6. Rejoice, mighty and courageous **assembly**,/ victorious regiment, pillars of piety, **warriors** of Christ,/ steadfast and invincible **swordsmen**,/ truly divine, most mighty of mind and **manly** of soul,/ holy choir desired of God, divinely elect **company**,/ O ye forty martyrs equal in suffering, and equal also in **character**,/ and who received **equal** crowns:// Entreat Christ, that He grant our souls **peace** and great mercy!

V. Thou, O Lord, shall keep us and shall preserve us from this generation, and for evermore.

7. **Rejoice**, victorious multitude, who with valor were courageous in **battle**,/ ye stars who passed through **foe** and cold,/ who broke asunder the **water's** ice,/ who have rendered the earth heavenly and **illuminated** all,/ and who are now warmed in the bosom of Abraham and join chorus with the armies of the **angels**,/ O forty martyrs, ye flowers emitting

the fragrance of spiritual diffusion:// Entreat Christ, that He grant our **souls** great mercy.

V. Save me, O Lord, for a righteous man there is no more; for truths have diminished from the sons of men.

8. O **athletes** of Christ,/ ye have rendered the most honorable Fast most **radiant**/ by the commemoration of your glorious **suffering**;/ **for**, being forty in number, ye hallow the forty **days** of Lent,/ emulating the Savior's suffering in your own **suffering** for Christ./ **Wherefore**, as ye are possessed of **boldness**,/ **pray** that we in the world may attain unto the Resurrection on the **third** day of God,// the **Saviour** of our souls.

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

(Tone 1)

9. **Come**, let us work in the mystical **vineyard**,/ making fruits of repentance grow **within** it;/ let us not labor for the sake of **food** and drink,/ but through prayer and fasting let us gain the **virtues**./ And the Lord of the vineyard, pleased by our labor, will provide the **payment**,/ whereby He redeems our souls from the **debt** of sin,// for He alone is rich in **mercy**.

Glory... From the Triodion, (Tone 1)

Come, let us work in the mystical **vineyard**,/ making fruits of repentance grow **within** it;/ let us not labor for the sake of **food** and drink,/ but through prayer and fasting let us gain the **virtues**./ And the Lord of the vineyard, pleased by our labor, will provide the **payment**,/ whereby He redeems our souls from the **debt** of sin,// for He alone is rich in **mercy**.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of thee is hades led **captive**,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

Dismissal Tropar:

Having risen from the tomb, and having burst the bonds of hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

P. Litanies
Dismissal

G/B... Gospel Sticheron (Tone 8)

The **tears** of Mary are not warmly **shed** in vain./ For behold, she was held worthy of the angels' **teaching**/ and vouchsafed the sight of Thee, **Thyself**, O Christ./ But again her thoughts were earthly thoughts as those of a weak **woman**./ Therefore she was dismissed and told not to **touch** Thee, O Christ./ But she was also sent as herald to the **disciples**./ and she affirmed to them the good tidings proclaiming the Ascension to the portion of the **Father**./ With her do Thou also make us worthy of Thy manifestation, O **Master** and Lord.

R. Hours

Tropar: Resurrection & MM

Kontak: MM/Resurrection alternating

At Liturgy of St. Basil:

Order of Troparia & Kontakia (for Temple of a Saint):

Tropar Sunday

Tropar Temple

Tropar 40 MM Sebaste

Kontak Sunday

Kontak Temple

Glory... Kontak 40 MM Sebaste

Both... O Unfailing Intercessor...

Prokimenon for Tone 8

Make your vows and pay them to the Lord our God.

V. In Judea is God known; His name is great in Israel.

Prokimenon for the 40 MM Sebaste (Tone 5)

Thou, O Lord, shall keep us and shall preserve us...

Epistle(s): Heb 6:13-20 & Heb 12:1-10

Alleluia for Tone 8

V. Come let us rejoice in the Lord, let us shout with jubilation unto God our Saviour.

V. Let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

Alleluia for the 40 MM Sebaste (Tone 4)

Gospel(s): Mark 9:17-31 & Matt 10:1-16

Instead of "It is Truly Meet...", sing "All Creation Rejoiceth..."

Communion Hymn: Praise Ye & Rejoice in the Lord...