**MARCH 8**

**Thursday of Cheesefare/St Theophylactus, Bishop of Nicomedia**

***(at Daily Vespers, Thursday evening)***

**"Lord, I Call..." Tone 7**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!

Hear me, O Lord!

Let my prayer arise

in Thy sight as incense,

and let the lifting up of my hands

be an evening sacrifice!

Hear me, O Lord!

*v. (6) If Thou, O Lord, shouldest mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

**Tone 7** *(from the Octoechos)*

In order to bring mankind to perfection and make it divine,

Thou, O only good One, didst become mortal and wast crucified.//

Glory to Thy power, O Christ!

*v. (5) For Thy name’s sake have I waited for Thee, O Lord, my soul hath waited for Thy; my soul hath hoped on the Lord. word*

When the assembly of the Hebrews condemned Thee to the

Cross, O Word,//

the earth quaked and the sun was darkened.

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord.*

The lawless assembly crowned Thee with thorns, O immortal One,//

and Thou, O holy King, didst destroy the thorny tree of error to the root.

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

**Tone 1** *(Martyr Theophylactus) ) (O all-praised martyrs)*

O Father Theophylactus,

divine guardians watched over thee and preserved thee unharmed.

Thou wast revealed to be an unshaken pillar of the Church,

undaunted by the trials of heretical snares.//

Pray for us now that peace and great mercy may be granted to our souls!

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

Thou didst depart the earth, Father Theophylactus,

hastening on high to heaven, O blessed one.

For the exile thou didst endure for Christ

thou wast blessed to live in the heavenly mansions.//

Beseech Him now that He may grant peace and great mercy to our souls!

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

O blessed Father Theophylactus,

thou didst visibly behold God with understanding

Thou didst delight in Him through a greater union,

thou wast deified by partaking of Him.

Thou didst receive with rejoicing the blessed One Whom alone thou didst

desire,

O most honored hierarch,//

and now thou makest thy dwelling with the Angels.

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

*now and ever, and unto ages of ages. Amen.*

**Tone 1** *(Cross-Theotokion)*

When she saw the Lamb raised upon the Cross,

the immaculate Virgin cried out tearfully:

“My sweet Child, what is this new and most strange sight?

How can Thou, Who holdest all things in the hollow of Thy hand,//

be nailed in the flesh to the Tree?”

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**Aposticha**

**Tone 2 Idiomelon**  *(from the Lenten Triodion)*

The Cross of the Lord is ever adored

as the binding of pleasures, the law of Lent.

Those who ceaselessly contemplate the Crucified One

crucify the flesh with its passions and lusts.

Let us also flee from these through a pure fast!

Let us join Him Who joined in the passion out of love for mankind,

Who granted us a passionless nature//

and Who manifests great mercy!

*v: To Thee, I lift up mine eyes, O Thou who art enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us. (Ps. 122/123:1-2)*

(Repeat: “The Cross of the Lord …”)

*v: Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud. (Ps. 122/123:3-4)*

**Tone 2** *(for the martyrs)*

Not desiring earthly pleasures,

the victorious martyrs were granted heavenly blessings.

They have become fellow-citizens with the Angels.//

Through their prayers, O Lord, have mercy on us and save us!

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

*now and ever, and unto ages of ages. Amen.*

**Tone 2**  *(Cross-Theotokion) (Joseph of Arimathea)*

O pure Virgin, when thou didst behold suspended on the Tree

the ripe Cluster of grapes Whom thou hadst borne untilled in thy womb,

thou didst cry out, lamenting:

“O my Child, Who dost emit sweetness,

drip down that most sweet wine,

through which all the drunkenness of the passions is abolished,

and through me, who gave Thee birth,//

be well pleased to show Thy compassion, O Benefactor!”

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**Tone 8** **The Lenten Troparia**

Rejoice, O Virgin Theotokos, Mary full of grace! The Lord is with thee.

Blessed art thou among women, and blessed is the Fruit of thy womb; //

for thou hast borne the Savior of our souls.

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

O Baptizer of Christ, remember us all,

that we may be delivered from our iniquities;//

for to thee is given grace to intercede for us!

Now and ever, and unto ages of ages. Amen.

Intercede for us, O holy Apostles and all ye saints,

that we may be delivered from perils and sorrows;//

for we have acquired thou as fervent intercessors before the Savior!

Beneath thy compassion we take refuge, O Theotokos.

Do not despise our supplications in adversity,//

but deliver us from perils, O only pure and only blessed one!

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