**SATURDAY: MARCH 9**

**Saturday of Cheesefare: Commemoration of All Our Righteous Fathers and Mothers who have shone forth in the Ascetic Life**

**The Holy Forty Martyrs of Sebaste**

***(at Vespers, Friday evening)***

**"Lord I Call..." Tone 2**

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 2** *(Holy 40 Martyrs of Sebaste, by John the Monk)*

The holy martyrs bravely endured their present suffering;

they rejoiced in things hoped for but not yet seen.

They said to each other:

“By stripping off our garments we have put off the old man.

The winter is cold and bitter, but Paradise will be warm and sweet.

The freezing is painful, but the reward will bring us joy.

Let us not be defeated, O brothers!

We suffer a little, but Christ will crown us with the laurel of victory.//

He is our God and the Savior of our souls.”

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

The holy Martyrs threw their clothes aside;

fearlessly they entered the lake and encouraged one another:

“Remember that our fallen nature has been deprived of Paradise!

Let us care nothing for our corruptible flesh today!

The serpent once deceived us, handing over our bodies to death;

now let us win Resurrection for all!

Let us scorn the ice and cold; let us hate our flesh,

and Christ will crown us with the laurel of victory!//

He is our God and the Savior of our souls.”

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

The holy Martyrs threw their clothes aside;

fearlessly they entered the lake and encouraged one another:

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Let us care nothing for our corruptible flesh today!

The serpent once deceived us, handing over our bodies to death;

now let us win Resurrection for all!

Let us scorn the ice and cold; let us hate our flesh,

and Christ will crown us with the laurel of victory!//

He is our God and the Savior of our souls.”

*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 8** *(from the Lenten Triodion)*

Come, all faithful, let us praise the assemblies of holy fathers:

Anthony the Great, Euthymius the Great, and all of their company.

And as we mentally pass through their lives as through a paradise of

sweetness,

let us cry out with joy:

“These are truly the trees that our God has planted!

These are the ripened fruits of eternal life,

offered to Christ, which nourish our souls.”//

To them let us cry out://

“O blessed, God-bearing fathers, pray that we may be saved!”

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

Rejoice, Egypt, land of faith!

Rejoice, holy Libya, and the Thebaid chosen by God!

Rejoice, every place and country

that have brought forth citizens of the Kingdom of Heaven,

raising them in abstinence and labor,

offering them to God as perfect in love.

They are stars guiding our souls,

and by the brightness of their wonders and the miracles they wrought,

they have shed their spiritual light over all the earth.//

All-blessed fathers, pray for our souls!

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

Who among men can speak of the perfection of your lives, holy fathers?

What tongue can utter the sanctity of your efforts:

the sufferings in virtue, the control of the flesh;

the struggles with passions, in vigils, in prayers and in tears?

Truly ye were angels while ye lived in the world.

Ye laid low the highest powers of evil.

Ye performed miraculous and wonderful signs.

Therefore pray with us, most blessed fathers,//

to gain for our souls eternal joy!

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

**Tone 2** *(Holy 40 Martyrs of Sebaste, by John the Monk)*

The holy martyrs bravely endured their present suffering;

they rejoiced in things hoped for but not yet seen.

They said to each other:

“By stripping off our garments we have put off the old man.

The winter is cold and bitter, but Paradise will be warm and sweet.

The freezing is painful, but the reward will bring us joy.

Let us not be defeated, O brothers!

We suffer a little, but Christ will crown us with the laurel of victory.//

He is our God and the Savior of our souls.”

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

**Tone 7**  *(Theotokion – Dogmatikon)*

No tongue can speak of thy wonderful childbearing,

for the order of nature was overruled by God.

Thou wast revealed to be a Mother above nature,

for thou didst remain a Virgin beyond reason and understanding.

Thy conception was most glorious, O Theotokos!

The manner of thy giving birth was ineffable, O Virgin!

Knowing thee to be the Mother of God,

devoutly we pray to thee: //

Beseech Him to save our souls!

**Tone 7 Prokeimenon**

Thou, O God, art my helper, and Thy mercy shall go before me.

*(Ps 58/59:9)*

*v: Deliver me from mine enemies, O God! Save me from those that*

*rise up against me! (Ps 58/59:1)*

**Reading from the Prophecy of Zechariah 8:19-23**

**Tone 6 Prokeimenon**

Let Israel hope in the Lord, henceforth and forevermore! *(Ps 130/131:3)*

*v: Lord, my heart is not lifted up, mine eyes are not raised too high!*

(Ps 130/131:1)

**Old Testament Readings** *(Forty Martyrs of Sebaste)*

**Isaiah 43:9-14**

**Wisdom of Solomon 3:1-9**

**Wisdom of Solomon 5:15-6:3**

**Saturday of Cheesefare: Commemoration of the Monastic Saints**

**The Holy Forty Martyrs of Sebaste**

**Aposticha**

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

Brethren, let us purify ourselves from all stain of flesh and spirit!

Let us illumine the lights of our souls through love of poverty!

Let us not slander one another with curses!

For the time has come when the Bridegroom renders to each according

to his works.

Let us greet Christ with the wise virgins,

crying to Him with the voice of the thief://

“Remember us, Lord, when Thou comest in Thy Kingdom!”

*v: I lift up my eyes to Thee, 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: “Brethren, let us purify ourselves …”)

*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)*

By the holy martyrs praying for us

and singing the praises of Christ,

all error has come to an end,//

and mankind is being saved by faith.

*v: We went through fire and water, and Thou didst lead us to a place of rest.*

*(Ps 45/46:2)*

**Tone 6** *(Holy 40 Martyrs of Sebaste)*

Ye faithful, let us praise the forty passion-bearing Martyrs in hymns!

Singing in harmony let us cry out to them saying:

“Rejoice, O sufferers of Christ:

Hesýchius, Méliton, Heráclius, Smarágdus and Domnus;

Euónicus, Válens and Vivianus;

Claudius and Priscus!

Rejoice, Theódulus, Euthýchius and John,

Xanthéas, Hiliánus, Sisínius, Kýrion, Angíus, Aétius and Flavius!

Rejoice, Acácius, Ecdíkius, Lysimáchus, Alexander,

Elías and Candidus,

Theóphilus, Dométian and Gáius

with the Godly Gorgonius!

Rejoice, Leóntius and Athanasius,

Cýril and Sacerdon,

Nicholas and Valerius,

Philóctimon, Sevérian, Chudíon and Aglaius!

Ye have boldness before Christ our God, most honored Martyrs.

Beseech Him earnestly//

that those who keep your most precious memory with faith may be saved!

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

**Tone 8** *(from the Lenten Triodion)*

We honor you, our fathers,

as instructors of a multitude of monks.

We have indeed learned to walk rightly in your footsteps.

Blessed are ye, for having labored for Christ,

ye denounced the power of the Enemy,

O conversers with the Angels and companions of the venerable

and righteous.//

Together with them, entreat the Lord that He grant mercy to our

souls!

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

**Tone 8** *(Theotokion) (O most glorious wonder)*

Rejoice, treasure of purity!

Rejoice, pure abode of the Immaterial Light!

Rejoice, O praise of the martyrs!

Rejoice, preview of our salvation!

Rejoice, preaching of the Apostles!

Rejoice, fulfillment of the Prophets!

Rejoice, beauty of monks and ascetics://

blameless Virgin, the salvation of the faithful!

**Saturday of Cheesefare: Commemoration of the Monastic Saints**

**The Holy Forty Martyrs of Sebaste**

***(at Vespers)***

**Tone 1** **Troparion**  *(for Forty Martyrs of Sebaste)*

Through the sufferings which Thy holy Forty Martyrs endured for

Thy sake, O Lord,

we beseech Thee, O Lover of mankind://

“Heal all of our infirmities!”

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

**Tone 4** **Troparion**  *(from the Lenten Triodion)*

O God of our Fathers,

always act with kindness towards us:

take not Thy mercy from us,

but guide our lives in peace,//

through the prayers of Thy saints!

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

**Tone 4** **Resurrectional Dismissal Theotokion**

The mystery of all eternity,

unknown even by Angels,

through thee, O Theotokos, is revealed to those on earth:

God incarnate by union without confusion.

He voluntarily accepted the Cross for us,

by which He resurrected the first-created man,//

saving our souls from death.

**Saturday of Cheesefare: Commemoration of the Monastic Saints**

**The Holy Forty Martyrs of Sebaste**

***(at the Divine Liturgy)***

**Tone 1** **Troparion**  *(for Forty Martyrs of Sebaste)*

Through the sufferings which Thy holy Forty Martyrs endured for

Thy sake, O Lord,

we beseech Thee, O Lover of mankind://

“Heal all of our infirmities!”

**Tone 4** **Troparion**  *(from the Lenten Triodion)*

O God of our Fathers,

always act with kindness towards us:

take not Thy mercy from us,

but guide our lives in peace,//

through the prayers of Thy saints!

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

**Tone 6** **Kontakion**  *(Forty Martyrs of Sebaste)*

Ye have abandoned all earthly armies,

cleaving to the heavenly Master, O Forty Martyrs of the Lord.

Having passed through fire and water, O blessed Ones,//

ye have fittingly received heavenly glory and many crowns.

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

**Tone 8 Kontakion** *(from the Lenten Triodion)*

Thou hast glorified the company of God-bearing fathers who enlighten the

world

as preachers of godliness and silencers of impiety.

At their prayers, keep all who praise and magnify Thee, in perfect

peace,//

that they may sing to Thee: “Alleluia!”

**Tone 5** **Prokeimenon**

Thou, O Lord, shall protect us and preserve us from this generation forever.

*(Ps 11/12:7)*

*v: Save me, O Lord, for there is no longer any that is godly! (Ps 11/12:1)*

**Tone 7** **Prokeimenon**

Let the saints exult in glory, let them sing for joy on their couches!

*(Ps 149/150:5)*

**Epistle**

Hebrews 12:1-10 *(Forty Martyrs of Sebaste)*

Galatians 5:22-6:2 *(Saints)*

\*Romans 14:19-23, 16:25-27 *(Saturday)*

**Tone 4**

Alleluia, Alleluia, Alleluia!

*v: Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise! (Ps 65/66:1-2)*

*v: For Thou, O God, hast proved us; Thou hast tried us with fire as silver is tried.*

*(Ps: 65/66:10)*

**Tone 2**

*v: They are planted in the house of the Lord; they flourish in the courts of*

*our God. (Ps 91/92:13)*

**Gospel**

Matthew 20:1-16 *(Forty Martyrs of Sebaste)*

Matthew 11:27-30 *(Saints)*

\*Matthew 6:1-13 *(Saturday)*

**Communion Hymn**

Rejoice in the Lord, O you righteous! Praise befits the just. *(Ps 32/33:1)*

Alleluia, Alleluia, Alleluia!

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***The readings for the departed (saints) and for Saturday are read as one.***

Liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Archimandrite Juvenaly, Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.