**MARCH 16**

**First Saturday of Great Lent/St Theodore the Recruit**

***at Vespers on Friday evening, served alone (i.e., not together with the Liturgy of the Presanctified Gifts)***

***Music for the stichera for St Theodore the Recruit from the Department of Liturgical Music and Translations can be downloaded at*** [***www.oca.org***](http://www.oca.org)

**"Lord I Call..." Tone 8**

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!

Hear me, O Lord!

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

**Tone 8** *(for the Martyrs, from the Octoechos)*

O martyrs of the Lord,

ye hallow every place and heal every ill,

and now we entreat you://

“Intercede that our souls may be delivered from the snares of the Enemy!”

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

Thy martyrs, O Lord,

forgetting the things of this life,

and enduring tortures for the sake of the life to come,

were shown to be its inheritors,

and now they rejoice with the Angels.//

By their prayers, grant Thy people great mercy!

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

Fame and praise befits the saints,

for they bowed their necks beneath the sword

for Thy sake, Who bowed the heavens and came down.

They shed blood for Thee, Who emptied Thyself

and took the form of a servant.

By emulating Thy poverty, they too humbled themselves even to death.

By their prayers, have mercy on us, O God,//

according to the abundance of Thy great mercies!

*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 2** *(from the Lenten Triodion, for St Theodore the Recruit)*

Come, all lovers of the martyrs,

let us celebrate and rejoice in spirit!

Today the Martyr Theodore offers a mystical banquet,

making us glad in the feast, that we might sing to him:

“Rejoice, unconquerable bearer of suffering, victor over torturers!

Rejoice, for thou didst give thy body over to torture for Christ God!

Rejoice, for by many trials

thou wast revealed to be a true soldier of the heavenly army!//

O adornment of martyrs, pray for our souls!”

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

Thou didst extend the divinely-granted grace of thy miracles

to all who run to thee in faith, O Martyr Theodore.

Therefore we praise thee in song:

“Thou dost release the captives,

heal the sick, and reward the poor;

thou dost save those who are drowning,

interceding for all who honor thy sacred memory.”

Entreat Christ to grant great mercy, O holy martyr,//

to us who praise thy suffering!

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

Thou wast revealed as the highest gift of God, O Martyr Theodore.

Even after thine end, thou dost grant help to those who run to thee.

When the widow came to thy temple in tears,

thou didst appear in mercy and didst return her son,

who had been taken captive by foreign soldiers.

Thou dost not cease to work wonders.//

Entreat Christ God that our souls may be saved!

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

**Tone 6** *(from the Lenten Triodion, for St Theodore the Recruit)*

The Devil used the apostate emperor[[1]](#footnote-1) as a vessel of evil

filling him with foul thoughts of polluting the food of the fasting people.

But thou didst overcome his craftiness with wiser reasoning,

appearing to the archbishop[[2]](#footnote-2) in a dream

and revealing the wicked plot to him.

For this we give thanks to thee, O Martyr Theodore,

and honor thee as a helper and deliverer.

Every year we remember this miracle at this season.

By thine intercessions to God,//

may we be delivered from the reasonings of the Evil One!

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

**Tone 8**  *(Theotokion – Dogmatikon)*

The King of heaven,

because of His love for man,

appeared on earth and dwelt with men.

He took flesh from the pure Virgin

and after assuming it, He came forth from her.

The Son is one: in two natures, yet one Person.

Proclaiming Him as perfect God and perfect Man,

we confess Christ our God!//

Entreat him, O unwedded Mother, to have mercy on our souls

**Tone 5 Prokeimenon**

The Lord answer thee in the day of trouble.

*v: The name of the God of Jacob protect thee.*

**Reading from Genesis (2:20-3:20)**

**Tone 6 Prokeimenon**

Be Thou exalted in Thy strength, O Lord, and we will praise and sing of Thy power!

*v: In Thy strength the king rejoices, O Lord.*

**Reading from Proverbs (3:19-34)**

**First Saturday of Great Lent/St Theodore the Recruit**

**Aposticha**

**Tone 5 Idiomelon** *(from the Lenten Triodion)*

Come, O faithful,

let us perform the works of God in the light!

Let us behave with decency, as befits the day!

Let us not make unjust accusations against our neighbors

or place a cause of stumbling in their path!

Let us lay aside all fleshly pleasures and increase the spiritual gifts of our

souls!

Let us give food to those in need,

drawing near to Christ and crying in repentance://

O our God, have mercy on us!

*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: “Come, O faithful …”)

*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 5** *(to the Martyrs)*

Blessed is the army of the heavenly King.

Although on earth they endured great suffering,

they achieved the rank of Angels.

They did not care for the flesh and became equals to the bodiless hosts.//

By their prayers, O Lord, save our souls!

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

**Tone 2** *(from the Lenten Triodion, for St Theodore the Recruit)*

I honor thee as the true “gift of God,” O thrice-blessed Theodore.

Thou wast revealed as an unfailing candle of the Divine Light.

Thy sufferings illumined creation.

More powerful than fire, thou didst quench the flames.

Thou didst crush the head of the evil serpent.

When thou didst go to thy suffering, Christ placed the crown on thy divine

head.

Since thou hast boldness before God, O great martyr,//

fervently pray for our souls!

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

**Tone 2** *(Theotokion)*

I place all my hope in thee, O Theotokos;//

keep me beneath thy protecting veil!

**Tone 2 Troparion** *(St Theodore the Recruit)*

Great are the accomplishments of faith.

The holy martyr Theodore rejoiced in the flames as though in the still

waters of rest.

Consumed in the fire, he was offered up as a sacrifice to the Trinity.//

So by his prayers, O Christ God, save our souls!

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

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

**Tone 2 Resurrectional** **Dismissal Theotokion**

All beyond thought, all most glorious,

are thy mysteries, O Theotokos.

Sealed in purity, preserved in virginity,

thou wast revealed to be the true Mother who gave birth to the True

God.//

Entreat Him to save our souls!

**First Saturday of Great Lent/St Theodore the Recruit**

***(at the Divine Liturgy on Saturday morning)***

**Tone 2 Troparion** *(St Theodore the Recruit)*

Great are the accomplishments of faith.

The holy martyr Theodore rejoiced in the flames as though in the still

waters of rest.

Consumed in the fire, he was offered up as a sacrifice to the Trinity.//

So by his prayers, O Christ God, save our souls!

**Tone 8** **Kontakion** *(St Theodore the Recruit)*

Having accepted in thy heart  faith in Christ as a shield,

thou didst trample down the adverse powers, O greatly-suffering One.

Therefore, thou hast been eternally crowned with a heavenly diadem,

since thou art invincible, O Theodore.

**Tone 7** **Prokeimenon**

The righteous shall rejoice in the Lord, and shall hope in Him. *(Ps 63/64:10)*

*v: Hear my voice, O God, in my complaint; preserve my life from the dread of the enemy.* (Ps 63/64:1)

**Epistle**

Hebrews 1:1-12

2 Timothy 2:1-10 *(Theodore the Recruit)*

**Tone 4**

Alleluia, Alleluia, Alleluia!

*v: The righteous shall flourish like a palm tree, and shall grow like a cedar*

*in Lebanon. (Ps 91/92:13)*

*v: Those planted in the house of the Lord shall blossom forth in the courts of*

*our God. (Ps 91/92:14)*

**Gospel**

Mark 2:23-3:5

John 15:17-16:2 *(Theodore the Recruit)*

**Communion Hymn**

The righteous shall be in everlasting remembrance. He shall not fear evil

tidings.

Alleluia, Alleluia, Alleluia!

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Liturgical music for the stichera for St Theodore the Recruit from the Triodion and the Troparion and the Kontakion, published by the Department of Liturgical Music, can be downloaded at [www.oca.org](http://www.oca.org) ; Liturgical Music and Translations; Music Downloads; Services of the Yearly Cycle; Lenten Triodion; 1st Saturday of Great Lent/St Theodore the Recruit.

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), Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.

1. Julian [↑](#footnote-ref-1)
2. Archbishop Eudoxius of Constantinople [↑](#footnote-ref-2)