**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 You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,

when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

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

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

O martyrs of the Lord,

you 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 Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.*

Your 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 Your 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 Your sake, Who bowed the heavens and came down.

They shed blood for You, Who emptied Yourself

and took the form of a servant.

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

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

according to the abundance of Your 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 you gave your body over to torture for Christ God!

Rejoice, for by many trials

you were 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!*

You extend the divinely-granted grace of your miracles

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

Therefore we praise you in song:

“You release the captives,

heal the sick, reward the poor,

and save those who are drowning.

You intercede for all who honor your sacred memory.”

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

to us who praise your suffering!

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

You were revealed as the highest gift of God, O Martyr Theodore.

Even after your end, you grant help to those who run to you.

When the widow came to your temple in tears,

you appeared in mercy and returned her son,

who had been taken captive by foreign soldiers.

You do 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 you overcame his craftiness with wiser reasoning:

you appeared to the Archbishop[[2]](#footnote-2) in a dream

and revealed the wicked plot to him.

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

and honor you as a helper and deliverer.

Every year we remember this miracle at this season.

By your 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 you in the day of trouble.

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

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

**Tone 6 Prokeimenon**

Be exulted in Your strength, O Lord, and we will praise and sing of Your power!

*v: In Your 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: I lift up my eyes to You, 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 you as the true “gift of God,” thrice-blessed Theodore.

You were revealed as an unfailing candle of the Divine Light.

Your sufferings illumined creation.

More powerful than fire, you quenched the flames.

You crushed the head of the evil serpent.

When you went to your suffering, Christ placed the crown on your divine

head.

Since you have 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 you, O Theotokos;//

keep me beneath your 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 your mysteries, O Theotokos.

Sealed in purity, preserved in virginity,

you were 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 your heart  faith in Christ as a shield,

you trampled down the adverse powers, O greatly-suffering One.

Therefore, you have been eternally crowned with a heavenly diadem,

since you are 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)