**MARCH 8**

**First Saturday of Great Lent – Commemoration of Greatmartyr Theodore the Recruit**

**Vespers alone (sung on Friday)**

**"Lord I Call..." Tone 3**

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, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

**Tone 3** *(for the Martyrs, in the Tone of the week)*

Contending strongly and with courage,

the valiant martyrs endured both wounds and the pain of fetters, as well as exile.

By their sufferings they attained//

the inheritance that is truly blessed and free of suffering.

V. (5) *For Thy Name’s sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.*

Great is the power of Thy Cross, O Lord,

for it was fixed in one place, yet acts throughout the world.

It made fishermen into Apostles and Gentiles into martyrs,//

so that they might pray for our souls.

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

Great is the power of Thy martyrs, O Christ,

for, though they lie in their tombs, they drive out demons.

They fight in defense of true piety,//

subduing the Enemy’s dominion by faith in the Trinity.

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[[1]](#footnote-1)** *(for St. Theodore, from the Lenten Triodion)*

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 dost 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, reward the poor,

and save those who are drowning.

Thou dost intercede 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 confirmed on us, and the truth of the Lord endures forever.*

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** *(for St. Theodore, from the Lenten Triodion)*

The Devil used the Apostate Emperor[[2]](#footnote-2) 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:

thou didst appear to the Archbishop[[3]](#footnote-3) in a dream

and didst reveal 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 3** *(Theotokion – Dogmatikon)*

How can we not wonder

at thy mystical childbearing, O exalted Mother?

For without receiving the touch of man,

thou gavest birth to a Son in the flesh, O immaculate Virgin.

The Son born of the Father before eternity

was born of thee at the fullness of time, O honored Lady.

He underwent no mingling, no change, no division,

but preserved the fullness of each nature.

Entreat Him, O Lady and Virgin and Mother,

to save the souls of those who, in the Orthodox manner, confess thee//

to be the Theotokos.

**Tone 5 Prokeimenon**

The Lord answer thee / in the day of trouble. *(Ps. 19:1a)*

V. *The name of the God of Jacob protect thee. (Ps. 19:1b)*

**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! *(Ps. 20:13)*

V. *In Thy strength the king rejoices, O Lord. (Ps. 20:1a)*

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

V. (10) *Bring my soul out of prison, that I may give thanks to Thy Name.*

**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 122:1-2)*

(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. 122:3-4)*

**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** *(for St. Theodore, from the Lenten Triodion)*

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

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

Thy sufferings didst illumine 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!

***(at Vespers)***

**Tone 2 Troparion** *(St. Theodore)*

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 gavest birth to the True God.//

Entreat Him to save our souls.

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

**Tone 2 Troparion** *(St. Theodore)*

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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)*

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** *(St. Theodore)*

The righteous shall rejoice in the Lord / and shall hope in Him. *(Ps. 63:11a)*

V. *Hear my voice, O God, when I pray to Thee! (Ps. 63:1a)*

**Epistle**

(303) Hebrews 1:1-12

(292) 2 Timothy 2:1-10 *(St. Theodore)*

**Tone 4**

Alleluia, Alleluia, Alleluia!

V. *The righteous shall flourish like the palm tree, and grow like a cedar in*

*Lebanon.* *(Ps. 91:11)*

V. *They that are planted in the house of the Lord shall flourish in the courts*

*of our God. (Ps. 91:12)*

**Gospel**

(10) Mark 2:23-3:5

(52) John 15:17-16:2 *(St. Theodore)*

**Communion Hymn**

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

tidings! *(Ps. 111:6)*

Alleluia, Alleluia, Alleluia!

*Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.*

1. Music for St. Theodore the Recruit from the Department of Liturgical Music and Translations can be downloaded at <https://www.oca.org/liturgics/music-downloads/lenten-triodion>. [↑](#footnote-ref-1)
2. Julian [↑](#footnote-ref-2)
3. Archbishop Eudoxius of Constantinople [↑](#footnote-ref-3)