**MARCH 7**

**Vespers, served alone (sung on Friday)**

**First Saturday of Great Lent. Greatmartyr Theodore Tyro (the Recruit).**

**"Lord I Call..." Tone 4**

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 4** *(for the Martyrs, from the Octoechos in the Tone of the week)*

Zealously emulating Christ, the Lover of man, in your sufferings, O Passionbearers,

you yielded your bodies to blows, cruel tortures, and countless ills,

for you always saw before you

the divine delight, inexhaustible food and everlasting glory of Paradise;//

now, having attained it, pray for those who sing hymns of praise to you!

*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.*

O martyrs of the Lord,

living sacrifices, spiritual oblations,

perfect victims, sheep who know God and are known by Him,

whose fold no wolf can enter;//

pray that we too may graze with you beside still waters!

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

Precious is the death of Your saints, O Lord;

for they poured out their blood, being afflicted by sword and flame and frost,

putting their hope in You, that their work might receive its reward.//

Having endured to the end, they indeed received great mercy from You, O Savior.

*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 the Recruit, 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 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 endureth forever.*

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** *(for St. Theodore the Recruit, 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 you overcame his craftiness with wiser reasoning:

you appeared to the Archbishop[[3]](#footnote-3) 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 4**  *(Theotokion – Dogmatikon)*

The Prophet David was a Father of the Lord through you, O Virgin.

He foretold in songs the One Who worked wonders in you:

“At Your right hand stood the Queen,”

Your Mother, the mediatrix of life,

since God was freely born of her without a father.

He wanted to renew His fallen image, made corrupt in passion,

so He took the lost sheep upon His shoulder

and brought it to His Father, joining it to the heavenly powers.//

Christ who has great and rich mercy has saved the world, O Theotokos.

**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 exalted 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)**

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

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.

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

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**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, when I pray unto You!* (Ps 63/64:1)

 **Epistle**

 Hebrews 1:1-12

2 Timothy 2:1-10 *(St. 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: They that are planted in the house of the Lord shall flourish in the courts of*

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

**Gospel**

 Mark 2:23-3:5

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

 **Communion Hymn**

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

Alleluia, Alleluia, Alleluia!

In addition to translations from the Department of Liturgical Music and Translations, 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. 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. [↑](#footnote-ref-1)
2. Julian [↑](#footnote-ref-2)
3. Archbishop Eudoxius of Constantinople [↑](#footnote-ref-3)