

**The Service of Matins**  
**First Saturday of Lent: The Commemoration of the Miracle of**  
**Kollyva wrought by Saint Theodore the Tyro**

**Maui Orthodox Christian Mission**

*Metropolis of San Francisco*

*Greek Orthodox Archdiocese of America*

*Service held at Saint Theresa Church*

*Kihei, Maui, Hawaii*

(Dated: February 28, 2015)

**Maui Orthodox Christian Mission Project**  
**for a Daily Sequential Hymnal in English**

*Liturgical Texts courtesy from the following:*

*Holy Cross Press*

*50 Goddard Avenue, Brookline, Massachusetts*

*The Greek Orthodox Metropolis of Denver*

*4550 East Alameda Avenue, Denver, Colorado*

*Fr. Seraphim Dedes*

*7900 Greenside Ct., Charlotte, North Carolina*

*Music courtesy and copyright from the following:*

*St. Anthony's Monastery Divine Music Project*

*4784 North St. Joseph's Way, Florence, Arizona*

*Fr. Seraphim Dedes*

*7900 Greenside Ct., Charlotte, North Carolina*

*Holy Transfiguration Monastery*

*278 Warren Street, Brookline, Massachusetts*

*Maui Orthodox Christian Mission*

*P.O. Box 532642, Kihei, Hawaii*

## Contents

### Acknowledgements

### Orthros (Service of Matins)

#### Akolouth (Fixed portion)

<b>ROYAL BEGINNING</b>	4
Trisagion	4
<b>THE ROYAL TROPARIA</b>	5
Troparion of the Cross	5
Kontakion of the Cross	5
Theotokion	5
<b>LITANY</b>	5
<b>HEXAPSALM (Six Psalms)</b>	6
Psalm 3	6
Psalm 37	7
Psalm 62	8
Psalm 87	9
Psalm 102	10
Psalm 142	11
<b>LITANY OF THE PEACE (The Great Litany)</b>	12

#### Sequences (Variable portion)

<b>THEOS KYRIOS (God is Lord)</b>	15
Mode 2.	15
<b>APOLYTIKIA AND THEOTOKION</b>	16
Apolytikia	16
Saint Theodore the Tyro	16
February 28. Mode 2.	16
Saint Theodore the Tyro	17
February 28. Mode 2.	17
Theotokion	18
Mode 2.	18

---

<b>THE PSALTER</b>	19
<b>THE LITTLE LITANY</b>	19
<b>SESSIONAL HYMNS (Kathismata)</b>	20
Kathisma I	20
Mode 4. Come quickly.	20
Mode 4. Come quickly.	22
Theotokion	23
Mode 4.	23
Kathisma II	24
Mode 3. Your confession.	24
Mode 3. Your confession.	25
Theotokion	25
Mode 3. Same Melody.	25
<b>PSALM 50</b>	26
<b>KONTAKION</b>	27
Mode pl. 4. Automelon.	27
<b>OIKOS</b>	27
<b>SYNAXARION</b>	27
<b>KATAVASIAE OF THE THEOTOKOS</b>	28
Mode 4e.	28
Ode i	28
Ode iii	29
Ode iv	30
Ode v	31
Ode vi	32
Ode vii	33
Ode viii	34
<b>MAGNIFICAT</b>	35
Mode 4.	35
Katavasia	41
Mode 4.	41
Ode ix	41
<b>THE LITTLE LITANY</b>	42
<b>EXAPOSTEILARION</b>	43
Mode 2. On the mountain.	43
Theotokion	44
Mode 2. On the mountain.	44

---

<b>LAUDS (Praises)</b>	45
Mode 1.	45
Stichera	47
Mode 1. For the celestial orders.	47
First Hymn of Praise	47
Second Hymn of Praise	48
Third Hymn of Praise	49
Fourth Hymn of Praise	50
Doxastikon	51
Mode 2.	51
Theotokion	51
Mode 2.	51
<b>THE GREAT DOXOLOGY</b>	52
Mode 2.	52
<b>APOLYTIKION</b>	57
Saint Theodore the Tyro	57
February 28. Mode 2.	57

---

# Acknowledgements

Psalms and Old Testament scriptures have been taken from the St. Athanasius Academy Septuagint™, Copyright ©2008 St. Athanasius Academy of Orthodox Theology. Used by permission. All rights reserved. Additionally, we have used the Menaion, published by Holy Transfiguration Monastery, Brookline MA, as a source reference for the Synaxarion materials and have changed the language as necessary. New Testament passages for the Matins Gospel readings were taken from the texts of the Revised Standard Version of the Holy Bible, Second Edition, Copyright ©1971. The texts of the Priest and Deacon parts are from the Web Site of the Greek Orthodox Archdiocese of America ([www.goarch.org](http://www.goarch.org)).  
Published in the United States of America: May God bless our country.

# Orthros (Service of Matins)

## Akolouth (Fixed portion)

### ROYAL BEGINNING

Priest: Blessed is our God, always, now, and ever, and to the ages of ages.

Reader: *(intoned)* Amen.

Priest: Glory to You, O God, glory to You.

Heavenly King, Comforter, the Spirit of truth, present everywhere and filling all things, Treasury of good things and Giver of life: come and dwell in us, cleanse us of every impurity; and save our souls, O good One.

Reader: Amen.

### Trisagion

Reader: \*\*Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

All-holy Trinity, have mercy on us.

Lord, cleanse us of our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Your name's sake.

\*\*

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, *(intoned) but deliver us from the evil one.*

Priest: For Thine is the kingdom and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages.

Reader: Amen.

## THE ROYAL TROPARIA

### Troparion of the Cross

Reader: O Lord, save Your people, and bless Your inheritance; grant victory to the rulers against the adversaries of the faith, and protect Your commonwealth through Your holy Cross.

### Kontakion of the Cross

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

Reader: You, O Christ our God, Who chose of Your own will to be lifted up on the Cross, grant Your mercies to Your new commonwealth which is called by Your name. In Your power, gladden the hearts of our faithful rulers against those who war against them, having Your alliance as their weapon of peace, an invincible standard.

### Theotokion

Now and ever, and to the ages of ages. Amen.

Reader: Awesome and blameless protection, do not overlook our petitions, O pure and praiseworthy Theotokos; make firm the community of the Orthodox; save those whom you have called to rule; and grant them victory from heaven, *(intoned) for you bore God, only blessed one.*

## LITANY

Priest: Have mercy on us, O God, according to Your great mercy; we beseech You, hear us and have mercy.

Chanter: *(intoned)* Lord, have mercy. Lord, have mercy. Lord, have mercy.

Priest: Again we pray for pious and Orthodox Christians.

Chanter: (*intoned*) Lord, have mercy. Lord, have mercy. Lord, have mercy.

Priest: Again we pray for our Archbishop (Name), and for all our brotherhood in Christ.

Chanter: (*intoned*) Lord, have mercy. Lord, have mercy. Lord, have mercy.

Priest: Truly You are a merciful God Who loves mankind, and to You we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

Chanter: (*intoned*) Amen. In the name of the Lord, Father, bless.

Priest: Glory to the holy, consubstantial, life-creating and undivided Trinity, always; now and ever, and to the ages of ages.

Reader: Amen.

### HEXAPSALM (SIX PSALMS)

Reader: Glory to God in the highest, and peace on earth, good will to men.

Glory to God in the highest, and peace on earth, good will to men.

Glory to God in the highest, and peace on earth, good will to men.

O Lord, open my lips, and my mouth shall show forth Your praise.

O Lord, open my lips, and my mouth shall show forth Your praise.

### Psalm 3

Reader: O Lord, why are those who afflict me multiplied?

Many rise up against me. Many say to my soul: there is no salvation for him in his God.

But You, O Lord, are my Helper, my Glory, and the One who lifts up my head.

I cried to the Lord with my voice, and He heard me out of His holy mountain.

I laid down and slept; I awoke, for the Lord will help me.

I will not be afraid of ten thousands of people that set themselves round about against me.

Rise, O Lord; save me, my God; for You have struck down all who without cause are my enemies; You have broken the teeth of sinners.



Salvation is of the Lord, and Your blessing is on Your people.

(And Again) I laid down and slept; I awoke, for the Lord will help me.

### **Psalm 37**

Reader: O Lord, do not rebuke me in Your anger, nor chasten me in Your wrath!

For Your arrows are fastened in me, and You have laid Your hand heavily upon me.

There is no healing in my flesh in the face of Your wrath; and there is no peace in my bones in the face of my sins.

For my iniquities have risen higher than my head; they have pressed heavily on me as a heavy burden.

My wounds have become foul and festering in the face of my foolishness.

I have been wretched and utterly bowed down until the end; I went all the day long with downcast face.

For my loins are filled with inflammation, and there is no healing in my flesh.

I am afflicted and exceedingly humbled, I have groaned from the turmoil of my heart.

O Lord, all my desire is before You, and my groaning is not hidden from You.

My heart is troubled, my strength has failed me; and the light of my eyes, even this is not with me.

My friends and my neighbors drew near over against me and stood, and my nearest of kin stood afar off.

And those who sought after my soul used violence; and those who sought evils for me spoke vain things, and they meditated deception all the day long.

But as for me, like a deaf man I did not hear them, and I was as a speechless man who does not open his mouth.

And I became as a man that does not hear, and that has no reproofs in his mouth.

For I have hoped in You, O Lord; You will hear me, Lord my God.

For I said: Let my enemies never rejoice over me; indeed, when my feet were shaken, those men spoke boastful words against me.

For I am ready for scourges, and my sorrow is continually before me.

For I will declare my iniquity, and I will anguish concerning my sin.

But my enemies live and are made stronger than I, and those who hated me unjustly are multiplied.

Those who render me evil for good slandered me, because I pursued goodness.

Do not forsake me, O Lord my God, do not depart from me.

Be attentive to my help, O Lord of my salvation.

(And Again) Do not forsake me, O Lord my God, do not depart from me.

Be attentive to my help, O Lord of my salvation.

### **Psalm 62**

Reader: O God, my God, to You I rise early at dawn.

My soul has thirsted for You; how often has my flesh longed after You in a land barren and untrodden and unwatered.

So I have appeared before You in the sanctuary to see Your power and Your glory.

For Your mercy is better than lives; my lips shall praise You.

So shall I bless You in my life, and I will lift up my hands in Your name.

Let my soul be filled as with marrow and fatness, and my mouth shall praise You with lips of rejoicing.

If I remembered You on my bed, I meditated on You at the dawn.

For You have become my Helper; I will rejoice in the shelter of Your wings.

My soul has cleaved after You, Your right hand has been quick to help me.

But as for those who in vain have sought after my soul, they shall go into the lowest parts of the earth, they shall be surrendered to the edge of the sword, they shall be portions for foxes.

But the king shall be glad in God; everyone shall be praised that swears by Him; for the mouth of those who speak unjust things is stopped.

(And Again) At the dawn I meditated on You; for You have become my Helper; in the shelter of Your wings I will rejoice.

My soul has cleaved after You, Your right hand has been quick to help me.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to You, O God.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

### **Psalm 87**

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O Lord, God of my salvation, I have cried by day and by night before You.

Let my prayer come before You, bow down Your ear to my supplication.

For my soul is filled with evils, and my life has drawn near to Hades.

I am counted with those who go down into the pit; I have become as a man without help, free among the dead.

I am like the bodies of the slain that sleep in the grave, Whom You remember no more, and who are cut off from Your hand.

They laid me in the lowest pit, in darkness and the shadow of death.

Your anger lies heavily on me, and You have afflicted me with all Your waves.

You have removed my friends far from me; they have made me an abomination to themselves.

I have been delivered up, and have not come forth; my eyes have grown weak from poverty.

I have cried to You, O Lord, the whole day long; I have stretched out my hands to You.

No, will You work wonders for the dead? Or shall physicians raise them up that they may give thanks to You?

No, shall any in the grave tell of Your mercy, and of Your truth in that destruction?

No, shall Your wonders be known in that darkness, and Your righteousness in that land that is forgotten?

But as for me, I have cried to You, O Lord; and in the morning my prayer shall come before You.

O Lord, why do You therefore cast off my soul and turn Your face away from me?

I am as a poor man, and in troubles from my youth; indeed, having been exalted, I was humbled and brought to distress.

Your fierce wrath has gone over me, and Your terrors have sorely troubled me.

They came around me all day long like water, they engulfed me altogether.

Because of my misery You have removed friend and neighbor and my acquaintances far from me.

(And Again) O Lord God of my salvation, I have cried by day and by night before You.

Let my prayer come before You, bow down Your ear to my supplication!

### **Psalm 102**

Reader: Bless the Lord, O my soul; and all that is within me, bless His holy name.

Bless the Lord, O my soul, and do not forget all that He has done for you.

Who is gracious to all your iniquities, Who heals all your infirmities.

Who redeems your life from corruption, Who crowns you with mercy and compassion.

Who fulfills your desire with good things; your youth shall be renewed as the eagle's.

The Lord does deeds of mercy, and executes judgment for all those who are wronged.

He has made His ways known to Moses, the things that He has willed to the sons of Israel.

The Lord is compassionate and merciful, long-suffering and plenteous in mercy; He will not be angered to the end, neither will He be angry to eternity.

He has not dealt with us according to our iniquities, neither has He rewarded us according to our sins.

For according to the height of heaven from the earth, so has the Lord made His mercy to prevail over those who fear Him.

As far as the east is from the west, so far has He removed our iniquities from us.

Like a father has compassion on his sons, so has the Lord had compassion on those who fear Him; for He knows of what we are made, He has remembered that we are dust.

As for man, his days are as the grass; as a flower of the field, so shall he blossom forth.

For when the wind passes over it, then it shall be gone, and its place will no longer remember it.

But the mercy of the Lord is from eternity, even to eternity, on those who fear Him.

And His righteousness is on sons of sons, on those who keep His testament and remember to do His commandments.

The Lord in heaven has prepared His throne, and His kingdom rules over all.

Bless the Lord, O all you His Angels, mighty in strength, that perform His word, to hear the voice of His words.

Bless the Lord, O all you His hosts, His ministers that do His will.

Bless the Lord, O all you His works, in every place of His dominion; bless the Lord, my soul.

(And Again) Bless the Lord, O all you His works, in every place of His dominion; bless the Lord, my soul.

### **Psalm 142**

Reader: O Lord, hear my prayer, in Your truth give ear to my supplications; hear me in Your righteousness.

And do not enter into judgment with Your servant, for in Your sight no man living shall be justified.

For the enemy has persecuted my soul; he has humbled my life down to the earth.

He has sat me in darkness as those who have been long dead, and my spirit within me has become despondent; my heart within me is troubled.

I remembered days of old, I meditated on all Your works, I pondered on the creations of Your hands.

I stretched forth my hands to You; my soul thirsts after You like a waterless land.

LITANY OF THE PEACE (THE GREAT LITANY)

---

Quickly hear me, O Lord; my spirit has fainted away.

Do not turn Your face from me, lest I be like those who go down into the pit.

Cause me to hear Your mercy in the morning; for I have put my hope in You.

Cause me to know, O Lord, the way in which I should walk; for I have lifted up my soul to You.

Rescue me from my enemies, O Lord; I have fled to You for refuge.

Teach me to do Your will, for You are my God.

Your good Spirit shall lead me in the land of uprightness; You shall quicken me for Your name's sake, O Lord.

In Your righteousness You shall bring my soul out of affliction, and in Your mercy You shall utterly destroy my enemies.

And You shall cut off all those who afflict my soul, for I am Your servant.

(Repeat) Hear me in Your righteousness, O Lord, and do not enter into judgment with Your servant.

(And Again) Hear me in Your righteousness, O Lord, and do not enter into judgment with Your servant.

(And Again) Let Your good spirit lead me on a level path!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia; Glory to You, O God.

Alleluia, alleluia, alleluia; Glory to You, O God.

Reader: (*intoned*) Alleluia, alleluia, alleluia; Glory to You, O God. Lord, my Hope, glory to You.

**LITANY OF THE PEACE (THE GREAT LITANY)**

Deacon: In peace let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For the peace from above and for the salvation of our souls, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For the peace in the whole world, for the stability of the holy churches of God, and for the union of all, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For this holy house and for those who enter with faith, reverence, and the fear of God, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For pious and Orthodox Christians, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For our Archbishop (Name), the honorable presbytery, the diaconate in Christ, and for all the clergy and the laity, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For the president of our country, for all civil authorities, and for our armed forces on land, at sea, and in the air, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For this city, for every city and land, and for the faithful who dwell in them, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For favorable weather, an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For travelers by sea, land and air; the sick, the suffering, the captives and their salvation, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

Chanter: (*sung*) Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and protect us, O God, by Your grace.

Chanter: (*sung*) Lord, have mercy.

Deacon: Commemorating our all-holy, pure, most-blessed, and glorious \* Lady, the Theotokos and ever-Virgin Mary, with all the saints, let us commit ourselves and one another and all our life to Christ our God.

Chanter: (*sung*) To You, O Lord.

Priest: For to You belong all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

Chanter: (*sung*) Amen.



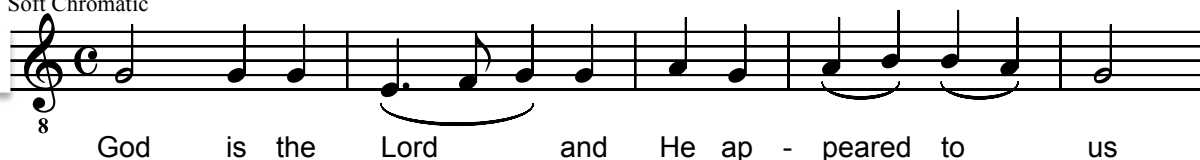
# Sequences (Variable portion)

## THEOS KYRIOS (GOD IS LORD)

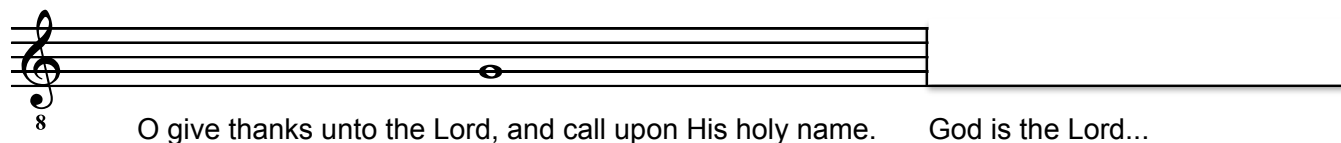
*Mode 2.*

### God is the Lord.

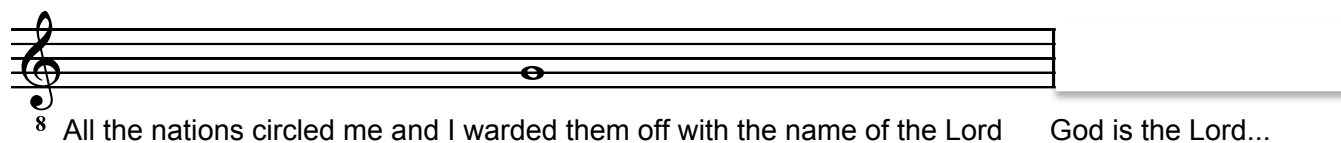
G  
Soft Chromatic



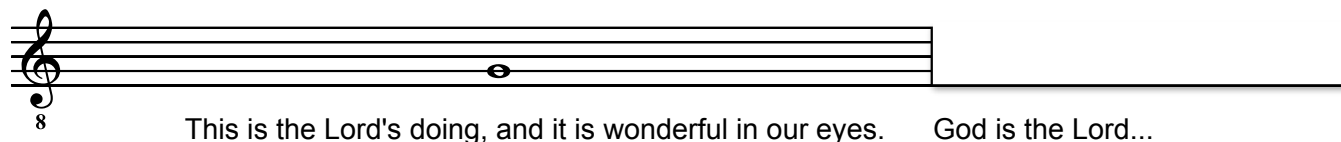
### Verse 1



### Verse 2



### Verse 3



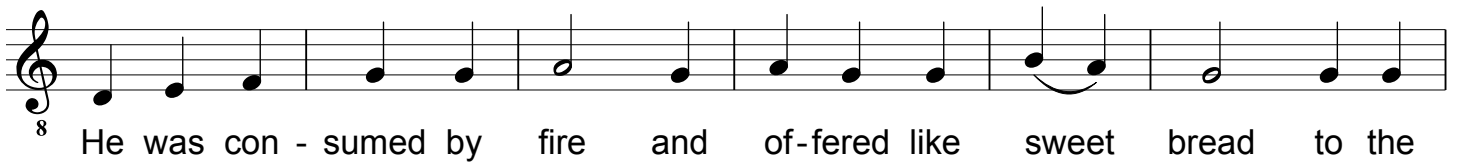
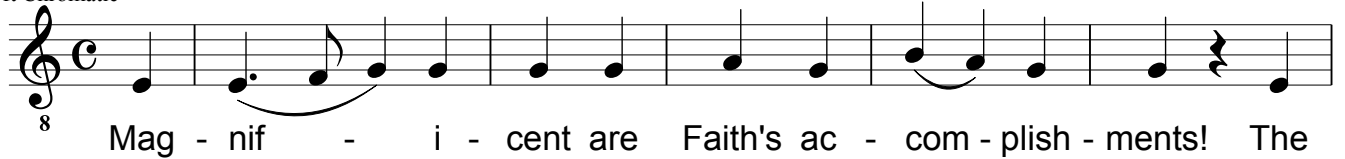
APOLYTIKIA AND THEOTOKION

Apolytikia

*Saint Theodore the Tyro*

*February 28. Mode 2.*

Soft Chromatic G

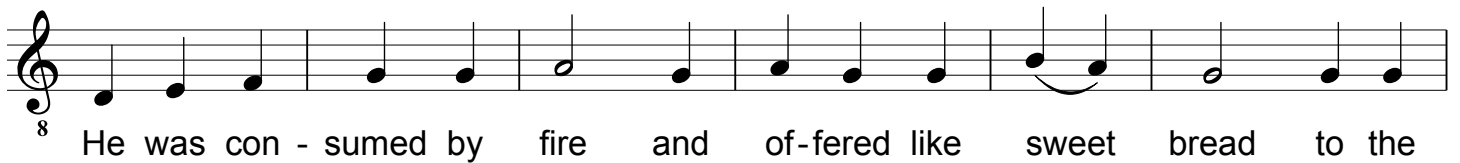
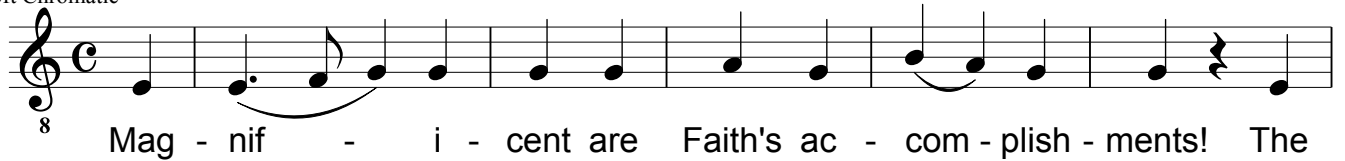


*Glory to the Father, and to the Son, and to the Holy Spirit.*

*Saint Theodore the Tyro*

*February 28. Mode 2.*

Soft Chromatic G



Theotokion

Mode 2.

Both now and ever and to the ages of ages. Amen.

Theotokion. G

8 All sur-pass-ing ev-ery thought all sur-pass-ing glo-ri-ous O The-o-

8 - to-kos are your mys-ter-ies For while bear-ing the seal of pu-ri-ty

8 and pre-served in vir-gin-i-ty you were deemed a Mo-ther in

8 truth for to the true God you gave birth To Him pray fer-vent-ly en-

8 - treat-ing that our souls be saved F G

**THE PSALTER**

**THE LITTLE LITANY**

Priest/Deacon: In peace let us again pray to the Lord.

Choir: Lord, have mercy.

Priest/Deacon: Help us, save us, have mercy upon us and protect us, O God, by your grace.

Choir: Lord, have mercy.

Priest/Deacon: Remembering our most holy, pure, blessed, and glorious \* Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit ourselves and one another and our whole life to Christ our God.

Choir: To You, O Lord.

Priest: For yours is the dominion, the kingdom, the power, and the glory of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

Reader: Amen.

SESSIONAL HYMNS (KATHISMATA)

Kathisma I

*Mode 4. Come quickly.*

Soft Chromatic E



8 Your Mar-tyrs, O Lord, were wor-thi-ly a - ward-ed by You the

8 crowns of in-cor - rup-tion, in that they con - test-ed for You our im - mor - tal

8 God. Since they pos - sessed Your pow-er, they de - feat - ed the

8 ty - rants, dash - ing the de - mons' pow - er - less dis - plays of de-

8 - fi - ance. O Christ God, at their fer-vent en - treat-ies, save our

8 souls.

Verse: *God is wondrous in His saints.*

Soft Chromatic **E** **G**

<sup>8</sup> Your Church is ar - rayed in the ho - ly blood of Your Mar-tyrs who

**E**

<sup>8</sup> wit-nessed thru - out the world, as though in pur-ple and fine

**E**

<sup>8</sup> lin - en. Thru them she cries to You, Christ our God, "Send

**G**

<sup>8</sup> down to Your peo-ple Your ten - der love, grant peace from a-

**E**

<sup>8</sup> bove to Your com - mon - wealth, and to our souls Your great

<sup>8</sup> mer - cy."

Verse: To the saints on His earth, in them the Lord magnified all His will.

Mode 4. Come quickly.

38.

Mode IV. Come Quickly.

Soft Chromatic

8 Your prize - win - ning mar - tyr Saints, e - quipped and armed with the cross, \* de -

8 - feat - ed the mach - i - na - tions of the arch - e - vil foe \* of man - kind, O

8 Christ our God.\* Shin - ing like stars in heav - en,\* they are guides - for us mor - tals. \*

8 To those who with faith re - quest them, they dis - pense cures and heal - ings.\*Thru their in - ter -

8 - ces - sions we pray You to save our souls.



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

### Theotokion

*Mode 4.*

*Both now and ever and to the ages of ages. Amen.*

**Theotokion**

O The - o - to - kos thru you be - came man - i - fest to us on earth the

mys - ter - y which was hid from e - ter - ni - ty and which the An - gels them -

selfes knew not that God u - nit - ing na - tures with - out con - fu - sion be - comes a

man and ac - cepts cru - ci - fix - ion for our sal - va - tion vol - un - tar - i - ly By

vir - tue of this res - ur - rect - ing man whom He had first cre - at - ed He

saved our souls from death

Kathisma II

Mode 3. Your confession.

35.

Mode III. Your Confession.

As you boil - ed hot with Or - tho - dox - y, \* you ex - tin - guished  
her - e - sy's de - lu - sion \* and ar - rest - ed i - dol - a - try's - god - - - less -  
- ness. \* You be - came a whole - burnt of - fer - ing un - to God, \* and you re -  
- fresh the whole world - with your - mir - - a - - cles. \* Pray to Christ our God, O  
glo - - ri - ous Mar - tyr, fer - vent - ly, \* en - treat - ing Him to grant us His great  
mer - - - cy.

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

*Mode 3. Your confession.*

35.

**Mode III. Your Confession.**

The Lord, who strength-ened you when in the con - tests, \* gave you to the world for our sal - va - tion, \* as a di - vine gift, which is - what your - name - - de - notes.\* You heal the ill - ness and pas - sions that plague our souls \* and ward off phys - i - cal trau - ma and - suf - - fer - ing. \* Mar - tyr The - o - dore, to Christ - - our God - pray fer - vent - ly, \* en - treat - ing Him to grant us His great mer - - - cy.

**Theotokion**

*Mode 3. Same Melody.*

*Both now and ever and to the ages of ages. Amen.*

You carried in your womb the uncontainable God, \* the hypostatic Word and consubstantial Son, \* who pre-eternally shone forth from the Father without flux or change. \* Virgin all-immaculate, now entreat Him on our behalf, \* bringing with you all the saints, Prophets, Martyrs, and Monastics all, \* Ascetics and the Righteous, and pray Him \* to grant us forgiveness of offences.

**PSALM 50**

Reader: Have mercy on me, O God, according to Your great mercy; and according to the multitude of Your compassions, blot out my transgression.

Wash me thoroughly from my iniquity and cleanse me from my sin.

For I acknowledge my iniquity, and my sin is continually before me.

Against You only have I sinned and done this evil before You; that You may be justified in Your words, and prevail when You are judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, You have loved truth; the hidden and secret things of Your wisdom You have made clear to me.

You will sprinkle me with hyssop, and I will be made clean; You will wash me, and I will be made whiter than snow.

You will make me hear joy and gladness; the bones that have been humbled will rejoice.

Turn Your face away from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from Your presence, and take not Your Holy Spirit from me.

Restore to me the joy of Your salvation, and with Your governing Spirit establish me.

I will teach transgressors Your ways, and the ungodly will turn back to You.

Deliver me from bloodguiltiness, O God, the God of my salvation, my tongue will rejoice in Your righteousness.

O Lord, You will open my lips, and my mouth will declare Your praise.

For if You had desired sacrifice, I would have given it; with whole burnt offerings You will not be pleased.

A sacrifice to God is a broken spirit, a heart that is broken and humbled God will not despise.

Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built;

Then you will be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings;

Then shall they offer young bulls on Your altar. And have mercy on me, O God.

**KONTAKION**

*Mode pl. 4. Automelon.*

Reader: Once you had taken the Faith of Christ into your heart like a suit of armor, you trampled the hostile forces underfoot, having contended much, and you were crowned with heavenly laurels forever, (*intoned*) *as one invincible*.

**OIKOS**

Reader: We gladly in faith extol You, who are carried on a throne of light. For You have given us a divine gift, Theodore, who was brave in the contests and thrice-blessed in his life, as being a champion of the truth. Having a pious frame of mind, he obtained You, O Christ; and against the deceiver he proved to be a mighty victor, (*intoned*) *as one invincible*.

**SYNTAXARION**

Reader: On February 28 we commemorate our devout father and confessor Basil, fellow ascetic of St. Prokopios.

On this day we also commemorate the holy hieromartyr Proterios, Archbishop of Alexandria.

On this day we also commemorate the holy martyr Nestor.

On this day we also commemorate the holy women Kyra and Marana.

On this day the holy six martyrs from Egypt died by the sword.

On this day the holy apostles Nymphas and Evoulos reposed in peace.

On this day the devout Barsos, Bishop of Damascus, reposed in peace.

On this day the holy martyr Abrikios died by the sword.

The holy new martyr Kyranna, the most chaste, died by tortures in Thessaloniki in the year 1751.

On this day, Saturday of the first week of Lent, we celebrate the marvelous wonder involving Kolyva by the holy and glorious Great Martyr Theodore Tyro.

*Verses*

With Kollyva the Tyro feeds the City  
And makes ineffectual the food that was defiled.

*(intoned) By his holy intercessions, O God, have mercy on us and save us. Amen.*

KATAVASIAE OF THE THEOTOKOS

Mode 4e.

Ode i

Diatonic E D E

My mouth shall I o - pen wide and it will thus be with Spir - it

filled. A word shall I then pour out un - to the Moth - er and Queen.

D E

I will joy - ous - ly at - tend the cel - e - bra - tion and sing to her

mer - ri - ly, laud - ing her mir - a - cles.

Ode iii

Diatonic **E** **G**

Es - tab - lish your ser - vants who ex - tol you, O

**E**

Moth - er of God, for they have formed a spir - i - tu - al choir for

**U** **D** **E**

you, the liv - ing and a - bun - dant fount; and crowns of glo - ry

gra - cious - ly in your di - vine glo - ry grant to them.

Ode iv

Diatonic E U

When the Proph-et Ha - bak-kuk heard the di - vine

E

and in-com-pre - hen - si - ble coun-sel of Your In - car - na - tion

U E

from the Vir - gin, O Most High, con - sid - er - ing he cried a - loud,

"Glo-ry to Your pow - er, O Lord my God."



## Ode v

Diatonic E D E D

A - mazed was the u - ni - verse by your di - vine mag -

- nif - i - cence. For while nev - er con - sum - mat - ing wed - lock,

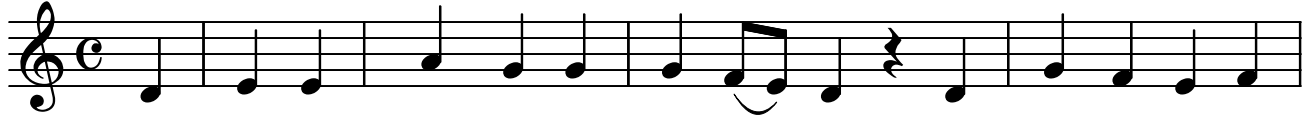
you held, O Vir - gin, the God of all in your womb, and

gave birth un - to a time-less Son, Who a - wards sal - va - tion to

all who chant hymns of praise to you.

Ode vi

Diatonic D



Let us, pos - sessed of a god - ly mind, ob - serv - ing this di -

E



- vine and all - ven - er - a - ble feast in hon - or of the The - o -

D E



- to - kos, come clap our hands, while glo - ri - fy - ing God, who was



tru - ly born of her.

## Ode vii

Diatonic E D E

God - ly - mind - ed three did not a - dore cre - at - ed

D E U

things in the Cre - a - tor's stead, but brave - ly tram - pling up -

E

- on the threat of the fur - nace fire, chant - ed joy - ful - ly, "O su -

D E

- preme - ly praised and most ex - alt - ed Lord and God of the

fa - thers, You are bless - ed."

## Ode viii

Diatonic D E

We praise and we bless and we wor - ship the Lord.

E G

Pi - ous chil - dren stood with - in the fur - nace. The Child of the

E

The - o - to - kos went and res - cued them. He who was pre - fig - ured

C D U G

then, man - i - fest - ly ac - tive now, is gath - er - ing to - geth - er

E D

the en - tire u - ni - verse to sing the hymn: "O

E

praise and su - preme - ly ex - alt the Lord, O all you His

works, un - to the a - ges."

MAGNIFICAT

Priest: Let us honor and magnify in song the Theotokos and the Mother of light.

Mode 4.

Mode 4. Heirmologic.

Verse 1

Diatonic E

8 My soul magnifies the Lord and my spir - it has re - joiced in God my Sav - ior

E C D

8 Great - er in hon - or than the Che - ru - bim and in glo - ry great -

E

8 - er be - yond com - pare than the Se - ra - phim you with - out cor - rup -

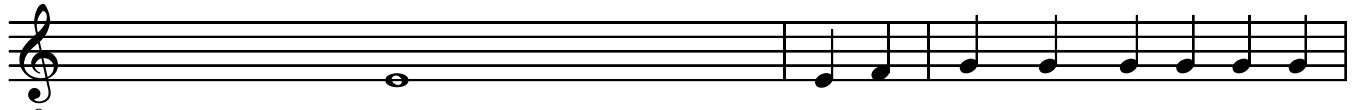
8 - tion gave birth to God the Word and are tru - ly The - o - to - kos

E

8 You do we mag - ni - fy

Verse 2

E



8

For He has considered the humility of His handmaiden; for be - hold hence-forth all gen - er -



8

- a - tions shall call me bless - ed

E

C

D



8

Great - er in hon - or than the Che - ru - bim and in glo - ry great -

E



8

- er be - yond com - pare than the Se - ra - phim you with - out cor - rup -



8

- tion gave birth to God the Word and are tru - ly The - o - to - kos



8

You do we mag - ni - fy

Verse 3



8 For the Mighty One has done great things to me, and ho - ly is His Name; and His

E



8 mercy is on them that fear Him un - to gen - er - a - tion and gen - er - a - tion

E

C

D



8 Great - er in hon - or than the Che - ru - bim and in glo - ry great-

E



8 - er be - yond com - pare than the Se - ra - phim you with - out cor - rup-



8 - tion gave birth to God the Word and are tru - ly The - o - to - kos



8 You do we mag - ni - fy

Verse 4

E

8 He performed mighty deeds with His arm; He confounded the proud in the in - ten-tion

8 of their heart

E C D

8 Great - er in hon-or than the Che-ru-bim and in glo-ry great-

E

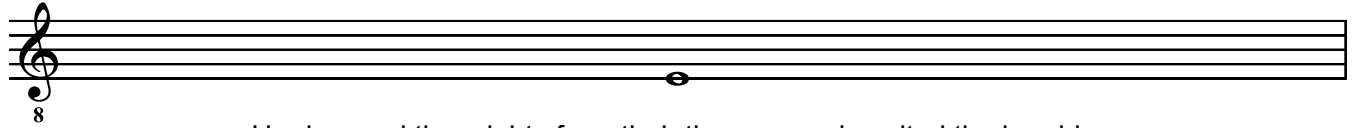
8 - er be - yond com - pare than the Se - ra-phim you with-out cor - rup-

8 - tion gave birth to God the Word and are tru - ly The - o - to - kos

8 You do we mag - ni - fy



Verse 5



He deposed the mighty from their thrones, and exalted the humble;

E



He filled the hungry with good things, and the rich He sent emp - ty a - way

E

C

D



Great - er in hon-or than the Che-ru-bim and in glo-ry great-

E



- er be - yond com - pare than the Se - ra-phim you with-out cor - rup-

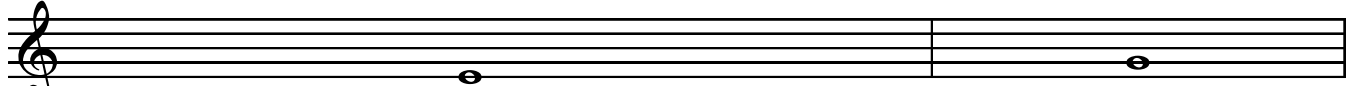


- tion gave birth to God the Word and are tru - ly The - o - to - kos



You do we mag - ni - fy

Verse 6



8 He has helped His servant Israel in remembrance of His mercy, as He spoke to our fathers,



8 to A - bra - ham and his seed for - ev - er

**For *Holy is the Lord*  
and the Eothinon  
Exaposteilarion,  
go to page 207.**



8 Great - er in hon - or than the Che - ru - bim and in glo - ry great -



8 - er be - yond com - pare than the Se - ra - phim you with - out cor - rup -



8 - tion gave birth to God the Word and are tru - ly The - o - to - kos



8 You do we mag - ni - fy

Katavasia

Mode 4.

Ode ix

Diatonic E C E

All you born on earth, with fes-ti-val lamps in hand, in spir-it leap for joy; heav-en-ly in-tel-li-gen-ces of in-cor-po-re-al An-gels, cel-e-brate, and hon-or thus the sa-cred feast of the Moth-er of God, cry-ing loud-ly: "O re-joyce, all-bless-ed one, ev-er-vir-gin and pure, who gave birth to God."

**THE LITTLE LITANY**

Priest/Deacon: In peace let us again pray to the Lord.

Choir: Lord, have mercy.

Priest/Deacon: Help us, save us, have mercy upon us, and protect us, O God, by your grace.

Choir: Lord, have mercy.

Priest/Deacon: Remembering our most holy, pure, blessed, and glorious \* Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commit ourselves and one another, and our whole life to Christ our God.

Choir: To You, O Lord.

Priest: For all the powers of heaven praise you and give you glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

Reader: Amen.

## EXAPOSTEILARION

*Mode 2. On the mountain.*

53.

## Mode II. With the Disciples. (1)

Soft Chromatic



Wear - ing a crown, O Saint, - - you now \* stand be - side Christ's tri - -

- bu - - nal \* to - geth - er with - - - an - gel - - ic hosts. \* Prize - win - ner,

you - are filled - - with the light that o - rig - i - nates there. - - - \*

Nev - er cease in - ter - ced - - ing \* for the peace of - the whole - - wide

world, \* and sal - va - tion - for us - - who - with pi - ous faith - - - - \*

cel - e - brate your mem - o - ry, which - is ra - di - ant, \* O The - o - dore, - - all -

glo - - ri - ous \* and il - lus - tri - ous Mar - - tyr.

## Theotokion

Mode 2. On the mountain.

## 53. Mode II. With the Disciples. (1)

Soft Chromatic

8 The Lord re - sid - ed in - - your womb, \* The - o - to - kos, - as

8 He - - knew, \* wish - ing to call - - - the world - - He made \* back from cor -

8 - rup - tion, for - - it was lost and per - ish - - - ing. La - - dy, \*

8 now hav - ing found - sal - va - - tion, \* all to - geth - er - we cry - - to

8 you \* the An - gel's fa - mous sal - - u - ta - tion, "Re - joice, - - - - \*

8 you are tru - ly bless - ed a - mong - all wom - - en!" \* For you, O Vir - - gin,

8 have - - brought forth \* ho - ly joy to - the whole - - world.

LAUDS (PRAISES)

Mode 1.

Mode 1. Sticheraric Melodies.

Let every breath.

Diatonic D U D

8 Let eve - ry breath praise the

8 Lord Praise the Lord from the heav - ens

U D ,

8 praise Him in the high - est To

8 You O God is due our

8 song

Praise Him.

The musical score is written on three staves in G major (one sharp) and 8/8 time. The melody is simple and repetitive, with lyrics written below the notes. The lyrics are: "Praise Him all you His An- gels Praise Him all you His hosts To You O God is due our song". Above the first staff, the letters "D", "U", and "D" are placed above the notes for "Praise", "Him", and "you" respectively. A small box containing the number "8" is located to the left of the first staff.



Stichera

Mode 1. For the celestial orders.

First Hymn of Praise

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

1. Mode I. For the Celestial Orders.

O faith - ful, let us u - nite now and us - ing one voice ex - tol \*

that val - iant hea - vy-armed sol-dier of the heav - en - ly ar - my, \*

St. The - o - dore, the strong hop - lite - of our faith, sing - ing mys - ti - cal

odes to him, \* "Mar - tyr of Je - sus, you are - - wor - thy of our awe. \* Will you

pray for us who hon - or - - - you."

Second Hymn of Praise

*Praise Him with the sound of trumpet, praise Him with the psaltery and harp.*

1. Mode I. For the Celestial Orders.

8 Your name de - notes it, and tru - ly You are a gift from - God, \*

8 and you were giv - en as com-fort to all who are in trou - ble, \*

8 O thrice-bless-ed The - o - dore. - For - eve - ry - one \* who comes in truth to your

8 ho - ly church, \* and who with glad-ness re - ceives - - the - di - vine re - wards \* of your

8 mir - a - cles, gives hon - or to - - - Christ.

Third Hymn of Praise

*Praise Him with timbrel and dance, praise Him with strings and flute.*

1. Mode I. For the Celestial Orders.

8 By your great feats as a mar-tyr, you did a - mass in your - self \*

8 the ho - ly wealth and bril-liance of the Or - tho - dox doc - trine. \*

8 You gave all your might as an ac - cept - a - ble gift \* un - to God, - O Saint

8 The - o - dore. \* And in your con - tests you tru - - ly - ful - filled your name, \* for it

8 al - so means a gift - to - - - God.

## Fourth Hymn of Praise

*Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.*

1. **Mode I. For the Celestial Orders.**

Let us, O feast-lovers, all now observe a sumptuous feast \*

on this most gay occasion, the festival of the Mar-tyr, \*

and faithfully rejoice as we honor the bright \* holy feast-day of

his demise. \* Let us extol the Lord Jesus with sacred songs, \* for He

glorified his mem - o - - - ry.

**Doxastikon**

*Mode 2.*

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

You have revealed to the world the gift of holiness and the riches of divine life, O Theodore. For Christ has glorified your memory, O wise Martyr. We the faithful rejoice in it and with one voice we sing in praise of your contests and labors.

**Theotokion**

*Mode 2.*

*Both now and ever and to the ages of ages. Amen.*

Theotokos, you are the true vine that produced the fruit of life. Lady, we fervently entreat you to intercede along with the Martyr and all the saints, that our souls be treated mercifully.

THE GREAT DOXOLOGY

Mode 2.

Duration: 5:00

Second Mode

by John Kavadas (d. 1889)  
the Protopsaltis of Chios  
English Adaptation by  
Hieromonk Ephraim

Allegro ♩=140

Brief Version

1 **G**

Glo - ry be to You Who showed the light. Glo - ry in the high - est to God,

and on earth— peace, good will— a - mong men.

2 **G** **Un.**

We praise— You; we bless— You; we wor - ship You; we glo - ri - fy— You;

**G** **E** **Un.**

we give thanks to You for Your great— glo - ry.

3 **G** **Un.** **E** **Un.**

O Lord,— King,— heav - en - ly God, the Fa - ther Al - might - y,

**G** **Un.**

O Lord the on - ly - be - got - ten Son, Je - sus Christ, and the Ho - ly Spir - it.

4 **G** **Un.** **E** **Un.** **G**

O Lord,— God,— Lamb of God, Son— of the Fa - ther, Who take

*Brief Doxology - Second Mode*

a - way the sin of the world: have mer - cy on us, You Who take a -

way the sins of the world.

Re - ceive our prayer, You Who sit at the right hand of the Fa - ther;

and have mer - cy on us.

For You a - lone are ho - ly; You a - lone are Lord, Je - sus Christ,

to the glo - ry of God the Fa - ther. A - men.

Ev - 'ry day will I bless You, and I will praise Your name for - ev - er

and un - to the a - ges of a - ges.

*Brief Doxology - Second Mode*

8 G D Un.

Vouch - safe, O Lord, to keep\_\_\_ us this day\_\_\_ with - out sin.

9 G Un.

Bless - ed are You, O Lord, the God\_\_\_ of our Fa - thers, and

G F E Un.

praised and glo - ri - fied is Your name un - to the a - ges. A - men.

10 G

Let Your mer - cy, O Lord,\_\_\_ be up - on\_\_\_ us,

Un.

e - ven as we have hoped in You.

11 12 and 13 G E Un.

Bless - ed are You, O Lord, teach\_\_\_ me Your stat - utes.

14 G Un. G E

Lord,\_\_\_ You have been our ref - uge from gen - er - a - tion to

Un. G E

gen - er - a - tion. I said: O Lord, have mer - cy\_\_\_ on me; heal my soul, for I have



*Brief Doxology - Second Mode*

Un.

sinned a - gainst\_\_\_ You.

15 Un. G F

O Lord, to You have I fled for ref - uge; teach\_\_\_ me\_\_\_ to

G E Un.

do Your will, for You\_\_\_ are my God.

16 G E Un.

For in You is the foun - tain of life; in Your light\_\_\_ we shall see\_\_\_ light.

17 G Un.

Con - tin - ue Your mer - cy un - to those who know\_\_\_ You.

18 19 and 20 G Un. G

Ho - ly\_\_\_ God,\_\_\_ ho - ly\_\_\_ Might - y, ho - ly Im - mor -

E Un.

tal, have mer - cy on us.

21 G Un.

Glo - ry to the Fa - ther and to the Son and to the Ho - ly Spir - it;

Brief Doxology - Second Mode

22 Un. G Un. G D Un.

Both now and ev - er, and un - to the a - ges of a - ges. A - men.

23 G D Un.

Ho - ly Im - mor - tal, have mer - cy on us.

Asmatikon

Adagio ♩=70

24 G E Un.

Ho - - - - - ly God,

25 G E Un. G

Ho - - - - - ly Might - - - - - y,

26 G E

Ho - - - - - ly Im - mor - - - - - tal, have mer - - - - -

Un. G rit. F G

cy on us.

On Sundays, continue on page 72 with "Today Is Salvation."

APOLYTIKION

*Saint Theodore the Tyro*

*February 28. Mode 2.*

Soft Chromatic G



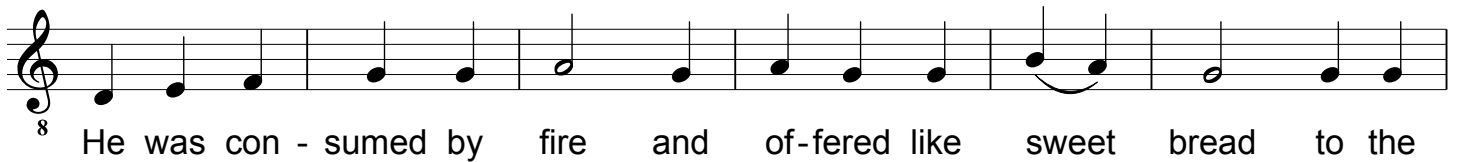
8 Mag - nif - i - cent are Faith's ac - com - plish - ments! The



8 ho - ly Mar - tyr The - o - dore great - ly re - joiced as he stood in the



8 foun - tain of fire as if be - side the still wa - ters.



8 He was con - sumed by fire and of - fered like sweet bread to the



8 Trin - i - ty. At his en - treat - ies, O Christ God, save our



8 souls.