

**MARCH 9**  
**Tuesday of Cheesefare**  
**The Holy Forty Martyrs of Sebaste**

**"Lord I Call..." Tone 2**

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. (10) Bring my soul out of prison, that I may give thanks to Your name!*
- v. (9) The righteous will surround me; for You will deal bountifully with me.*
- v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*
- v. (7) Let Your ears be attentive to the voice of my supplications!*
- v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*
- v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.*
- v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*
- 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 Menaion, for the Holy 40 Martyrs, by John the Monk)*

The holy Martyrs bravely endured their present suffering;  
they rejoiced in things hoped for but not yet seen.  
They said to each other:  
"By stripping off our garments we have put off the old man.

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\* Music for the Holy Forty Martyrs of Sebaste from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

The winter is cold and bitter, but Paradise will be warm and sweet.  
The freezing is painful, but the reward will bring us joy.  
Let us not be defeated, O brothers!  
We suffer a little, but Christ will crown us with the laurel of victory./.  
He is our God and the Savior of our souls."

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

The holy Martyrs threw their clothes aside;  
fearlessly they entered the lake and encouraged one another:  
"Remember that our fallen nature has been deprived of Paradise!  
Let us care nothing for our corruptible flesh today!  
The serpent once deceived us, handing over our bodies to death;  
now let us win resurrection for all!  
Let us scorn the ice and cold; let us hate our flesh,  
and Christ will crown us with the laurel of victory!./.  
He is our God and the Savior of our souls."

*v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.*

The holy Martyrs accepted their torments with joy.  
They hurried to the frozen lake as to a comforting bath.  
They said: "We will not fear the bitter cold.  
Only let us escape Gehenna's flames!  
Let a foot be burned, that it may rejoice eternally!  
Let a hand be lost, offered to the Lord in sacrifice!  
Let us not refuse death in the flesh!  
Embrace death, and Christ will crown us with the laurel of victory!./.  
He is our God, and the Savior of our souls."

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

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Let us not be defeated, O brothers!  
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He is our God and the Savior of our souls."

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

**Tone 2**      *(Theotokion – Dogmatikon)*

The shadow of the Law passed when grace came;  
as the Bush burned, yet was not consumed,  
so the Virgin gave birth, yet remained a Virgin.  
The Righteous Sun has risen instead of a pillar of flame.//  
Instead of Moses, Christ, the Salvation of our souls.

### Old Testament Readings

**Isaiah 43:9-14**

**Wisdom of Solomon 3:1-9**

**Wisdom of Solomon 5:15-6:3**

### Aposticha

**Tone 8**      *Idiomelon*      *(from the Lenten Triodion)*

Through fasting let us hasten to wash away the filth of our transgressions,  
and through acts of mercy and compassion to the needy  
let us enter into the bridal chamber of the Bridegroom Christ,//  
Who grants us great mercy!

*V. I lift up mine 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 122:1-2)*

*(Repeat: "Through fasting...")*

*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)*

O Martyrs of the Lord,  
you sanctify every place and heal every ill.  
Now therefore, intercede with Him,//  
that He may deliver our souls from every wile and snare of the Enemy!

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

**Tone 6**      *(from the Menaion, for the Holy 40 Martyrs)*

O faithful, let us praise the forty passion-bearing Martyrs in hymns!  
Singing in harmony let us cry out to them saying:  
“Rejoice, O sufferers of Christ:  
Hesýchius, Méliton, Heráclius, Smarágdus and Domnus;  
Euónicus, Válens and Vivianus;  
Claudius and Priscus!  
Rejoice, Theódulus, Euthýchius and John,  
Xanthéas, Hiliánus, Sisínus, Kýrion, Angíus, Aétius and Flavius!  
Rejoice, Acácius, Ecdíkius, Lysimáchus, Alexander,  
Elías and Candidus,  
Theóphilus, Dométian and Gáius  
with the Godly Gorgonius!  
Rejoice, Leóntius and Athanasius,  
Cýril and Sacerdon,  
Nicholas and Valerius,  
Philóctimon, Sevérian, Chudíon and Aglaius!  
You have boldness before Christ our God, most honored Martyrs.  
Beseech Him earnestly //  
that those who keep your most precious memory with faith may be saved!

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

**Tone 6**      *(Theotokion)*

O Theotokos,  
you are the true vine from whom the Fruit of Life blossomed.  
We entreat you, O Lady:  
“Intercede together with the Apostles and all the Saints, //  
that mercy may be granted to our souls!”

*(at Vespers)*

**Tone 1      Troparion    *(Holy 40 Martyrs)***

Through the sufferings which Your holy Forty Martyrs endured for  
Your sake, O Lord,  
we beseech You, O Lover of ^mankind://  
“Heal all of our infirmities!”

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

**Tone 1      Resurrectional Dismissal Theotokion**

When Gabriel announced to you, O Virgin, saying “Rejoice!”  
with that word the Master of all was incarnate in ^you,  
the holy Ark, spoken of by the righteous David!  
Your womb became more spacious than the heavens,  
for you carried your Creator.  
Glory to Him Who took abode in you!  
Glory to Him Who came ^forth from you!//  
Glory to Him Who freed us by being born of you!

*(at the Divine Liturgy)*

**Tone 1      Troparion    *(Holy 40 Martyrs)***

Through the sufferings which Your holy Forty Martyrs endured for  
Your sake, O Lord,  
we beseech You, O Lover of ^mankind://  
“Heal all of our infirmities!”

**Tone 6      Kontakion    *(Holy 40 Martyrs)***

You have abandoned all earthly armies,  
cleaving to the heavenly Master, O Forty Martyrs of the Lord.  
Having passed through fire and water, O blessed ones,//  
you have fittingly received heavenly glory and many crowns.

**Tone 7      Prokeimenon      *(of the day)***

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 You! (Ps. 63:1a)*

**Tone 5      Prokeimenon      *(Holy 40 Martyrs)***

You, O Lord, shall protect us / and preserve us from this generation forever.  
*(Ps. 11:7)*

**Epistle**

(77) Jude 1-10

(331) Hebrews 12:1-10 *(Holy 40 Martyrs)*

**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)*

**Tone 4**

*V. Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise! (Ps. 65:1)*

**Gospel**

(109) Luke 22:39-42, 45-23:1

(80) Matthew 20:1-16 *(Holy 40 Martyrs)*

**Communion Hymn**

The righteous shall be in everlasting remembrance! He shall not fear evil tidings! *(Ps. 111:6)*

Rejoice in the Lord, O you righteous! Praise befits the just. *(Ps. 32:1)*

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.