

MARCH 13
Saturday of Cheesefare
Commemoration of All Righteous Monastics

"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. (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 8 *(from the Lenten Triodion)*

Come, all faithful, let us praise the assemblies of holy Fathers:
Anthony the Great, Euthymius the Great, and all of their company.
And as we mentally pass through their lives as through a paradise of sweetness,
let us cry out with joy:
"These are truly the trees that our God has planted!
These are the ripened fruits of eternal life,
offered to Christ, which nourish our souls."
To them let us cry out://
"O blessed, God-bearing Fathers, pray that we may be saved!"

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

Rejoice, Egypt, land of faith!
Rejoice, holy Libya, and the Thebaid chosen by God!
Rejoice, every place and country
that have brought forth citizens of the Kingdom of Heaven,
raising them in abstinence and labor,
offering them to God as perfect in love.
They are stars guiding our souls,
and by the brightness of their wonders and the miracles they wrought,
they have shed their spiritual light over all the earth.//
O all-blessed Fathers, pray for our souls!

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

Who among men can speak of the perfection of your lives, O holy Fathers?
What tongue can utter the sanctity of your efforts:
the sufferings in virtue, the control of the flesh;
the struggles with passions, in vigils, in prayers and in tears?
Truly you were angels while you lived in the world.
You laid low the highest powers of evil.
You performed miraculous and wonderful signs.
Therefore pray with us, O most blessed Fathers,//
to gain for our souls eternal joy!

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

Tone 6 *(from the Lenten Triodion)*

You preserved the image of God undefiled.
By fasting, your minds ruled the passions.
You attained to the greatest possible likeness of God,
submitting the lower to the higher, making the flesh serve the Spirit.
Therefore you shone forth as leaders of monastics,
dwellers of the desert, the refuge of those who sought God,
renowned keepers of the precepts of Christ.
Now being free of the veil,
in heaven you freely behold the Holy Trinity,//
earnestly interceding for those who honor you with faith and love.

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

Tone 6 *(Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?
Who will not sing of your most pure childbearing?
The only-begotten Son shone timelessly from the Father,
but from you He was ineffably incarnate.
God by nature, yet Man for our sake,
not two persons, but one known in two natures.
Entreat Him, O pure and all-blessed Lady,//
to have mercy on our souls!

Tone 7 **Prokeimenon**

You, O God, are my helper, / and Your mercy shall go before me. *(Ps. 58:19)*

V. Deliver me from my enemies, O God! Save me from those that rise up against me! (Ps. 58:1)

Reading from Zechariah (8:19-23)

Tone 6 **Prokeimenon**

Let Israel hope in the Lord, / henceforth and forevermore! *(Ps. 130:4)*

V. O Lord, my heart is not lifted up, my eyes are not raised too high! (Ps. 130:1)

Aposticha

Tone 2 *Idiomelon* *(from the Lenten Triodion)*

Brethren, let us purify ourselves from all stain of flesh and spirit!
Let us illumine the lights of our souls through love of poverty!
Let us not slander one another with curses!
For the time has come when the Bridegroom renders to each according
to his works.
Let us greet Christ with the wise virgins,
crying to Him with the voice of the thief://
“Remember us, Lord, when You come in Your Kingdom!”

*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: “Brethren, let us purify ourselves...”)

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 2 *(for the Martyrs)*

Because the holy martyrs intercede for us
and sing the praises of Christ,
all error has come to an end, //
and mankind is saved by faith.

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

Tone 8 *(from the Lenten Triodion)*

We honor you, our Fathers,
as the instructors of a multitude of monks.
We have indeed learned to walk rightly in your footsteps.
Blessed are you, for having labored for Christ,
you denounced the power of the enemy.
O conversers with the angels and companions of the venerable and righteous. //
Together with them, entreat the Lord that He grant mercy to our souls!

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

Tone 8 *(Theotokion)* *(Oh, most glorious wonder)*

Rejoice, treasure of purity!
Rejoice, pure abode of the Immaterial Light!
Rejoice, O praise of the martyrs!
Rejoice, preview of our salvation!
Rejoice, preaching of the Apostles!
Rejoice, fulfillment of the Prophets!
Rejoice, beauty of monks and ascetics: //
blameless Virgin, the salvation of the faithful!

(at Vespers)

Tone 4 Troparion *(from the Lenten Triodion)*

O God of our Fathers,
always act with kindness towards us:
take not Your mercy from us,
but guide our lives in peace, //
through the prayers of Your saints!

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

Tone 4 Resurrectional Dismissal Theotokion

The mystery of all eternity,
unknown even by Angels,
through you, Theotokos, is revealed to those on earth:
God incarnate by union without confusion.
He voluntarily accepted the Cross for us,
by which He resurrected the first-created man, //
saving our souls from death.

(at the Divine Liturgy)

Tone 4 Troparion *(from the Lenten Triodion)*

O God of our Fathers,
always act with kindness towards us:
take not Your mercy from us,
but guide our lives in peace, //
through the prayers of Your saints!

Tone 8 Kontakion *(from the Lenten Triodion)*

You have glorified the company of God-bearing fathers who enlighten the world
as preachers of godliness and silencers of impiety.
At their prayers, keep all who praise and magnify You, in perfect peace, //
that they may sing to You: “Alleluia!”

Tone 7 Prokeimenon *(from the Lenten Triodion)*

Let the saints exult in glory, / let them sing for joy on their couches! *(Ps. 149:5)*

V. The high praises of God shall be in their mouth, and two-edged swords in their hands. (Ps. 149:6)

Epistle

(115) Romans 14:19-23, 16:25-27

(213) Galatians 5:22-6:2 *(Monastics)*

Tone 2

Alleluia, Alleluia, Alleluia!

V. They that are planted in the house of the Lord shall flourish in the courts of our God. (Ps. 91:12)

V. Be glad in the Lord and rejoice, O righteous! (Ps. 31:11a)

Gospel

(16) Matthew 6:1-13

(43) Matthew 11:27-30 *(Monastics)*

Communion Hymn

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.