

SUNDAY, MARCH 9

TONE 4

First Sunday of Great Lent, Sunday of Orthodoxy, Forty Martyrs of Sebaste

"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. (10) Bring my soul out of prison, that I may give thanks to Your Name!

Tone 4 *(for the Resurrection)*

We glorify Your Resurrection on the third day, O Christ God,
by always honoring Your life-creating Cross;
by it, You have renewed the corrupted nature of man,
O almighty One.

By it, You have renewed our entrance to heaven,//
for You are good and the Lover of man.

v. (9) The righteous will surround me, for You will deal bountifully with me.

You loosed the Tree's verdict of disobedience, O Savior,
by being voluntarily nailed to the tree of the Cross.

By descending to hell, O almighty God,
You broke the bonds of death.

Therefore, we adore Your Resurrection from the dead, singing in joy://
"Glory to You, O all powerful Lord!"

v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!

You smashed the gates of hell, O Lord,
and by Your death You demolished the kingdom of death.
You delivered the race of men from corruption,//
granting the world life, incorruption and great mercy.

v. (7) Let Your ears be attentive to the voice of my supplications!

Tone 6* *(from the Lenten Triodion)* *(Having placed all their hope)*

O Lord, Whom nothing can contain or grasp,
from all eternity You shone forth from the Father
before the morning star.
The Prophets, inspired by the Holy Spirit,
foretold that You would take flesh and assume the form of a child,
from her who is ever-virgin.
You lived among men;
You were seen by material creation.
Through the prayers of the Prophets, O compassionate One,
make us worthy to receive Your light, //
for we sing praises to Your glorious Resurrection!

V. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

The Prophets bore the fruit of eternal life;
they prepared the way of the Lord.
By their words they proclaimed You; by their deeds they honored You:
they would not worship creation instead of You, the Creator.
As Your Gospel commands, they renounced the world.
They foretold Your Passion by suffering themselves.
Through their prayers, O Lord, //
enable us to pass over the battlefield of Lent without sin!

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.

You are infinite in Your divine nature, O Master;
in these latter days You accepted the limitations of the flesh.
By assuming our body, You accepted all its weaknesses.
Therefore we make images of Your form;
we venerate them, having You in mind.
We fall down before You in love;
by so doing we follow the tradition of the Apostles //
and are given the grace of healing.

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

* Music for the Sunday of Orthodoxy from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

Today the Church of Christ receives honorable adornment:
the holy icons of Christ our Savior, the Theotokos, and all the Saints.
The Church exults in their grace!
We lift them up with joy and gladness!
We glorify God, the Lover of man, //
Him Who patiently suffered for our sake!

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.
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.

† Music for the Holy Forty Martyrs of Sebaste from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

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;

Tone 2 *(from the Lenten Triodion)*

Grace and truth have shone forth.
The predictions of old have been clearly fulfilled.
Behold, the Church adorns herself with the form of Christ incarnate!
The icons of the new creation transcend the adornments of the old.
As the Ark of the Covenant held the presence of God,
so now the icons reveal the presence of the One we adore.
By honoring them we will never go astray.
It is our glory to fall down and worship Christ in the flesh.
Come, O faithful, venerate His image and cry out://
O Lord, save Your people, and bless Your inheritance!

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 wonder 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 pow’rs.//
Christ, Who has great and rich mercy, has saved the world, O Theotokos.

Old Testament Readings *(Holy 40 Martyrs)*

Isaiah 43:9-14

Wisdom of Solomon 3:1-9

Wisdom of Solomon 5:15-6:3

Aposticha

Tone 4 *(for the Resurrection)*

By ascending the Cross, O Lord,
You have annulled our ancestral curse.
By descending to hell, You have freed the eternal prisoners,
granting incorruption to the human race.//
Therefore in songs we glorify Your life-creating and saving Resurrection.

V. The Lord is King; He is robed in majesty!

By hanging upon the tree, O only powerful Lord,
You shook all of creation.
By being laid in the tomb You have raised those who dwelt in the tombs,
granting life and incorruption to the human race.//
Therefore in songs we glorify Your rising on the third day.

V. For He has established the world, so that it shall never be moved.

The lawless people, O Christ,
handed You over to Pilate, condemned to be crucified,
thus proving themselves ungrateful before their Benefactor.
But voluntarily You endured burial,
rising by Your own power on the third day as God,//
granting us life everlasting and great mercy.

V. Holiness befits Your house, O Lord, forevermore!

With tears the women reached Your tomb,
searching for You, but not finding You.
They wept with wailing and lamented:
“Woe to us! Our Savior, King of all,
how were You stolen?
What place can hold Your life-bearing body?”
An Angel replied to them:
“Do not weep, but go and proclaim that the Lord is risen,//
granting us joy as the only compassionate One!”

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, Hiliánu, Sisínius, 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 Agláiús!
You have boldness before Christ our God, most honored Martyrs.
Beseech Him earrestly //
that those who keep your most precious memory with faith may be saved!

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

Tone 2 *(from the Lenten Triodion)*

Advancing from false doctrine to trué faith,
illumined with the light of knowledge,
let us clap our hands and offer grateful praise to God in song!
With due honor let us venerate the holy icons of Christ,
of the all-pure Virgin, and of all the saints,
depicted on walls or panels or sacred vessels,
rejecting the godless teaching of the heretics!
For as Saint Basil says:
“The honor shown to the image passes to its prototype.”
By the prayers of Your pure Mother and of all the saints, //
we beseech You, O Christ our God, to grant us great mercy!

(at Great Vespers)

Tone 4 Troparion *(Resurrection)*

When the women disciples of the Lord
learned from the angel the joyous message of Your Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,//
granting the world great mercy!”

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

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!”

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

Tone 2 Troparion *(Sunday of Orthodoxy)*

We vererate Your most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Your own will You were pleased to ascend the Cross in the flesh
and deliver Your creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to You:
“You have filled all with joy, O our Savior,//
by coming to save the world.”

(at the Divine Liturgy)

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Tone 4 **Kontakion** *(Resurrection)*

My Savior and Redeemer
as God rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of hell,
and as Master,//
He has risen on the third day!

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 8 Kontakion *(Sunday of Orthodoxy)*

No one could describe the Word of the Father;
but when He took flesh from you, O Theotokos, He accepted to be described,
and restored the fallen image to its former state by uniting it to divine beauty.//
We confess and proclaim our salvation in words and images.

Tone 4 Prokeimenon *(Song of the Fathers)*

Blessed are You, O Lord God of our fathers, / and praised and glorified is Your
Name forever! *(Song of the three Holy Children, v. 3)*

V. For You are just in all that You have done for us! (v. 4)

Tone 5 Prokeimenon *(Holy 40 Martyrs)*

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

Epistle

(329-ctr) Hebrews 11:24-26; 32-12:2

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

Tone 4

Alleluia, Alleluia, Alleluia!

*V. Moses and Aaron were among His priests; Samuel also was among those who
called on His Name. (Ps. 98:6)*

V. They called to the Lord and He answered them. (Ps. 98:7a)

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

(5) John 1:43-51

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

(Instead of "It is truly meet...", we sing the following)

Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace:
the assembly of angels and the race of men.
O sanctified temple and spiritual paradise,
the glory of virgins,
from whom God was incarnate and became a Child –
our God before the ages.
He made your body into a throne,
and your womb He made more spacious than the heavens.
All of creation rejoices in you, O Full of Grace.
Glory to you!

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*
Rejoice in the Lord, O you righteous; praise befits the just! *(Ps. 32:1)*
Alleluia, Alleluia, Alleluia!

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