

**MARCH 11, 2022 Liturgy of the Presanctified Gifts (sung on Friday) /
First Saturday of Great Lent. Greatmartyr Theodore Tyro (the Recruit).**

STICHERA at page 21

*v. (10) Bring my soul out of prison, that I may give thanks to Your name! **Tone 5***

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

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let us perform the works of God in the light!

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or place a cause of stumbling in their path!

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drawing near to Christ and crying in repentance://

“O our God, have mercy on us!”

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice! **Tone 4***

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

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

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. (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.

Since you have boldness to approach the Savior,
pray without ceasing for us sinners, O saints,//
asking remission of our transgressions and great mercy for our souls!

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

Tone 2 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. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

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

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!

v. (1) For His mercy is abundant towards us; and the truth of the Lord endures forever.

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,//

ferverently pray for our souls!

Glory to the Father, and to the Son, and to the Holy Spirit; Tone 6

The Devil used the Apostate Emperor* 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 Arch**u**sbishop† 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.

Deacon: Wisdom! Upright!

Choir: O Gladsome Light...

THE READINGS FROM THE SCRIPTURES – PAGE 24

Deacon: Let us attend!

Priest: Peace to all!

Choir: And to your spirit!

Deacon: Wisdom! The Prokeimenon in the Fifth Tone: The Lord answer you in the day of trouble.

* Julian

† Archbishop Eudoxius of Constantinople

Choir: The Lord answer you in the day of trouble.

Deacon: The name of the God of Jacob protect you.

Choir: The Lord answer you in the day of trouble.

Deacon: The Lord answer you

Choir: in the day of trouble.

Deacon: Wisdom!

Reader: The reading is from the Book of Genesis.

Deacon: Let us attend!

Reader: And Adam gave names to all the cattle and all the flying creatures of heaven and to all the wild beasts of the field; but for Adam there was not found a helper like himself. And God put a trance upon Adam, and he slept, and he took one of his ribs and filled up the flesh instead of it. And God built the rib which he had taken from Adam into a woman and brought her to Adam. And Adam said: This now is bone of my bones, and flesh of my flesh; she shall be called Woman, because she has been taken from the Man. For this reason a man will leave behind his father and mother and be attached to his wife and they shall be two into one flesh. And they were both naked, Adam and his wife, and they were not ashamed. Now the serpent was more sagacious[‡] than all the beasts on the earth which the Lord God had made. And the serpent said to the woman: What is it God said: you are not to eat of any tree of Paradise? And the woman said to the serpent: From the fruit of the trees of Paradise we may eat; but of the fruit of the tree which is in the midst of Paradise, God said: Do not eat of it, do not even touch it, lest you die. And the serpent said to the woman: By death you will not die; for God knows that on the day that you eat of it your eyes will be opened, and you will be as gods knowing good and evil. And the woman saw that the tree was good to eat and that it was pleasing for the eyes to behold and fair for understanding; and she took of the fruit and ate; and she and she gave to her husband with her and they ate. And the eyes of the two of them were opened, and they knew that they were naked; and they sewed fig leaves themselves together and made aprons for themselves. And the heard the voice of the Lord God as he walked in Paradise in the afternoon and Adam and his wife hid from the face of the Lord God in the middle of the trees of Paradise. And the Lord God called Adam and said to him: Adam, where are you? And he said to him: I heard your voice as you walked in Paradise, and I was afraid because I was naked, and I hid. And God said to him: Who told you were naked, unless you have eaten of the tree of which alone I commanded you not to eat? And Adam said: The woman, whom you gave to be with me, she gave me of the tree, and I ate. And the Lord God said to the woman: Why did you do this? And the woman said: The serpent deceived me, and I ate. And the Lord God said to the serpent: Because you have done this, you are accursed above all the cattle and all the wild beasts on the earth; on your breast and on your belly you will go, and you will eat earth all the days of your life, and I shall place enmity between you and the Woman, and between your seed and her Seed; He will watch for your head, and you will watch for his heel. And to the woman he said: Multiplying I

[‡] The word has no necessarily pejorative tone in Greek. Cf. 41:33,39

shall multiply your pains and your groaning; in pains you will give birth to children, and your recourse shall be to your husband, and he will lord it over you. While to Adam he said: Because you listened to the voice of your wife, and ate of the tree of which alone I commanded you not eat, you ate of it, the earth is accursed in your works; in pains you will eat all the days of your life; thorns and thistles it will bring up for you, and you shall eat the grass of the field; in the sweat of your brow you shall eat your bread, until you return to the earth from which you were taken; because you are earth and to earth you shall return. And Adam called his wife's name Life[§]; because she is the mother of all the living.

Deacon: Wisdom! The Prokeimenon in the Sixth Tone: Be exulted in your strength, O Lord, and we will praise and sing your power.

Choir: Be exulted in your strength, O Lord, and we will praise and sing your power.

Deacon: In your strength the king rejoices, O Lord.

Choir: Be exulted in your strength, O Lord, and we will praise and sing your power.

Deacon: Be exulted in your strength, O Lord,

Choir: and we will praise and sing your power.

Deacon: Let us attend! *PROSTRATE OR KNEEL*

Priest: The light of Christ illumines all.

Reader: The reading is from the Book of Proverbs.

Deacon: Let us attend!

Reader: God founded the earth with wisdom, he prepared the heavens with prudence. By perception the deeps were broken up, and clouds dropped rains. My son, do not let this pass by you; keep my counsel and understanding, that your soul may live and grace may be upon your neck; there will be healing for flesh and treatment for your bones, that you may walk trustingly on all your ways in peace, that your foot may not stumble; for if sit you will be fearless, if you sleep you will slumber sweetly; and you be afraid of terror coming upon you, nor of assaults of the godless coming at you; for the Lord will be on all your ways, and he will establish your foot, lest you be shaken. Do not forbear to do good to one in need, whenever your hand is able to give help. Do not, while you are able to do good, say: Go, come back again; tomorrow I shall give; for you do not know what the coming day will bring to birth. Do not plot evils against your friend who lives near you and trusts you. Do not quarrel with someone without cause, lest he work some wickedness against you. Do not gain the reproaches of wicked men, nor imitate their ways. For every transgressor is unclean before the Lord; nor does he take his seat among the just. God's curse is in the houses of the ungodly; while the abodes of the just are blessed. The Lord resists the proud; but to the humble he gives grace.

Priest: Peace be to you!

Deacon: Wisdom!

THE PRESANCTIFIED LITURGY CONTINUES WITH "LET MY PRAYER ARISE..." ON THE BOTTOM OF PAGE 25

[§] In Greek 'Zoe'