

MARCH 11, 2023

Second Saturday of Great Lent - Memorial Saturday/St. Sophronius, Patriarch of Jerusalem

STICHERA at page 21

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name! **Tone 4***

Now is the acceptable time,
now is the day of salvation!
In the abundance of Your mercy visit my soul,
and take away the burden of my sins, //
O only Lover of man!

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

Now is the acceptable time,
now is the day of salvation!
In the abundance of Your mercy visit my soul,
and take away the burden of my sins, //
O only Lover of man!

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice! **Tone 5***

The passion-bearers quenched the fire of terrible wickedness
with the streams of their blood,
having kindled the brightness of true piety in all the world;
but the martyrs utterly burned up the falsely-named gods
and their odors and temples,
and shone the most pure light to those on earth.
Enlightened by them, we flee from the darkness of godlessness
and shun the deception of idolatry, //
worshipping Christ, Who grants the world great mercy.

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

Putting on the shield of faith
and strengthening themselves with the sign of the Cross,
Your saints, O Lord, bravely went of their own accord to torture,
laying low the pride and error of the devil.
By their supplications, O all-powerful God, //
send the world peace, and our souls great mercy!

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

Putting on the shield of faith
and strengthening themselves with the sign of the Cross,
Your saints, O Lord, bravely went of their own accord to torture,
laying low the pride and error of the devil.
By their supplications, O all-powerful God, //
send the world peace, and our souls great mercy!

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.

Not rejoicing in earthly things,
but bravely going forth to tortures,
O all-laudable martyrs, you did not fail in your blessed hopes,
but were heirs of the heavenly Kingdom.
Since now you have boldness before God, the Lover of man, //
entreat peace for the world, and for our souls, great mercy!

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

Tone 4 By divine foreknowledge you were named Sophronius –
a name meaning sobriety.
You were righteous and sober in your deeds, O courageous and wise one.
As a most eminent administrator,
you were nobly crowned with natural virtues of both soul and body, //
and you steadfastly grew in them.

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

By divine foreknowledge you were named Sophronius –
a name meaning sobriety.
You were righteous and sober in your deeds, O courageous and wise one.
As a most eminent administrator,
you were nobly crowned with natural virtues of both soul and body, //
and you steadfastly grew in them.

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

Your mouth thundered forth the teachings of theology,
O all-blessed Sophronius.
You clearly expounded the theology of the unoriginate Father,
the co-eternal Son
and the equally everlasting Holy Spirit:
the Trinity in unity and unity in Trinity; //
one God in Essence.

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

You wisely taught that the Word is equally unoriginate with the Father,
O most wise one;
That, although incorporeal,
He united flesh to His Person without change or confusion;
that His actions are two-fold,
for both natures from which He acts and is beheld
are revealed as contained, one in the other, // for He is One, undivided in Essence.

Glory to the Father, and to the Son, and to the Holy Spirit; Tone 5

I called to mind the Prophet who cried:

“I am earth and ashes”;

and again, I looked into the tombs and saw the naked bones.

And I said: “Who then is the king or the soldier,

the rich man or the poor,

the righteous or the sinner?

But give rest, O Lord, to Your servants with the righteous,//

since You are the Lover of man!”

now and ever, and unto ages of ages. Amen. Tone 5 (Theotokion – Dogmatikon)

In the Red Sea of old,

a type of the Virgin Bride was prefigured.

There Moses divided the waters;

here Gabriel assisted in the miracle.

There Israel crossed the sea without getting wet,

here the Virgin gave birth to Christ without seed.

After Israel’s passage, the sea remained impassable;

after Emmanuel’s birth, the Virgin remained a Virgin.

O ever-existing God Who appeared as Man,//

O Lord, have mercy on us!

Deacon: Wisdom! Upright!

Choir: O Gladsome Light...

1st Reading – Genesis 5:32-6:8

Deacon: Let us attend!

Priest: Peace to all!

Deacon: Wisdom!

Reader: The prokeimenon in the fourth tone: Let Your mercy and Your truth / preserve me forever!

Chanter: Let Your mercy and Your truth / preserve me forever!

Reader: I waited patiently for the Lord; He inclined to me and heard my cry.

Chanter: Let Your mercy and Your truth / preserve me forever!

Reader: Let Your mercy and Your truth

Chanter: preserve me forever!

Deacon: Wisdom!

Reader: The Reading is from Genesis (5:32-6:8)

Deacon: Let us attend!

Reader: And Noah was five hundred years old, and Noah begot Shem, Ham, and Japheth.

Now it came to pass, when men began to multiply on the face of the earth, and daughters were born to them, that the sons of God saw the daughters of men, that they were beautiful; and they took wives for themselves of all whom they chose. And the Lord said,

“My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years.” There were giants on the earth in those days, and also afterward, when the sons of God came in to the daughters of men and they bore children to them. Those were the mighty men who were of old, men of renown. Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually. And the Lord was sorry that He had made man on the earth, and He was grieved in His heart. So the Lord said, “I will destroy man whom I have created from the face of the earth, both man and beast, creeping thing and birds of the air, for I am sorry that I have made them.” But Noah found grace in the eyes of the Lord.

Deacon: Wisdom!

Reader: The prokeimenon in the sixth tone: I said: “Lord, have mercy on me. / Heal my soul!”

Chanter: I said: “Lord, have mercy on me. / Heal my soul!”

Reader: Blessed is he who considers the poor.

Chanter: I said: “Lord, have mercy on me. / Heal my soul!”

Reader: I said: “Lord, have mercy on me.

Chanter: Heal my soul!”

EVERYONE KNEELS.

Deacon: Command!

Priest: Wisdom! Upright! The Light of Christ illumines all!

2nd Reading – Proverbs 6:20-7:1

Reader: The reading is from Proverbs.

Deacon: Let us attend!

Reader: My son, keep your father’s command, and do not forsake the law of your mother, bind them continually upon your heart; tie them around your neck. When you roam, they will lead you; when you sleep, they will keep you; and when you awake, they will speak with you. For the commandment is a lamp, and the law a light; reproofs of instruction are the way of life, to keep you from the evil woman, from the flattering tongue of a seductress. Do not lust after her beauty in your heart, nor let her allure you with her eyelids. For by means of a harlot a man is reduced to a crust of bread; and an adulteress will prey upon his precious life. Can a man take fire to his bosom, and his clothes not be burned? Can one walk on hot coals, and his feet not be seared? So is he who goes in to his neighbor’s wife; whoever touches her shall not be innocent. People do not despise a thief if he steals to satisfy himself when he is starving. Yet when he is found, he must restore sevenfold; he may have to give up all the substance of his house. Whoever commits adultery with a woman lacks understanding; he who does so destroys his own soul. Wounds and dishonor he will get, and his reproach will not be wiped away. For jealousy is a husband’s fury; therefore he will not spare in the day of vengeance. He will accept no recompense, nor will he be appeased though you give many gifts. My son, keep my words, and treasure my commands within you.

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