

MARCH 5 - Saturday of Cheesefare - commemoration of the holy ascetics

FIRST ANTIPHON. PSALM 91.

It is good to give thanks to the Lord; to sing praises to Your name, O most High.

Refrain: Through the prayers of the Mother of God, O Savior, save us.

To declare Your mercy in the morning, and Your faithfulness every night.

Refrain: Through the prayers of the Mother of God, O Savior, save us.

To show that the Lord is upright, and there is no unrighteousness in Him.

Refrain: Through the prayers of the Mother of God, O Savior, save us.

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

Refrain: Through the prayers of the Mother of God, O Savior, save us.

SECOND ANTIPHON. PSALM 92.

The Lord is King, He is clothed with majesty; the Lord is clothed with strength, He has girded Himself.

Refrain: Through the prayers of Your saints, O Savior, save us.

The world also is established, so that it cannot be moved.

Refrain: Through the prayers of Your saints, O Savior, save us.

Your decrees are very sure; holiness befits Your house, O Lord, forevermore.

Refrain: Through the prayers of Your saints, O Savior, save us.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.
Amen. Only-begotten Son and immortal Word of God, Who for our salvation willed to be incarnate of the holy Theotokos and ever-virgin Mary, Who without change became man and was crucified, O Christ our God, trampling down death by death, Who are one of the Holy Trinity, glorified with the Father and the Holy Spirit - save us!

THIRD ANTIPHON. PSALM 94

O come, let us sing unto the Lord; let us make a joyful noise to the rock of our salvation.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

Let us come before His presence with thanksgiving, let us make a joyful noise to Him with songs of praise.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

For the Lord is a great God, and a great King above all gods.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

In His hand are the deep places of the earth; the strength of the hills is His also.

Refrain: O Son of God, Who are wondrous in Your saints, save us who sing to You: Alleluia!

TROPARIA

Tone 4 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 4 In truth you were revealed to your flock as a rule of faith, / a model of meekness, and teacher of abstinence, / so you won the heights by humility, and riches by poverty, / O Holy Father Nicholas, / intercede with Christ God to save our souls.

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

Amen. KONTAKION

Tone 8 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!”

The prokeimenon in the seventh tone: Let the saints exult in glory, / let them sing for joy on their couches! (*Psalm 149:5*)

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

THE READING IS FROM THE EPISTLE OF THE APOSTLE PAUL TO THE GALATIANS (5:22-6:2)

Brethren, But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another. Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Tone 2, 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*)

THE HOLY GOSPEL ACCORDING TO MATTHEW (11:27-30)

COMMUNION HYMN

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