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SATURDAY MARCH 4, 2023  
(Saturday of the 1<sup>st</sup> week in Lent)

## *The Commemoration of the Miracle of the Kollyva wrought by Saint Theodore the Recruit ("Tyro")*

### THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

#### THE OPENING

*Priest:* Blessed is the kingdom of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

#### THE LITANY OF PEACE

*Deacon:* In peace, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the peace from above and the salvation of our souls, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the peace of the whole world, the good estate of the holy churches of God and the union of all men, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this holy house and those who with faith, reverence and fear of God enter therein, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For our (*metropolitan or archbishop or bishop*), *N.*, the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For our president (*or appropriate head of state*), civil authorities and armed forces, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For healthful seasons, abundance of the fruits of the earth and peaceful times, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For travelers by sea, by land and by air, the sick, the suffering, captives and their salvation, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us; save us; have mercy on us; and keep us, O God, by thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

*Choir:* To thee, O Lord.

#### *The Prayer of the First Antiphon*

*Priest:* (*Quietly*) O Lord our God, whose might is beyond compare, whose glory is incomprehensible, whose mercy is boundless, and whose love toward mankind is ineffable: Do thou thyself, O Master, in thy tender compassion look down upon us and upon this holy house, and grant us and those

who pray with us thy rich mercies and compassions.

*(Aloud)* For unto thee are due all glory, honor and worship to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

THE FIRST ANTIPHON,<sup>1</sup> IN TONE 5

*Verse:* It is good to give praise unto the Lord, and to chant unto Thy Name, O most High. *(Psalm 91:1)*

*Refrain:* Through the intercessions of the Theotokos, O Savior, save us.

*Verse:* To proclaim in the morning Thy mercy, and Thy truth by night. *(Psalm 91:2a)*

*Refrain:* Through the intercessions of the Theotokos, O Savior, save us.

*Verse:* Upright is the Lord our God, and there is no unrighteousness in Him. *(Psalm 91:15b)*

*Refrain:* Through the intercessions of the Theotokos, O Savior, save us.

*Verse:* Glory to the Father and to the Son and to the Holy Spirit; both now and ever and unto ages of ages. Amen.

*Refrain:* Through the intercessions of the Theotokos, O Savior, save us.

LITTLE LITANY

*Deacon:* Again and again, in peace, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us; save us; have mercy on us; and keep us, O God, by thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

*Choir:* To thee, O Lord.

*The Prayer of the Second Antiphon*

*Priest: (Quietly)* O Lord our God, save thy people, and bless thine inheritance; preserve the fulness of thy Church, sanctify those who love the beauty of thy house, glorify them in recompense by thy divine power, and forsake us not who hope on thee.

*(Aloud)* For thine is the might, and thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

THE SECOND ANTIPHON, IN TONE 2

*Verse:* The Lord is king, He is clothed with majesty; the Lord is clothed with strength and He hath girt himself. *(Psalm 92:1a)*

*Refrain:* By the intercessions of Thy saints, save us, O Lord.

*Verse:* For He established the world which shall not be shaken. *(Psalm 92:1b)*

*Refrain:* By the intercessions of Thy saints, save us, O Lord.

*Verse:* Holiness becometh Thy house, O Lord, unto length of days. *(Psalm 92:7)*

*Refrain:* By the intercessions of Thy saints, save us, O Lord.

*Verse:* Glory to the Father and to the Son and to the Holy Spirit; both now and ever and unto ages of ages. Amen.

*Choir:* Only-begotten Son and Word of God, who art immortal, who for our salvation willed to be incarnate of the Holy Theotokos and ever-virgin Mary, and without change became man; and wast crucified, O Christ our God, and trampled down death by death; who art one of the Holy Trinity, glorified together with the Father and the Holy Spirit: save us.

LITTLE LITANY

*Deacon:* Again and again, in peace, let us pray to the Lord.

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<sup>1</sup> As this is a simple commemoration, we use the Daily Antiphons, instead of the Typical ones (for higher ranks).

*Choir:* Lord, have mercy.

*Deacon:* Help us; save us; have mercy on us; and keep us, O God, by thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

*Choir:* To thee, O Lord.

*The Prayer of the Third Antiphon*

*Priest: (Quietly)* O thou who hast bestowed on us these common and united supplications and dost promise that when two or three are of one accord in thy name thou wilt grant their requests: do thou also now fulfil the desires and petitions of thy servants as may be most expedient for them, granting us in this age the knowledge of thy truth, and in the age to come, life everlasting.

*(Aloud)* For thou art a good God and lovest mankind, and unto thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

*As the clergy prepare for the Little Entrance, the priest recites the following prayer quietly:* O Master, Lord our God, who hast appointed in heaven orders and hosts of angels and archangels for the service of thy glory: Cause that with our entrance there may be an entrance of holy angels serving with us and glorifying thy goodness. For unto thee are due all glory, honor and worship to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.. Amen.

**THE THIRD ANTIPHON, IN TONE 2**

*Verse:* Come, let us rejoice in the Lord, let us shout with jubilation unto God our Savior. *(Psalm 94:1)*

*Refrain:* Save us, O Son of God, Who art wondrous in Thy saints, who sing to thee: Alleluia.

*Verse:* Let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him; for the Lord is

a great God and a great King over all the earth. *(Psalm 92:2-3)*

*Refrain:* Save us, O Son of God, Who art wondrous in Thy saints, who sing to thee: Alleluia.

*Verse:* For in His hand are the end of the earth, and the heights of the mountains are His; for the sea is

His, and He made it; and the dry land His hands have fashioned. *(Psalm 94:4-5)*

*Refrain:* Save us, O Son of God, Who art wondrous in Thy saints, who sing to thee: Alleluia.

**THE EISODIKON**

*Verse:* O come, let us worship and fall down before Christ.

*Choir:* O Son of God, Who art wondrous in Thy saints, save us who sing to Thee: Alleluia, Alleluia, Alleluia.

*Apolytikia & Kontakion*

**APOLYTIKION OF ST. THEODORE, IN TONE 2**  
Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

**APOLYTIKION OF ST. MARY MAGDALENE, IN TONE 1**

*(\*\*The soldiers standing guard\*\*)*

When Christ God had been born for our sakes from the Virgin, \* thou faithfully didst follow Him, keeping His statutes, \* and heeding His sacred laws, O august Mary Magdalene. \* Hence, as we today observe thy holy remembrance, \* we receive the loosing of our sins and transgressions \* through thy holy prayer(s) for us.

**SEASONAL KONTAKION, IN TONE 2**

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned; but be thou quick,

O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

*During the chanting of the Apolytikia, the priest recites the prayer of the Trisagion quietly: O holy God, who retest in the holy place, who art hymned by the seraphim with thrice-holy cry and glorified by the cherubim and worshipped by every heavenly power, who out of nothingness hast brought all things into being, who hast created man according to thine image and likeness and hast adorned him with thine every gift; who givest to him that askest wisdom and understanding, who despisest not the sinner but hast appointed repentance unto salvation, who hast vouchsafed unto us, thy humble and unworthy servants, even in this hour, to stand before the glory of thy holy altar and to offer the worship and praise which are due unto thee: Thyself, O Master, receive even from the mouth of us sinners the thrice-holy hymn and visit us in thy goodness. Pardon us every transgression both voluntary and involuntary; sanctify our souls and bodies; and grant us to serve thee in holiness all the days of our life, through the intercessions of the holy Theotokos and of all the saints, who from the beginning of the world have been well-pleasing unto thee.*

*Deacon:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

*Priest:* For holy art Thou, O our God, and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

*Choir:* Amen.

#### THE TRISAGION HYMN

*Choir:* Holy God, holy Mighty, holy Immortal: have mercy on us. (*thrice*)

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

Holy Immortal: have mercy on us.

*Deacon:* Dýnamis.

*Choir:* Holy God, holy Mighty, holy Immortal: have mercy on us.

#### THE APOSTOLOS & THE GOSPEL

*Deacon:* Let us attend.

*Reader:* Prokeimenon in the 7<sup>th</sup> one.

The righteous man shall be glad in the Lord, and shall hope in Him. (*Ps. 63:11a*) {*twice*}

*Verse:* Hearken, O God, unto my prayer, when I make supplication unto Thee; rescue my soul from fear of the enemy. (*Ps. 63:1*)

The righteous man shall be glad in the Lord, and shall hope in Him.

*Apostolos for St. Theodore*

*Deacon:* Wisdom!

*Reader:* The reading is from the Second Epistle of St. Paul to Timothy §292 (2:1-10)

*Deacon:* Let us attend!

*Reader:* Timothy, my son, be strong in the grace that is in Christ Jesus; and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hard-working farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore, I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

*Priest:* Peace to thee that readest.

*Reader:* And to thy spirit.

*As the choir chants the Alleluia with verses, the priest recites the prayer of the Gospel quietly while the Gospel-Book, enthroned upon the Holy Table is censed: Illumine our hearts, O Master who lovest mankind, with the pure light of thy divine*



knowledge, and open the eyes of our mind to the understanding of thy gospel teachings; implant in us also the fear of thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto thee. For thou art the Illumination of our souls and bodies, O Christ our God, and unto thee we ascribe glory, together with thine unoriginate Father and thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen.

*Additional instructions/prayers are found in the Liturgikon.*

*Alleluia, in tone 4*

*Choir: Alleluia, alleluia, alleluia.*

*Verse 1: The righteous man shall flourish like a palm tree, and like a cedar in Lebanon shall he be multiplied. (Ps.91:11)*

*Choir: Alleluia, alleluia, alleluia.*

*Verse 2: They that are planted in the house of the Lord, in the courts of our God they shall blossom forth. (Ps.91:12)*

*Choir: Alleluia, alleluia, alleluia.*

*The Gospel for 1<sup>st</sup> Saturday in Lent*

*Deacon: Wisdom! Attend! Let us hear the Holy Gospel.*

*Priest: Peace be to all.*

*Choir: And to thy spirit.*

*Deacon: The reading is from the Holy Gospel according to Mark §10 (2:23-3:5)*

*Choir: Glory to Thee, O Lord, glory to Thee.*

*Deacon: Let us attend!*

At that time, Jesus was going through the grain-fields; and as they made their way His disciples began to pluck heads of grain. And the Pharisees said to Him, "Look, why are they doing what is not lawful on the Sabbath?" And He said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those

who were with him?" And He said to them, "The Sabbath was made for man, not man for the Sabbath; so the Son of Man is Lord even of the Sabbath." Again Jesus entered the synagogue, and a man was there who had a withered hand. And they watched Him, to see whether He would heal him on the Sabbath, so that they might accuse Him. And He said to the man who had the withered hand, "Come here." And He said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. And He looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch it out," and his hand was restored.

*Choir: Glory to Thee O Lord, Glory to Thee.*

*The Homily may be said here*

*(In Antiochian usage, this Litany is often omitted)*

THE FIRST LITANY OF THE FAITHFUL

*Deacon: As many as are of the faithful, again and again in peace, let us pray to the Lord.*

*Choir: Lord, have mercy.*

*Deacon: Help us; Save us, have mercy on us; and keep us, O God, by thy grace. Wisdom!*

*Choir: Lord, have mercy.*

*Priest: (Quietly) We give thanks unto thee, O Lord God of hosts, who hast made us worthy to stand even now before thy holy altar and to fall down before thy compassions for our sins and the ignorance of the people. Receive our supplications, O God; make us worthy to offer unto thee prayers and supplications and bloodless sacrifices for all thy people. And enable us, whom thou hast placed in this thy ministry, by the power of thy Holy Spirit, blamelessly and without offense, in the pure witness of our conscience, to call upon thee at all times and in every place, that hearing us thou mayest show mercy upon us according to the fulness of thy goodness:*

*(Aloud) For unto Thee are due all glory, honor and worship to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.*

*Choir: Amen.*

THE SECOND LITANY OF THE FAITHFUL

*Deacon: Again and again in peace, let us pray to the Lord.*

*Choir:* Lord, have mercy.

*Deacon:* Help us; Save us, have mercy on us; and keep us, O God, by thy grace. Wisdom!

*Choir:* Lord, have mercy.

*Priest: (Quietly)* Again and oftentimes we fall down before thee and beseech thee, O good One who lovest mankind, that looking down upon our petition thou wilt cleanse our souls and bodies from every defilement of flesh or spirit, and grant us to stand blamelessly and without condemnation before thy holy altar. Grant also, O God, to those who pray with us growth in life and faith and spiritual understanding. Grant them always blamelessly to serve thee with fear and love and to partake without condemnation of thy holy mysteries and to be accounted worthy of thy heavenly kingdom:

*(Aloud)* That guarded always by thy might we may ascribe glory unto thee: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.

*Choir:* Amen.

*During the chanting of the Cherubic Hymn, the priest recites the following prayer:* No one who is bound with the desires and pleasures of the flesh is worthy to approach or to draw nigh or to serve thee, O King of glory, for to serve thee, is a great and fearful thing even to the heavenly powers. Nevertheless through thine unspeakable and boundless love toward mankind thou didst become man, yet without change or alteration, and as Master of all didst take the name of our High Priest and delivered unto us the ministry of this liturgic and bloodless sacrifice. For thou alone, O Lord our God, rulest over those in heaven and on earth, who art borne on the throne of the cherubim, who art Lord of the seraphim and King of Israel, who alone art holy and retest in the holy place. Wherefore I implore thee who alone art good and art ready to listen: Look down upon me, a sinner and thine unprofitable servant, and cleanse my soul and my heart from an evil conscience, and by the power of thy Holy Spirit enable me, who am endued with the grace of the priesthood, to stand before this thy holy table, and perform the sacred mystery of thy holy and immaculate Body and precious Blood. For I draw near unto thee, and bowing my neck I

pray thee. Turn not thy face from me, neither cast me out from among thy servants, but vouchsafe that these gifts may be offered unto thee by me, thy sinful and unworthy servant; for thou thyself art he that offereth and is offered, that accepteth and is distributed, O Christ our God, and unto thee we ascribe glory, together with thine unoriginate Father, and thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. Amen. *Additional instructions/prayers are found in the Liturgikon.*

#### THE CHERUBIC HYMN & THE GREAT ENTRANCE

*Choir:* We who mystically represent the Cherubic, and sing to the life-giving Trinity the thrice-holy hymn, let us now lay aside all earthly care.

*As the priest prepares to celebrate the dread ministry by reverent prayer, he censens the holy table, the altar area, the major icons and the faithful so that all are sanctified for their awesome ministry. As the holy gifts are carried to the Holy Table for the offering of the holy sacrifice in the Anaphora, the deacon and priest(s) intone the following petition:*

*Deacon:* All of you the Lord God remember in his kingdom, always, now and ever, and unto ages of ages.

*The priest(s), as they process then commemorate, first the hierarchs and clergy, then the offerers of the Liturgy and those for whom they offer and lastly the departed for whom prayers are sought. To each petition, the people chant as follows:*

*Choir:* Amen.

*The choir now concludes the Cherubic Hymn as the gifts are placed upon the holy table and suitably arranged:*

*Choir:* That we may receive the King of all, who comes invisibly upborne by the Angelic Hosts. Alleluia, alleluia, alleluia.

#### THE LITANY OF SUPPLICATION

*Deacon:* Let us complete our prayers unto the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the precious Gifts now offered, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this Holy House, and for those who with faith, reverence, and fear of God enter therein, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us; save us; have mercy on us; and keep us, O God, by thy grace.

*Choir:* Lord, have mercy.

*Deacon:* That the whole day may be perfect, holy, peaceful, and sinless, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* Pardon and remission of our sins and transgressions, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* All things good and profitable for our souls and peace for the world, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* A Christian ending to our life, painless, blameless, peaceful; and a good defense before the dread Judgment Seat of Christ, let us ask.

*Choir:* Grant this, O Lord.

*Deacon:* Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints, let us commend ourselves and each other, and all our life unto Christ our God.

*Choir:* To thee, O Lord.

*Priest: (Quietly)* O Lord God Almighty, who alone art holy, who dost accept a sacrifice of

praise from those who call upon thee with their whole heart: Receive also the prayer of us sinners, and lead us to thy holy altar, and enable us to offer unto thee gifts and spiritual sacrifices for our sins and for the ignorance of the people, and make us worthy to find grace in thy sight, that our sacrifice may be acceptable unto thee and that the good Spirit of thy grace may rest upon us and upon these gifts here spread forth and upon all thy people:

*(Aloud)* Through the compassions of thine only-begotten Son, with whom thou art blessed, together with thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

#### THE KISS OF PEACE

*Priest:* Peace be to all.

*Choir:* And to thy spirit.

*Deacon:* Let us love one another, that with one accord we may confess,

*Choir:* Father, the Son and the Holy Spirit, the Trinity one in essence and undivided.

*Deacon:* The Doors! The Doors! In Wisdom let us attend.

#### THE SYMBOL OF FAITH

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again

with glory to judge the living and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

THE ANAPHORA OF ST. JOHN CHRYSOSTOM  
*Deacon:* Let us stand aright; let us stand with fear; let us attend, that we may offer the Holy Oblation in peace.

*Choir:* A mercy of peace, a sacrifice of praise.

*Priest:* The grace of our Lord Jesus Christ, and the love of God the Father, and the communion of the Holy Spirit, be with you all.

*Choir:* And with thy spirit.

*Priest:* Let us lift up our hearts.

*Choir:* We lift them up unto the Lord.

*Priest:* Let us give thanks unto the Lord.

*Choir:* It is meet and right to worship Father, Son and Holy Spirit: the Trinity, one in Essence, and undivided:

*The Priest enters the Sanctuary while the choir is singing the above hymn and reads the following prayer:*

*Priest: (Quietly)* It is meet and right to hymn thee, to bless thee, to praise thee, to give thanks unto thee and to worship thee in every place of thy dominion; for thou art God ineffable, inconceivable, invisible, incomprehensible, ever-existing and eternally the same, thou and thine only-begotten Son and thy Holy Spirit. Thou it was who didst bring us from non-existence into being and when we had fallen away didst raise us up again, and didst not cease to do all things until thou hadst brought us up to heaven and hadst

endowed us with thy kingdom which is to come. For all these things we give thanks unto thee, and to thine only-begotten Son and to thy Holy Spirit; for all things of which we know and of which we know not and for all the benefits bestowed upon us, both manifest and unseen. And we give thanks unto thee also for this ministry which thou dost vouchsafe to receive at our hands, even though there stand beside thee thousands of archangels and ten thousands of archangels and ten thousands of angels, the cherubim and the seraphim, six-winged, many-eyed, soaring aloft, borne on their wings:

*(Aloud)* Singing the Triumphal Hymn, shouting, proclaiming, and saying:

*Choir:* Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of thy glory; Hosanna in the highest: Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

*While the choir is singing the above hymn, the Priest reads the following prayer:*

*Priest: (Quietly)* With these blessed powers we also, O Master who lovest mankind, cry aloud and say: Holy art thou and all-holy, thou and thine only-begotten Son and thy Holy Spirit; holy art thou and all-holy, and magnificent is thy glory, who hast so loved thy world as to give thine only-begotten Son, that all who believe in him should not perish but have everlasting life, who, when he had come and had fulfilled all the dispensation for us, in the night in which he was betrayed or, rather, gave himself up for the hie of the world, took bread in his holy and immaculate and blameless hands; and when he had given thanks and blessed it and hallowed it and broken it, he gave it to his holy disciples and apostles, saying:

*(Aloud)* Take, eat. This is my Body which is broken for you, for the forgiveness of sins;

*Choir:* Amen



*Priest: (Quietly)* And likewise after supper, he took the cup, saying:

*(Aloud)* Drink of this, all of you. This is my Blood of the new covenant, which is shed for you and for many, for the forgiveness of sins.

*Choir: Amen.*

*Priest: (Quietly)* Having in remembrance, therefore, this saving commandment and all those things which have come to pass for us: the cross, the grave, the third-day resurrection, the ascension into heaven, the sitting at the right hand, and the second and glorious coming:

*(Aloud)* Thine own of thine own, we offer unto thee in behalf of all and for all.

*Choir: We praise thee, we bless thee, we give thanks unto thee, O Lord, and we pray unto thee, O our God.*

*While the choir is singing the above, the Priest standing in the center of the Altar Table, makes one (1) prostration and says:*

*Priest: (Quietly)* O God, be gracious unto me a sinner, and have mercy on me...

*and reverently continues with the prayer.*

*Priest: (Quietly)* Again we offer unto thee this rational and bloodless worship and beseech thee and pray thee and supplicate thee: Send down thy Holy Spirit upon us and upon these gifts here spread forth:

*Priest: And make this bread the precious Body of thy Christ:*

*All: Amen.*

*Priest: And that which is in this cup, the precious Blood of thy Christ;*

*All: Amen.*

*Priest: Changing them by thy Holy Spirit:*

*All: Amen, Amen, Amen.*

*Priest: (Quietly)* That to those who shall partake thereof they may be unto cleansing of soul, unto forgiveness of sins, unto the communion of thy Holy Spirit, unto the fulfillment of the kingdom of heaven and unto boldness toward thee, not unto judgment or unto condemnation. And again we offer unto thee this rational worship for all those who in

faith have gone before us to their rest: forefathers, fathers, patriarchs, prophets, apostles, preachers, evangelists, martyrs, confessors, ascetics and every righteous spirit which has completed this life in faith:

*Censing the Gifts nine times, the priest says:*

*Priest: (Aloud)* Especially our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary:

#### THE HYMN TO THE THEOTOKOS

*Choir: It is truly meet and right to bless thee, O Theotokos, who art ever blessed and all-blameless, and the Mother of our God. More honourable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.*

*As the choir chants the above hymn to the Theotokos, the priest continues the intercessions of the Anaphora quietly:*

*Priest: (Quietly)* For the holy Prophet, Forerunner and Baptist John; the holy glorious and all-laudable apostles; (*N. Saint, of the day*) whose memory we celebrate, and all thy saints, at whose supplications visit us, O God.

And be mindful of all those who have fallen asleep before us in the hope of resurrection unto life eternal, and grant them rest, O our God, where the light of thy countenance watcheth over them.

And again we beseech thee: Be mindful, O Lord, of every bishop of the Orthodox, who rightly divideth the word of thy truth, of all the presbytery, the diaconate in Christ and every priestly and monastic order.

And again we offer unto thee this rational worship for the whole world, for the holy, catholic and apostolic Church, for those who live in chastity and lead a godly way of life and for all civil authorities, and our armed forces; grant them, O Lord, peaceful times,

that we in their tranquility may lead a calm and peaceful life in all reverence and godliness.

*(Aloud)* Among the first be mindful, O Lord, of our Metropolitan N., and our bishop N., whom do thou grant unto thy holy churches in peace, safety, honor, health and length of days, and rightly dividing the word of thy truth.

*Choir:* And of all mankind.

*Priest: (Quietly)* Be mindful, O Lord, of this city in which we dwell, and of every city and countryside, and of those who in faith dwell therein. Be mindful, O Lord, of those who travel by sea, by land and by air, the sick, the suffering, captives and their salvation. Be mindful, O Lord, of those who bear fruit and do good works in thy holy churches and who remember the poor; and upon us all send forth thy mercies:

*(Aloud)* And grant us with one mouth and one heart to glorify and praise thine all-honorable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

*Priest: (Aloud)* And the mercies of our great God and Saviour Jesus Christ be with you all.

*Choir:* And with thy spirit.

#### THE EKTENIA BEFORE THE LORD'S PRAYER

*Deacon:* Having commemorated all the saints, again and again, in peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the precious Gifts which have been spread forth and sanctified, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* That our God, who loveth mankind, receiving them upon His holy, most heavenly and spiritual altar as an odor of sweetness, may send down upon us in return His divine

grace and the gift of the Holy Spirit, let us pray.

*Choir:* Lord, have mercy.

*In Antiochian usage, these petitions are omitted*

*Deacon:* For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us; save us; have mercy on us; and keep us, O God, by thy grace.

*Choir:* Lord, have mercy.

*Deacon:* That the whole day/evening may be perfect, holy, peaceful and sinless, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* Pardon and forgiveness of our sins and transgressions, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* All things good and profitable for our souls, and peace for the world, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* A Christian ending to our life, painless, blameless, peaceful and a good defense before the fearful judgment seat of Christ, let us ask.

*Choir:* Grant this, O Lord.

*Deacon:* Asking for the unity of the faith, and the communion of the Holy Spirit, let us commend ourselves and each other, and all our life unto Christ our God.

*Choir:* To thee, O Lord.

*Priest: (Quietly)* Unto thee we commend our whole life and our hope, O Master who lovest mankind; and we beseech thee and pray thee and supplicate thee: Vouchsafe us to partake of thy heavenly and dread mysteries of this sacred and spiritual table, with a pure conscience, unto forgiveness of sins, unto pardon of transgressions, unto communion of the Holy Spirit, unto inheritance of the kingdom of heaven, unto boldness toward

thee, not unto judgment nor unto condemnation:

*(Aloud)* And vouchsafe, O Master, that with boldness and without condemnation we may dare to call upon thee, the heavenly God, as Father and to say:

*All:* Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

*Priest:* For thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

#### THE PEACE

*Priest:* Peace be to all.

*Choir:* And to thy spirit.

*Deacon:* Bow your heads unto the Lord.

*Choir:* To thee, O Lord.

*While the Choir is singing the above, the Priest says the following quietly:*

*Priest: (Quietly)* We give thanks unto thee, O King invisible, who by thy boundless power hast made all things and in the multitude of thy mercy hast brought all things from nothingness into being. Do thou thyself, O Master, look down from heaven upon those who have bowed their heads unto thee; for they have not bowed down unto flesh and blood, but to thee, the fearful God. Therefore, O Master, do thou thyself distribute these gifts here spread forth, unto all of us for good, according to the individual need of each: voyage with those who sail by sea; journey with those who travel by land and air; heal the sick, thou who art the Physician of our souls and bodies:

*(Aloud)* Through the grace and compassions and love toward mankind of thine only-begotten Son, with whom thou art blessed,

together with thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages.

*Choir:* Amen.

#### THE ELEVATION

*Deacon:* Let us attend.

*The priest says the following prayer quietly:*

*Priest: (Quietly)* Hear us, O Lord Jesus Christ our God, from thy holy dwelling-place and from the throne of glory of thy kingdom; and come to sanctify us, O thou who sittest on high with the Father and art here invisibly present with us; and vouchsafe by thy mighty hand to impart unto us thine immaculate Body and precious Blood, and through us unto all the people.

*He then takes up the Lamb in both hands, elevates it slightly and makes therewith the sign of the cross over the diskos, saying:*

*Priest: (Aloud)* The Holy Things are for the holy.

*Choir:* One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

#### THE PRE-COMMUNION PRAYER

*Priest & People:* I believe, O Lord, and I confess that thou art truly the Christ, the Son of the living God, who didst come into the world to save sinners, of whom I am first. And I believe that this is truly thine own immaculate Body and that this is truly thine own precious Blood. Wherefore, I pray thee, have mercy on me, and pardon my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance; and make me worthy to partake without condemnation of thine immaculate mysteries unto forgiveness of sins and unto life everlasting. Amen.

Of thy mystic supper, O Son of God, accept me today as a communicant; for I will not speak of thy mystery to thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess thee: Remember me, O Lord, in thy kingdom.

Not unto judgment nor unto condemnation be my partaking of thy holy mysteries, O Lord, but unto the healing of soul and body.

**KOINONIKON FOR THE SAINT,<sup>2</sup> IN TONE 8**  
The righteous shall be in everlasting remembrance; he shall not fear evil tidings. (*Ps.111:6; as verses use Ps.111:7, 8, 9, ...*). Alleluia, alleluia, alleluia.

*After the Priest and the Deacon have communed, standing in the holy doors facing west, the deacon elevates the chalice to the people, saying:*

**Deacon:** With fear of God and faith and love, draw near.

*The priest and deacon exit the sanctuary through the holy doors as the choir chants:*

**Choir:** Blessed is he that cometh in the name of the Lord. God is the Lord and hath appeared unto us.

*The Deacon gives the Chalice to the Priest who, assisted by the Deacon, communicates the faithful saying to each one in an audible voice:*

**Priest:** The servant of God N. partakes of the precious and all-holy Body and Blood of our Lord and God and Savior Jesus Christ, unto the remission of sins and unto life everlasting.

**Choir:** Receive me today, O Son of God, as partaker of thy Mystical Supper: for I will not speak of thy Mystery to thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess thee: Remember me, O Lord, in thy Kingdom.

*When all have been communed, the priest covers the chalice with the kalima and hands the chalice to the deacon. The priest blesses the people with his hand, saying:*

**Priest:** O God, save thy people and bless thine inheritance.

#### THE POST-COMMUNION HYMN

**Choir:** We have seen the true light, we have received the heavenly Spirit; we have found

the true faith, worshipping the undivided Trinity, who hath saved us.

**Priest:** Blessed is our God, and aloud: Always, now and ever, and unto ages of ages.

**Choir:** Amen. Let our mouths be filled with Thy praise, O Lord, that we may sing of Thy glory; for Thou hast made us worthy to partake of Thy holy, divine, immortal and life-creating Mysteries. Keep us in Thy holiness, that all the day we may mediate upon Thy righteousness. Alleluia, alleluia, alleluia.

#### THE LITANY OF THANKSGIVING

**Deacon:** Stand upright. Having partaken of the divine, holy, immaculate, immortal, heavenly, life-giving and dread mysteries of Christ, let us worthily give thanks unto the Lord.

**Choir:** Lord, have mercy.

**Deacon:** Help us; save us; have mercy on us; and keep us, O God, by thy grace.

**Choir:** Lord, have mercy.

**Deacon:** Asking that the whole evening may be perfect, holy, peaceful and sinless, let us commend ourselves and each other, and all our life unto Christ our God.

**Choir:** To thee, O Lord.

#### THE THANKSGIVING PRAYER

**Priest:** (*Quietly*) We give thanks unto thee, O Master who lovest mankind, Benefactor of our souls, for that thou hast vouchsafed this day to feed us with thy heavenly and immortal mysteries. Make straight our path; establish us all in thy fear; guard our life; make firm our steps; through the prayers and intercessions of the glorious Theotokos and ever-virgin Mary and of all thy saints:

(*Aloud*) For thou art our Sanctification, and unto thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

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<sup>2</sup> This is the standard Tuesday Koinonikon.

*Choir:* Amen.

*Priest:* Let us depart in peace.

*Choir:* In the name of the Lord.

*Priest:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

#### THE PRAYER BEHIND THE AMVON

*Priest:* O Lord, who blessest those who bless thee, and sanctifiest those who put their trust in thee: save thy people and bless thine inheritance; preserve the fullness of thy Church; sanctify those who love the beauty of thy House; glorify them in recompense by thy divine power, and forsake us not who hope on thee. Give peace to thy world, to thy Churches, to the priests, to all civil authorities, to our Armed Forces, and to all thy people: for every good and perfect gift is from above, and cometh down from thee, the Father of Lights, and unto thee we ascribe glory, thanksgiving, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.

*Choir:* Amen.

Blessed be the name of the Lord, henceforth and forevermore. (*thrice*)

#### THE PRAYER OF THE KOLLYVA

*The Priest comes to stand before the table upon which is set the kollyva with a burning candle. He censens as the following are chanted*

#### APOLYTIKION OF ST. THEODORE IN TONE 2

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

#### KONTAKION OF ST. THEODORE IN TONE 8

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

Having received the Faith of Christ in thy heart as a breastplate, thou didst trample upon the enemy hosts, O much-suffering

champion; and thou hast been crowned eternally with a heavenly crown, since thou art invincible.

*The priest now puts aside the censer and blesses the kollyva with the following prayer:*

*Deacon:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

*Priest:* O Lord, Who hast brought all things to perfection through Thy Word and hast commanded the earth to bring forth all manner of fruits for our enjoyment and food, Who through grain and vegetables hast made the Three Holy Children and Daniel fairer than the Babylonians who lived in luxury: Do Thou Thyself, O all-good King, bless this grain and fruit, and sanctify those who shall partake of them, for they have been offered by Thy servants to Thy glory, in honor and memory of the Great-Martyr Theodore, and for a memorial to those who have fallen asleep in the true Orthodox faith. Grant, O good One, to those who have prepared this offering and who keep this memorial, all their petitions that are for their salvation, and count them worth to rejoice in Thine eternal blessings, through the intercessions of our all-immaculate Lady Theotokos and Ever-virgin Mary, of the holy, glorious and right-victorious Great-Martyr Theodore the Soldier, whose memory we celebrate today, and of all Thy saints. For Thou it is Who dost bless and sanctify all things, O Christ our God, and unto Thee we ascribe glory, together with Thine unoriginate Father and Thine all-holy, good and life-giving Spirit, now and ever, and unto ages of ages.

#### THE DISMISSAL

*Deacon:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

*Priest:* The blessing of the Lord and his mercy come upon you through his divine grace and love toward mankind, always, now and ever, and unto ages of ages.

*Choir:* Amen.



*Priest:* Glory to thee, O Christ our God and our Hope, glory to thee.

*Choir:* Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Father, bless.

*Priest:* May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; of our father among the saints, John Chrysostom, archbishop of Constantinople, whose Divine Liturgy we have now celebrated; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; *of the Holy Myrrh-Bearer and Equal to the Apostles Mary Magdalene, protector of this holy community;* of the holy and righteous ancestors of God, Joachim and Anna; *of the holy, glorious and right-victorious Great-martyr Theodore the Soldier ('Tyro'), whose miracle of the kolyva (boiled wheat) we celebrate today,* and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

*Priest:* Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

*Choir:* Amen.