


VESPERS PROPER FOR JUNE 8TH, 2020

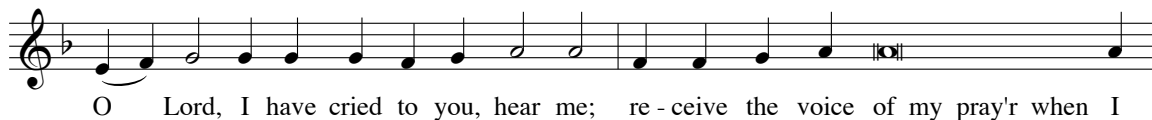
from the Menaion

1  **The translation of the relics of the holy great martyr Theodore the Recruit** (“Sykeot”) in the year 613 during the reign of the emperor Heraclius.

The Holy Great Martyr Theodore Stratelates suffered for Christ in Herakleia on 8 February 319. At the time of his sufferings the holy Greatmartyr Theodore ordered his servant Uaros to bury his body on the estate of his parents in Eukhaitos. The transfer of the relics of the Greatmartyr Theodore was done on 8 June 319.

Our venerable mother Maria Teresa Chiramel Mankidiyan, monastic in Kuzhikkattussery in Kerala, India. She lived as a hermit in penitential austerity, poorest of the poor and outcast of all, so that she might follow Christ, and founded the Congregation of the Sisters of the Holy Family. (1926)

Psalm 140 (Tone 2)



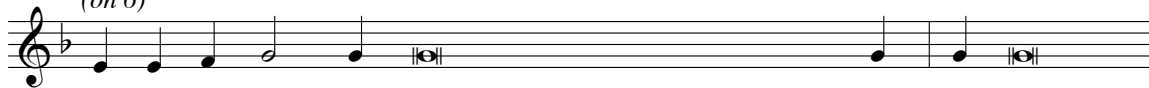
Continue with Psalm 140: "O Lord, set a guard before my mouth..." (p.9).

Stichera at the Lamplighting Psalms

6 stichera for the holy great martyr Theodore from the Menaion:

Cantor - (Tone 2):

(on 6)



If you, O Lord, should mark our guilt, Lord, who would sur-vive? But with you is



found for - give - ness: for this we re - vere you.

(6) Sticheron



You brought your - self whol - ly to him who gave you per - fect life,



O most bles - sed one, as a liv - ing and a - ni - mate whole burnt of - fer - ing,



a sa - cri - fice most pure and well - pleas - ing! Where - fore you



have become a most accep - ble in - ter - ces - sor, thus res - cuing from the tempest



all that hymn you - with faith and call u - pon you, O mar - tyr The - o - dore.

Cantor:

(on 5)



My soul is waiting for the Lord. I count on his word. My soul is longing for the



Lord, more than watch - man for day - break.

(5) Sticheron

In a di - ligent way, you cul - ti - va - ted the seed of the Word which was
sown in your soul, and you in - creased it through the pangs of your suf - fer - ing:
and, wise - ly stored up in the grain - a - ries of hea - ven, you found
in - cor - rupt - i - ble de - lights; Now re - vel - ing in them, O bles - sed one,
by your med - i - ta - tions be - fore Christ, save those who now hymn you with faith.

The musical notation consists of five staves of music in a single system. Each staff begins with a treble clef and a key signature of one flat (B-flat). The notes are primarily quarter and eighth notes, with some half notes and rests. The lyrics are placed below the corresponding notes.

Cantor:

(on 4)

Let the watch - man count on daybreak and Is - ra - el on the Lord.

The musical notation consists of a single staff of music in a single system. It begins with a treble clef and a key signature of one flat (B-flat). The notes are primarily quarter and eighth notes, with some half notes and rests. The lyrics are placed below the corresponding notes.

(4) Sticheron

O mar - tyr and Christ's own pas - sion - bear - er, by your en - trea - ties,
save those that are in ma - ny needs, re - pel - ling ev - 'ry e - vil cir - cum - stance,
dri - ving a - way soul - de - stroy - ing grief, and be - seech - ing mer - cy and grace for us,

The musical notation consists of three staves of music in a single system. Each staff begins with a treble clef and a key signature of one flat (B-flat). The notes are primarily quarter and eighth notes, with some half notes and rests. The lyrics are placed below the corresponding notes.

that, saved by your sup - pli - ca - tions, we may hymn your honored struggles,

re - joi - cing, O The - o - dore!

Cantor – (Tone 4):

(on 3)

Be - cause with the Lord there is mercy and fullness of redemp - tion,

Is - rael indeed he will re - deem from all its in - i - qui - ty.

(3) Sticheron

In the Spi - rit, you showed your - self to be a generous athlete, and in - vin -

ci - ble sol - dier. You o - ver - threw the e - ne - my by the wis - dom

of your words and the en - dur - ance you showed in your strug - gle.

Thus you received the crown of vic - to - ry and joined the festive assembly in hea - ven,

O The - o - dore, the glo - ry of mar - - - tyrs.

Cantor:

(on 2)




Praise the Lord, all you na-tions, ac-claim him all you peo - ples!

(2) Sticheron

O holy martyr Theodore, * you were most generous, * you rejected false gods, and were a pillar of goodness. * You offered yourself as a pure sacrifice, * a perfect victim and a pleasing offering. * You gave yourself as a treasure of miracles ** to those who glorify your holy memory.

Cantor:

(on 1)




Strong is the love of the Lord for us; he is faith-ful for - ev - er.

(1) Sticheron

You were lifted upon the cross, * your flesh was torn, you were wounded by arrows, * and stretched out upon the wood, * you were cut by the sword, * and surrounded by all sorts of evils, * yet you remained unbowed and unconquered, * O glory of martyrs Theodore, ** as in strength you were nailed to the Cross.

Cantor - (Tone 5):



Glo - ry to the Fa-ther, and to the Son, and to the Ho - ly Spir - it.

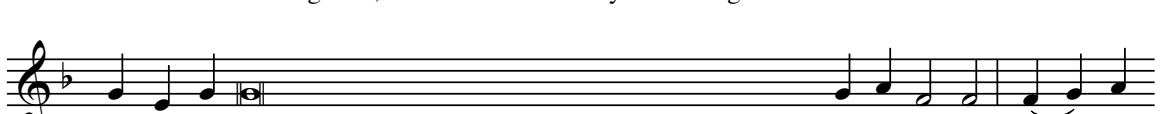
Doxastikon



To-day the honored memory of Christ's pas-sion-bear-er shines forth more bright-ly



than the mor-ning star, in - vi - sibly illumining the hearts of the faith-ful



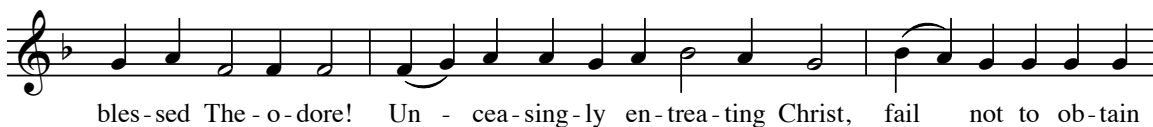
and dis-pel-ling the clouds from their souls through the grace of the Ho-ly Spi-rit. To him



let us cry out, O lov-ers of the mar - tyrs: O di - vine - ly bestowed grace re - vealed



to the faith - ful, which spreads forth multitudes of miracles on those who flee to you,



bles - sed The - o - dore! Un - cea - sing - ly en - trea - ting Christ, fail not to ob - tain



e - ter - nal bles - sings for them that ho - nor your mem - o - ry with faith.

Cantor:

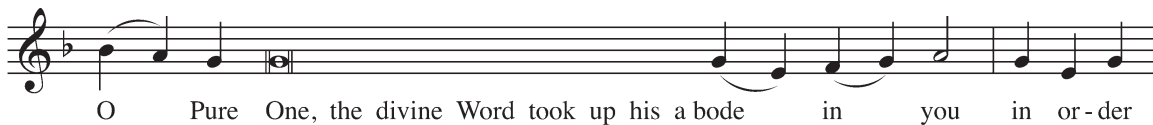


Now and ev - er and for - ev - er. A - - - men.

Theotokion



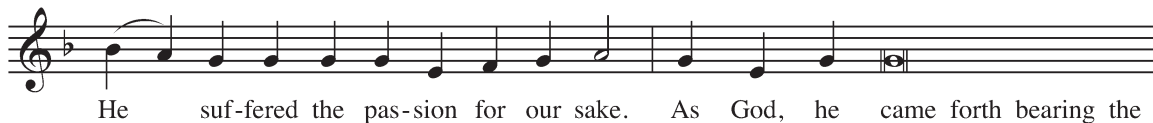
You are tru - ly the Throne of the Cher - u - bim. You are far a - bove the an - gels.



O Pure One, the divine Word took up his abode in you in or - der



to re - new our like - ness. Since he is mer - ciful, he came forth bear - ing flesh from you.



He suf - fered the pas - sion for our sake. As God, he came forth bearing the

Res - ur - rec - tion. There - fore, this change took place for our sake,
 for our condemned na - ture. In faith, we give thanks to the Cre - a - tor;
 and we beg, that by your pray'rs, you may obtain for us the for-give-ness of
 sins and great mer - - - cy.

*Continue with "Wisdom..." and the Hymn of the Evening (p. 12)
 The Prokeimenon is for the Day of the Week (pp. 13-15).*

Aposticha

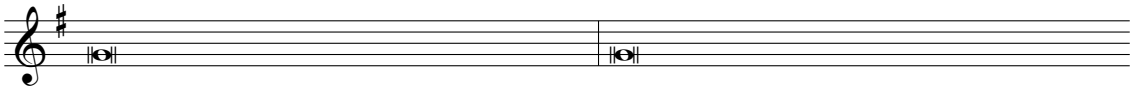
*The aposticha are from the Octoechos:
 (Tone 8)*

Aposticheron:

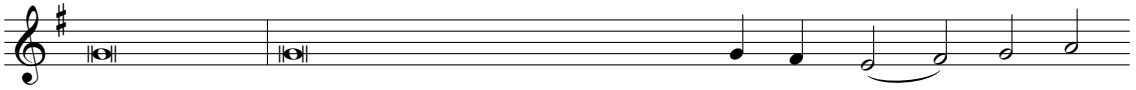
Un-ceas - ingly the angels sing to you, O King and Mas - ter. I fall before you
 like the Publi-can and cry out: O God, cleanse me and have mer cy on me!

Cantor:

To you have I lifted up my eyes, you who dwell in the heavens; my eyes, like the



eyes of slaves on the hand of their lords. Like the eyes of a servant on the hand of



her mistress, so our eyes are on the Lord our God till he show us his



mer - - - cy.

Aposticheron:



You are im-mor-tal, O my soul! Do not be overcome by the waves of life,



but rise up and, to your Benefac-tor, cry out: O God cleanse me and have



mer - cy on me!

Cantor:



Have mercy on us, Lord, have mercy. We are filled with contempt. Indeed all too



full is our soul with the scorn of the rich, with the proud man's dis-dain.

Aposticheron:



O mar-tyrs of the Lord, you sanc-tify every place and cure ev-'ry ill.



We be - seech you to pray that our souls be saved from the snares of



the en - e - my.

Cantor (Tone 8):



Glo - ry to the Father and to the Son, and to the Ho - ly Spir - it.

Doxastikon



O faith - ful, let us bless The - o - dore, whose name means "gift of God."



He has in - her - i - ted bles - sed - ness! Let us right - ly bless him,



the no - ble great - mar - tyr, the de - fen - der of us all:



for he in - ter - cedes for our souls be - fore Christ our God.

Cantor:



Now and ev - er and for - ev - er. A - men.

Theotokion



Re - joi - ce, O Loving Pa - lace! O Spir - it - ual Dove! Re - joi - ce, O City of

our Cre - a - tor! Re - joi - ce, O Refuge of the Faith - ful! Re joi - ce, O

For tress and In - ter - ces - sion, Re - joi - ce, O Salvation and Deliverance of those who

love you! Re - joi - ce, O Bridge which brings all to heav - en!

Re - joi - ce, O most Spir - it - ual One, O ho - ly La - dy!

Continue with the Prayer of the Holy Prophet Simeon (p. 21).

Troparion & Theotokion

Troparion - Tone 4

You be - came a bril - liant gen - er - al in the real ar - mies of the King of heav - en,

O The - o - dore the Tri - um - phant. You fought cou - ra - geous - ly with the

weap - ons of faith and put the le - gions of de - mons to flight.

There - fore, we praise you with fer - vor at all times.

Cantor (Tone 4):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it,

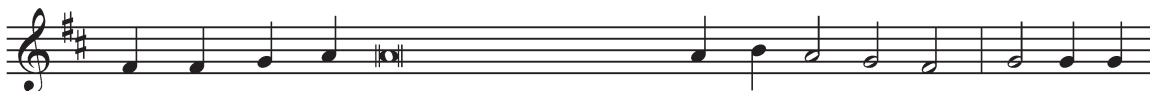


now and ev - er and for - ev - er. A - men.

Theotokion for Sunday Evening – Tone 4



To the One who was reared in the Tem - ple, close to the Ho - ly of Ho - lies,



and who was full of faith, wisdom, and perfect vir - gin - i - ty, Ga - bri - el,



the cap - tain and lead - er, of er - est esteem and greetings from heav - en when he said:



Re - joice, O Blessed One! Re - joice, O Glo - ri - fied One! The Lord is



with you!

Continue with the Litany of Daily Vespers (p.23) and then the Dismissal (p. 24).

¹Format 6: Saint with Six Stichera on a Weekday