

Friday, First Week of Great Lent

**The Canon of Intercession to the Holy and
Great-Martyr Theodore the Recruit**

Kolyva is prepared and placed beside the Icon of the Great-Martyr Theodore the Recruit.

If a deacon serve:

Deacon: Bless, master.

Priest: Blessed is our God, always, now and ever and unto ages of ages.

Choir: Amen.

Reader: Glory to Thee, our God, glory to Thee.

O HEAVENLY KING

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of Life, come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

TRISAGION

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 the unto the ages of ages. Amen.

O Most-holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; 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, both now and ever and unto ages of ages.

Reader: Amen. Lord, have mercy. (*12 times*)

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

O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled

for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

God is the Lord

Deacon: In the Second Tone: God is the Lord, and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

O give thanks unto the Lord, for He is good, for His mercy endureth forever.

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

Deacon: Surrounding me they compassed me, and by the name of the Lord I warded them off.

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

Deacon: I shall not die, but live, and I shall tell of the works of the Lord.

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

Deacon: The stone which the builders rejected, the same is become the head of the corner. This is the Lord's doing, and it is marvelous in our eyes.

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

TROPARION TO ST THEODORE, TONE 2

Great are the achievements of faith! / The holy martyr Theodore rejoiced in the fountain of the flames / as though in the still waters of rest; / consumed in the fire, he was offered as a sacrifice to the Trinity. // By his intercessions, O Christ God, save Thou our souls.

Glory to the Father, and to the Son, and to the Holy Spirit.

Great are the achievements of faith! / The holy martyr Theodore rejoiced in the fountain of the flames / as though in the still waters of rest; / consumed in the fire, he was offered as a sacrifice to the Trinity. // By his intercessions, O Christ God, save Thou our souls.

Both now and ever and unto ages of ages. Amen.

THEOTOKION, TONE 2

All of thy most glorious mysteries are beyond comprehension, / O Theotokos; / for, thy purity sealed and thy virginity intact, / thou art known to be a true Mother, having given birth unto God. // Him do thou entreat, that our souls be saved.

PSALM 50

Reader: Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy pres-

ence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Next we begin the Canon to St. Theodore, a composition of St. John of Damascus. Before the first two Troparia in each Ode we say, Holy Great-Martyr Theodore, pray to God for us.

Canon of Intercession, Tone 8

Ode I

Irmos: Having passed through the water as upon dry land,/ and having escaped the malice of the Egyptians,/ the Israelites cried aloud:/ Unto our God and Redeemer let us sing.

Refrain: Holy Great-Martyr Theodore pray to God for us.

Knowing the love for God which filled thee, O Theodore, I am in awe of thee: From my soul and body I dedicate to thee, these words of praise.

Refrain: Holy Great-Martyr Theodore pray to God for us.

A decree was published, hateful to the Lord, that sacrifice should be offered to idols and not to the living God. But refusing to obey, O victorious martyr, thou wast thyself offered to God.

Glory..., Held fast by divine love, O martyr Theodore, thou didst serve as a soldier of the only-begotten Son of the most high God, and for thy faithful service thou didst did not lose thy reward.

Both now..., The hosts of angels and of mortals ceaselessly praise thee, O unwedded Mother, for thou hast carried their Creator as a babe in thine arms.

Ode III

Irmos: O Lord, thou art the confirmation of those who flee to Thee,/ Thou art the Light of those in darkness,/ and my spirit doth hymn Thee.

Refrain: Holy Great-Martyr Theodore pray to God for us.

I offer a hymn from my lips and a prayer from the affliction of my soul, for their sake have pity, O victorious martyr Theodore.

Refrain: Holy Great-Martyr Theodore pray to God for us.

Thou hast subjected thy flesh to the authority of thy mind, O glorious martyr, and with both of them thou didst please the Creator.

Glory..., Thou didst stand before the judgment-seat of the tyrant, bearing witness to Christ, thy King and God; refusing to offer sacrifice to false gods, O Theodore.

Both now..., To all, and at all times, O pure Virgin, thou art a refuge and a rampart, and with never-silent voices we glorify thee.

Ode IV

Irmos: O Lord, I have heard the mystery of Thy dispensation;/ I have considered Thy works,/ and I have glorified Thy Divinity.

Refrain: Holy Great-Martyr Theodore pray to God for us.

Having tasted of the divine mysteries, O martyr Theodore, thou didst unashamedly confess our sure redemption through the birth of God.

Refrain: Holy Great-Martyr Theodore pray to God for us.

They who served the passions, thought that God Himself is subject to passion; but enlightened by the Spirit, O victorious Theodore, thou didst show them to be wrong.

Glory..., Singing thy praises O blessed Theodore, we beseech thee, that by thine intercessions, we may be delivered from all distress, and from the passions.

Both now..., Thou untilled field, bearing the life-creating Ear of wheat which giveth life to the world, O Theotokos, save those who sing thy praises.

Ode V

Irmos: Rising early we cry to Thee, O Lord;/ save us, for Thou art our God,/ and we know none other besides Thee.

Refrain: Holy Great-Martyr Theodore pray to God for us.

To the others who suffered martyrdom with thee, O martyr Theodore, thou didst cry out: "Love the Lord who loveth you".

Refrain: Holy Great-Martyr Theodore pray to God for us.

Thy heart aflame with zeal, O victorious saint, thou didst burn up the false idol, together with the heathen temple.

Glory..., With thine invincible power, O victorious Theodore, destroy my passions and the insolent boldness of the enemy.

Both now..., We hymn thee as a Virgin after childbirth, O Theotokos, having brought into the world God the Word made flesh.

Ode VI

Irmos: Cleanse me, O Savior,/ for many are mine iniquities;/ lead me up from the abyss of evils I pray Thee,/ for unto Thee have I cried,/ and Thou hast hearkened unto me,/ O God of my salvation.

Refrain: Holy Great-Martyr Theodore pray to God for us.

How weak, how frail is the arrogance of the false gods: needing men to defend them, they are conquered by the fortitude of the martyrs, who proclaim the truth. (*Twice*).

Glory..., Made strong by the power of God, O Theodore - thou glory of the martyrs, thou didst perceive the torments of the wicked ones as if arrows shot by children O blessed one, having foreseen the eternity of the Age to come.

Both now..., May we be delivered from our grievous transgressions by thy prayers, O pure Birthgiver of God, and may we receive the divine glory of the Son of God O all-pure one, Who ineffably assumed flesh from thee.

KONTAKION, TONE 8

Thou didst carry as a shield the faith of Christ within thy heart,/ trampling underfoot the power of the enemy, O greatly-suffering martyr;/ wherefore thou didst receive a heavenly and eternal crown O Theodore,/ as one undefeated in battle.

Ode VII

Irmos: The Children of Judaea,/ who of old came to dwell in Babylon,/ trampled underfoot the flame of the furnace/ through their faith in the Trinity,/ as they sang: "O God of our fathers, blessed art Thou."

Refrain: Holy Great-Martyr Theodore pray to God for us.

Thy body was scourged, for the sake of God the Word, Who was scourged in the flesh for our sake; and rejoicing, O victorious martyr Theodore, with thanksgiving thou didst cry aloud to Him : "O God of our fathers, blessed art Thou."

Refrain: Holy Great-Martyr Theodore pray to God for us.

Like the Redeemer, Who of His own will was sealed up, and laid in the tomb; thou also wast sealed up in the prison, O victorious martyr Theodore, and there didst cry aloud: "O God of our fathers, blessed art Thou."

Refrain: Holy Great-Martyr Theodore pray to God for us.

Having slain the passions of the flesh, O victorious martyr, thou wast nourished not by food but by divine love, and didst sing: "O God of our fathers, blessed art Thou."

Glory..., As of old, one of the undivided Trinity appeared to the Children in the fiery fur-

nace, so also did He appear to thee in prison, O victorious martyr, strengthening thee to cry aloud, "O God of our fathers, blessed art Thou."

Both now..., Since it was Thy will, O Savior, to bestow upon us salvation, Thou didst take up Thy dwelling within the Virgin's womb, and didst show her to be the protectress of the world; O God of our fathers, blessed art Thou.

Ode VIII

Irmos: In his wrath the Chaldean Tyrant made the furnace blaze,/ with heat fanned sevenfold for the servants of God;/ but when he perceived that they had been saved by a greater power/ he cried aloud to the Creator and Redeemer,/ "O ye Youths bless, O ye priests praise,/ O ye people, supremely exalt Him throughout all ages".

Refrain: Holy Great-Martyr Theodore pray to God for us.

Blinded in his understanding, the governor of the lawless people impiously rebuked thee for thy faith in God: "Fool! Why dost thou vainly put thy trust in a man who was put to death?" But thou didst cry aloud : "O ye children bless; O ye priests praise; O ye people, supremely exalt Him throughout all ages."

Refrain: Holy Great-Martyr Theodore pray to God for us.

As a wise and prudent steward of grace, O Theodore, with the grace given to thee by God thou didst cry aloud to the commander when he ordered thee to offer impious sacrifice, saying: "This would be a disgrace to me and all who sing; "O ye children bless; O ye priests praise; O ye people, supremely exalt Him throughout all ages."

We bless Father, Son, and Holy Spirit, the Lord.

With youthful courage, thou didst struggle, boldly accusing the tyrant, saying: "Why art thou so maddened as to bid me to forsake the Creator and falsely worship things created? But I cry aloud: "O ye children bless; O ye priests praise; O ye people, supremely exalt Him throughout all ages."

Both now..., By visible images, and a multitude of symbols, Moses and the Prophets foretold, of thy marvelous childbearing in a manner transcending nature O Virgin. Wherefore we joyfully, and with true faith sing thy praises, and supremely exalt Christ throughout all ages.

Ode IX

Irmos: With never ceasing praises we magnify thee,/ the Mother of God Most High,/ who art higher than the most pure hosts,/ and who beyond comprehension knew not wedlock,/ yet hath truly given birth to God.

Refrain: Holy Great-Martyr Theodore pray to God for us.

It was thy desire for God that brought thee to martyrdom O Theodore. Thy body was consumed by the material fire, and rejoicing thou didst depart to the divine Fire, O victorious martyr Theodore, servant of God.

Refrain: Holy Great-Martyr Theodore pray to God for us.

All-honored saint, thou wast not destroyed by the fire, but didst thyself burn up the delusion of error: standing alive now in God's presence, thou dost rejoice in Him with a martyr's joy, O passion-bearer and servant of God Theodore.

Glory..., We acknowledge Thee, O Christ, to be one of the Trinity, in two perfect natures. By the prayers of Thy passion-bearer Theodore, save Thy people whom Thou hast redeemed by Thy precious blood.

Both now..., Thou hast carried in thine arms the invisible God, Who is praised in the heavens by all the angelic powers. Through thee at all times He granteth us salvation in distress, wherefore we magnify thee.

Katavasia: With never ceasing praises we magnify thee,/ the Mother of God Most High,/ who art higher than the most pure hosts,/ and who beyond comprehension knew not wedlock,/ yet hath truly given birth to God.

TRISAGION

Reader: 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.

O Most-holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

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

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; 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.

TROPARION TO ST THEODORE, TONE 2

Great are the achievements of faith! / The holy martyr Theodore rejoiced in the fountain of the flames / as though in the still waters of rest; / consumed in the fire, he was offered as a sacrifice to the Trinity. // By his intercessions, O Christ God, save Thou our souls.

Glory to the Father, and to the Son, and to the Holy Spirit.

KONTAKION, TONE 8

Thou didst carry as a shield the faith of Christ within thy heart, / trampling underfoot the power of the enemy, O greatly-suffering martyr; / wherefore thou didst receive a heavenly and eternal crown O Theodore, // as one undefeated in battle.

Both now and ever and unto ages of ages. Amen.

THEOTOKION, TONE 8

All of us in our sinfulness / have thy fervent intercession as our protection and our sure defense, / O all-pure Mary, Virgin and Mother, / the salvation of Christians. / Cease not to intercede for us before the Savior, // that we may receive forgiveness.

Blessing of Kolyva

Then the priest blesseth the Kolyva:

Priest: 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 Children and Daniel fairer than the Babylonians who lived in luxury, do Thou Thyself, O all-loving 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 Holy and Great-Martyr Theodore the Recruit, and for a memorial to those who have fallen asleep in the true Orthodox faith. Grant, O gracious Lord, to those who have prepared this offering and who keep this memorial, all their petitions that are for their salvation, and count them worthy to rejoice in Thine eternal blessings: by the prayers of our most pure Lady the Theotokos and ever-Virgin Mary, of the Holy and Great-Martyr Theodore, whose memory we keep, and of all Thy saints. For it is Thou who dost bless and hallow all things, Christ our God, and to Thee we send up glory, with Thine eternal Father and Thy most holy, good and life-creating Spirit, Now and ever, and unto the ages of ages.

Choir: Amen.

Blessed be the Name of the Lord from henceforth and forevermore. (*Thrice*)

PSALM 33

I will bless the Lord at all times,/ His praise shall continually be in my mouth./ In the Lord shall my soul be praised;/ let the meek hear and be glad. O magnify the Lord with me,/ and let us exalt His name together./ I sought the Lord, and He heard me,/ and delivered me from all my tribulations. Come unto Him, and be enlightened,/ and your faces shall not be ashamed./ This poor man cried, and the Lord heard him,/ and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him,/ and will deliver them./ O taste and see that the Lord is good;/ blessed is the man that hopeth in Him. O fear the Lord, all ye His saints;/ for there is no want to them that fear Him./ Rich men have turned poor and gone hungry;/ but they that seek the Lord shall not be deprived of any good thing.

Come ye children, hearken unto me;/ I will teach you the fear of the Lord./ What man is there that desireth life,/ who loveth to see good days? Keep thy tongue from evil,/ and thy lips from speaking guile./ Turn away from evil, and do good;/ seek peace, and pursue it. The eyes of the Lord are upon the righteous,/ and His ears are opened unto their supplication./ The face of the Lord is against them that do evil,/ utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them,/ and He delivered them out of all their tribulations./ The Lord is nigh unto them that are of a contrite heart,/ and He will save the humble of spirit./ Many are the tribulations of the righteous,/ and the Lord shall deliver them out of them all./ The Lord keepeth all their bones,/ not one of them shall be broken. The death of sinners is evil,/ and they that hate the righteous shall do wrong./ The Lord will redeem the souls of His servants,/ and none of them will do wrong that hope in Him.

HYMN TO THE THEOTOKOS

It is truly meet to bless thee, the Theotokos,/ ever-blessed and most blameless, and Mother of Our God./ More honorable than the Cherubim,/ and beyond compare more glorious than the Seraphim,/ who without corruption gavest birth to God the Word,/ the very Theotokos, thee do we magnify.

Priest: Glory to Thee, O Christ God, 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 the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Father, bless.

Dismissal

Priest: May Christ our true God, through the intercessions of His most pure Mother, of our holy and God-bearing fathers, and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Choir: Amen.

Lord, have mercy. (*Thrice*)