

SUNDAY, MARCH 9, 2025

TONE 4

First Sunday of Great Lent / Sunday of Orthodoxy  
The Holy Forty Martyrs of Sebaste

"Lord I Call..." Tone 4

Lord, I call upon You, hear me!  
Hear me, O Lord!  
Lord, I call upon You, hear me!  
Receive the voice of my prayer,  
when I call upon You!//  
Hear me, O Lord!

Let my prayer arise  
in Your sight as incense,  
and let the lifting up of my hands  
be an evening sacrifice!//  
Hear me, O Lord!

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

**Tone 4**      *(for the Resurrection)*

We glorify Your Resurrection on the third day, O Christ God,  
by always honoring Your life-creating Cross;  
by it, You have renewed the corrupted nature of man,  
O almighty One.  
By it, You have renewed our entrance to heaven,//  
for You are good and the Lover of man.

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

You loosed the Tree's verdict of disobedience, O Savior,  
by being voluntarily nailed to the tree of the Cross.  
By descending to hell, O almighty God,  
You broke the bonds of death.  
Therefore, we adore Your Resurrection from the dead, singing in joy://  
"Glory to You, O all powerful Lord!"

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

You smashed the gates of hell, O Lord,  
and by Your death You demolished the kingdom of death.  
You delivered the race of men from corruption,//  
granting the world life, incorruption and great mercy.

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

**Tone 6\***      *(from the Lenten Triodion)*      *(Having placed all their hope)*

O Lord, Whom nothing can contain or grasp,  
from all eternity You shone forth from the Father  
before the morning star.  
The Prophets, inspired by the Holy Spirit,  
foretold that You would take flesh and assume the form of a child,  
from her who is ever-virgin.  
You lived among men;  
You were seen by material creation.  
Through the prayers of the Prophets, O compassionate One,  
make us worthy to receive Your light, //  
for we sing praises to Your glorious Resurrection!

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

The Prophets bore the fruit of eternal life;  
they prepared the way of the Lord.  
By their words they proclaimed You; by their deeds they honored You:  
they would not worship creation instead of You, the Creator.  
As Your Gospel commands, they renounced the world.  
They foretold Your Passion by suffering themselves.  
Through their prayers, O Lord, //  
enable us to pass over the battlefield of Lent without sin!

*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.*

You are infinite in Your divine nature, O Master;  
in these latter days You accepted the limitations of the flesh.  
By assuming our body, You accepted all its weaknesses.  
Therefore we make images of Your form;  
we venerate them, having You in mind.  
We fall down before You in love;  
by so doing we follow the tradition of the Apostles //  
and are given the grace of healing.

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\* Music for the Sunday of Orthodoxy from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

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

Today the Church of Christ receives honorable adornment:  
the holy icons of Christ our Savior, the Theotokos, and all the Saints.  
The Church exults in their grace!  
We lift them up with joy and gladness!  
We glorify God, the Lover of man, //  
Him Who patiently suffered for our sake!

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities. **Tone 2†** (from the Menaion, for the Holy 40 Martyrs, by John the Monk)*

The holy Martyrs bravely endured their present suffering;  
they rejoiced in things hoped for but not yet seen.  
They said to each other:  
“By stripping off our garments we have put off the old man.  
The winter is cold and bitter, but Paradise will be warm and sweet.  
The freezing is painful, but the reward will bring us joy.  
Let us not be defeated, O brothers!  
We suffer a little, but Christ will crown us with the laurel of victory. //  
He is our God and the Savior of our souls.”

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

The holy Martyrs threw their clothes aside;  
fearlessly they entered the lake and encouraged one another:  
“Remember that our fallen nature has been deprived of Paradise!  
Let us care nothing for our corruptible flesh today!  
The serpent once deceived us, handing over our bodies to death;  
now let us win resurrection for all!  
Let us scorn the ice and cold; let us hate our flesh,  
and Christ will crown us with the laurel of victory! //  
He is our God and the Savior of our souls.”

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

The holy Martyrs accepted their torments with joy.  
They hurried to the frozen lake as to a comforting bath.  
They said: “We will not fear the bitter cold.  
Only let us escape Gehenna's flames!  
Let a foot be burned, that it may rejoice eternally!  
Let a hand be lost, offered to the Lord in sacrifice!  
Let us not refuse death in the flesh!  
Embrace death, and Christ will crown us with the laurel of victory! //  
He is our God, and the Savior of our souls.”

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† Music for the Holy Forty Martyrs of Sebaste from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 2**      *(from the Lenten Triodion)*

Grace and truth have shone forth.  
The predictions of old have been clearly fulfilled.  
Behold, the Church adorns herself with the form of Christ incarnate!  
The icons of the new creation transcend the adornments of the old.  
As the Ark of the Covenant held the presence of God,  
so now the icons reveal the presence of the One we adore.  
By honoring them we will never go astray.  
It is our glory to fall down and worship Christ in the flesh.  
Come, O faithful, venerate His image and cry out://  
O Lord, save Your people, and bless Your inheritance!

*now and ever, and unto ages of ages. Amen.*

**Tone 4**      *(Theotokion – Dogmatikon)*

The Prophet David was a father of the Lord  
through you, O Virgin.  
He foretold in songs the One Who worked wonder in you:  
“At Your right hand stood the Queen,”  
Your Mother, the mediatrix of life,  
since God was freely born of her without a father.  
He wanted to renew His fallen image, made corrupt in passion,  
so He took the lost sheep upon His shoulder  
and brought it to His Father,  
joining it to the heavenly pow’rs.//  
Christ, Who has great and rich mercy, has saved the world, O Theotokos.

**SCRIPTURE READINGS** *(Holy 40 Martyrs)*

**The Reading is from the Prophecy of Isaias.** [43:9-14]

Thus says the Lord: All the nations were gathered together, and rulers will be gathered out of them. Who will declare this, or who will declare to you the things from the beginning? Let them bring their witnesses and let them be justified, and let them hear and say the truth. Be my witnesses, says the Lord, and I am a witness and my servant whom I have chosen, that you may know and believe and understand that I am. Before me there was no other, nor shall there be any after me. I am God, and besides me there is no saviour. I declared and saved, I rebuked, and there was no strange god among you; and you are my witnesses. I am the Lord God, even from the beginning; there is none who can deliver from my hand; I shall work and who will turn it back? Thus says the Lord, God who redeems you, the Holy One of Israel: For your sake I will send to Babylon and I will rouse up all who flee and the Chaldeans will be bound in ships.

**The Reading is from the Wisdom of Solomon. [3:1-9]**

The souls of the just are in the hand of God, and no torment will ever touch them. In the eyes of fools they seemed to have died, their departure was reckoned a disaster and their going from us a destruction; but they are in peace. For though in the sight of mortals they were punished, their hope is full of immortality. And having been disciplined a little, they will receive great good; because God tried them and found them worthy of himself. He proved them like gold in a furnace and accepted them as a sacrificial whole burnt offering. At the moment of their visitation they will shine out, and they will run like sparks through stubble. They will judge nations and hold sway over peoples, and the Lord will be their king to the ages. Those who have put their trust in him will understand truth; and the faithful in love will abide with him; because grace and mercy are upon his holy ones, and his visitation upon his chosen ones.

**The Reading is from the Wisdom of Solomon [5:15-23 & 6:1,3]**

The just live forever and their reward is in the Lord, and their care with the Most High. Because of this they will receive the royal crown of majesty and the diadem of beauty from the Lord's hand; because he will shelter them with his right hand, and shield them with his arm. He will take his zeal as his panoply and he will arm creation to repel his foes. He will put on justice as a breastplate, and wear impartial judgement as a helmet. He will take holiness as an invincible shield. He will sharpen stern wrath as a sword. The world will fight with him against the frenzied. Well-aimed bolts of lightning will go forth and will leap from the clouds to the target as from a well-strung bow. Hailstones full of wrath will be hurled from a catapult. The water of the sea will rage against them, while rivers will relentlessly overwhelm them. A spirit of power will stand against them, and will winnow them like a tempest. Lawlessness will make the whole earth a desert, and evil-doing will overturn the thrones of kings. Listen then, you kings, and understand. Learn, you judges of the ends of the earth. Give ear, you that hold sway over a multitude and boast over crowds of nations. Because your might was given you from the Lord, and your power from the Most High.

**Lity**

*(If the rector desires the Litya, following the sticheron to the Patron Saint of the Temple, these stichera are sung)*

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 2** *(from the Menaion, for the Holy 40 Martyrs, by John the Monk)  
(Taken from "Glory..." at "Lord, I Call...")*

The holy Martyrs bravely endured their present suffering;  
they rejoiced in things hoped for but not yet seen.

They said to each other:

"By stripping off our garments we have put off the old man.

The winter is cold and bitter, but Paradise will be warm and sweet.

The freezing is painful, but the reward will bring us joy.

Let us not be defeated, O brothers!

We suffer a little, but Christ will crown us with the laurel of victory./.

He is our God and the Savior of our souls."

*now and ever, and unto ages of ages. Amen.*

**Tone 2**      *(from the Lenten Triodion)*

Rejoice, O honorable Prophets,  
who ordered well the Law of the Lord,  
and were made manifest as steadfast and unshaken pillars of the faith;  
for you truly appeared as mediators of Christ's New Covenant!  
Now having been translated to heaven,//  
beseech Him to grant peace to the world and to save our souls!

**Aposticha**

**Tone 4**      *(for the Resurrection)*

By ascending the Cross, O Lord,  
You have annulled our ancestral curse.  
By descending to hell, You have freed the eternal prisoners,  
granting incorruption to the human race.//  
Therefore in songs we glorify Your life-creating and saving Resurrection.

*V. The Lord is King; He is robed in majesty!*

By hanging upon the tree, O only powerful Lord,  
You shook all of creation.  
By being laid in the tomb You have raised those who dwelt in the tombs,  
granting life and incorruption to the human race.//  
Therefore in songs we glorify Your rising on the third day.

*V. For He has established the world, so that it shall never be moved.*

The lawless people, O Christ,  
handed You over to Pilate, condemned to be crucified,  
thus proving themselves ungrateful before their Benefactor.  
But voluntarily You endured burial,  
rising by Your own power on the third day as God,//  
granting us life everlasting and great mercy.

V. *Holiness befits Your house, O Lord, forevermore!*

With tears the women reached Your tomb,  
searching for You, but not finding You.

They wept with wailing and lamented:

“Woe to us! Our Savior, King of all,

how were You stolen?

What place can hold Your life-bearing body?”

An Angel replied to them:

“Do not weep, but go and proclaim that the Lord is risen,//  
granting us joy as the only compassionate One!”

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 2** *(from the Matins for the Holy 40 Martyrs, sticheron after Psalm 50)*

Prophetically David cried aloud in the Psalms:

We went through fire and water,

and you brought us out into refreshment!

And you martyrs of Christ,

fulfilling the word in very deed,

passed through fire and water,

and entered into the Kingdom of Heaven.

Wherefore, O you forty athletes, pray that we be granted great mercy.

*now and ever, and unto ages of ages. Amen. Tone 2 (from the Lenten Triodion)*

Advancing from false doctrine to true faith,

illumined with the light of knowledge,

let us clap our hands and offer grateful praise to God in song!

With due honor let us venerate the holy icons of Christ,

of the all-pure Virgin, and of all the saints,

depicted on walls or panels or sacred vessels,

rejecting the godless teaching of the heretics!

For as Saint Basil says:

“The honor shown to the image passes to its prototype.”

By the prayers of Your pure Mother and of all the saints,//

we beseech You, O Christ our God, to grant us great mercy!

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(at Great Vespers)

**Tone 4      Troparion    (*Resurrection*)**

When the women disciples of the Lord  
learned from the angel the joyous message of Your Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
Christ God is risen,//  
granting the world great mercy!”

**Tone 2      Troparion    (*Sunday of Orthodoxy*)**

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the Cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

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

**Tone 1      Troparion    (*Holy 40 Martyrs*)**

Through the sufferings which Your holy Forty Martyrs endured for Your sake, O Lord,  
we beseech You, O Lover of mankind://  
“Heal all of our infirmities!”

*now and ever, and unto ages of ages. Amen.*

**Tone 1      Resurrectional Dismissal Theotokion**

When Gabriel announced to you, O Virgin, saying “Rejoice!” / with that word the Master of all was  
incarnate in you, / the holy Ark, spoken of by the righteous David! / Your womb became more  
spacious than the heavens, / for you carried your Creator. / Glory to Him Who took abode in you!  
Glory to Him Who came forth from you!//Glory to Him Who freed us by being born of you!

(at the Divine Liturgy)

**FIRST ANTIPHON**

The Lord reigns; He has clothed Himself with honor; the Lord has clothed and girded Himself with  
strength. (*Psalm 92:1a*) **Through the prayers of the Theotokos, O Savior, save us!**

For He has established the world, which shall not be moved. (*Psalm 92:1b*) **Through the prayers of  
the Theotokos, O Savior, save us!**



Who shall tell of the mighty acts of the Lord, and cause all His praises to be heard? (*Psalm 105:2*)  
**Through the prayers of the Theotokos, O Savior, save us!**

Let the redeemed of the Lord say so, whom He has redeemed from the hand of the enemy. (*Psalm 106:2*) **Through the prayers of the Theotokos, 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. **Through the prayers of the Theotokos, O Savior, save us!**

### **SECOND ANTIPHON**

Let them give thanks to the Lord for His mercies, and for His wonderful works for the sons of men.  
(*Psalm 106:31*) **O Son of God who arose from the dead, save us who sing to You: Alleluia!**

Let them exalt Him in the congregation of the people, and praise Him in the seat of the elders.  
(*Psalm 106:32*) **O Son of God who arose from the dead, save us who sing to You: Alleluia!**

The eyes of the Lord are upon them that fear Him, upon them that hope in His mercy. (*Psalm 32:18*)  
**O Son of God who arose from the dead, save us who sing to You: Alleluia!**

To hear the groaning of those in fetters, to loosen the sons of the slain. (*Psalm 101:20*) **O Son of God who arose from the dead, save us who sing to You: Alleluia!**

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 were 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**

**Let the heavens and the earth praise Him.** (*Psalm 68:34*) **Tone 2** We venerate Your most pure image, O Good One; / and ask forgiveness of our transgressions, O Christ our God. / Of Your own will You were pleased to ascend the Cross in the flesh / and deliver Your creatures from bondage to the Enemy. / Therefore with thankfulness we cry aloud to You: / "You have filled all with joy, O our Savior, / /by coming to save the world."

**This is the day the Lord has made; let us rejoice and be glad in it.** (*Psalm 117:24*) **Tone 2** We venerate...

**O Lord my God, I will give thanks to You to the ages.** (*Psalm 29:12*) **Tone 2** We venerate ...

## **TROPARIA**

### **Tone 4      Troparion    *(Resurrection)***

When the women disciples of the Lord  
learned from the angel the joyous message of Your Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
Christ God is risen,//  
granting the world great mercy!”

### **Tone 2      Troparion    *(Sunday of Orthodoxy)***

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the Cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

### **Tone 1      Troparion    *(Holy 40 Martyrs)***

Through the sufferings which Your holy Forty Martyrs endured for Your sake, O Lord,  
we beseech You, O Lover of ^mankind://  
“Heal all of our infirmities!”

*(saint of the temple)*

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

Amen. **Tone 8      Theotokion**

O victorious leader of triumphant hosts! We, your servants, delivered from evil, sing our grateful  
thanks to you, O Theotokos! As you possess invincible might set us free from ev'ry calamity so that  
we may sing: Rejoice, O unwedded Bride!

### **Tone 4      Prokeimenon      *(Song of the Fathers)***

Blessed are You, O Lord God of our fathers, / and praised and glorified is Your Name forever! *(Song  
of the three Holy Children, v. 3)*

*V. For You are just in all that You have done for us! (v. 4)*

### **Epistle**

(329-ctr) Hebrews 11:24-26; 32-12:2

## **Tone 4**

Alleluia, Alleluia, Alleluia!

*V. Moses and Aaron were among His priests; Samuel also was among those who called on His Name.  
(Ps. 98:6)*

*V. They called to the Lord and He answered them. (Ps. 98:7a)*

## **Gospel**

(5) John 1:43-51

*(Instead of "It is truly meet...", we sing the following)*

### **Hymn to the Theotokos**

All of creation rejoices in you, O Full of Grace:  
the assembly of angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child -  
our God before the ages.  
He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.  
Glory to you!

### **Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*  
Alleluia, Alleluia, Alleluia!

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*Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America with additions from the Bulgarian typicon.  
Scripture readings translated by Archimandrite Ephrem Lash.*