

First Friday of Lent - "Lord, I Call..."

Tone 5

Come, O faithful!

Let us perform the works of God in the light.

Let us walk honestly as in the day.

Let us rid ourselves of unjust accusations against our neighbours:

Let us not place blocks of stumbling in their way.

Let us put aside the pleasures of the flesh

So that we may increase the gifts to our souls.

Let us give bread to those in need.

Let us draw near to Christ in repentance and say: ///

O our God, have mercy on us! (*twice*)

Four stikhera for the martyrs in the tone of the week (see Octoechos) then return here.

Tone 2

Come, all who love the martyrs:

Let us celebrate and rejoice in spirit!

Today the martyr Theodore offers a mystical banquet,

Making us glad in the feast that we might sing to him:

Rejoice, unconquerable bearer of suffering, victor over torturers!

Rejoice, for you gave your body over to torture for Christ our God!

Rejoice, for by many trials

You were revealed to be a true soldier of the heavenly army! ///

Adornment of martyrs, pray for our souls!

You extend the divinely-granted grace of your miracles

To all who run to you in faith, martyr Theodore.

Therefore we praise you in song:

You release the captives,

Heal the sick, reward the poor,

And save those who are drowning.

You intercede for all who honour your sacred memory.

Entreat Christ to grant great mercy, holy martyr, ///

To us who praise your suffering!

You were revealed as the highest gift of God, martyr Theodore!
Even after your end you grant help to those who run to you.
When the widow came to your temple in tears,
You appeared in mercy and returned her son
When he had been taken captive by foreign soldiers.
You do not cease to work wonders: ///
Entreat Christ our God that our souls may be saved.

We honour you as the true gift of God, thrice-blessed Theodore!
You were revealed as an unfailing candle of the divine light:
Your sufferings illumined creation.
More powerful than fire, you quenched the flames!
You crushed the head of the evil serpent.
When you went to your suffering,
Christ placed the crown on your divine head.
Since you have boldness before God, great martyr, ///
Fervently pray for our souls!

Glory... *Tone 6*
The devil used the apostate as a vessel of evil
Filling him with foul thoughts of polluting the food of the fasting people.
But you overcame his craftiness with wiser reasoning:
You appeared to the archbishop in a dream,
And revealed the wicked plot to him.
For this we give thanks to you, martyr Theodore,
And honour you as a helper and deliverer.
Every year we remember this miracle at this season.
By your intercessions to God, ///
May we be delivered from the reasonings of the evil one!

Now and ever... (*Tone of the Week; see Octoechos*)

Second Friday of Lent - "Lord, I Call..."

Tone 4

Now is the acceptable time!

Now is the day of salvation!

Visit my soul in the abundance of Your mercy;

Take away the heavy burden of my transgressions ///

O only Lover of mankind! (*twice*)

Four stikhera for the martyrs in the tone of the week (see Octoechos).

Four stikhera for the saints of the day (from the menaion).

Glory... stikheron for the departed in the tone of the week (see Octoechos).

Now and ever... dogmaticon in the tone of the week (see Octoechos).

Third Friday of Lent - "Lord, I Call..."

Tone 7

Like the prodigal, I have turned away from Your grace.

I have spent the riches of Your goodness, O Lord.

I now run to You, crying, tender-hearted One: ///

I have sinned, O God, have mercy on me! (*twice*)

Four stikhera for the martyrs in the tone of the week (see Octoechos).

Four stikhera for the saints of the day (from the menaion).

Glory... stikheron for the departed in the tone of the week (see Octoechos).

Now and ever... dogmaticon in the tone of the week (see Octoechos).

Fourth Friday of Lent - "Lord, I Call..."

Tone 7

By my passions, I have ruined my soul's nobility.

Like a beast, I cannot look up to You, Most High.

But bowing low, O Christ, I pray like the publican, crying: ///

Have mercy on me, O God, and save me. (*twice*)

Four stikhera for the martyrs in the tone of the week (see Octoechos).

Four stikhera for the saints of the day (from the menaion).

Glory... stikheron for the departed in the tone of the week (see Octoechos).

Now and ever... dogmaticon in the tone of the week (see Octoechos).

Fifth Friday of Lent - "Lord, I Call..."

Tone 6

I now lie wounded and lifeless,
As if I had left Jerusalem, the way of Your divine commandments,
And had reached the passions of Jericho.
I was led astray by the false glory of earthly pursuits:
I fell among the thieves of my own thoughts.
They robbed me of the robe of sonship that was mine by grace.
The priest came by
And seeing my corpse, took no heed of me.
The Levite also saw and departed.
But Lord, ineffably incarnate of the virgin,
Of Your own will You have poured out blood and water from Your side
Anointing me as with oil for my salvation.
Bind up my wounds with linen, O Christ my God, ///
And in Your compassion bring me to the heavenly kingdom! (*twice*)

Your martyrs, O Lord,
Did not deny You,
Nor did they turn from Your commandments. ///
By their intercessions, have mercy on us.

Revealing to You the pre-eternal counsel,
Gabriel came and stood before you, O maiden,
And in greeting said:
Rejoice, earth that has not been sown;
Rejoice, burning bush that remains unconsumed;
Rejoice, unsearchable depth;
Rejoice, bridge that leads to heaven;
Rejoice, ladder raised on high that Jacob saw;
Rejoice, divine jar of manna;
Rejoice, deliverance from the curse;
Rejoice, restoration of Adam, ///
The Lord is with you!

"You appeared to me in the form of a man,"
Said the undefiled maid to the chief of the heavenly hosts:
"How then do you speak to me of things that pass mankind's power?
For you have said that God shall be with me,
And shall take up His dwelling in my womb.
How shall I become the spacious habitation
And the holy place of Him Who rides upon the cherubim?
Do not amuse me with deceit;
For I have not known pleasure,
I have not entered into wedlock. ///
How then shall I bear a child?"

Then the bodiless angel replied:
"When God so wills, the order of nature is overcome,
And what is beyond mankind comes to pass.
Believe that my sayings are true,
All-holy and immaculate Lady."
And she cried aloud:
"Let it be to me according to your word,
And I shall bear Him Who is without flesh.
He shall borrow flesh from me,
That through this mingling
He may lead mankind up to His ancient glory, ///
For He alone has power to do so!"

Glory... Now and ever...

Tone 2

Today is revealed the eternal mystery!
The Son of God becomes the Son of man.
By accepting the lowest, He grants me the highest.
Of old, Adam was deceived: he sought to become God,
But he did not receive his desire!
Now God becomes man, that He may make Adam God!
Let creation rejoice; let nature exult:
For the archangel stands in fear before the virgin,
And saying: "Rejoice!" He brings her the greeting
By which our sorrow is healed. ///
O Lord, in Your compassion You became a man: Glory to You!

Sixth Friday of Lent - "Lord, I Call..."

Tone 8

We have completed the forty days which profit our souls.
Now let us beg the Lover of man;
Enable us to see the holy week of Your passion,
That we may glorify Your mighty work,
Your wonderful plan for our salvation,
Singing with one heart and voice, ///
O Lord, glory to You! (*twice*)

O Martyrs of the Lord,
We beseech you to intercede with our God,
That He may forgive our many sins, ///
And grant our souls abundant mercy.

Tone 6

Wishing to see the tomb of Lazarus, O Lord,
Since of Your own will, You were soon to dwell in a tomb,
You asked: "Where have you laid him?"
Learning that which was already known to You,
You cried to Your beloved friend: "Lazarus, come forth!"
He who had no breath obeyed the Lord Who gave him breath: ///
O You, the Saviour of our souls. (*twice*)

You have come to the place of the burial of Lazarus, O Lord,
The tomb of a man four days dead.
Weeping for Your friend, bread of life, You raised him up.
Therefore death was bound by Your voice,
Grave clothes were loosened by Your hand.
The band of disciples was filled with joy.
One song of adoration was sung by all: ///
Blessed are You, O Saviour! Have mercy on us! (*twice*)

Your voice destroyed the kingdom of Hades, O Lord.
Your powerful word raised from the tomb the one who was four days dead.
Lazarus became the saving first-fruits of the world's regeneration.
All things are possible for You, O Lord and King of all. ///
Grant Your servants cleansing and great mercy!

You came to the tomb of Lazarus, O Lord.
You called him by name,
Wishing to assure Your disciples of Your own resurrection!
Hades was vanquished!
It released Lazarus who was dead four days.
He cried out to You: ///
Glory to You, O blessed Lord!

You came to Bethany to wake Lazarus, O Lord,
Accompanied by Your disciples.
You wept for him.
But he was raised by Your almighty power!
A man four days dead cried to You, O our Saviour: ///
Glory to You, O blessed Lord!

Glory... *Tone 8*

Standing by the tomb of Lazarus, O Saviour,
You called to Your friend, who was dead.
He heard Your voice, and awoke as from sleep.
Mortality was shaken by immortality.
By Your word the bound was unbound.
All is possible! All things serve and submit to You, O loving Lord. ///
O our Saviour, glory to You!

Now and ever...

We have completed the forty days which profit our souls.
Let us sing: "Rejoice, city of Bethany, home of Lazarus!
Rejoice, Mary and Martha, his sisters!
Tomorrow Christ will come and raise your dead brother to life.
Bitter and unsatisfied, Hades will hear His voice.
Shaking and groaning, it will release bound Lazarus.
The assembly of Hebrews will be amazed.
They will greet Him with palms and branches!
Though their priests and elders look on Him with envy and malice,
The children shall praise Him in song:
'Blessed is He Who comes in the name of the Lord, ///
The King of Israel!' "