

## March 2017 (civil calendar)

### Wednesday

February 16 | **March 1**

#### Clean Wednesday.

Martyrs Pamphilius the Priest, Valens the Deacon, Paul, Seleucus, Porphyrius, Julian, Theodulus, Elias, Jeremiah, Isaiah, Samuel, and Daniel at Caesarea (307–309). St. Marutha, Bp. of Sophene and Martyropolis, (422), and the Martyrs of Persia (IV).

*Fast day*

**6th Hour:** Is. 2:3–11.

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 6 from the Triodion then 4 from the saint of the day of the Menaion (repeating the first), *Glory: Both now:* And the Theotokion from the Menaion. Entrance with the censer, Prokeimena and Paroemiae:

**Prokeimenon: Tone 5** (Psalm 11:8, 1)

You, O Lord, shall protect us and preserve us from this generation and forever.

**Verse:** O Lord save me, for there is no longer any righteous man.

**Paroemia:** Gen. 1:24-2:3

**Prokeimenon: Tone 6** (Psalm 12:3, 1)

Consider and hear me, O Lord my God.

**Verse:** How long will You forget me utterly, O Lord? How long will You turn Your face away from me?

**Paroemia:** Prov. 2:1-22

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### Thursday

February 17 | **March 2**

#### Clean Thursday.

Great Martyr Theodore of Tyro (306). *Ven. Theodore the silent of the Far Kyivan Caves (XIII)*. St. Mariamne, sister of the Apostle Philip (I). St. Nicholas Planas, Priest in Athens (1932).

{St. Finan, Bp. of Lindisfarne (661)}

*Fast day*

**6th Hour:** Is. 2:11–21.

**Vespers:** Gen. 2:4–19; Prov. 3:1–18.

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## Friday

February 18 | **March 3**

### Clean Friday.

St. Leo the Great, Pope of Rome (461). St. Agapitus, Bishop of Synnada (IV). St. Flavian the Confessor, Patriarch of Constantinople (ca. 449).  
{St. Colman, Bp. of Lindisfarne (676)}

*Fast day*

**6th Hour:** Is. 3:1–14

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 2 from the Triodion, 4 stykhyry to the martyrs in the tone of the week, and 4 to the Great Martyr Theodore of Tyro. *Glory:* to the Great Martyr, *Both now:* Dogmatikon — the Theotokion of the tone of the week (Tone 3: “*How should we not marvel...*”). Entrance, Prokeimena and Paroemiae:

**Prokeimenon: Tone 5** (Psalm 19:1, 2)

The Lord hear you in the day of trouble.

**Verse:** The Name of the God of Jacob defend you.

**Paroemia:** Gen. 2:20-3:20

**Prokeimenon: Tone 6** (Psalm 20:14, 1)

Be exalted, O Lord, in Your power: with song and psaltery we will praise Your mighty deeds.

**Verse:** O Lord, the king shall rejoice in Your strength.

**Paroemia:** Prov. 3:19-34

Following the Ambon Prayer we read the supplicatory Canon to Great Martyr Theodore of Tyro with the blessing of Kolyva in the Great Martyr’s honour.

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**Saturday**February 19 | **March 4****Saturday of St. Theodore.**

Great Martyr Theodore of Tyro (c. 366) (*movable feast falling on the first Saturday of the Great Fast*). App. Archippus and Philemon of the Seventy, and Martyr Apphia (I). Martyrs Maximus, Theodotus, Hesychius, and Asclepiodota (305–311). Ven. Eugene and Macarius, Confessors at Antioch (363). Ven. Dositheus (VII), Disciple of the Abbot Dorotheus. St. Rabulas (c. 530). St. Philothea, Nun-Martyr of Athens (1589).

*Fast day, wine and oil allowed*

**Ord.:** Heb. 1:1–12; Mk. 2:23–3:5.

**Great-Martyr:** 2 Tim. 2:1–10; Jn. 15:17–16:2

On Saturday, **at the Liturgy of St. John Chrysostom:** Troparion of the Great Martyr, *Glory:* Kontakion of the Great Martyr, *Both now:* Kontakion of Saturday. Prokeimenon in Tone 7: *The righteous man*. Epistle to the Hebrews per. 303 and to Timothy, per. 292. Gospel of St. Mark, per. 10 and St. John, per. 52. Communion hymn – *The righteous man*.

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**Sunday**February 20 | **March 5****1<sup>st</sup> Sunday of the Great Fast. Sunday of Orthodoxy. TONE 4.**

St. Leo, Bishop of Catania (c. 780). *Ven. Agatho of the Far Kyivan Caves (XIII-XIV)*. Hieromartyr Sadoc, Bp. of Persia, and 128 Martyrs with him (342). St. Agatho, pope of Rome (682).  
 {St. Eleutherius, Bp. of Tournai (531). St. Eucherius, Bp. of Orleans (c. 740). St. Cindeus, Bp. of Pisidia.}

*Fast day, wine and oil allowed*

**At Orthros:** G4, Lk. 24:1–12.

**At the Divine Liturgy:** Heb. 11:24–26, 32–12:2; Jn. 1:43–51.

**At Great Vespers:** *Blessed is the Man*. At *Lord, I have cried* 6 Stichera of the *Octoechos*, 4 of the *Triodion*; *Glory:* of the *Triodion*, *Both now*, Dogmatikon of Tone 4 Entrance. Prokeimenon – *The Lord is king*. At the Aposticha: Stichera of the *Octoechos*; *Glory:* of the *Triodion*. *Both now:* Theotokion – *O, new wonder*. After the Song of Symeon *Rejoice, O Virgin Theotokos* – twice and *We venerate Your most pure image* - once.

**At Orthros:** at *God is the Lord:* Sunday Troparion – twice; *Glory: We venerate Your most pure image*. *Both now:* Theotokion – *Rejoice, O impassible gateway*. After the *Kathismata* the *Sessional Hymns of Octoechos*. *The Resurrectional Evlogitaria*. Hypakoe, Hymns of Ascent and Prokeimenon of the Tone. 4<sup>th</sup> Resurrectional Gospel, from Luke per. 112. *Having beheld the Resurrection of Christ*. Psalm 50, *Glory: Open the doors of repentance* and the rest, as given in the *Triodion* for the Sunday of the Publican and the Pharisee. Canons – Resurrectional on 4, Stavrosanastasimon on 2, Theotokos on 2 and *Triodion* on 6; Irmoi – *Israel in ancient times*; Katavasia of the *Triodion* – *Israel in ancient times*. After the 3<sup>rd</sup> Ode: *Sessional Hymn* of the *Triodion*. After the 6<sup>th</sup> Ode: Kontakion and Ikos of the *Triodion*. At the 9<sup>th</sup> Ode – *More honourable*. 4<sup>th</sup> resurrectional Exapostilarion, *Glory:* Exapostilarion of the *Triodion*, *Both now:* Theotokion of the *Triodion*. At the Praises: 5 Stichera of the *Octoechos* and 3 of the *Triodion* (with their verses); *Glory:* of the *Triodion* – *Moses, in the season of abstinence*; *Both now:* *You are most blessed*. After the Great Doxology – the Troparion *Having risen from the tomb*. Dismissal. *Glory: Both now:* 4<sup>th</sup> Gospel Sticherion. 1<sup>st</sup> hour.

**At the Hours:** Sunday Troparion, *Glory:* Troparion of the *Triodion*. Kontakion of the *Triodion*.

**At the Divine Liturgy of St. Basil the Great:** After the Entrance the Sunday Troparion, Troparion of the *Triodion*; *Glory: Both now:* Kontakion of the *Triodion*. Prokeimenon, song of the Fathers in Tone 4 – *Blessed are you*. Epistle to the Hebrews, per. 329. Gospel from John, per. 5. In place of *It is truly worthy* – *All of creation*. Sunday communion hymn – *Praise the Lord*; and – *Rejoice in the Lord*.

**Monday**February 21 | **March 6****2nd week of the Great Fast.**

Ven. Timothy of Symbola (795). St. Eustace, Archbishop of Antioch (337). St. George, Bishop of Amastris on the Black Sea (ca. 805).

*Fast day***6th Hour:** Is. 4:2–6, 5:1–7;**Vespers:** Gen. 3:21–4:7; Prov. 3:34–4:22.**Tuesday**February 22 | **March 7**

Uncovering of Relics of the holy Martyrs at the Gate of Eugenius at Constantinople (395–423). Martyrs Maurice and his son Photinus, and Martyrs Theodore, Philip, and 70 soldiers, at Apamea in Syria (ca.305). Sts. Thalassius, Limnaeus, and Baradates, hermits in Syria (V). St. Athanasius the Confessor of Constantinople (826).

*Fast day***6th Hour:** Is. 5:7–16;**Vespers:** Gen. 4:8–15; Prov. 5:1–15.**Wednesday**February 23 | **March 8**

Hieromartyr Polycarp, Bp. of Smyrna (167). Sts. John, Antioch, Antoninus, Moses, Zebinas, Polychronius, Moses, and Damian, ascetics near Cyrrhus (V). St. Alexander, founder of the order of the Unsleeping Ones (430). St. Gorgonia, sister of St. Gregory the Theologian (372). St. Policarp of Briansk (1620–1621).

*Fast day***6th Hour:** Is. 5:16–25;

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 6 from the Triodion then 4 from the saint of the day of the Menaion (repeating the first), *Glory: Both now:* Theotokion of the Menaion. Entrance, Prokeimena and Paroemiae:

**Prokeimenon:** Tone 6 (Psalm 31:11, 1)

Be glad in the Lord and rejoice, you righteous: and be joyful, all you that are upright in heart.

**Verse:** Blessed are they whose transgressions are forgiven.

**Paroemia:** Gen. 4:16-26

**Prokeimenon: Tone 1** (Psalm 32)

Let Your mercy, O Lord, be upon us, for we have set our hope in You.

**Verse:** Rejoice in the Lord, you righteous: it is fitting for the just to give praise.

**Paroemia:** Prov. 5:15-6:3

**Thursday**

February 24 | **March 9**

**First (IV) and Second (452) Finding of the Honourable Head of the Holy Glorious Prophet, Forerunner, St. John the Baptist.** *Ven. Erasmus of the Near Kyivan Caves (c. 1160).*

{Martyrs Montanus, Lucia, Julian, Victoricus, Flavian and their companions, at Carthage (259).}

*Fast day, wine and oil allowed*

**At Orthros:** Lk. 7:17–30.

**6th Hour:** Is. 6:1–12;

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 6 from the Triodion (doubling the first one), 3 Stichera to the Forerunner, Glory, *Both now:* Dogmatikon of tone 6 (“*Who will not call you blessed*”). Entrance with Gospel, Prokeimena and Paroemiae:

**Prokeimenon: Tone 4** (Psalm 35:7, 6)

Your mercy, O Lord, is in the heavens: and Your truth reaches unto the clouds.

**Verse:** Your righteousness is like the mountains of God.

**Paroemia:** Gen. 5:1-24

**Prokeimenon: Tone 6** (Psalm 36:34, 1)

Wait on the Lord, and keep His way: and He shall exalt you to inherit the earth.

**Verse:** Fret not yourself because of evildoers.

**Paroemia:** Prov. 6:3-20

**And for the Forerunner:**

1) Is. 40: 1-3, 9, 41:17-18, 45:8, 48: 20-21, 54:1

2) Mal. 3: 1-3, 5-7, 12,18, 4: 4-6

3) Wis. 4:4, 16-17, 19-20, 5: 1-7

After the Prayer of St. Ephraim the Syrian, the Prokeimenon, Epistle, Alleluia Verses and reading from the Gospel — of the Forerunner:

**Prokeimenon:** Tone 7 (Psalm 63:11, 2)

The righteous man shall rejoice in the Lord and hope in him.

**Verse:** Hearken, O God, unto my prayer when I make supplication unto You.**Epistle:** 2 Cor. 4:6-15**Alleluia Verses:** Tone 4 (Psalm 91:12, Psalm 84:12)

The righteous man shall flourish like a palm tree. Like a cedar in Lebanon shall he be multiplied.

**Verse:** Faithfulness will spring up from the ground, and righteousness will look down from the sky.

**Gospel:** Mt. 11:2-15.

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**Friday**February 25 | **March 10**

St. Tarasius, Archbishop of Constantinople (806). Hieromartyr Reginus, Bishop of the isle of Skopelos (355).

{St. Ethelbert, King of Kent (616). St. Walburga, abbess of Heidenheim (779)}

*Fast day***6th Hour:** Is. 7:1–14.

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 2 from the Triodion, 4 to the martyrs in the tone of the week, 4 to the saint of the day from the Menaion. *Glory:* Sticheron for the Dead of St. John of Damascus from the tone of the week, (Tone 4: “*Where is worldly inclination?...*”) *Both now:* Dogmatikon of the tone of the week (Tone 4: “*The Prophet David...*”). Entrance, Prokeimena and Paroemiae:

**Prokeimenon:** Tone 4 (Psalm 39:12, 1-2)

O Lord, let your mercy and Your truth continually help me.

**Verse:** I waited patiently for the Lord: and he hearkened unto me, and heard my prayer.

**Paroemia:** Gen. 5:32-6:8

**Prokeimenon:** Tone 6 (Psalm 40:5, 1)

I said, Lord, be merciful unto me: heal my soul, for I have sinned against You.

**Verse:** Blessed is he who considers the poor and needy.

**Paroemia:** Prov. 6:20-7:1

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## Saturday

February 26 | **March 11**

**2<sup>nd</sup> Saturday of the Great Fast.** 1<sup>st</sup> Saturday of the Souls. Commemoration of the Reposed.

St. Porphyrius, Bp. of Gaza (420). New Martyr John the Cabinetmaker at Constantinople (1575). Ss. Myroslav, Yaroslav, Radoslav and Slavomir.

*Fast day, wine and oil allowed*

**Ord.:** Heb. 3:12–16; Mk. 1:35–44

**For the departed:** 1 Thess. 4:13–17; Jn. 5:24–30

**At the Hours:** Troparia – *O Apostles, Martyrs; Glory: Remember Your servants.*

Kontakion: *With the saints.*

**At the Liturgy of St. John Chrysostom:** After the Entrance the Troparion of Saturday, Troparion of the reposed: *Glory: With the saints; Both now: We have in you.* Saturday Prokeimen in Tone 8 – *Be glad in the Lord;* and of the reposed, in Tone 6 – *Their souls.* Epistle to the Hebrews, per. 309 and of the reposed – to the Thessalonians, per. 270. Gospel from St. Mark, per. 6 and of the reposed, from John, per. 16. Communion hymn – *Rejoice in the Lord;* and *Blessed are they whom You have chosen.*

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**Sunday**February 27 | **March 12****2<sup>nd</sup> Sunday of the Great Fast. TONE 5.**

**St. Gregory Palamas, ArchBp. of Thessalonica.** Ven. Procopius the Confessor, of Decapolis (c. 750). Ven. *Titus, presbyter of the Near Kyivan Caves (1190).* Ven. *Titus the Soldier, monk of the Far Kyivan Caves (XIV).* St. Thalelaeus, hermit of Gabala in Syria (ca. 460). Martyr Gelasius the Actor of Heliopolis (297).

*Fast day, wine and oil allowed*

**At Orthros:** G5, Lk. 24:12–35.

**At the Divine Liturgy: Ord.:** Heb. 1:10–2:3; Mk. 2:1–12

**Hierarch:** Heb. 7:26–8:2; Jn. 10:9–16

**At Great Vespers:** *Blessed is the Man.* At *Lord, I have cried* 6 Stichera of the *Octoechos*, 4 of the *Triodion*; *Glory:* of the *Triodion*, *Both now*, Dogmatikon of Tone 5. Entrance. Prokeimenon – *The Lord is king.* At the Aposticha: Stichera of the *Octoechos*; *Glory:* of the *Triodion*. *Both now:* Theotokion – *O unwedded Virgin.* After the Song of Symeon *Rejoice, O Virgin Theotokos* – thrice.

**At Orthros:** at *God is the Lord:* Sunday Troparion – twice; *Glory:* Troparion of the *Saint* – *Light of Orthodoxy.* *Both now:* Theotokion – *O loving Lord.* After the *Kathismata* the *Sessional Hymns* of *Octoechos.* *The Resurrectional Evlogitaria.* Hypakoe, Hymns of Ascent and Prokeimenon of the Tone. 5<sup>th</sup> Resurrectional Gospel, from Luke per. 113. *Having beheld the Resurrection of Christ.* Psalm 50, *Glory: Open the doors of repentance* and the rest, as given in the *Triodion* for the Sunday of the Publican and the Pharisee. Canons – Resurrectional on 4, *Triodion* on 4 and of the *Saint* on 6; Irmoi – *The rod of Moses;* Katavasia - *I shall open my mouth.* After the 3<sup>rd</sup> Ode: Kontakion of the *Triodion* – *The season of the virtues now has come,* *Sessional Hymn of the Saint.* After the 6<sup>th</sup> Ode: Kontakion and Ikos of the *Saint.* At the 9<sup>th</sup> Ode – *More honourable.* 5<sup>th</sup> resurrectional Exapostilarion, *Glory:* Exapostilarion of the *Saint,* *Both now:* Theotokion. At the Praises: 5 Stichera of the *Octoechos* and 4 of the *Triodion* (with their verses); *Glory:* of the *Triodion* – *In this season of abstinence;* *Both now:* *You are most blessed.* After the Great Doxology – the Troparion *Today Salvation.* Dismissal. *Glory: Both now:* 5<sup>th</sup> Gospel Sticheron. 1<sup>st</sup> hour.

**At the Hours:** Sunday Troparion, *Glory:* Troparion of the *Saint.* Kontakion of the *Triodion* and of the *Saint* alternately.

**At the Liturgy of St. Basil the Great: After the Entrance —**In a temple dedicated to the Lord:

Troparion of the Octoechos Tone 5  
 Troparion of St. Gregory  
*Glory:* Kontakion of St. Gregory  
*Both now:* Kontakion of the Triodion

In a temple dedicated to the Theotokos:

Troparion of the Octoechos Tone 5  
 Troparion of the Temple  
 Troparion of St. Gregory  
 Kontakion of the Triodion  
*Glory:* Kontakion of St. Gregory  
*Both now:* Kontakion of the Temple

In a temple dedicated to a Saint:

Troparion of the Octoechos Tone 5  
 Troparion of the Temple  
 Troparion of St. Gregory  
 Kontakion of the Temple  
*Glory:* Kontakion of St. Gregory  
*Both now:* Kontakion of the Triodion

Prokeimenon in Tone 5 – *You, O Lord, shall protect us... and of the Saint: My mouth shall speak wisdom.* Epistle to the Hebrews, per. 304 and 318. Gospel from Mark per. 7 and from John, per. 36. In place of *It is truly worthy – All of creation.* Sunday communion hymn – *Praise the Lord;* and – *The righteous man.*

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**Monday**February 28 | **March 13****Third week of the Great Fast.**

Ven. Basil the Confessor (747). Apostles Nymphas and Eubulus. Hieromartyr Nestor, Bishop of Magydos in Pamphylia (250). Sts. Marana, Cyanna (Kyra) and Domnica (Domnina), nuns of Syria (450). Hieromartyr Proterius, patr. of Alexandria, and six companions (457).

**(For February 29<sup>th</sup>)** Ven. John Cassian the Roman (435). St. Cassian, faster of the Kyiv Caves (XII). St. Meletius, Abp. of Kharkiv (1840). St. John, called Barsanuphius, of Nitria in Egypt (V). St. Theosterictus the Confessor, Abbot of Pelecete Monastery near Prusa (826).  
 {St. Oswald, Archbishop of York (992)}

*Fast day*

**6th Hour:** Is. 8:13–9:7;

**Vespers:** Gen. 6:9–22; Prov. 8:1–21

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## Tuesday

March 1 | **March 14**

Venerable Martyr Eudocia of Heliopolis (c. 160–170). Martyrs Nestor and Tribimius (III). Martyr Antonina of Niceaea (III-IV). Virgin Domnina of Cyrrhus (450–460).  
{St. David, Bp. of Wales (VI)}

*Fast day*

**6th Hour:** Is. 9:9–10:4;

**Vespers:** Gen. 7:1–5; Prov. 8:32–9:11

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## Wednesday

March 2 | **March 15**

Hieromartyr Theodotus, Bp. of Cyrenia (c. 326). Virgin-Martyr Euthalia of Sicily (257). Martyr Troadius of Neocesarea (III). St. Agatho of Egypt, monk (V). 440 Martyrs slain by the Lombards (ca. 579).  
{St. Chad, Bp. of Lichtfield (672)}

*Fast day*

**6th Hour:** Is. 10:12–20;

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 6 from the Triodion 4 from the saint of the day of the Menaion (repeating the first), *Glory:* *Both now:* the Theotokion from the Menaion. Entrance, Prokeimena and Paroemiae:

**Prokeimenon: Tone 4** (Psalm 51:10, 3)

My trust is in the tender mercy of God for ever and ever.

**Verse:** Why do you boast in evil, O mighty man, and in lawlessness all the day long?

**Paroemia:** Gen. 7:6-9

**Prokeimenon: Tone 4** (Psalm 52:7, 2)

When God shall bring back His people from captivity, Jacob shall rejoice and Israel shall be glad.

**Verse:** The fool has said in his heart: there is no God.

**Paroemia:** Prov. 9:12-18

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**Thursday**

March 3 | **March 16**

Martyrs Eutropius, Cleonicus and Basiliscus (c. 308). St. Piama the Virgin (337), and St. Alexandra of Alexandria (IV).  
{St. Non, Mother of St. David of Wales (VI)}

*Fast day*

**6th Hour:** Is. 11:10–12:2;

**Vespers:** Gen. 7:11–8:3; Prov. 10:1–22.

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**Friday**

March 4 | **March 17**

Ven. Gerasimus of Jordan (475). Martyrs Paul and his sister Juliana (273). St. James the Faster of Phoenicia (VI). Translation of the relics (938) of Martyr Wenceslaus (Viacheslav), prince of the Czechs (935). St. Gregory, Bishop of Constantia in Cyprus. Blessed Basil, prince of Rostov (1238).

*Fast day*

**6th Hour:** Is. 13:2–13;

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 2 from the Triodion, 4 to the martyrs in the tone of the week, and 4 to the saint of the day from the Menaion. *Glory:* Sticheron for the Dead of St. John of Damascus in the tone of the week of the Octoechos (Tone 5: “*I have called to mind the Prophet’s words...*”), *Both now:* Dogmatikon of the Octoechos (Tone 5: “*In the Red Sea...*”). Entrance, Prokeimena and Paroemiae:

**Prokeimenon: Tone 4** (Psalm 59:13, 1)

Give us help in our troubles: for vain is the help of man.

**Verse:** O God, You have rejected us and destroyed us: You were angry, but have taken pity on us.

**Paroemia:** Gen. 8:4-21

**Prokeimenon: Tone 6** (Psalm 60: 1, 9)

Hear my supplication, O God: give ear unto my prayer.

**Verse:** So will I sing praise unto Your Name forever.

**Paroemia:** Prov. 10:31-11:12

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## **Saturday**

March 5 | **March 18**

**3<sup>rd</sup> Saturday of the Great Fast.** 2<sup>nd</sup> Saturday of the Souls. Commemoration of the Reposed.

Martyr Conon (I). St. Conon the Gardener of Pamphylia (251). Virgin Martyr Irais (Rhais) of Egypt (III). St. Eulogius of Palestine. Martyr Eulampius of Palestine. St. Mark the Faster of Egypt (V). Ven. Hesychius (c. 790). St. Nicolai (Velmirovic), Bishop of Ochrid and Ziča (1956).

{St. Kieran of Saigher (V-VI). St. Virgil, archBp. of Arles (618)}

*Fast day, wine and oil allowed.*

**Ord.:** Heb. 10:32–38; Mk. 2:14–17

**For the reposed:** 1 Thess. 4:13–17; Jn. 5:24–30

The order of service is the same as for the previous Saturday (26 February | **March 11**). The Epistle is to the Hebrews, per. 325 and for the reposed – Thessalonians per. 270. The Gospel is from St. Mark, per. 8 and for the reposed – from John, per. 16.

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**Sunday**March 6 | **March 19****3<sup>rd</sup> Sunday of the Great Fast, Veneration of the Cross. TONE 6.**

The 42 Martyrs of Ammoria in Phrygia, including: Constantine, Aetius, Theophilus, Theodore, Melissenus, Callistus, Basoes, and others (c. 845). Finding of the Precious Cross and Precious Nails by St. Helen (326). Monk-Martyrs Conon and his son Conon of Iconium (270–275). St. Arcadius, monk, of Cyprus (361).  
{St. Fridolin, Abbot, enlightener of the Upper Rhine (540)}

*Fast day, wine and oil allowed.*

**At Orthros:** G6, Lk. 24: 36–53.

**At the Divine Liturgy: Ord.:** Heb. 4:14–5:6; Mk. 8:34–9:1.

Before Vespers the Priest vested in the *phelonion* goes to the table of oblation where the Precious Cross, decorated with basil (or other flowers) rests on a tray, covered with an aer. The Royal Doors and curtain are closed. The Priest – *Blessed is our God*. Deacon or reader in the altar – *Amen*. Trisagion. After the *Our Father* – *O Lord, save Your people*. *Glory: Both now: The flaming sword*. During the singing the Priest censens the Cross, and gives away the censer. After the exclamation, having made a prostration, he raises the Cross on his head, and carries it to the Holy Table, preceded by candle-bearers (N.B.: no one other than those in higher orders – Bishops, Priests, and Deacons – are **ever** permitted to cross in front of the Holy Table! In the given instance the candle-bearers proceed from the table of oblation to the edge of the Holy Table, and then step aside so the Priest may proceed to the front of the Holy Table), and places it where the Gospel book (which has previously been placed on the “high place” of the Holy Table, i.e., standing upright between the antimension and artophorion) usually rests. After this the curtain and Royal Doors are opened, and the All-night vigil is begun.

**At Great Vespers:** *Blessed is the Man*. At *Lord, I have cried* 6 Stichera of the *Octoechos* and 4 of the *Triodion*; *Glory: of the Triodion, Both now*, Dogmatikon of Tone 6 Entrance. Prokeimenon – *The Lord is king*. At the Aposticha: Stichera of the *Octoechos*; *Glory: Both now: of the Triodion*. After the Song of Symeon Rejoice, *O Virgin Theotokos* – twice and *O Lord, save Your people* - once.

**At Orthros:** at *God is the Lord*: Sunday Troparion – twice; *Glory: O Lord, save Your people Both now: Theotokion*. After the *Kathismata* the *Sessional Hymns* of *Octoechos*. *The Resurrectional Evlogitaria*. Hypakoe, *Sessional Hymn*, Hymns of Ascent and Prokeimenon of the Tone. 6<sup>th</sup> Resurrectional Gospel, from Luke per. 114. *Having beheld the Resurrection of Christ*. Psalm 50, *Glory: Open the doors of repentance* and the rest, as given in the *Triodion* for the Sunday of the Publican and the Pharisee (on this day the Gospel is not presented for veneration, because the veneration of the Cross will take place). Canons – Resurrectional on 4, Theotokos on 2 and of the *Triodion* on 8; Katavasia - *Moses the servant of God*. *Sessional Hymn* of the Cross. After the 6<sup>th</sup> Ode: Kontakion and Ikos of the Cross (The main celebrant vests in full vestments). At the 9<sup>th</sup> Ode: *More honourable*. 6<sup>th</sup> Sunday Exapostilarion; *Glory: of the Triodion; Both now:*

Theotokion. At the Praises: 4 Stichera of the *Octoechos* and 4 of the *Triodion* (with their verses); *Glory*: of the *Triodion* – *The Lord of all has taught us*; *Both now*: *You are most blessed*. At the Great Doxology the main celebrant in full vestments censes around the Holy Table thrice, and during the slow singing of the last *Holy God* he carries out the Precious Cross on his head, proceeding through the north Deacon's door to before the Royal Doors, accompanied by two candle-bearers. At the conclusion of the Trisagion the Priest exclaims from before the Royal Doors – *Wisdom. Stand aright*. The choir – *O Lord, save Your people* (thrice). The Priest places the Cross, decorated with basil, in the middle of the Church (on the tetrapod or an analogion) and censes around it thrice. He then sings *Before Your Cross* thrice. After this, the choir sings *Before Your Cross* thrice. Following this, the Sticheron *Come, O ye faithful*; and the others. The Priest and faithful, one by one, approach to venerate the Cross. After the Stichera, the litanies and dismissal. *Glory*: *Both now*: 6<sup>th</sup> Gospel Sticheron. 1<sup>st</sup> hour.

**At the Hours:** Sunday Troparion, *Glory*: Troparion of the Cross. Kontakion of the Cross.

**At the Liturgy of St. Basil the Great:** After the Entrance:

Troparion of Tone 6  
Troparion of the Cross,  
*Glory*; *Both now*: Kontakion of the Cross.

In place of the Trisagion we sing *Before Your Cross*. Prokeimenon in Tone 6 – *O Lord, save Your people*. Epistle to the Hebrews, per. 311. Gospel from Mark per. 37. In place of *It is truly worthy* – *All of creation*. Communion hymn – *The light of Your countenance, O Lord*.

**Note:** On Monday and Wednesday, at the 1<sup>st</sup> hour, we perform the veneration of the Cross. Having opened the Royal Doors, the Priest censes the Cross. In place of – *My steps do Thou direct* we sing *Before Your Cross*: and the Sticheron – *Come, O ye faithful* (as at the vigil). At all hours and at the Typika on these days we read the Kontakion of the Cross – *The flaming sword*. On Friday the same veneration is made after the dismissal of the hours, following which the Cross is carried back into the Altar through the Royal Doors during the singing of the Troparion and Kontakion.

**From Wednesday of this week till Great Wednesday at all Liturgies of the Presanctified Gifts the litany for those who are preparing for illumination is added.**

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**Monday**March 7 | **March 20****4<sup>th</sup> week of the Great Fast.**

*The Hieromartyrs of Kherson: Basil, Ephraim, Capito, Eugene, Aetherius, Elpidius and Agathodorus (IV). Ven. Paul the Simple (IV). St. Paul the Confessor, Bp. of Prusias in Bithynia (850). St. Emilian of Rome.*

*Fast day.*

**6th Hour:** Is. 14:24–32;

**Vespers:** Gen. 8:21–9:7; Prov. 11:19–12:6.

**Tuesday**March 8 | **March 21**

St. Theophylactus, Bp. of Nicomedia (842–845). Apostle Hermas of the Seventy (I). Hieromartyr Theodoretus of Antioch (361). St. Dometius, monk (363).  
{St. Felix, Bp. of Burgundy (c. 648)}  
*“Kursk Root” Icon of the Sign of the Mother of God (1295)*

*Fast day*

In accordance with the directives of the typicon under March 9th, the service for the 40 Holy Martyrs of Sebaste is transferred to today (the 8<sup>th</sup> | **21<sup>st</sup>**) from the 9<sup>th</sup> | **March 22<sup>nd</sup>** of March as it falls on the 4<sup>th</sup> Wednesday of the Fast.

**6th Hour:** Is. 25:1–9

**At the Liturgy of the Presanctified Gifts:** At *“Lord, I have cried”* we sing 10 Stichera: 2 from the Triodion, 4 of the Cross and 4 of the Holy Martyrs of Sebaste, *Glory:* of the Holy Martyrs of Sebaste, *Both now:* of the Cross. Entrance with the Gospel, Prokeimena and Paroemiae:

**Prokeimenon: Tone 6** (Psalm 67:5)

Sing unto God, sing praises unto His Name: prepare a way for Him that rides upon the setting of the sun.

**Verse:** The Lord is His Name: rejoice greatly before Him.

**Paroemia:** Gen. 9:8-17



**Prokeimenon: Tone 6** (Psalm 68:30, 33)

I am poor and in sorrow: let Your salvation, O God, help me.

**Verse:** Let the poor see it and be glad: seek God, and your soul shall live.

**Paroemia:** Prov. 12:8-22

**and for the 40 Holy Martyrs:**

1) Is. 43:9–14

2) Wis. 3:1–9

3) Wis 5:15–24, 6:1–3.

**We also read the Prokeimenon, Epistle, Alleluia Verses and Gospel for the 40 Holy Martyrs of Sebaste:****Prokeimenon: Tone 5** (Psalm 11:8, 2)

You, O Lord, shall protect us and preserve us from this generation and forever.

**Verse:** O Lord save me, for there is no longer any righteous man.

**Epistle:** Heb. 12:1–10

**Alleluia Verses, Tone 4:** (Psalm 65:2, 10)

Shout to the Lord, all the earth, sing now to His name, give glory to His praise.

**Verse:** For You, O God, have tested us, You have tried us by fire as silver is tried.

**Gospel Reading:** Mt. 20:1–16.

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**Wednesday**

March 9 | **March 22**

**The Holy Forty Martyrs of Sebaste:** Cyrion, Candidus, Domnus, Hesychius, Heraclius, Smaragdus, Eunoicus, Valens, Vivianus, Claudius, Priscus, Theodulus, Eutychius, John, Xanthias, Helianus, Sisinius, Angus, Aetius, Flavius, Acacius, Ecdicius, Lysimachus, Alexander, Elias, Gorgonius, Theophilus, Dometian, Gaius, Leontius, Athanasius, Cyril, Sacerdon, Nicholas, Valerius, Philoctimon, Severian, Chudion, Agladius, and Meliton (c. 320). Martyr Urpasianus of Nicomedia (295). Righteous Caesarius, brother of St. Gregory the Theologian (369). St. Tarasius of Lyconium.

{St. Pacianus, Bp. of Barcelona (390)}

*Fast day, wine and oil allowed*

**6th Hour:** Is. 26:21–27:9;

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 6 from the Triodion, 4 from the saint of the day of the Menaion (repeating the first), *Glory: Both now:* the Theotokion from the Menaion. Entrance, Prokeimena and Paroemiae:

**Prokeimenon:** Tone 4 (Psalm 71:18, 1)

Blessed be the Lord God of Israel, who alone does wondrous things.

**Verse:** Give Your judgment unto the King, O God; and Your righteousness unto the King’s son.

**Paroemia:** Gen. 9:18-10:1

**Prokeimenon:** Tone 4 (Psalm 72)

It is good for me to cleave to God, to put my trust in the Lord God.

**Verse:** Truly God is loving unto Israel; even unto them that are upright in heart.

**Paroemia:** Prov. 12:23-13:9

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## Thursday

March 10 | **March 23**

Martyr Quadratus and with him: Cyprian, Dionysius, Anectus, Paul, Crescens, Dionysius, Victorinus, Victor, Nicephorus, Claudius, Diodorus, Serapion, Papias, Leonidas, Chariessa, Nunechia, Basilissa, Nice, Galla, Galina, Theodora, and others at Corinth (258). Martyrs Codratus, Saturninus, and Rufinus of Nicomedia (III). Ven. Anastasia (567–568)  
{St. Attalus of Bobbio (626)}

*Fast day*

**6th Hour:** Is. 28:14–22;

**Vespers:** Gen. 10:32–11:9; Prov. 13:20–14:6,

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## Friday

March 11 | **March 24**

St. Sophronius, Patriarch of Jerusalem (638–644). *Ven. Sophronius of the Far Kyivan Caves (XIII)*. *Ven. Alexis, staretz of the Holosyiv Skete of Kyiv (1917)*. Hieromartyr Pionius, Priest of Smyrna, and those with him (250). Translation of the relics of Martyr Epimachus of Pelusium (250) to Constantinople.  
{St. Eulogius, metr. of Cordova (859). St. Oengus the Culdee (824)}

*Fast day*

**6th Hour:** Is. 29:13–23

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 2 from the Triodion, 4 to the martyrs in the tone of the week, and 4 to the saint of the day from the Menaion. *Glory:* Sticheron for the Dead of St. John of Damascus in the tone of the week of the Octoechos (Tone 6: “*Your creative ordinance was my beginning and foundation...*”), *Both now:* Dogmatikon of the Octoechos (Tone 6: “*Who will not call You blessed...*”). Entrance, Prokeimena and Paroemiae:

**Prokeimenon:** Tone 4 (Psalm 79:2)

Reveal yourself, You who sit upon the cherubim.

**Verse:** Give ear, O Shepherd of Israel: You, who lead Joseph like a flock

**Paroemia:** Gen. 12:1-7

**Prokeimenon:** Tone 4 (Psalm 80:2, 3)

Rejoice in God our helper: shout with joy unto the God of Jacob.

**Verse:** Take up the psalm and sound the timbrel.

**Paroemia:** Prov. 14:15-26

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## Saturday

March 12 | **March 25**

**4<sup>th</sup> Saturday of the Great Fast.** 3<sup>rd</sup> Saturday of the Souls. Commemoration of the Reposed.

St. Gregory the Dialogist, Pope of Rome (604). Ven. Theophanes the Confessor, of Sigriane (818). Ven. Symeon the New Theologian (1021). Righteous Aaron the High Priest (1500 BC). Righteous Phineas, grandson of Aaron (1500 B.C.). {St. Paul, Bp. of Leon in Brittany (572). St. Alphege, Bp. of Winchester (951)}

*Fast day, wine and oil allowed*

**Ord.:** Heb. 6:9–12; Mk. 7:31–37

**For the reposed:** 1 Cor. 15:47–57; Jn. 5:24–30

The order of service is the same as for the third Saturday of the Great Fast (March 5 | March 18). The Epistle is to the Hebrews, per. 313 and to the Corinthians per. 163. The Gospel is from St. Mark, per. 31 and from John, per. 16.

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**Sunday**March 13 | **March 26****4th Sunday of Great Fast. TONE 7.**

**St. John Climacus.** Translation of the Relics of St. Nicephorus, Patriarch of Constantinople (846). Martyr Sabinus (Abibus) of Egypt (303). Martyr Alexander of Macedonia (305). Martyrs Africanus, Publius, and Terence of Carthage (III). Martyr Christina of Persia (IV).

*Fast day, wine and oil allowed*

**At Orthros:** G7, Jn. 20:1–10.

**At the Divine Liturgy: Ord.:** Heb. 6:13–20; Mk. 9:17–31.

**Venerable Father:** Eph. 5: 9 – 19; Mt. 4:25 – 5:12.

**At Great Vespers:** *Blessed is the Man.* At Lord, *I have cried* 7 Stichera of the Octoechos, 3 of the *Triodion*; *Glory:* of the *Triodion*, *Both now*, Dogmatikon of Tone 7. Entrance. Prokeimenon – *The Lord is king.* At the Aposticha: Stichera of the *Octoechos*; *Glory:* of the *Triodion*. *Both now:* Theotokion – *O new wonder.* After the Song of Symeon *Rejoice, O Virgin Theotokos* – thrice.

**At Orthros:** at *God is the Lord:* Sunday Troparion – twice; *Glory:* Troparion of the Saint – *Dweller of the wilderness.* *Both now:* Theotokion. After the *Kathismata* the *Sessional Hymns* of *Octoechos*. *The Resurrectional Evlogitaria.* Hypakoe, Hymns of Ascent and Prokeimenon of the Tone. 7<sup>th</sup> Resurrectional Gospel, from John per. 63. *Having beheld the Resurrection of Christ.* Psalm 50, *Glory: Open the doors of repentance* and the rest, as given in the *Triodion* for the Sunday of the Publican and the Pharisee. Canons – Resurrectional on 4, Theotokos on 2, *Triodion* on 4 and venerable father on 4. Katavasia - *I shall open my mouth.* After the 3<sup>rd</sup> Ode: Kontakion and *Sessional Hymn of the Saint.* After the 6<sup>th</sup> Ode: Kontakion and Ikos of the Sunday. At the 9<sup>th</sup> Ode – *More honourable.* 7<sup>th</sup> resurrectional Exapostilarion, *Glory:* Exapostilarion of the Saint, *Both now:* Theotokion from the *Triodion*. At the Praises: 8 Stichera of the *Octoechos* then the verse *Arise, O Lord my God* – the idiomelon of the *Triodion* – *Come, let us work in the mystical vineyard*; *Glory:* repeat the same; *Both now:* *You are most blessed.* After the Great Doxology – the Troparion *Today Salvation.* Dismissal. *Glory: Both now:* 7<sup>th</sup> Gospel Sticheron. 1<sup>st</sup> hour.

**At the Hours:** Sunday Troparion, *Glory:* Troparion of the venerable father. Kontakion of the venerable father and of the Sunday alternately.

**At the Liturgy of St. Basil the Great: After the Entrance —**In a temple dedicated to the Lord:

Troparion of the Resurrectional Tone: Tone 7  
Troparion of St. John  
*Glory:* Kontakion of St. John  
*Both now:* Kontakion of the Octoechos: Tone 7

In a temple dedicated to the Theotokos:

Troparion of the Resurrectional Tone: Tone 7  
Troparion of the Temple  
Troparion of St. John  
Kontakion of the Resurrectional Tone: Tone 7  
*Glory:* Kontakion of St. John  
*Both now:* Kontakion of the Temple

In a temple dedicated to a Saint:

Troparion of the Resurrectional Tone: Tone 7  
Troparion of the Temple  
Troparion of St. John  
Kontakion of the Temple  
*Glory:* Kontakion of St. John  
*Both now:* *O Protection of Christians...*

Prokeimenon of Tone 7 — *The Lord shall give strength to His people; and of the Saint: The saints shall rejoice.* Epistle to the Hebrews, per. 314 and to the Ephesians 229. Gospel from Mark per. 40 and from Matthew, per. 10. In place of *It is truly worthy – All of creation.* Sunday communion hymn – *Praise the Lord;* and – *The righteous man.*

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**Monday**March 14 | **March 27****5<sup>th</sup> week of the Great Fast.**

Ven. Benedict of Nursia (543). St. Theognostus, Metropolitan of Kyiv and all Rus' (1353). St. Rostislav-Michael, Prince of Kyiv (1167). St. Euschemon, Bishop of Lampsacus (IX).

Icon of the Mother of God of St. Theodore ("Feodorivs'ka") (1613)

*Fast day***6th Hour:** Is. 37:33–38:6.**Vespers:** Gen. 13:12–18; Prov. 14:27–15:4**Tuesday**March 15 | **March 28**

Martyrs Agapius, Publius, Timolaus, Romulus, two named Dionysius, and two named Alexander, at Caesarea in Palestine (303). Hieromartyr Alexander of Side in Pamphylia (270–275). Martyr Nicander of Egypt (302). New Martyr Manuel of Crete (1792).

*Fast day***6th Hour:** Is. 40:18–31;**Vespers:** Gen. 15:1–15; Prov. 15:7–19.**Wednesday**March 16 | **March 29**

Martyr Sabinas of Egypt (287). Martyr Papas of Lyconia (305–311). Apostle Aristobulus of the Seventy, Bp. of Britain (I). Hieromartyr Alexander, Pope of Rome (119). Martyr Julian of Anazarbus (305). Hieromartyrs Trophimus and Thalus, Priests of Laodicea (300). St. Christodoulos of Patmos (1093).

*Fast day***6th Hour:** Is. 41:4–14;

**At the Liturgy of the Presanctified Gifts:** At "*Lord, I have cried*" we sing 6 Stichera from the Triodion, followed by 24 more from the Canon of St. Andrew as given in the Triodion. Entrance, Prokeimena and Paroemiae:

**Prokeimenon:** Tone 5 (Psalm 93:1, 2)

The Lord God to whom vengeance belongs: the God to whom vengeance belongs has spoken openly.

**Verse:** Be You exalted, O Judge of the earth: reward the proud as they deserve.

**Paroemia:** Gen. 17:1-9**Prokeimenon:** Tone 6 (Psalm 95: 1, 2)

Sing unto the Lord a new song: sing unto the Lord, all the earth.

**Verse:** Sing unto the Lord: bless His Name.

**Paroemia:** Prov. 15:20-16:9

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**Thursday**

March 17 | **March 30**

**Reading of the Great Penitential Canon of St. Andrew of Crete.**

St. Alexis the Man of God (411). Martyr Marinus, soldier, at Caesarea in Palestine (260). Monk-Martyr Paul of Crete (767). *St. Parfenius of Kyiv (1855)*.  
{St. Patrick, Bishop and enlightener of Ireland (461)}

*Fast day, wine and oil allowed*

**At Orthros** which is served **on Wednesday evening** the Great Canon of St. Andrew of Crete is read in its entirety, according to the following order: The Priest in an epitrachilion intones – *Blessed is our God*. Reader – *Amen. O Heavenly King*. After the *Our Father* – the usual psalms. *O Lord, save Your people*. Litany before the Holy Table. After the six psalms – *Alleluia*, and the trinity hymns of the eighth Tone. 8<sup>th</sup> Kathisma. *Sessional Hymn* of the *Octoechos*. And we read the 1st half of the life of St. Mary of Egypt. Psalm 50, and **The Great Canon**. The choir sings the Irmoi – *He is my helper and my defender*. The Priest reads the Troparia of the Canon in the middle of the temple. Before every Troparion – *Have mercy on me, O God, have mercy on me*; and a great prostration. At the Troparia of St. Mary – *Holy Mother Mary, pray to God for us*. At the Troparia for St. Andrew – *Holy Father Andrew, pray to God for us*. After the 3rd Ode of the Canon and the *Sessional Hymns* we read the second half of the life of St. Mary. At the 4th, 8th and 9th odes – *Triodion* Canon without Irmoi or prostrations. After the 6<sup>th</sup> Ode the Kontakion – *My soul*; and the beatitudes. At the 9<sup>th</sup> Ode – *More honourable*. After the Canon the Exapostilarion of the trinity of the 8<sup>th</sup> Tone. We read the praises and the doxology. The Litany of Supplication. At the Aposticha: *idiomela*, Martyr's hymn and Theotokion of the *Triodion*. *It is good to give thanks to the Lord*. Trisagion, after the *Our Father* – *Standing in your temple; Lord, have mercy* (40 times). *Glory: Both now: More honourable: In the name of the Lord: Priest – Christ our God is blessed*. Reader: *Amen. Heavenly King*. Priest - prayer of St. Ephraim the Syrian with 3 prostrations. Then the 1<sup>st</sup> hour with no Kathisma. Troparion – *In the morning hearken unto my voice* – without

singing, with bows to the waist only. Kontakion – *My soul*. After – *You, Who at all times*: the prayer of St. Ephraim the Syrian with 3 prostrations. Ending Trisagion. *O Christ, the true light: To you, the champion leader*; and the dismissal

**6th Hour:** Is. 42:5–16

**At the Liturgy of the Presanctified Gifts:** After the Litany of Peace we read the 12<sup>th</sup> (not the 18<sup>th</sup>) Kathisma. At “*Lord, I have cried*” we sing 10 Stichera: 6 from the Triodion then 4 from the saint of the day of the Menaion (repeating the first), *Glory: Both now*: And the Theotokion from the Menaion. Entrance, Prokeimena and readings:

**Prokeimenon:** Tone 7 (Psalm 98:5, 1)

Exalt you the Lord our God and worship at His footstool: for He is holy.

**Verse:** The Lord is King; let the peoples rage.

**Paroemia:** Gen. 18:20-33

**Prokeimenon:** Tone 6 (Psalm 99:1, 2)

Sing with joy to the Lord, all the earth.

**Verse:** Serve the Lord with gladness: come into his presence with rejoicing.

**Paroemia:** Prov. 16:17-17:17

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## Friday

March 18 | **March 31**

St. Cyril, Archbishop of Jerusalem (386). Martyrs Trophimus and Eucarpus of Nicomedia (300). St. Aninas, Priest and monk, of the Euphrates.  
{St. Edward, King of England (978)}

*Fast day*

**6th Hour:** Is. 45:11–17

**At the Liturgy of the Presanctified Gifts:** At “*Lord, I have cried*” we sing 10 Stichera: 3 from the Triodion, and 7 to the Theotokos. *Glory: Both now*: to the Theotokos Entrance, Prokeimena and Paroemiae:

**Prokeimenon:** Tone 4 (Psalm 102:8, 2)

The Lord is full of compassion and mercy: longsuffering, and of great goodness.

**Verse:** Bless the Lord, O my soul; and all that is within me, bless His Holy Name.

**Paroemia:** Gen. 22:1-18



**Prokeimenon:** Tone 4 (Psalm 103)

How marvelous are Your works, O Lord: in wisdom You have made them all.

**Verse:** Bless the Lord, O my soul: O Lord my God, You are very great.

**Paroemia:** Prov. 17:17-18:5

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