

# First Saturday of the Great Fast (St Theodore the Recruit)

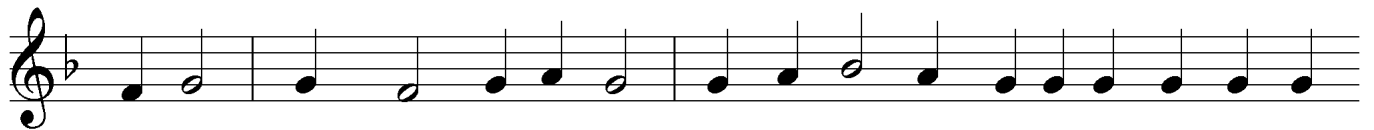
## Troparion for St Theodore, Tone 2



Great are the a - chieve - ments of faith! The ho - ly mar - tyr The - o - - dore



re - joiced in the foun - tain of the flames as though in the still wat - ers

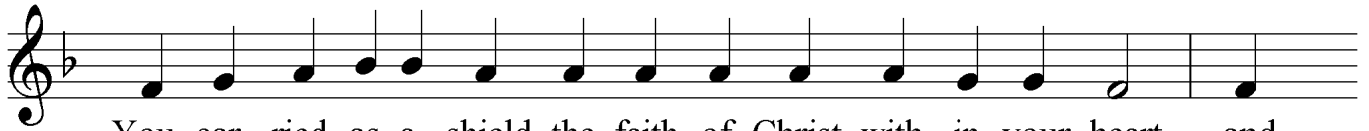


of rest; con - sumed in the fire, he was of - fered as a sac - ri - fice to

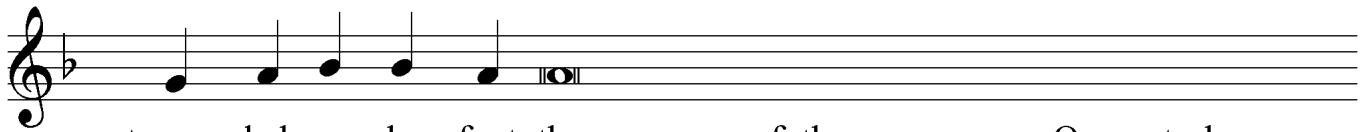


the Trin - i - ty. At his in - ter - ces - - - sion, Christ God, save our souls.

### Kontakion for St Theodore, Tone 8



You car - ried as a shield the faith of Christ with - in your heart, and



tramp - led un - der - foot the pow - er of the e - ne - my, O great - ly -



suf - fer - ing mar - tyr; you have re - ceived a heav - en - ly and e - ter - nal



crown, for you were un - de - feat - ed in the bat - tle.

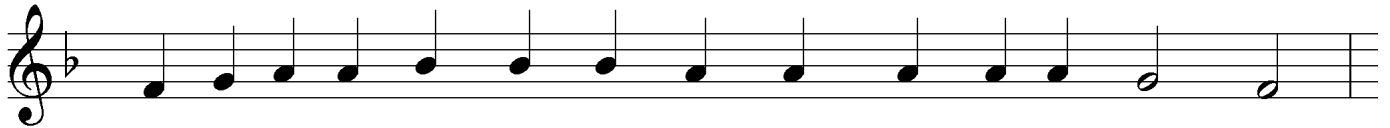
### Kontakion of the Martyrs, Tone 8



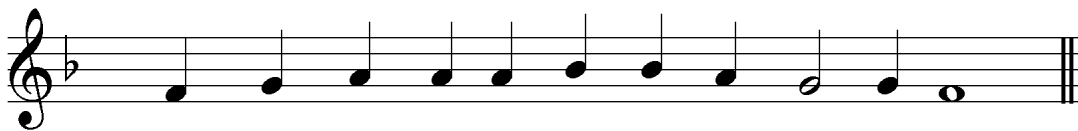
As first fruits of na - ture, O Lord, the Plant - er of cre - a - tion,



the whole world of - fers you the God - bear - ing Mar - tyrs.



At their in - ter - ces - sions pre - serve your Church in pro - found peace,



through the Moth - er of God, O most Mer - ci - ful.

**Prokeimenon, Tone 7**



The right - eous will re - joice in the Lord, and will hope in him.

*Verse:* O God, hear my prayer when I make my petition to you; deliver my soul from fear of the enemy.

**Alleluia, Tone 4**



Al - le - lu - ia, al - le - lu - ia, al - - le - lu - - - - - ia.

*Verse 1:* The righteous will flourish like a palm tree, and will grow like a cedar of Libanos.

*Verse 2:* Those who are planted in the house of the Lord will flourish in the courts of our God.

**Communion Chant:**

The righteous will be in everlasting remembrance. He will not fear evil tidings. Alleluia.