

March 9: Holy 40 Martyrs of Sebaste
Stichera on "Lord I have cried"
Tone 2, Kievan

(3) *Reader:* In the 2nd Tone

For with the Lord there is mercy, and with Him is plenteous redemption;

And He shall redeem Israel out of all his in-iq- ui-ties.

Valiantly enduring present torments, /
 rejoicing in that for which they longed, /
 the holy martyrs said one to another: /
 "If we do not shed our garments, /
 we shall not put off the old man. /
 Winter is cruel, but paradise is sweet; /
 the ice is painful, but the acquisition of the Kingdom is delightful. /
 Then, let us not give way, O warriors! /
 Let us endure but a little while, //
 that we may be crowned with crowns of victory by Christ God, the Savior of our souls."

English translation by Isaac E. Lambertsen, ©1999, "The Menaion of the Orthodox Church", Vol. VII
 St. John of Kronstadt Press. The complete service text may be purchased through: sjkp.org

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(2) Reader: O praise the Lord, all ye nations;

Praise Him all ye peo - - ples.

Casting off all their garments /

and entering the lake with trembling, /

the holy martyrs said one to another: /

"Let us not spare today our corruptible garments, /

that we may attain the paradise which we have lost! /

Having once been clothed because of the pernicious serpent, /

let us now unclothe ourselves for the resurrection of all. /

Let us disdain the frigid ice and despise the flesh, /

that we may be crowned with crowns of victory by Christ God, the Savior of our souls!"

March 9: Stichera on "Lord I have cried"

(1) *Reader:* For He hath made his mercy to prevail over us,

And the truth of the Lord abideth for - ev - er.

Seeing tortures as delight, /

running to the frozen lake as to a warm spring, /

the holy martyrs said: /

"Let us not fear the season of winter, /

that we may avoid the fearsome fire of Gehenna; /

let our legs be consumed, /

that they may dance eternally; /

let our arms be cut off, /

that they may stretch themselves forth unto the Lord; /

let us not spare our mortal nature; /

let us submit to death, /

that we may be crowned with crowns of victory by Christ God, the Savior of our souls."