Lenten Triodion
The 1st Saturday of Lent, St. Theodore of Tyre
Stichera at the Praises

Byzantine Chant Tone 1
Special Melody: Thou art the joy

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1) As we the faith-ful assemble with one ac-cord to-day, with mys-tic songs and prais-es let us
hon-or the vic-tor whose en-list-ment came from on-high, for he fought as a brave__sol-dier of our Faith;
and thou, O praise-wor-thy Mar-tyr of Je-sus Christ, in-ter-cede for them that hon-or thee.

2) Right-ly called The-o-dore, thou__art in-deed the
gift_of God, given to those__in sorrows for their
glad-ness of spir-it, O thrice-bless-ed The-o-dore,
for, of a truth, all who come to thy holy church and there receive the rewards of thy miracles

gladly honor Christ with joy of heart.

3) Treasuring up for thyself through thy hard athletic toils piety's wealth and splendor, thou with all of thy power gavest thine own self as a God-pleasing gift, so fulfilling with diligence in very deeds the good calling and name that thou hadst received from God, O Theodore.
4) On this most luminous feast of the godly Martyr of Christ, with faith let all feast-lovers be exultant and revel, honoring the radiant festival of his perfection in martyrdom; as with sweet songs we praise Jesus, our King and God, Who hath glorified his memory.