

September 2nd
Martyr Mamas & His Family

Stichera at "O Lord, I have cried"

Byzantine Chant Tone 8
Special melody: O strange wonder

Adapted by Dn. John El Massih
from various sources

1) Since thou hadst first overcome the beasts of the un -
-bri - dled de - sires, thou didst bri - dle the
gap - ing mouths of fierce li - ons by thy prayer
and didst check wild - ly rag - ing beasts, ev - er - a -
- bid - ing un - harmed with - in their midst,
O laud - ed Ma - mas, prize - win - ner of the Lord.
Thou didst not fear the fire nor a judg - e's an - ger,
since thou didst pre - fer noth - ing to the love of
Christ thy Lord, O bless - ed one.

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2) Though young in bod - y, thou didst de - feat thē old sup -
 - plant - er and foe when thy flesh had re -
 - ceived the marks of Christ God up - on it - self,
 all - famed Ma - mas most glo - ri - ous; and thou now
 dwell - est a - midst the Mar - tyr's' choirs,
 ev - er made bright with the Three - fold Day - star Light,
 wear - ing a shin - ing crown, and be - hold - ing with a
 pure and spot - less mind Him that is the height of
 all de - sire, O bless - ed one.

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3) Walk - ing in the life - be - stow - ing steps of Christ our
 God, Who took flesh and, by suf - fer - ing
 on the Cross, cast the ty - rant down in shame,
 thou, O prize - win - ner blest of God, didst run the
 race of a Mar - tyr joy - ous - ly;
 and when stretched out and tor - ment - ed ruth - less - ly,
 thou, who wast clad in flesh, then, O Mar - tyr, didst both
 wound and dash to earth him that once had boast - ed
 that he would blot out the sea.