October 29th
Venerable Martyr Anastasia the Roman
Stichera at "O Lord, I have cried"

Byzantine Mode 4
Special Melody: As one valiant
Adapted by Dn. John El Massih

1) With great courage didst thou endure as thy body was
2) O inviolate bride of Christ, as the gem of vir-
3) Let us all praise with eagerness the adornment of

 sharply racked, as thy breasts and hands were most
-in-i-ty, as the living image and
mar-tyred Saints and the flow'r of vir-gins, that

 ruth-less-ly cut off, and as thy teeth were up-
pat-tern un-to all wom-en as-cet-ics, a
great-est or-na-ment of all the just, An-

-root-ed and thy feet sever-ed pain-fully,
Par-a-dise en-closed, as a god-ly shrine,
-sta-sia, the con-tend-er in man-y fights,

Text copyright, 2005, Holy Transfiguration Monastery, Brookline, MA.
Antiochian Orthodox Christian Archdiocese of North America; Rev. 0, 9/28/17, CAH
as thy sides were seared with fire, and at last, suffering
as a sacred offering and the Martyrs' fair
that resplendent boast of Rome, the delightful and

unjust death. Hence, thou hast received crowns of victory, and
ornament and a gushing spring pouring rivers of
undefiled sacrifice to God, the unshakable

now thou dost abide in the celestial bridal healings hast thou been revealed to all who keep thy
ground-work of true piety who notably con-

chamber, O Anastasia, much suffering Saint.
memory, O Anastasia, exalted of all.
tended in holy struggles of martyrdom.