Fourteenth Sunday after Pentecost, Octoechos Tone 5
Holy Martyr Mammas
Venerable Father John the Faster, Patriarch of Constantinople

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Great Vespers

Kathisma
Blessed is the man... is taken.

At Psalm 140

In Tone 5

10. With Your precious Cross, O Christ,
You have put the Devil to shame.
With Your Resurrection You have deadened the sting of Death.
We, therefore, glorify You, O only-begotten Son of God.

9. O Christ, Who granted resurrection to mankind,
You were led like a lamb to the slaughter.
Then the princes of Hades were struck with terror
as they saw the gates of their tearful domain being lifted up;
for Christ, the King of Glory, entered therein
and exclaimed to those in chains: Go forth from here!
And to those in darkness: Go forth into the light!

8. What a great wonder!
The Creator of invisible beings suffered in the flesh for mankind,
and rose from the dead as immortal.
Come, therefore, all you nations and adore Him;
for through His compassion we have been freed from the snares of the Devil,
and we have learned to praise the one God in three Persons.

7. We offer to You our evening worship,
O Light Whom the darkness of night can never extinguish.
For in these latter days Your radiance has appeared to the world,
shining in Your flesh as light reflected in a mirror.
Your brilliance has descended even to the depths of Hades and dissolved its gloom.
O Lord, Giver of Light, glory to You;
for You have shown the radiance of Your Resurrection to all the nations.

6. Let us glorify Christ, the Author of our Salvation;
for by His Resurrection from the dead,
the world has been delivered from the deception of Satan.
The choirs of angels rejoice as the treachery of evil spirits vanishes.
Fallen Adam arises, and the Devil is vanquished.

5. Those who guarded the tomb of Christ
were told by the evil men who hired them:
Take this silver and keep silent.
Tell no one of the Resurrection of Christ;
rather tell everyone that while you were sleeping His body was stolen.
But who has ever heard of a body being stolen,
a body which had already been anointed?
Why would anyone take a body from the grave naked,
and leave the burial shroud in the tomb?
Do not deceive yourselves, O people of Judea.
Study the teachings of the Prophets,
and you will come to understand that Jesus Christ is Almighty God,
and truly the Saviour of the world.

4. O Lord our Saviour,
Who subjected hell and conquered Death,
and enlightened the world through Your precious Cross,
have mercy on us.

In Tone 8

3. First you put to flight the wild beasts of the passions, renowned champion;
then by divine entreaty you stopped the gaping mouths of lions
and the assaults of wild beasts in the arena!
You were unharmed by them!
You did not cower in fear before the fire nor the wrath of the judge,
for, blessed one, you preferred nothing to the love of Christ!

2. In a young body, glorious one,
you put the ancient deceiver to flight!
You received the marks of Christ in your flesh, blessed one!
Now you wear a victor's crown, all-blessed Mammas.
and are ever illumined by the splendour of the triune Sun!
You behold the highest things you desire with a most pure mind,
as you are joined to the choir of the martyrs!

1. Following, victorious one, the life-bearing feet of our incarnate God,
Who cast down the tyrant by the Passion of the Cross,
you went rejoicing to the stadium of martyrdom!
You were tortured by torments;
you cast the boastful one to earth,
destroyed by the passion which killed your flesh, Martyr!

In Tone 2, Glory…

As the son of those who travelled the way of the Lord,
you became a new shoot of the olive tree at the Lord’s table!
For the Lord blessed you through martyrdom

and you behold the good things of Zion on high!
You ever delight in divine joy with your parents, marvellous Mammas!
By your prayers make us partakers of this joy with them!

In Tone 5, Now…

A symbol of the undefiled Virgin and bride
was revealed in the Red Sea.
There, Moses divided the waters;
here, Gabriel is the messenger of the miracle.
There, the Israelites crossed the deep and their feet were not even wet;
here, the Virgin gives birth to Christ without human seed.
There, the sea remained uncrossed after the passing of Israel;
here, the immaculate remained incorrupt after giving birth to Emmanuel.
Therefore, O immortal God, who appeared in the flesh as true Man,
have mercy on us!

Aposticha

In Tone 5

O Christ our Saviour,
we lift up our voices to glorify You.
For, in Your love for mankind,
You became incarnate without leaving heaven;
You accepted the Cross and death;
You cast down the gates of Hades;
and on the third day You arose from the dead
for the salvation of our souls.

The Lord reigns, He is clothed in majesty. Robed is the Lord, and girt about with strength.

O Giver of Life,
streams of forgiveness, life, and salvation
poured forth from Your pierced side upon us all.
By accepting physical death, You granted us immortality;
by lying in the tomb, You freed us from Hades,
and as God, by rising from the dead,
You raised us with Yourself in glory.
Therefore, we cry out to You:
O Lover of mankind, glory to You!

For He has made the world firm, which shall not be moved.

O Lover of mankind,
Your crucifixion and descent into Hades are most wondrous.
For, as God, You thereby conquered the power of Hades,

and raised up in glory, with Yourself, those who were long imprisoned there.
You reopened Paradise and enabled them to enter.
Grant forgiveness of sins to us
who glorify Your Resurrection on the third day,
for You alone are all-merciful.

Holiness befits Your house, O Lord, for length of days.

O Lover of mankind,
You accepted suffering in the flesh
and rose from the dead on the third day.
Therefore, heal the passions of our flesh,
raise us from our dreadful iniquities, and save us.

In Tone 4, Glory…

Come, faithful!
Let us celebrate with harmony the memory of Mammas the martyr!
He has been revealed to us as a new Abel,
for as Abel became a shepherd of sheep,
bringing his first lamb to sacrifice and so acquiring the victor's crown,
so the honoured martyr was eminent among shepherds of livestock;
through martyrdom, he offered himself to Christ
as an acceptable sacrifice!
Since he has boldness before Christ,
he asks peace for the world and great mercy for our souls!
Now…

O most pure Virgin, hear the petitions of your servants.
Remove the burdens which oppress us,
and deliver us from our sorrows;
for you are the only firm and constant support on whom we rely.
O Mother of God, never permit us who call upon you
to be overwhelmed by our cares.
Hasten to fulfill the supplications of all who, in faith, cry out to you:
Rejoice, O Lady, helper of all mankind,
the joy, the refuge, and the salvation of our souls.

Troparia

In Tone 5

Let us, the faithful, acclaim and worship the Word* co-eternal with the Father and the Spirit,* and born of the Virgin for our salvation.* For He willed to be lifted up on the cross in the flesh,* to suffer death and to raise the dead,** by His glorious Resurrection.

In Tone 4, Glory...

Your martyr, Mammas, O Lord,* by his passion acquired the crown of incorruptibility from You, our God.* For possessing Your power he overcame the torturers* and shattered the feeble insolence of demons.** By his supplications, save our souls.

Now...

O Mother of God, the mystery hidden from all eternity* and unknown even to the angels,* was revealed through you to those on earth:* God took on our human nature* and united it to His divine nature in a perfect but unconfused union.* Then, He willingly accepted the cross for our sake* and thereby raised again the first created man,** and saved our souls from death.