

**Vesper Propers. September 2, 2007**  
**The holy martyr Mamas**  
**Our venerable father John the Faster, Archbishop of Constantinople**

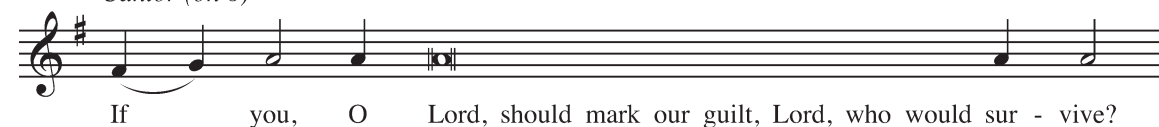
**The holy martyr Mamas** was born in Paphlagonia to Christian parents who were imprisoned for the name of Christ. His father died first, and then his mother; the baby was left next to the bodies of his parents, and rescued by a pious widow. He was dumb until the age of five, and his first word was ‘mama,’ and it is from this word that his name derives. At the age of fifteen, he was brought before the emperor Aurelian. The emperor commanded him to blaspheme Christ, and Mammias replied, “I shall not deny my God and King Jesus Christ, either in my heart or with my lips.” After many forms of torture, Mammias was martyred by a pagan priest. (274)

**Our venerable father John the Faster, patriarch of Constantinople.** Originally a goldsmith, John was called to the priesthood as a young man. He was eventually chosen to be the Patriarch of Constantinople. He practiced fasting assiduously; he was both a man of prayer and a wonderworker right up to his death. (595)

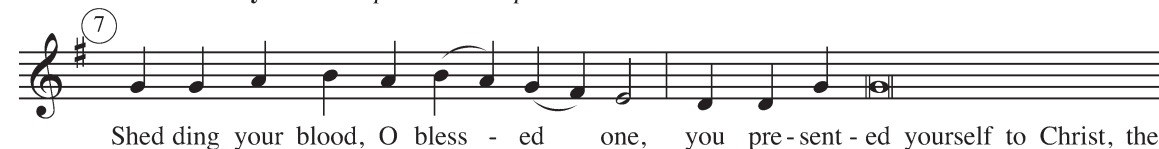
*Supplement for **The Order of Vespers for Sundays after Pentecost, 2006***

*Tone of the Week: Tone 5 (begins on page 69), stichera 10 - 7.*

*Cantor (on 6)*



**Stichera of the Martyr - Tone 8 podoben: O preslavnoho čudese**



and who made you to partici pate in his glo - ry and to share in his king - dom,  
 for you pre vailed o - ver the De - ceiv - er, and ut - ter - ly re - duced  
 his cruel snares to ash - - - es.

*Cantor (on 5)*

My soul is longing for the Lord. I count on his word. My soul is longing  
 for the Lord more than watch - man for day - break.

⑤

You were a pil - lar of pi - e - ty firm - ly set up - on the rock of faith,  
 un - shak - en by temptation or misfor tune, O bless - ed one; for the great  
 tem - pest and tu - mult and the waves which buf - fet - ed you did not cast down  
 your un - break - a - ble strength; for you desired to be a - dorned with the crown of

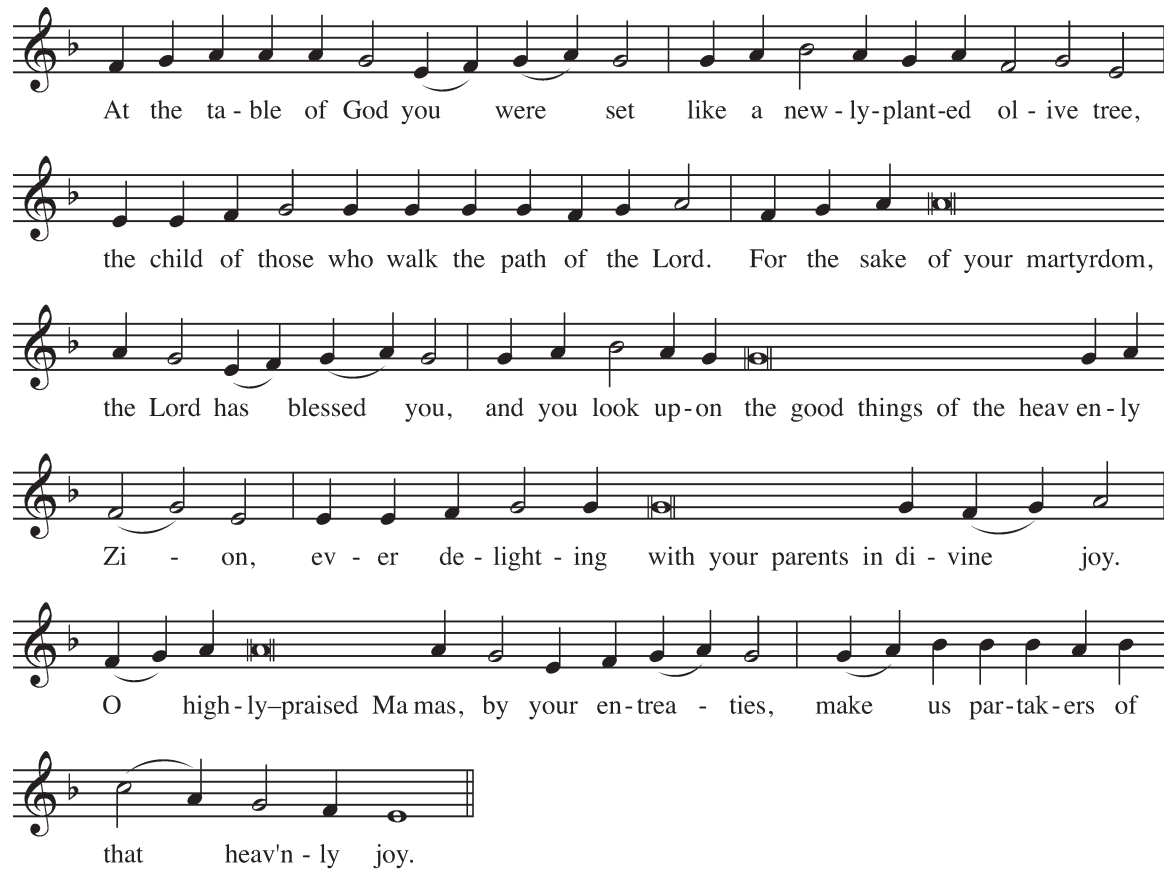
the memory of the mar - tyr Ma - mas, who is shown to be a new A - bel!  
 For as A - bel, be - ing a shep - herd of sheep, brought a lamb as a sac - ri - fice  
 and was the first to receive the crown of mar - tyr - dom, so did the  
 glo - rious ath - lete, who presided over his graz - ing flocks,  
 brought him - self to Christ as an acceptable sacrifice through mar - tyr - dom.  
 As he has bold - ness be - fore the Lord, he asks for peace for the  
 world and mer - cy for our souls.

**Cantor:** Now and ever...

*Aposticha Theotokion, Tone 4, page 67*

*Troparion and Theotokion, Tone 5, page 81*

**Doxastikon of the Martyr - Tone 2 samohlasen**



At the ta - ble of God you were set like a new - ly - plant - ed ol - ive tree,  
the child of those who walk the path of the Lord. For the sake of your martyrdom,  
the Lord has blessed you, and you look up - on the good things of the heav - en - ly  
Zi - on, ev - er de - light - ing with your parents in di - vine joy.  
O high - ly - praised Ma - mas, by your en - trea - ties, make us par - tak - ers of  
that heav'n - ly joy.

**Cantor:** (Tone 5) Now and ever...

*Dogmatikon, Tone 5, page 76*

*Aposticha, Tone 5, page 77*

**Cantor:** (Tone 4) Glory...

**Doxastikon of Mamas - Tone 4 samohlasen**



Come together, all you faith - - - ful, and let us cel - e - brate



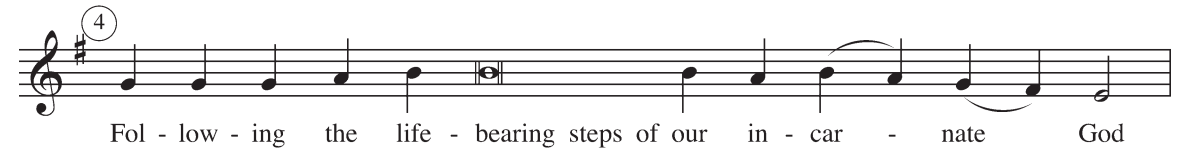
mar - tyr - dom.

*Cantor (on 4)*

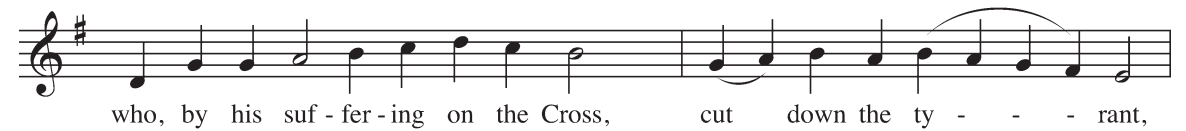


Let the watch - man count on day - break and Is - ra - el on the Lord.

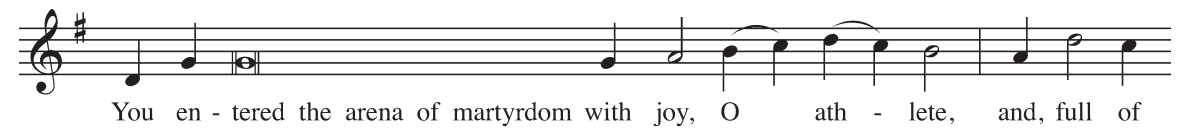
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Fol - low - ing the life - bearing steps of our in - car - nate God



who, by his suf - fer - ing on the Cross, cut down the ty - - - rant,



You en - tered the arena of martyrdom with joy, O ath - lete, and, full of



wounds in your flesh, O mar - tyr, you wound - ed him who boasted he



would de - stroy the sea, and you cast him down to the ground!

*Cantor (on 3)*



Be - cause with the Lord there is mercy and fullness of re dem - tion,



Is - rael indeed he will redeem from all its in - i - qui - ty.

Stichera of the Hierarch - Tone 8 podoben: O preslavnoho čudese

<sup>3</sup>  
O most hon ored fa - ther John, with-draw-ing from the tumultuous con-fu-sion  
of the world, you has-tened to the se - ren - i - ty of Christ,  
O most ven - er - a - ble one, and you were man - ifestly en-riched with truth  
in the most rich effulgence of vision and di vine ac-tiv - i - ty, and, made splen did  
by a god - ly life, you im-part - ed these to the faith - ful.

Cantor (on 2)

Praise the Lord, all you na - tions, ac-claim him all you peo - ples!  
<sup>2</sup>  
O most hon-ored fa - ther John, hon - or - ably adorned with vestments like  
a-noth-er Aa - ron, you now behold the Holy of Ho lies be yond the sec ond veil.  
Oh! the in - ef - fa - ble brilliance of your mind, pass ing all un - der - stand - ing,

O di-vine a-dorn ment of hier - archs, with whom you are now joined in  
fel - low - ship!

Cantor (on 1)

Strong is the love of the Lord of us; he is faith-ful for - ev - er.  
<sup>1</sup>  
O most wise fa - ther John, be - com - ing godly in the simplicity of your  
char - ac - ter, you now stand be - fore the Most High God,  
u - nit - ed with him through a high - er u - ni - ty, de - i - fied at his  
con - tin - ual be - hest and filled with his light,  
O divine and most sacred a - dorn - ment of hier - - - archs.

Cantor: (Tone 2) Glory...