

SEPTEMBER 2

Martyr Mamas and Venerable John the Faster

TROPAR (Martyr Mamas) - Tone 4

Thy holy martyr Mamas, O Lord, /
Through his sufferings received his incorruptible crown
from Thee, our God /
For having Thy strength he laid low his enemies /
And shattered the powerless boldness of demons ///
Through his intercessions, O Christ God, save our souls.

TROPAR (John the Faster) - Tone 4

In truth thou wast revealed to thy flock as a rule of faith,
A model of humility and teacher of abstinence, /
So thou didst win the heights of humility, riches by poverty; /
O holy hierarch, father John, /
Intercede with Christ our God to save our souls.

KONTAKION (Martyr Mamas) - Tone 3: *to the melody "Today the Virgin..."*

Shepherd thy people in lifegiving pastures /
With the staff given thee by God. /
And crush the invisible enemies beneath the feet of those
who praise thee. /
For we always have thee as our fervent intercessor, /
O holy martyr Mamas.