

## 09/02 Martyr Mamas & John the Faster

“Glory” on “Lord, I have cried”  
in the 2nd tone

At the **tab**\_le of God thou wast set like a newly  
planted **o**\_live tree\_, / the child of those who walk the  
**path** of the Lord. / For *the sake* of thy martyrdom  
the Lord *hath* **blessed** thee, / and thou lookest upon the  
good things of the heavenly **Si**\_on, / ever *delighting* with  
thy parents in *divine* joy, / O right laudable **Ma**\_mas, //  
by thine entreaties make us *partakers* thereof\_.\_.\_.

## 09/02 Martyr Mamas & John the Faster

“Glory” on the Aposticha in the 4th tone

Come together, O ye **faithful**, / and let us celebrate the memory of the martyr **Mamas**, / *for he hath* been shown forth to be *a new Abel*; / for as *a shepherd* of sheep, / Abel brought forth a lamb as a **sa**\_\_.\_.\_**crifice** / and was the first to receive the *crown* of **martyrdom**, / so did the glorious **ath**\_lete, / who presided over **feed**\_\_.\_.\_ing flocks, / bring himself to Christ as a right acceptable *sacrifice through martyrdom*. / And as he hath boldness **before** the Lord, // he asketh peace for the world and great **mercy** for our souls.

## **09/02 Martyr Mamas & John the Faster**

Troparion for Martyr Mamas  
in the 4th tone

In his **suffering**, O Lord / Thy martyr Mamas received  
an im perishable crown from **Thee**, our God; / for.  
**possessed** of Thy might, / he cast down the tormenters  
and set at naught the feeble audacity of the **demons**. // By  
his supplications **save** thou our souls.

## **09/02 Martyr Mamas & John the Faster**

Troparion for St. John the Faster  
in the 4th tone

Thr truth of things revealed thee to thy flock as a **rule**  
of faith, / a model of meekness and a teacher of  
**abstinence**. / Wherefore, thou didst attain the heights  
through **humility** / riches by **poverty**. // O father John,  
entreat Christ God that our **souls** be saved.

## 09/02 Martyr Mamas & John the Faster

Kontakion for Martyr Mamas  
in the 3rd tone

With the **staff** given thee by *God*, O **ho**\_ly one, /  
thou didst shepherd thy people in life-bearing  
**pas**\_. \_tures; / and **thou** didst crush the invisible and  
*untamed* **wild**\_ beasts / beneath the feet of *those* who  
**hymn** thee. / For all who find themselves amid  
**misfor**\_. \_tunes // have thee as their fervent inter**cessor**,  
O **Ma**\_. \_.\_.\_.\_.\_mas.