

**Vespers Propers on the Evening of
Cheesefare Sunday (Sunday of Forgiveness)
February 7, 2016**

The holy great martyr Theodore was a general in the army of the Emperor Licinius. He suffered death in Heraclea in Thrace. (318)

Supplement for The Order of Vespers on Sunday Evening for the Sunday of Forgiveness (Cheesefare Sunday) and the Sundays of the Great Fast.

Lamp-lighting Psalms

Psalm 140 - *Tone 4 samohlasen*

O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord, I have cried
to you, hear me; re - ceive the voice of my pray'r when I call up - on you.
Hear me, O Lord! Let my pray'r ascend to you like in - cense
and the lifting up of my hands like an eve-ning sac - ri - fice. Hear
me, O Lord!

O Lord, set a guard before my mouth
and set a seal on the door of *my* lips.
Let not my heart be inclined to evil,
nor make excuses for sins I *commit*.

Let me never share in sinners' feasting.

If a just man strikes or reproves me it *is* kindness
but let the oil of the wicked not anoint my head.

Let my prayer be ever against *their* malice.

The princes were thrown down by the side of the rock;

then they understood that my words *were* kind.

As a millstone is shattered to pieces on the ground,

so their bones were strewn at the mouth of *the* grave.

To you, Lord God, my eyes are turned;

in you I take refuge; spare *my* soul!

From the trap they have laid for me keep me safe;

keep me from the snares of those who *do* evil.

Let the wicked fall into the traps they have set

while I pursue my way *unharmed*.

Psalm 141

With all my voice I cry to the Lord,

with all my voice I entreat *the* Lord.

I pour out my trouble before him;

I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.

On the way where I shall walk they have hidden a snare to *entrap* me.

Look on my right and see:

there is no one who takes *my* part.

I have no means of escape,

not one who cares for *my* soul.

I cry to you, O Lord.


I have said: "You are my refuge, all I have in the land of *the* living."

Listen, then, to my cry

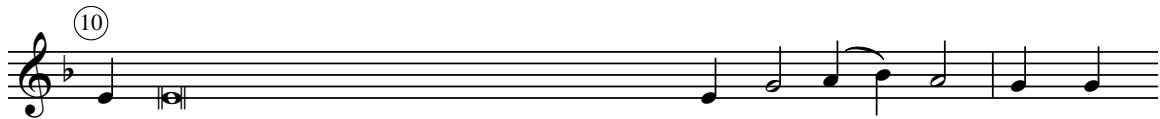
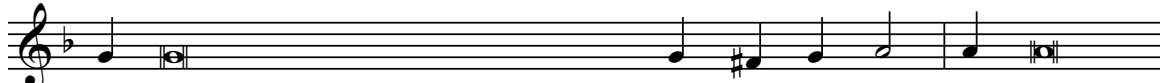


for I am in the depths of *distress*.


Rescue me from those who pursue me

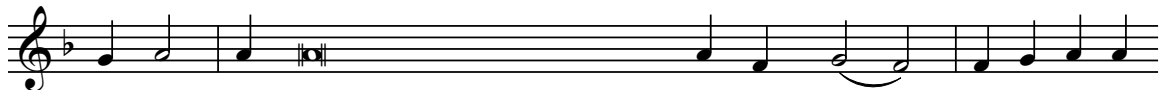

for they are stronger *than* I.

Cantor:  Bring my soul out of this pris-on and then I shall praise your name.

Stichera of Repentance in the tone of the week - Tone 4 samohlasen

¹⁰ 
 With my tears I desire to wash away the mark of my sins, O Lord, and through

 pen - ance, I long to make the rest of my life pleas - ing to you; but the enemy

 deceives me and struggles with my soul. Save me before I com - plete - ly

 per - ish, O Lord.

Cantor:  A - round me the just will assem-ble be-cause of your good-ness to me.

⁹ 
 Who is there among the storm - tossed who hastens to your harbor and is not saved,

 O Lord? Who is ill and seeks your healing and is not cured? O Cre - a - tor

 of everyone and Heal-er of the sick, save me before I com - plete - ly



per - ish, O Lord.



Out of the depths I cry to you, O Lord; Lord hear my voice!



Wash me with my tears, O Sav - ior, for I am blemished because of my



man - y sins. And so I bow be - fore you; I have sinned, O God;



have mer - cy on me.



Let your ears be attentive to the voice of my plead - ing.




I am the lost sheep of your mys - ti - cal flock, and I take refuge in you, O




good Shep - herd. Have mer - cy on me, O God.

(on 6)

Cantor: 

If you, O Lord, should mark our guilt, Lord, who would sur-vive?



But with you is found for - give - ness: for this we re - vere you.

Stichera of Cheesefare Sunday - Tone 2 podoben: Jehda ot dreva

⑥



En - ter - ing in - to the a - re - na of the ho - ly Fast, let us



make ev - 'ry ef - fort to hum - ble our flesh by ab - sti-nence;



in prayer and with tears let us seek the Lord our Sav - ior, and, that



we might turn a - way from our e - vil deeds, let us say to him:



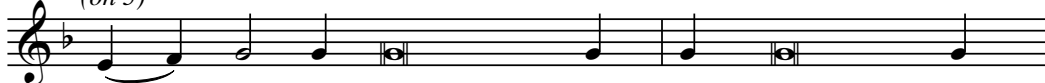
We have sinned a - gainst you, O Christ our King, save us as



you saved the Nin - e - vites of old, and in your good - ness, grant us a share in the



King - dom of Heav - en.


(on 5)
Cantor: 
My soul is waiting for the Lord. I count on his word.


My soul is longing for the Lord, more than watch-man for day - break.

⑤

When I see my deeds that de - serve such pun - ish - ment, I

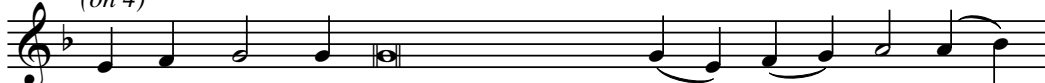

am with - out hope, O Lord, for I have dis - o - beyed


your ho - ly com - mand - ments, and I have led a fool - ish life.


There - fore I be - seech you: Pur - i - fy me in the wa - ters of re - pent - ance

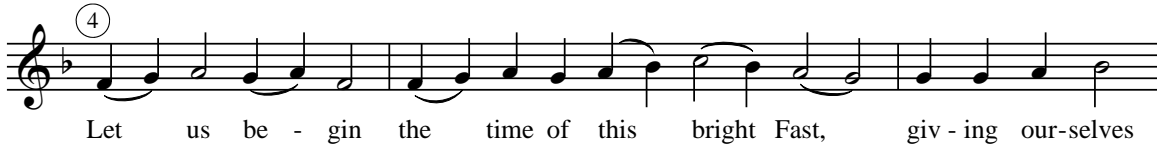

by fast - ing and prayer, O Sav - ior full of good - ness;


do not re - ject me, O Ben - e - fac - tor of the u - ni - verse.

(on 4)
Cantor: 
Let the watch - man count on daybreak and Is - ra - el on



the Lord.



Let us be - gin the time of this bright Fast, giv - ing our-selves



to spir - it - ual strug - gle. Let us san - cti - fy our soul and



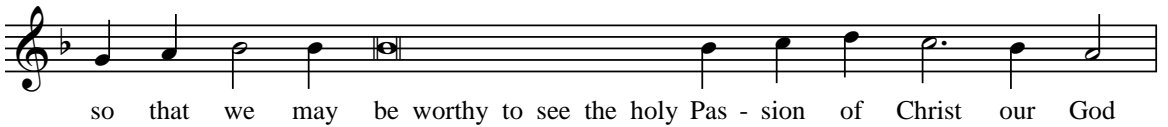
pur - i - fy our flesh. Let us not on - ly fast from food; let us al - so



ab - stain from ev - 'ry pas - sion and cul - ti - vate spir - it - ual vir - tues.



And let us faith - ful - ly per - se - vere in this,



so that we may be worthy to see the holy Pas - sion of Christ our God



and the joy of his ho - ly Res - ur - rec - tion.



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



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

Stichera of the holy great-martyr Theodore - Tone 4 samohlasen



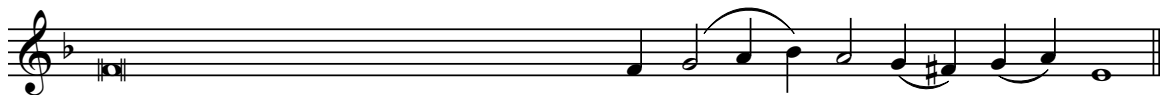
You showed yourself to be an invinci-ble war-ri - or and a courageous mar-tyr, O



wise one. You routed the foe by your wise words and the pa - tient manifesta-tion



of your deeds. There-fore you received crowns of vic - to - ry, and now you are



numbered with the heavenly ranks, O holy great - mar - tyr The - o - dore.



Praise the Lord, all you na-tions, ac-claim him all you peo - ples!



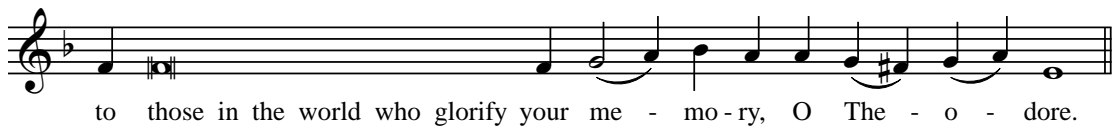
You were a heavenly pillar, O wealth-y one who detested the altars of the e - vil -



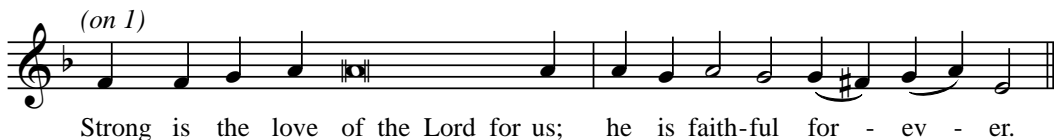
do-ers. You were led as a pure and per-fect lamb and as a pleas-ing sacrifice to Him



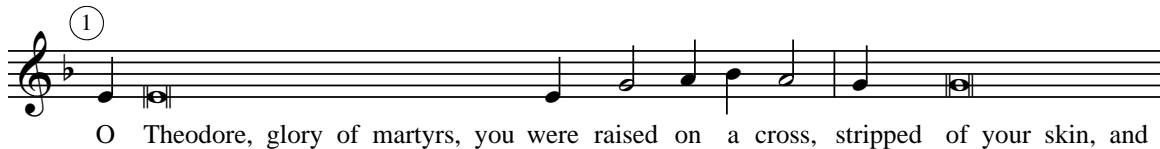
who was slain for your sake. Now you be-stow a treasur-y of mir - a - cles



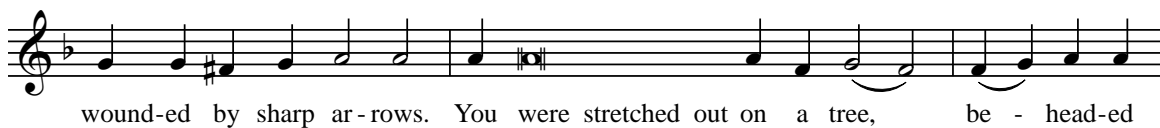
to those in the world who glorify your me - mo - ry, O The - o - dore.

(on 1)
Cantor: 

Strong is the love of the Lord for us; he is faith-ful for - ev - er.

① 

O Theodore, glory of martyrs, you were raised on a cross, stripped of your skin, and



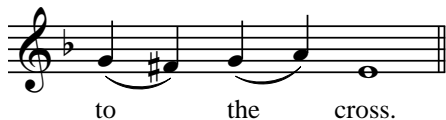
wound-ed by sharp ar - rows. You were stretched out on a tree, be - head-ed



by a sword, and enveloped by all conceiva-ble a - go - nies. In all this, you revealed

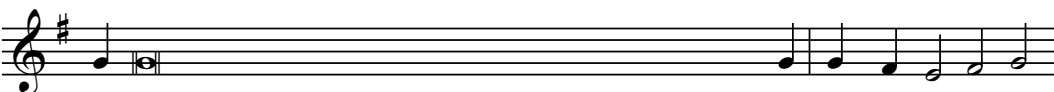


yourself to be in - vin - ci - ble through the power of Him who was nailed



to the cross.

Tone 8 samohlasen

Cantor: 

Glo-ry to the Father and to the Son and to the Holy Spir-it, now and ev - er and



for - ev - er. A - men.

Theotokion - *Tone 8 samohlasen*

Whom have you em - ulat - ed, O wretch - ed soul, who in no way have roused yourself
to re - pem - tence nor fear the fire which awaits the wick - ed? A - rise, and cry out,
calling upon her who a - lone is quick to help: O Vir - gin Mother, en - treat your Son
and our God to deliver me from the snare of the de - ceiv - er.

The service continues with the Hymn of the Evening, "O joyful light," on page 8.

Aposticha

Aposticha of Cheesefare Sunday - *Tone 4 samohlasen*

① & ②
The light of your grace has shone upon our souls, O Lord. Be - hold, this is the
favorable time, the sea - son of con - ver - sion. Let us turn away from the works
of dark - ness, and let us clothe ourselves with the ar - mor of light,
so that cross - ing the o - cean of the Fast, we may come to the harbor of the

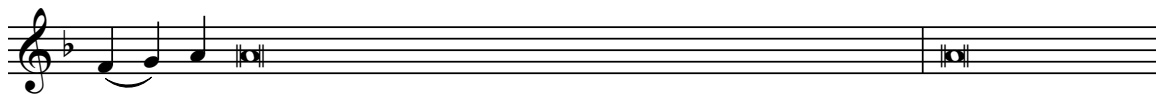


Resurrection on the third day with our Lord Je - sus Christ, the Sav - ior



of our souls.

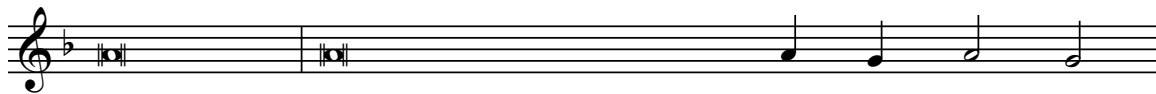
Cantor



To you have I lifted up my eyes, you who dwell in the heavens; my eyes, like the



eyes of slaves on the hand of their lords. Like the eyes of a servant on the hands of



her mistress, so our eyes are on the Lord our God till he show us



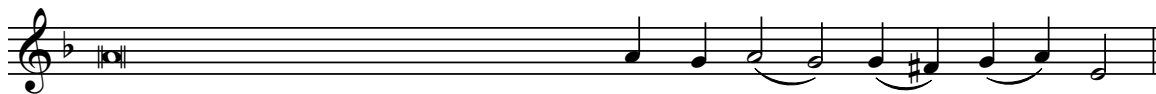
his mer - cy.

All repeat, "The light of your grace has shown upon our souls..."

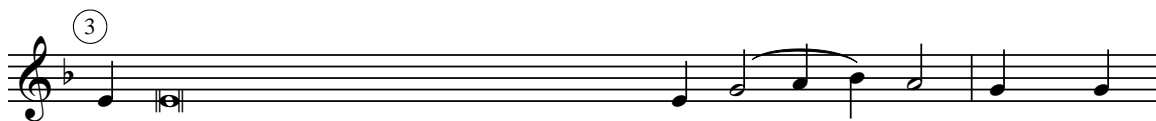
Cantor



Have mer - cy on us, Lord, have mercy. We are filled with contempt. Indeed all too



full is our soul with the scorn of the rich, with the proud man's dis - dain.



You are glorified in the memory of your saints, O Christ God. Through their

in - ter - ces - sions, send up - on us great mer - cy.

Cantor:

Glo - ry to the Father and to the Son and to the Holy Spir - it, now and ev - er
and for - ev - er. A - men.

Aposticha theotokion - Tone 4 samohlasen

The choir of angels glorifies you, O most pure Vir - gin, for you have given
birth to our God, co - eternal with the Father and the Ho - ly Spir - it, through
whom the angelic armies were brought forth from noth - ing - ness. Be - seech
him to send the light of sal - va - tion up - on the souls who pro - fess
the true faith, prais - ing you as the Moth - er of our God.

The service continues with the Prayer of St. Simeon on page 13.