

Vespers Propers on the Evening of the
First Sunday of the Great Fast
March 5, 2017

The holy forty-two martyrs of Ammorium in Syria. Captured in Phrygia and taken to the Euphrates River, they seized the palm of martyrdom by their surpassing spiritual struggle. (848)

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 1 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 as - cend to you like in - cense and the lift - ing 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: *(on 10)*

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

Stichera of Repentance - Tone 1 samohlasen

(10)

My sins are like a great gulf, O Sav-ior, and I am sinking hopelessly
 be-cause of them. Give me your hand as you did to Pe-ter.
 Save me, O God and have mer-cy on me.

Cantor: *(on 9)*

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

(9)

O Sav-ior, by my sinful thoughts and e-vil deeds, I have brought judg-ment on
 my-self. Grant me the grace of con-ver-sion, O God, so that I may call out
 to you: Save me, O gra-cious Benefac-tor, and have mer-cy on me.

Cantor: *(on 8)*



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

⑧



An-oth-er world a-waits you, O my soul, and the Judge shall bring out your hid-den



se - crets and sins; do not per - sist in doing evil but has-ten to cry out:



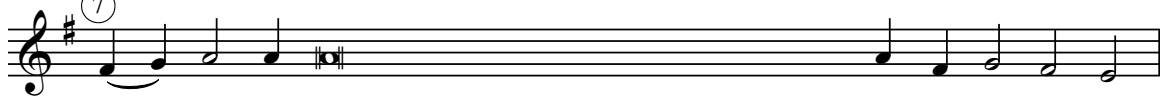
O my Judge and my God, spare me and save me.

Cantor: *(on 7)*



Let your ears be at - ten - tive to the voice of my plead - ing.

⑦



O Sav - ior, do not despise your servant who is a slave to sin and la - zi - ness,



but stir my heart to re - pent - ance. Make me a la - bor - er in your



vine - yard, O Lord, and grant me the wa - ges of the eleventh hour and your



great mer - cy.

(on 6)

Cantor:

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

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

Stichera of the First Sunday of the Great Fast - Tone 4 samohlasen

⑥

Grant contrition and estrangement from e - vil to my soul submerged in the

a - byss of pas-sions and separated from you, O divine King of the u - ni - verse.

I have no oth - er hope but you. May I find up-right-ness and vir - tue.

Save me, a poor sinner, in your im-mense good - ness, O al-might - y Lord

and Sav - ior of us all.

(on 5)

Cantor:

My soul is wait - ing for the Lord. I count on his word.

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

⑤

Mo ses the divine prophet was purified by fast - ing, and he contemplated the One
whom he de - sired. And you, O my poor soul, hasten to im-i - tate him.
In this time of abstinence purify yourself of ev-'ry e - vil, so that you may also
con-tem-plate the Lord who grants you for-give-ness. He is good and the Lov-er
of us all, the Lord al - might - y.

(on 4) Tone 6

Cantor:

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

④

Let us be-gin this second week of the Fast in joy; O faithful, let us exert our-selves
from day to day as did the prophet E-li - jah the Tish - bite. May the
four cardinal virtues be our char - iot of fire! Let us lift our spirit by turning a-way

from pas - sions, and through pur ity, let us strug - gle a - gainst the flesh,
so that we may resist and con - quer the En - e - my.

Tone 4

Cantor:

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 martyrs - *Tone 4 samohlasen*

③

O vic-to-ri-ous mar - tyrs, in these latter days, you have risen like un-set-ting stars
in the firmament of the Church. With the splen-dor of your strug - gles, you have
giv - en light to the world, scat - tering the shad-ows of er - ror. Now you have
passed into the e - ter - nal Light. Thus, we the faithful celebrate your radiant and ho - ly
ex - ploits, for we are always enriched by your watch - ful pro - tec - tion.

Cantor: 

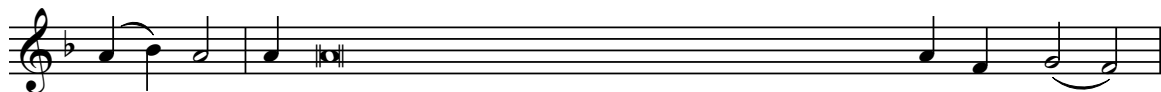
Praise the Lord, all you na-tions, ac-claim him all you peo - ples!



Dragged a-way by force, O wit-ness-es of Christ, you were shackled and thrown



in-to a dun-geon. Cap-tives to-geth-er for man-y years, you were true guar-dians of



the Faith. In his savage fury, a tyrant ordered you put to death by the sword



for not having yielded to his wick-ed oaths. But, O far-famed for - ty - two



mar - tyrs, you have joyfully in - her - it - ed the King - dom on high.

Cantor: 

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



Let us loud - ly ac - claim the di-vine assem-bly of com - bat - ants:



in - cluding Constantine and Cal - lis - tus, as well as Bas-soi, The - o - phi - lus,

The - o - dore and the oth - er mar - tyrs, They preferred a joyous immolation

for the sake of the Life of all; and they found e - ter - nal rest in the Cit - y

of the liv - ing God. They con - tin - ual - ly pray for us, so that on the

day of judg - ment we might receive forgiveness of sins and per - fect

re - demp - tion.

Tone 4

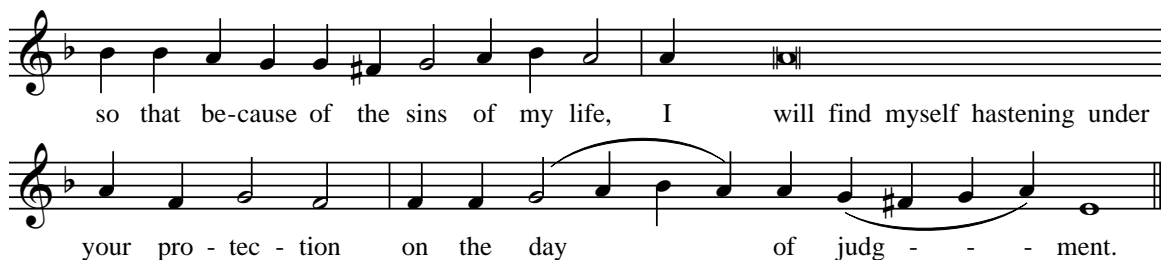
Cantor: Glo - ry to the Father and to the Son and to the Holy Spir-it, now and

ev - er and for - ev - er. A - men.

Theotokion - Tone 4 samohlasen

O Most Im-mac-u-late One, wheth-er I sail on the sea, travel on land, or rest at home,

give me grace and keep my mind a - lert. En - a - ble me to do God's will,



so that be-cause of the sins of my life, I will find myself hastening under
your pro - tec - tion on the day of judg - - - ment.

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

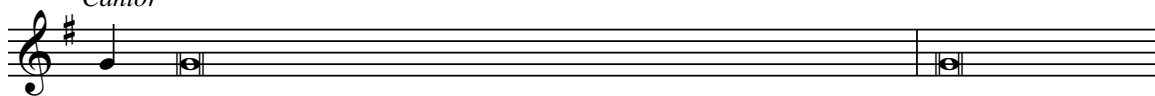
Aposticha

Aposticha of the First Sunday of the Great Fast - Tone 8 samohlasen



① & ②
Come, let us purify our-selves by shar-ing with the poor, not sound - ing the trumpet
for our giv - ing of alms, nor dis - play - ing our good deeds. May our
left hand know not what our right hand does, lest vain-glo - ry rob us
of our fruit! But in se - cret, let us say to him who knows all things.
For-give us our tres-pass - es, Fa - - - ther, in your good - ness
for man - kind.

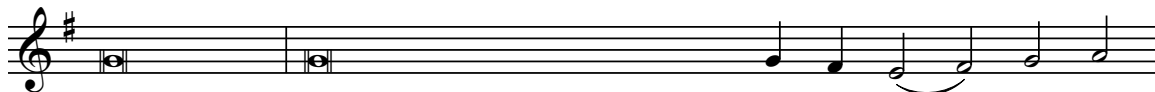
Cantor



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 hand of



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



mer - - - cy.

All repeat, "Come, let us purify ourselves..."

Cantor



Have mercy 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.



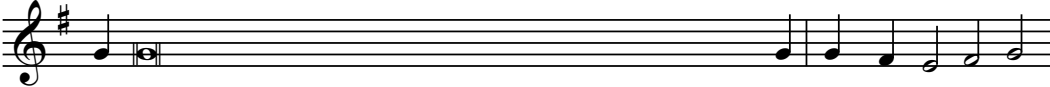
O mar-tyrs of the Lord, you sanc-tify all places and heal all dis-eas - es.




There-fore, we ask of you: Pray that our souls be de - liv - - - ered



from the snares of the en - e - my.


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 8 samohlasen



The heav - ens sing your praise, O spouse - less Moth - er, and we glo - ri - fy



your giv - ing birth in a man - ner be - yond all words; O Theotokos,



intercede for the sal - va - tion of our souls.

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