The Order of Daily Vespers

with the weekday Octoechos
and the Common Stichera for Classes of Saints

Metropolitan Cantor Institute
Byzantine Catholic Seminary
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Appendix: Prayers of Light
The two forms of Vespers most frequently served in the Byzantine churches are Great Vespers and Daily Vespers. The order of Great Vespers has been previously published by the Metropolitan Cantor Institute; with the publication of this volume, the order of Daily Vespers (outside the seasons of the Triodion and Pentecostarion) with music is available to the priests, deacons, monastics, and faithful of the Byzantine Catholic Church.

This book is intended for use from Sunday evening through Friday evenings when the rank of the feast is UNDER that of “Polyeleos Saint.” (To determine the ranking of the saint’s day, consult the Calendar in the new Liturgikon or the Metropolitan Typikon.)

Daily Vespers differs in three ways from Great Vespers:

• Certain texts are always chanted, rather than sung. Those would be:
  Psalm 103;
  Hymn of Glorification (“Make us worthy…”);
  The Prayer of the Holy Prophet Simeon;

• There is no Entrance at the Hymn of the Evening; and

• The Litany of Fervent Supplication is taken, NOT after the Prokeimenon but at the end of the service, and its first two petitions (those responded to with a single “Lord, have mercy”) are omitted.

There are two sets of hymnody contained in this book. The first set is that of the weekday propers of the Octoechos—the stichera for the “Lamp-lighting Psalms” and for the Apostichera, arranged according to the eight tones. The melodies (samohlasen, poboben, and bolhar) are provided for each text. The second set is that of the “commons”—i.e., those texts, for classifications of saints [apostle, prophet, martyr, priest-martyr, etc.] provided as a back-up for parishes not possessing a twelve-month Menaion of the “proper” texts for saints’ days.
Concerning the Singing of the Stichera in Daily Vespers

From Sunday evening through Thursday evening, the proper order of stichera at the Lamp-lighting Psalms is as follows:

• Three stichera from the Octoechos in the tone of the week;
• Three stichera for the saint of the day, either from the Menaion or from the Common texts provided in this book;
• Theotokion or Stavro-theotokion from either the Octoechos or the Menaion

On Friday evening, the proper order of stichera at the Lamp-lighting Psalms is as follows:

• Three stichera from the saint of the day, either from the Menaion or from the Common texts provided in this book;
• Three stichera from the Octoechos in the tone of the week;
• Dogmatikon from the Octoechos in the tone of the week.

(3) In the case of a “Saint with Six Stichera” or a “Saint with Great Doxology,” the stichera from the Octoechos are omitted.

(4) In this book, the Apostichera are from the Octoechos in the tone of the week.

The Troparia are as follows:

• Troparion of the Saint, either from the Monthly Menaion (MCI) or from the commons of the “Divine Liturgies of our holy Fathers John Chrysostom and Basil the Great”
• Theotokion from the tone of the Troparion, from the day of the week; on Friday evening only, the Festal Theotokion in the tone which matches the Troparion (these are found in the Order of Saturday Vespers).
The ordinary of daily Vespers is the translation of the Inter-Eparchial Liturgical Commission of the Byzantine Catholic Church *sui juris* of Pittsburgh, U.S.A. as are the texts of the Martyrika and the Nekrosima of the services on Wednesdays and Fridays. The other hymn texts are taken from the Basilian “Order of Vespers” and modified as necessary for uniformity with the official texts. The music follows the patterns established by the Inter-Eparchial Music Commission in “The Divine Liturgies of Our Holy Fathers John Chrysostom and Basil the Great,” but was done by the Metropolitan Cantor Institute of the Archeparchy of Pittsburgh.

This work was completed for the beginning of the third session of the Diaconate Program held at the Byzantine Catholic Seminary, June 18-30, 2007.

May God be glorified in all things!
THE ORDER OF VESPERS

Priest: Blessed is our God, always, now and ever and forever.

Response: Amen.

Glory to you, our God,* glory to you.

Heavenly King, Comforter, Spirit of Truth,
everywhere present and filling all things,
Treasury of Blessings and Giver of Life,
come and dwell within us,
cleanse us of all stain,
and save our souls, O gracious One.

Holy God, Holy and Mighty, Holy and Immortal,
have mercy on us. (3 times)

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions;
Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. Lord have mercy. Lord have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
Priest:  For thine is the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever.

Response:  

A - men.

Lord, have mercy. Lord, have mercy. Lord, have mer - cy.  Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mer - cy.  (sung twice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever.  Amen.

Call to Worship

Each time with a reverence:

Come, let us worship our King and God.  Come, let us worship Christ, our King and God.

Come, let us worship and bow before the only Lord Jesus Christ, the King and our God.

Psalm 103

Bless the Lord, O my soul!
  Lord my God, how great you are,

clothed with majesty and glory,
  wrapped in light as in a robe.
You stretch out the heavens like a tent.
   Above the rains you build your dwelling.

You make the clouds your chariot,
   you walk on the wings of the wind;

you make your angels spirits
   and your ministers a flaming fire.

You founded the earth on its base,
   to stand firm from age to age.

You wrapped it with the ocean like a cloak:
   the waters stood higher than the mountains.

At your threat they took to flight;
   at the voice of your thunder they fled.

They rose over the mountains and flowed down
to the place which you had appointed.

You set limits they might not pass
   lest they return to cover the earth.

You make springs gush forth in the valleys;
   they flow in between the hills.

They give drink to all the beasts of the field;
   the wild asses quench their thirst.

On their banks dwell the birds of heaven;
   from the branches they sing their song.

From your dwelling they water the hills;
   earth drinks its fill of your gift.

You make the grass grow for the cattle
   and the plants to serve man's needs,

that he may bring forth bread from the earth
   and wine to cheer man's heart;

oil, to make his face shine
   and bread to strengthen man's heart.
The trees of the Lord drink their fill,
the cedars he planted on Lebanon;
there the birds build their nests;
on the treetop the stork has her home.

The goats find a home on the mountains
and rabbits hide in the rocks.

You made the moon to mark the months;
the sun knows the time for its setting.

When you spread the darkness it is night
and all the beasts of the forest creep forth.

The young lions roar for their prey
and ask their food from God.

At the rising of the sun they steal away
and go to rest in their dens.

Man goes out to his work,
to labor till evening falls.

How many are your works, O Lord!
In wisdom you have made them all.
The earth is full of your riches.

There is the sea, vast and wide,
with its moving swarms past counting,
living things great and small.

The ships are moving there,
and the monsters you made to play with.

All of these look to you
to give them their food in due season.

You give it, they gather it up;
you open your hand, they have their fill.

You hide your face, they are dismayed;
you take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, they are created;
and you renew the face of the earth.

May the glory of the Lord last forever!
May the Lord rejoice in his works!

He looks on the earth and it trembles;
the mountains send forth smoke at his touch.

I will sing to the Lord all my life,
make music to my God while I live.

May my thoughts be pleasing to him.
I find my joy in the Lord.

Let sinners vanish from the earth and the wicked exist no more.
Bless the Lord, O my soul.
And again:
You made the moon to mark the months;
the sun knows the time for its setting.

How many are your works, O Lord!
In wisdom you have made them all.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. Amen.

Three times, each with a reverence:
Alleluia! Alleluia! Alleluia!
Glory to you, O God!

Alleluia! Alleluia! Alleluia!
Glory to you, O God!

At the last, with melody:
Litany of Peace

Deacon: In peace, let us pray to the Lord.

Response: 1. Lord, have mercy.

Deacon: For peace from on high and for the salvation of our souls, let us pray to the Lord.

Response: 2. Lord, have mercy.

Deacon: For peace in the whole world, for the stability of the holy Churches of God, and for the union of all, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For this holy church and for all who enter it with faith, reverence, and fear of God, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For our holy father, (Name), pope of Rome, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For our most reverend metropolitan, (Name), for our God-loving bishop, (Name), for the venerable presbyterate, the diaconate in Christ, and all the clergy and people, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For our government and for all in the service of our country, let us pray to the Lord.

Response: Lord, have mercy. (1)
Deacon: For this city, [or: For this holy monastery], for every city, community, and for the faithful living in them, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: For those who travel by sea, air, and land, for the sick, the suffering, the captive and for their salvation, let us pray to the Lord.

Response: Lord, have mercy. (2)

Deacon: That we be delivered from all affliction, wrath, and need, let us pray to the Lord.

Response: Lord, have mercy. (1)

Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.

Response: Lord, have mercy. (2)

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and ever-Virgin Mary with all the saints, let us commit ourselves and one another and our whole life to Christ our God.

Response: To you, O Lord.

Priest: Evening, morning, and at noon we praise you, we bless you, we thank you, and we pray to you, Master of All, Lord and Lover of us all. Let our prayer rise like incense before you and do not let our hearts be turned to evil words or thoughts, but deliver us from all that might ensnare our souls. For to you, Lord, O Lord, our eyes are turned and in you we hope; let us not be put to shame, O our God. For to you, Father, Son, and Holy Spirit, is due all glory, honor, and worship now and ever and forever.

Response: Amen.
The Lamplighting Psalms  
*(Settings in the Eight Tones begin on page 32)*

**Psalm 140**  
O Lord, I have cried to you, hear me.  
Hear me, O Lord!  
O Lord, I have cried to you, hear me;  
receive the voice of my pray'r when I call upon you.  
Hear me, O Lord!  
Let my prayer ascend to you like incense  
and the lifting up of my hands  
like an evening sacrifice.  
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.

Bring my soul out of this prison
   and then I shall praise your name.

Around me the just will assemble
   because of your goodness to me.

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

Psalm 129 Let your ears be attentive
   to the voice of my pleading.

Cantor: If you, O Lord, should mark our guilt, Lord, who would survive?
(On 6) But with you is found forgiveness: for this we revere you.

The stichera for the day are sung here.

Cantor: My soul is waiting for the Lord. I count on his word.
(On 5) My soul is longing for the Lord more than watchman for daybreak.

Cantor: Let the watchman count on daybreak,
(On 4) and Israel on the Lord.

Cantor: Because with the Lord there is mercy and fullness of redemption,
(On 3) Israel indeed he will redeem from all its iniquity.

Cantor: Praise the Lord all you nations; Psalm 116
(On 2) acclaim him all you peoples.
Cantor: Strong is the love of the Lord for us; he is faithful forever.

Cantor: Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever and forever. Amen.

The Hymn of the Evening

Deacon: Wisdom! Be attentive!

O Joyful Light of the holy glory of the Father Immortal,

the heavenly, holy, blessed One, O Jesus Christ: Now that we have reached the setting of the sun, and see the evening light, we sing to God, Father, Son, and Holy Spirit. It is fitting at all times to raise a song of praise in measured melody to you, O Son of God, the Giver of Life. Therefore, the universe sings your glory.

Deacon: Let us be attentive!

Priest: ☪️ Peace be to all!

Deacon: Wisdom! Be attentive!
Weekday Prokeimena

After singing the Prokeimenon for the day of the week, the service continues on page 14.

Sunday - Tone 8: (Psalm 133:1; 2)

Come, bless the Lord, all you who serve the Lord; come, bless the Lord,
all you who serve the Lord.

Deacon: Who stand in the house of the Lord, in the courts of the house of our God.

Monday - Tone 4: (Psalm 4:3; 1)

The Lord hears me whenever I call him, whenever I call him.

Deacon: When I call, answer me, O God of justice.

Tuesday - Tone 1: (Psalm 22:6; 1)

Your mercy, O Lord, shall follow me, your mercy shall follow me all the days of my life.

Deacon: The Lord is my shepherd, there is nothing I shall want; fresh and green are the pastures where he gives me repose.
Wednesday - *Tone 5* (Psalm 53: 1; 2)

O God, save me by your name; by your power uphold my cause.

Deacon: O God, hear my prayer; listen to the words of my mouth.

Thursday - *Tone 6*: (Psalm 120: 2; 1)

My help shall come, my help shall come from the Lord, who made heaven and earth.

Deacon: I lift up my eyes to the mountains, from where shall come my help.

Friday - *Tone 7*: (Psalm 58: 9-10; 1)

You, O God, are my defender, and your mercy goes before me, and your mercy goes before me.

Deacon: Rescue me, O God, from my foes; protect me from those who attack me.
Alleluia For Fasts

On certain days in the minor fasts (which are indicated by the Typikon), the Alleluia is taken in place of the daily Prokeimenon.

Alleluia - Tone 6

On Monday, verses from Psalm 6:
Verse: O Lord, rebuke me not in your anger,
Chastise me not in your wrath. Alleluia!
Verse: Praise the Lord forever. Alleluia!

On Tuesday and Thursday, from Psalm 98:
Verse: Exalt the Lord our God and worship at his holy mountain;
for the Lord our God is holy. Alleluia!
Verse: Praise the Lord forever. Alleluia!

On Wednesday, from Psalm 18:
Verse: Through all the world their voice resounds;
Their message reaches to the ends of the earth. Alleluia!
Verse: Praise the Lord forever. Alleluia!

The deacon closes the royal doors after the Prokeimenon or Alleluia.
Hymn of Glorification

Make us worthy O Lord
to be kept sinless this evening.
Blessed are you, O Lord, the God of our fathers,
and praiseworthy and glorious is your name for ever. Amen.
May your mercy, O Lord, be upon us
who have placed our hope in you.
Blessed are you, O Lord;
teach me your commandments.
Blessed are you, O Master;
make me understand your commandments.
Blessed are you, O Holy One;
enlighten me with your commandments.
O Lord, your mercy is forever;
despise not the work of your hands.
To you is due praise;
to you is due a hymn;
to you is glory due, Father, Son, and Holy Spirit,
now and ever and for ever. Amen.

Litany of Supplication

Deacon: Let us complete our evening prayer to the Lord.

Response:

Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.

Response:
Deacon: That this whole evening be perfect, holy, peaceful, and without sin, let us beseech the Lord.

Response: \[\text{music notation goes here}\]

3. Grant this, O Lord.

Deacon: For an angel of peace, a faithful guide and guardian of our souls and bodies, let us beseech the Lord.

Response: \[\text{music notation goes here}\]

4. Grant this, O Lord.

Deacon: For the pardon and remission of our sins and offenses, let us beseech the Lord.

Response: Grant this, O Lord. (3)

Deacon: For what is good and beneficial to our souls and for peace in the world, let us beseech the Lord.

Response: Grant this, O Lord (4)

Deacon: That we may spend the rest of our life in peace and repentance, let us beseech the Lord.

Response: Grant this, O Lord. (3)

Deacon: For a Christian, painless, unashamed, peaceful end of our life, and for a good account before the fearsome judgment seat of Christ, let us beseech the Lord.

Response: Grant this, O Lord. (4)

Deacon: Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and ever-Virgin Mary with all the Saints, let us commit ourselves and one another, and our whole life to Christ our God.

Response: \[\text{music notation goes here}\]

To you, O Lord.
Priest: Great and most high God, you alone possess immortality and dwell in unapproachable light. You made all creation with wisdom, dividing light from darkness, establishing the sun to rule the day and the moon and stars to rule the night. You have allowed us sinners to approach your presence with thanksgiving in this present hour and to offer you evening praise. O Lord, Lover of us all, make our prayer ascend to you like incense and accept it as a sweet fragrance. Grant that we may spend the present evening and the coming night in peace; clothe us with the armor of light; deliver us from the fears of the night and from everything that lurks about in darkness. Grant that the sleep you have given us to refresh our fatigue may be free from all illusions of the devil. Yes, O Master of All, Giver of good things, let us feel contrition as we lie on our beds remembering your name throughout the night. Enlightened by meditation on your commands, may we rise with gladdened soul to give glory to your goodness, offering prayers and supplications to your compassion for our sins and those of all your people. Visit us with mercy through the intercession of the holy Theotokos.

For you, O God, are good and love us all, and we glorify you, Father, Son, and Holy Spirit, now and ever and forever.


Priest: ✺ Peace be to all!

Response: And to your spir it.

Deacon: Bow your heads to the Lord!

Response: To you, O Lord.
Priest: Lord our God, you bowed the heavens and came down for the salvation of the human race. Look upon your servants and upon your inheritance, for they have bowed their heads and bent their necks to you, the awesome Judge who love mankind. They do not expect human help, but await your mercy and long for your salvation. Protect them at all times, this evening and tonight, from every enemy, from all the devil’s assaults, from vain thoughts and evil imaginings. May the might of your kingdom be blessed and glorified, Father, Son, and Holy Spirit, now and ever and forever.

Response: \(\text{\text{\textit{\text{A - men.}}}}\)

\begin{quote}
\textit{The Aposticha are now sung; see the Octoechos. The cantor verses for Daily Vespers are as follows:}

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 mercy.

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 disdain.

Glory to the Father, and to the Son, and to the Holy Spirit; Now and ever and forever. Amen.
\end{quote}

\begin{quote}
\textbf{The Prayer of the Holy Prophet Simeon}

Now you may dismiss your servant, O Lord, in peace according to your word; for my eyes have seen your salvation which you have prepared before the face of all people, a light for revelation to the Gentiles, and the glory of your people Israel.
\end{quote}
The Trisagion Prayers

Holy God, Holy and Mighty, Holy and Immortal,
    have mercy on us. (3 times)

Glory to the Father, and to the Son, and to the Holy Spirit,
    now and ever and forever. Amen.

Most Holy Trinity, have mercy on us;
Lord, cleanse us of our sins;
Master, forgive our transgressions,
    Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. Lord have mercy. Lord have mer-cy.

Glory to the Father, and to the Son, and to the Holy Spirit,
    now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread,
    and forgive us our trespasses
as we forgive those who trespass against us,
    and lead us not into temptation,
    but deliver us from evil.

Priest: For thine is the kingdom and the power and glory,
Father, Son, and Holy Spirit, now and ever and forever.


The Troparion and Theotokion are sung here.
During Lesser Fasts, the service continues on page 24.
Litany of Daily Vespers

Deacon:  Have mercy on us, O God, according to your great mercy, we pray you, hear and have mercy.

Response:

Lord, have mercy, Lord, have mercy, Lord, have mercy.

Deacon:  Again we pray for our holy father, (Name), pope of Rome, and for our most reverend metropolitan, (Name), for our God-loving bishop, (Name), for those who serve and have served in this holy church, for our spiritual fathers, and for all our brothers and sisters in Christ.

Response:

Lord, have mercy, Lord, have mercy, Lord, have mercy.

Deacon:  Again we pray for our government and for all in the service of our country.

Response:

Lord, have mercy, Lord, have mercy, Lord, have mercy.

Deacon:  Again we pray for the people here present who await your great and abundant mercy, for those who show us mercy, and for all Christians of the true faith.

Response:

Lord, have mercy, Lord, have mercy, Lord, have mercy.
Priest: For you are a merciful and loving God, and we give glory to you, Father, Son, and Holy Spirit, now and ever and forever.

Response: 

A - men.

Dismissal

Deacon: Wisdom!

Response: 

Give the bles-sing.

Priest: Blessed is Christ our God, the One-Who-Is, always, now and ever and forever.

Response: 

A - men. O God, strengthen the true faith, for-ev-er and ev-er.

Priest: O most holy Theotokos, save us!

Response: 

More honorable than the cheru bim, and beyond compare more glorious than the seraphim, 

who, a virgin, gave birth to God the Word, you, truly the Theotokos, we mag-ni-fy.

Priest: Glory to you, O Christ God, our hope; glory to you!
Response:

Glo-ry to the Father and to the Son and to the Holy Spirit; now and ever and for ev-er.

A-men. Lord, have mercy, Lord have mercy, Lord, have mer-cy. Give the bless-ing.

Dismissal for Sunday

Priest:
May Christ our true God have mercy on us and save us through the prayers of his most pure Mother; through the protection of the honorable and heavenly angelic powers; through the prayers of the holy, glorious, and illustrious apostles; of the holy (Name/s), the patron [patroness] of this church; of the holy (Names/s of the saint/s whose day it is); and through the prayers of all the saints; for Christ is God and loves us all.

Dismissal for Monday

May Christ our true God have mercy on us and save us through the prayers of his most pure Mother; and of the honorable and glorious prophet, forerunner, and Baptist John; through the prayers of the holy, glorious, and illustrious apostles; of the holy (Name/s), the patron [patroness] of this church; of the holy (Names/s of the saint/s whose day it is); and through the prayers of all the saints; for Christ is God and loves us all.

Dismissal for Tuesday

May Christ our true God have mercy on us and save us through the prayers of his most pure Mother; by the power of the precious and life-creating cross; through the prayers of the holy, glorious, and illustrious apostles;
of the holy (Name/s), the patron [patroness] of this church;  
of the holy (Names/s of the saint/s whose day it is);  
and through the prayers of all the saints;  
for Christ is God and loves us all.

Dismissal for Wednesday  
May Christ our true God have mercy on us and save us  
through the prayers of his most pure Mother;  
and of the holy, glorious, and illustrious apostles;  
of our holy father Nicholas the Wonder-worker, archbishop of Myra;  
of the holy (Name/s), the patron [patroness] of this church;  
of the holy (Names/s of the saint/s whose day it is);  
and through the prayers of all the saints;  
for Christ is God and loves us all.

Dismissal for Thursday  
May Christ our true God have mercy on us and save us  
through the prayers of his most pure Mother;  
by the power of the precious and life-creating cross;  
through the prayers of the holy, glorious, and illustrious apostles;  
of the holy (Name/s), the patron [patroness] of this church;  
of the holy (Names/s of the saint/s whose day it is);  
and through the prayers of all the saints;  
for Christ is God and loves us all.

Dismissal for Friday  
May Christ our true God have mercy on us and save us  
through the prayers of his most pure Mother;  
through the protection of the honorable and heavenly angelic powers;  
through the prayers of the honorable and glorious prophet, forerunner, and  
baptist John;  
through the prayers of the holy, glorious, and illustrious apostles;  
of our holy father Nicholas the Wonder-worker, archbishop of Myra;  
of the holy, glorious, and victorious martyrs;  
of our venerable and God-bearing fathers;  
of the holy and just ancestors of God, Joachim and Anna;
of the holy (Name/s), the patron [patroness] of this church;  
of the holy (Names/s of the saint/s whose day it is);  
and through the prayers of all the saints;  
for Christ is God and loves us all.

Response:

\[ \text{A - - - - - - - - - men.} \]
Dismissal for Fasts

After the Prayer of St. Simeon and the Trisagion Prayers, 
the following Troparia are sung in Tone 4:

Re-joice, O Vir-gin The-o-to-kos! Mar-y full of grace, the Lord is 

with you! Bless-ed are you a-mong wo-men, and bless-ed is the 

fruit of your womb. For you gave birth to Christ, the Sav-ior and Re-deem-er 

of our souls. Prostration

Cantor: Glory to the Father, and to the Son, and to the Holy Spirit.

O Bap-tiz-er of Christ, re-mem-ber us all, that we be delivered from 

our trans-gres-sions; for you have been giv-en grace to in-ter-cede on 

our be-half. Prostration

Pray for us, O holy apostles and all you saints, that we be delivered from danger and affliction, for we have you as our fervent intercessors before the Savior.

Prostration

podoben: Pod tvoju milost' (1)

Be beneath your compassion we take refuge, O Virgin Theotokos. Despise not our prayers, our prayers in our need, but deliver us from dangers, for you alone are pure, for you alone are pure and blessed.

or

podoben: Pod tvoju milost' (2)

Be beneath your compassion we take refuge, O Virgin Theotokos.
Blessed is Christ our God, the One-Who-Is, always, now and ever and forever.

Despise not our prayers in our need, but deliver us from dangers,
for you alone are pure and blessed.

The following is sung four times:

Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.
mer-cy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.
Lord, have mer - cy.

Priest: Blessed is Christ our God, the One-Who-Is, always, now and ever and forever.

Response: Amen.
Priest: King of heaven, support our civil authorities, confirm the faith, calm the nations, give peace to the world and safeguard this city (or this holy monastery), grant those who have gone before us a dwelling place among the righteous, accept us in repentance and have mercy, for you are good and love us all.


Glory to the Father, and to the Son, and to the Holy Spîrit, now and ever and forever. Amen.

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

In the name of the Lord, Father, give the blessing.

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

**Prayer of St. Ephrem**

*All:* Lord and Master of my life, 
spare me from the spirit of indifference, despair, 
lust for power, and idle chatter. *(Prostration)*

Instead, bestow on me, your servant, 
the spirit of integrity, humility, 
patience, and love. *(Prostration)*

Yes, O Lord and King, 
let me see my own sins 
and not judge my brothers and sisters; 
for you are blessed forever and ever. Amen. *(Prostration)*

*Then, with a simple bow, the following is repeated four times:*

O God, be merciful to me, a sinner. 
O God, cleanse me of my sins and have mercy on me. 
O Lord, forgive me, for I have sinned without number.

*Once more, the Prayer of St. Ephrem is recited, without the usual prostrations.*

One prostration is made at the conclusion of the prayer.

Holy God, Holy and Mighty, Holy and Immortal, 
have mercy *on* us. *(3 times, each with a prostration)*

Glory to the Father, and to the Son, and to the Holy Spirit, 
now and ever and forever. Amen.

Most Holy Trinity, have mercy on us; 
Lord, cleanse us of our sins; 
Master, forgive our transgressions, 
Holy One, come to us and heal our infirmities for *your* name’s sake.

Lord, have mercy. Lord have mer-cy. Lord have mer-cy.
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Priest: For thine is the kingdom and the power and glory,
Father, Son, and Holy Spirit, now and ever and forever.

Response: sung twice

Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy. sung twice

Glory to the Father and to the Son and to the Holy Spirit; now and ever and forever.

A-men. Lord, have mercy, Lord have mercy, Lord, have mercy. Give the blessing.

Dismissals for the day of the week are found on pages 21 and 22
“O Lord, I have cried”
in the Eight Tones
O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord, I have cried to you, hear me; receive the voice of my pray'r when I call upon you. Hear me, O Lord.

Let my pray'r ascend to you like incense and the lifting up of my hands like an evening sacrifice. Hear me, O Lord!

**Tone 2**

O Lord, I have cried to you, hear me. Hear me, O Lord!

O Lord, I have cried to you, hear me; receive the voice of my pray'r when I call upon you. Hear me, O Lord! Let my pray'
ascend to you like incense and the lifting up of my hands like an evening sacrifice. Hear me, O Lord!

Tone 3

O Lord, I have cried to you, hear me. Hear me, O Lord!

O Lord, I have cried to you, hear me; receive the voice of my pray'r when I call upon you. Hear me, O Lord! Let my pray'r ascend to you like incense, and the lifting up of my hands like an evening sacrifice. Hear me, O Lord!

Tone 4

O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord, I have cried
to you, hear me; receive the voice of my pray'r when I call upon you.

Hear me, O Lord! Let my pray'r ascend to you like incense and the lifting up of my hands like an evening sacrifice. Hear me, O Lord!

Tone 5

O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord, I have cried to you, hear me; receive the voice of my pray'r when I call upon you.

Hear me, O Lord! Let my pray'r ascend to you like incense and the lifting up of my hands like an evening sacrifice. Hear me, O Lord!
O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord, I have cried to you, hear me; receive the voice of my pray'r when I call upon you. Hear me, O Lord! Let my pray'r ascend to you like incense and the lifting up of my hands like an evening sacrifice. Hear me, O Lord!

O Lord, I have cried to you, hear me. Hear me, O Lord! I have cried to you, hear me; receive the voice of my pray'r when I call upon you. Hear me, O Lord! Let my
pray'r ascend to you like incense and the lifting up of my hands like an
evening sacrifice. Hear me, O Lord!

Tone 8

O Lord, I have cried to you, hear me. Hear me, O Lord! O

Lord, I have cried to you, hear me; receive the voice of my pray'r when I
call upon you. Hear me, O Lord! Let my

pray'r ascend to you like incense and the lifting up of my hands

like an evening sacrifice. Hear me, O Lord!
Octoechos
Tone 1: Sunday Evening
At Psalm 140

Sticheron - Tone 1 podoben: Prechval'niji mučenicy

O most kind Father, you sent your Son, our gracious Lord, to take
the prodigal son upon his shoulders as the lost sheep was taken up,
and to lead him from where he had fallen into the fold of your angels,
and not into the power of evil.

Sticheron

O most kind Father, because you are God, and being moved
by your great loving-kindness, you brought up all things out of nothingness.

At the last, you created us in your image by your hand. But when we became
corrupted by transgressing your law, you redeemed us because you love us all.

Sticheron

O Lord, you love us all; you are truly the Son of the heavenly Father.

You showed yourself to be one of us. You are the Son of Man.

And we, your people, have been enticed by the serpent's deceit.

Take me upon your shoulder like the lost sheep, and lead me into your heavenly fold.

Cantor: Glory...now and ever...
Since you are the pure dwelling-place of God, pray with the angels that I may complete the road of life in virtue, so that the evening of death may not approach me unprepared, nor send me into the blazing fire to be tormented. Deliver me from all of this, O Spotless One.

Aposticha

My sins are like a great gulf, O Savior, and I am sinking hopelessly because of them. Give me your hand as you did to Peter. Save me, O God, and have mercy on me.

Cantor: I have lifted up my eyes...
O Savior, by my sinful thoughts and evil deeds, I have brought judgment on myself. Grant me the grace of conversion, O God, so that I may call out to you: Save me, O gracious Benefactor, and have mercy on me.

Cantor: Have mercy on us, O Lord…

O Lord, through the intercession of all your saints and of the Mother of God, grant us your peace and have mercy on us; for you alone are merciful.

Cantor: Glory...now and ever...

Theotokion

O Joy of the heav'n-ly ranks, O Might-y Help of all on earth,
Tone 1 - Monday

O most pure Virgin, save us who hasten to you, since, after God, we place our hope in you, O Theotokos.

Monday Evening
At Psalm 140

Sticheron

O Lord, wretched outcast that I am, I have spent my life shamefully with transgressors, and like the prodigal son I contritely cry:

O heavenly Father, I have sinned; cleanse me, save me, and do not cast me away.

I departed far from you of my own will, and now I am poor and needy because of my fruitless deeds.
Sticheron

O Christ, you were rich but you made your self poor. You have enriched us all with immortality and light, while I have been made poor by the pleasures of this life. Make me rich with virtues; number me with poor Lazarus, and save me from the rich man's torments that await me in Gehenna.

Sticheron

I have become exceedingly rich in evil and loved luxury. In my lifetime I have received good things and have been condemned to Gehenna, O Lord. I have despised my hungry mind as if it were Lazarus laid before
the gates of your divine works. Take pity on me, O Lord.

Cantor: Glory...now and ever...

Theotokion

O Virgin, together with the great Forerunner, implore the Lamb of God who takes away the sins of the world, whom the Forerunner proclaimed to the world, to place me, unworthy though I am, at his right with the sheep on the Day of Judgment, and not at his left with the goats.

Aposticha

My sins are like a great gulf, O Savior, and I am
Tone 1 - Monday

Cantor: I have lifted up my eyes...

O Savior, by my sinful thoughts and evil deeds, I have brought judgment on myself. Grant me the grace of conversion, O God, so that I may call out to you: Save me, O gracious Benefactor, and have mercy on me.

Cantor: Have mercy on us...

O Saints, your confession of faith in the arena destroyed the strength of devils and set us free from delusion. When you were beheaded
you cried out: O Lord, may the sacrifice of our souls be acceptable
in your sight; for in our love for you, the Lover of us all,
we have despised this temporal life.

Cantor: Glory...now and ever...

Theotokion

O Virgin most worthy of praise, while Moses gazed at the burning bush that was not consumed, he beheld with prophetic eyes the mystery that was to take place in you; for your womb was not burned by the fire of the Godhead,

O Most Pure One. Therefore, we beseech you, as the Theotokos,
to ask for peace and great mercy for the world.
Tuesday Evening
At Psalm 140

Sticheron

When you were nailed to the cross as man, O Christ our God, You made man-kind
di-vine and slew the serpent, the origin of e-vil. You set us
free from the curse of the tree; and in your com-pas-sion you your-self
took on the curse. You con-ferred bless-ings and great mer-cy
on the world.

Sticheron

You are a-bove all hon-or, O Mas-ter, yet you were pleased to suf-fer shame.

O Most Com-pass-ion ate One, you en-dured a humiliating death up-on the wood.
Therefore, by your death in the flesh, O Almighty One, mankind reaped immortality and received the newness of life.

Sticheron

O most precious Cross, purification of all the faithful and pow'r of kings, you have sanctified all those who venerate you and glorify Christ, who, in his compassion, stretched out his immaculate hands upon you, and gathered all people into one from the ends of the earth.

Cantor: Glory...now and ever...

Stavrotheotokion

When you beheld your Son and Lord with arms outstretched upon the cross,
and his side pierced with a lance, O Pure Moth-er, weep-ing, you cried out:

How in-tense-ly you suffer, O Lov-er of us all, who takes a-way
the suf - fer - ing of all.

Aposticha

The cross was planted upon the place of the skull; and from the ever-
last-ing spring that flowed from the side of the Sav - ior,
it brought forth for us the Flow'r of Im - mor - tal - i - ty.

Cantor: I have lifted up my eyes...

The pre-cious cross of the Sav - ior is our un-shak-a-ble wall;
Tone 1 - Tuesday

Cantor: Have mercy on us...

How beau-ti-ful is the manner of your ex-change, O Saints, for you have given your blood and re-ceived heav-en. Tru-ly, you have done well!

You have ob-tained immor-tal-ity by for-sak-ing cor-rup-ti-ble things.

Mak-ing a sin-gle choir with the an-gels,
you sing un-ceas-ing-ly the praises of the con-sub-stan-tial Trin-i-ty.

Cantor: Glory...now and ever...

Stavrotheotokion

Whn she be-held the Lamb hang-ing on the cross, the un-defiled Vir-gin
la-ment-ed and cried: O my Child, what is this strange and most glo-rious sight?

How is it that he who holds all things in his hands is nailed in the flesh to the wood?

Wednesday Evening
At Psalm 140

Sticheron

O glo-rious A- pos-tles of Christ, O di- vine-ly in-spired Dis-ci - ples,

who have found the Lord and taught the u - ni-verse, be - com - ing the mediators between God and the hu - man race, you clung to Jesus and plainly pro claimed him to the world, as per fect God and per - fect man.
Tone 1 - Wednesday

Sticheron

O most wise Apostles, O divinely inspired Disciples of Christ,

O Teachers of the world, by your prayers and your instruction give me strength to endure; and help me to walk at all times in the narrow way that I may come to dwell in the wide spaces of Paradise.

Sticheron

I shall exalt Peter, the first Apostle, Paul and Andrew, James and Philip, Bartholomew, Simon, and Thomas, together with Matthew, Mark,

Luke, and John who wrote the gospels, that company of the elect of God,

and with them the rest of the seventy Apostles; for they were the
Cantor: Glory...now...

Theotokion

Troubled by the violent seas of sin, I hasten to the calm port of your most pure intercession, O Theotokos, and I cry out to you:

Stretch forth your powerful right hand to your servant and save me, O All-pure One!

Aposticha

O Lyre of the Apostles, whose many strings were moved by the Holy Spirit, you destroyed the hateful devils; and, proclaiming the
Tone 1 - Wednesday

one God, you delivered the people from the delusion of idols

and taught them to worship the consubstantial Trinity.

Cantor: I have lifted up my eyes...

Let us praise with one accord, as is proper, Peter and Paul, Luke, Matthew,

Mark, and John, Andrew, Thomas, Bartholomew, Simon the Canaanite, James, and

Philip, and the whole company of the disciples.

Cantor: Have mercy on us...

O martyrs, worthy of all praise, unburied on earth but welcomed

into heaven, the gates of Paradise opened to you.

Having entered, you delight in the Tree of Life. Beg Christ to
grant peace and great mercy to our souls.

Cantor: Glory...now...

Theotokion

Rejoice, O Joy of the Patriarchs, the Gladness of the Apostles and Martyrs, and the Protector of your servants.

Thursday Evening
At Psalm 140

You stretched your immaculate hands up on the cross, O Christ, calling those who were afar, and bringing them near. Although captive to my passions, I entreat you: Gather me to yourself and grant me repentance and purification from every stain of sin.
Tone 1 - Thursday

Sticheron

O un-created and sin-less Christ, you are changeless by nature and are not subject to suffering in your divinity. You were crucified with evildoers for our sakes, O Savior. The sun, unable to endure the sight, was darkened; and the whole earth shook, acknowledging you to be the Creator of the World.

Sticheron

O Christ, who love us all, in your desire to deliver Adam, the work of your hands, who was held in the kingdom of Hades through his transgressions, you lifted your hands upon the wood and allowed your fingers to be
Tone 1 - Thursday

soaked with blood; and so you raised him by your almighty pow'r.

Cantor: Glory...now...

Stavrotheotokion

With tears in her eyes, the Virgin lamented: My sweet Child, by being

lifted up on the cross, and by tasting the vinegar and gall,

you sweetened Adam's bitter food. Therefore, O Master, as the Just Judge,

sweeten me through your healing Passion; for you arose from the

dead as the Almighty.

Aposticha

The cross was planted up on the place of the skull; and from the ever-
Tone 1 - Thursday

lasting spring that flowed from the side of the Savior,
it brought forth for us the Flow'r of Immortality.

Cantor: I have lifted up my eyes...

The precious cross of the Savior is our unshakable wall;
for all of us who have put our hope in it are saved.

Cantor: Have mercy on us...

O Lord, through the intercession of all your saints and of the Mother of God,
grant us your peace and have mercy on us; for you alone are

mercyful.

Cantor: Glory...now...
Stavrotheotokion

As she beheld you unjustly slain, O Christ, the Virgin cried out in sorrow:

O my Child, how is it that you suffer unjustly? How is it that you are now hanging on the wood? For once you hung the whole earth upon the waters. I entreat you, as your mother and handmaid en:

Leave me not alone, O Most Merciful One

Friday Evening
At Psalm 140

Sticheron

O Lord, through the intercession of all your saints and of the Mother of God, grant us your peace and have mercy on us; for you alone are merciful.
O Saints, your confession of faith in the arena destroyed the strength of devils and set us free from delusion. When you were beheaded you cried out: O Lord, may the sacrifice of our souls be acceptable in your sight; for in our love for you, the Lover of us all, we have despised this temporal life.

How beautiful is the manner of your exchange, O Saints, for you have given your blood and received heaven. Truly, you have done well! You have obtained immortality by forsaking corruptible things.
Mak-ing a sin-gle choir with the an-gels,
you sing un-ceas-ing-ly the praises of the con-sub stan tial Trin i-ty.

Cantor:  Glory...now...

Dogmatikon

Let us praise the Vir-gin Mar- y, the glo-ry of the whole world.

Born of man, she bore the Mas-ter. She is the gate of heav-en, the

song of angels, and adornment of the faith ful. She is heav-en itself and the

tem-ple of God. She tore down the dividing wall of en mi-ty, bring-ing peace and

o-pen-ing the king-dom. If we cling to her, then, as an an chor of faith,

the Lord born of her will be our cham pion. Take cour age, then, take
cour-age, peo-ple of God. For he who is all-powerful will fight our en-e-mies.

Aposticha

O mar-tys, worth-y of all praise, un-bur-i ed on earth but wel comed in-to heav-en, the gates of Par-a-dis e o-p ened to you.

Hav-ing en-tered, you delight in the Tree of Life. Beg Christ to grant peace and great mer-cy to our souls.

Cantor: I have lifted up my eyes...

Nekro-si mon - Tone 1 Bolhar

What mor-tal de-light en-dures un-min-gled with grief? What glo-ry
on earth remains without change? All is less than a shadow,
more deluding than a dream; a mere moment and death

takes them all. But in the light of your face, O Christ,
and in the sweetness of your beauty, give rest to the one

whom you have chosen, for you love mankind.

Cantor: Have mercy on us...

No one is sinless except you, O Immortal One; but since you are

a compassionate God, establish your servants in your light,
in company with the angelic choir. In your goodness, pass over
their transgressions and grant them forgiveness of their sins.

Cantor: Glory...now...

Theotokion

O most glorious Bride of God, the wondrous majesty of your childbearing is truly beyond understanding. All of the prophets proclaimed the incomprehensible and ineffable conception and the nativity of the Savior of the world, in that he is the Lover of us all, O All praised One.
Tone Two
Sunday Evening
Psalm 140

Sticheron - *Tone 2 podoben: Jehda ot dreva*

You are the Source of Goodness from whose depths flow mercy and streams of grace. O most gracious Father, O Son, the Father's Word, and Holy Spirit, Uncreated Essence, hear our pray's and pleadings, and grant forgiveness to all who are in sin, for you are a gracious God and you love us all.

Sticheron

Because of your divine essence, you are the Fount of kindness, mercy, and love; and so we pray to you, O Christ our
Savior. We fall down and call out, always crying to you:

Grant to your servants remission of our many sins. Forgive every thing by which we have sinned, for you are a gracious God and you love us all.

Sticheron

Since you are God, O Redeemer, you desire the salvation of all people. For our sake you became incarnate, and you showed yourself to be man. Save us who bow down before your Law, for you did not come to save only the just, O Lover of us all. We, bound by many sins,
have been released through baptismal grace; for you are a gracious
God and you love us all.

Cantor:  Glory...now...

**Theotokion - Tone 2 samohlasen**

The multitude of angels, O Purest One, praise your Son with
the thrice-holy hymn. You were like his fiery altar, his celestial palace,
and his divine bridge which always leads from earth to him.

With the Archangel Gabriel we sing out to you: Rejoice, O Full
of Grace; because you gave birth to the Wellspring of Joy.
Aposticha

Like the Prodigal, I have sinned against you, O Savior. Receive me, O Father, for I am repentant; and have mercy on me, O God.

Cantor: I have lifted up my eyes...

I cry out to you, O Christ my Savior, with the voice of the Publican.

Be merciful to me as you were to him, and have mercy on me, O God.

Cantor: Have mercy on us...

O victorious martyrs, you did not long for earthly pleasure; you were made worthy of the good things of heaven. You came to share in the citizenship of the angels. O Lord, through their intercession have mercy and save us.
Cantor: Glory...now...

Theotokion

Re-joice, O Mar-y, Moth-er of God, O In-de-struc-ti-ble Tem-ple

which is ho-ly be-yond com-pre-hen-sion. With the Proph-et we proclam:
your tem-ple is ho-ly; it is tru-ly won-drous!

Monday Evening
At Psalm 140

Sticheron

On-ly you are with-out sin; on-ly you are long-suf-fer-ing.

On-ly you are a fount of good-ness! Be-hold my afflic-tion; be-hold

my dis-tress. An-oint the scar left by my wounds, and in your

mer-cy, save your ser-vant, that, hav-ing chased a-way the cloud of de-spon-den-cy,
I may glorify you, my Savior.

Sticheron

Look upon my humble soul; look also upon my unworthy deeds.

Look upon my nakedness. Behold my desolation!

Indeed, I have separated myself from God and from the angels.

And I shall be cast out into the endless torment of Hades.

Be vigilant, awake, make haste and cry: O Savior,

I have sinned; grant me pardon and save me.

Sticheron

I have sorely hurt my body. I have destroyed my heart and soul.
with corrupt thoughts. I have injured all my senses and profaned my eyes;

I have dishonored my ears and defiled my tongue with wicked words.

My whole being is nothing but shame. Therefore, I fall before you, O Christ and Master, and confess: I have sinned against you;

I have sinned! Forgive me and save me.

Cantor: Glory...now

Theotokion

O Mother of the King of All, and O divine Forerunner,
you are united as natural kin; now unite us in prayerful harmony and one-ness of spirit, for we have so greatly angered the merciful God.
May he be gracious toward me and save me, that, through your fervent intercessions, he may deliver me from kinship with Hades.

Aposticha

Like the Prodigal, I have sinned against you, O Savior. Receive me, O Father, for I am repentant; and have mercy on me, O God.

Cantor: I have lifted up my eyes...

I cry out to you, O Christ my Savior, with the voice of the Publican.

Be merciful to me as you were to him, and have mercy on me, O God.

Cantor: Have mercy on us...

Through the pray'rs of the holy martyrs and their songs of
Tone 2 - Monday - Tuesday

praise to Christ, all error has come to an end, and we all
are saved by faith.

Cantor: Glory...now...

Theotokion

In you, O Theotokos, I place all my trust. Shelter me
beneath your mantle.

Tuesday Evening
At Psalm 140

When you mounted the cross, the sun darkened itself, for it could not bear to
give its light. The earth quaked and the rocks were split. The veil of the
temple was torn in two; the graves were opened and the dead arose.
Hades gave up all those that were held there; the devils were defeated,
and, for all of us, sleep took the place of death.

Sticheron

O Christ, when the repentant robber saw you, the Only Fruitful Vine,
he became wonderfully well-disposed, and, with one small phrase,
stole from you the forgiveness of his former sins. Let us hasten to do as
he did, and to cry: O Lover of us all, also remember us.

Sticheron

Truly your cross shines like a star in the holy Church, O Christ,
destroying the evil spirits while giving the faithful light.
It puts to shame those who crucified you. In ancient days, you
led out of bondage our forefathers who prefigured the cross;
and in the wilderness you satisfied them with water from the rock.

Cantor: Glory...now...

Stavrotheotokion

Gazing upon you, O Heavenly Light, the All-pure One said: The light
of the stars vanished before the Spiritual Light that appeared on the cross;
for the weaker always yields to the stronger, the lesser to the greater.

How can it not be fitting that when Christ shines forth, all material
light should vanish.
Aposticha

1

O Christ the Savior, save me by the power of the cross.

And have mercy on me, O God, who saved Peter in the sea.

Cantor: I have lifted up my eyes...

2

The slayers of the Just, who had always delighted in your gifts,

cried out: Let him be crucified! Instead of their Benefactor,

they asked to receive a transgressor of the law. But keeping silent, O Christ, you endured their hardness; for you desired to suffer

and to save us because you are the Lover of us all.

Cantor: Have mercy on us...
O victorious martyrs, you did not long for earthly pleasure; you were made worthy of the good things of heaven. You came to share in the citizenship of the angels. O Lord, through their intercession have mercy and save us.

Cantor: Glory...now...

Stavrotheotokion

You suffered greatly when your Son and God was crucified,

and, moaning and weeping, you cried aloud: Woe is me, my sweet Child!

How unjustly you suffer in your desire to deliver Adam.
Wednesday Evening
At Psalm 140

Sticheron

Like streams of the spirit, you divided and went forth from Eden,

O wise Disciples of the Lord. You have watered all the earth,

and, after plowing it, you sowed it with the words of salvation

and gathered the harvest, the souls of the saved, hiding them as untold riches

in the spiritual treasuries.

Sticheron

O Stars of the spiritual East, O Shining Lights of the Sun,

you announced Christ to all, and dispersed the darkness of false beliefs.
Free our hearts from the darkness of passion and sensual things; and, because you were his eye-witnesses, entreat the Lord to enlighten our minds.

Sticheron

You are, in truth, the new tablets written by God, the living scrolls revealing his mysteries, holding the word of salvation written with the finger of the Father. Therefore, you traveled to the ends of the earth, and clearly showed the true faith to all: the path that leads to heaven.

Cantor: Glory...now...

Theotokion

The Word, equally honored with the Father and the Holy Spirit, like a huge sun shining forth from the divine Virgin and illuminating the earth and
the heavens from end to end, sent you, O glorious Apostles, as lights to illuminate with the light of faith all nations living in the darkness of deceit,
and to lead them by divine teachings to the faith.

Aposticha

O Savior, you have magnified the names of the chief Apostles throughout the world. For, having learned heavy things, they gave ineffable healing to those on earth, and even their shadows made sick men whole.
The fishermen worked wonders, and Paul, chosen from among the Israelites, explained the divine teachings of grace.
For their sakes, O Lord, grant us your great mercy.

Cantor: I have lifted up my eyes...

Despite the restraint of our evil deeds we run to you, the God of Truth, and we offer to you the words of the disciple who said: Save us, O Guide, for we are perishing. Now, out of your mighty goodness, show our enemies that through the prayers of the Apostles, you protect us and save us from affliction, passing over our many sins.

Cantor: Have mercy on us...

Great is the glory you obtained by faith, O holy martyrs; for not only
did you triumph over the enemy in your sufferings, but after death you heal the infirm and drive out evil spirits. O physicians of souls and bodies, intercede with the Lord to have mercy on our souls.

Cantor: Glory...now...

Theotokion

Like a fruitful olive tree, the Virgin brought you forth, for you are the Fruit of Life, and you produced for the world the fruit of generous and great mercy.
Thursday Evening
At Psalm 140

Sticheron

You were nailed to the cross, O Savior; the sun veiled its face from the terrible sight, and the curtain of the temple was torn in two.

The earth quaked, and the stones themselves crumbled in fear, seeing their Creator and God, who cannot suffer, bearing the insults of the lawless ones, and willingly suffering unjustly on the wood.

Sticheron

O Christ, the Lover of us all, after the serpent of all evil had lifted you unlawfully upon the wood he was cast down upon the earth;
utterly overthrown he lay as a fallen corpse. Because of this, the curse of Adam was loosed, and he who once had been condemned was saved. Therefore, we entreat you to save us and take pity on all of us; and make us worthy of your kingdom.

Sticheron

When you were raised on the cross and your side was pierced with a lance, the sun hid itself, not wishing to behold you, O Sinless Savior.

The earth quaked and the rocks split in fear at the shameful treatment you endured, and all creation cried out to you: Glory to your
crucifixion! O Word, Lover of us all, you have saved us.

Cantor: Glory...now...

Stavrotheotokion

When the Spot-less Moth-er be-held her Lamb be-ing led a-way to be slaughtered of his own free will, she called out a-mid tears: Are you, O Christ, going to leave me, your Moth-er, who gave birth to you a-lone?

Why are you do-ing this, O Savior of the World? I shall con-tin-ue, none-the-less, to sing and praise your bound-less good-ness which ex-ceeds all un-der-stand-ing and words, O Lov-er of us all.
Aposticha

O Christ the Savior, save me by the power of the cross.

And have mercy on me, O God, who saved Peter in the sea.

Cantor: I have lifted up my eyes...

The slayers of the Just, who had always delighted in your gifts,
cried out: Let him be crucified! Instead of their Benefactor,
they asked to receive a transgressor of the law. But keeping silent, O Christ, you endured their harshness; for you desired to suffer
and to save us because you are the Lover of us all.

Cantor: Have mercy on us...
O victorious martyrs, you did not long for earthly pleasure; you were made worthy of the good things of heaven. You came to share in the citizenship of the angels. O Lord, through their intercession have mercy and save us.

Cantor: Glory...now...

Stavrotheotokion

O Savior, the Life of All, when the lawless people nailed you to the wood, your pure and blameless Mother stood and cried out, weeping:

O my Child, the Light of my eyes! How can you bear to be nailed to the cross among transgressors? For you placed the earth on the waters.
Friday Evening
At Psalm 140

Sticheron

O Martyrs, praised throughout the world, you delivered your flesh to pain.

You endured the most terrible tortures, and were violently put to death.

You confounded the torturers, and truly uprooted the worship of idols, proclaiming Christ as the only God and Master. Now, wearing your crowns, you stand, with the choirs of angels, before him.

Sticheron

As they with stood the torturers, the company of martyrs said:

We serve in the forces of the King. Though you deliver us to
fire and torment, we shall not deny the pow'r of the Trinity.

Sticheron

Through the pray'rs of the holy martyrs and their songs of praise to Christ, all error has come to an end, and we all are saved by faith.

Cantor: Glory...now...

Dogmatikon

The shadow of the Law passed away when grace arrived; for, like the bush which burned but was not consumed, you gave birth as a virgin, and a virgin you remained. Instead of a pillar of fire, the Sun of Justice dawnd; instead of Moses, Christ, the salvation of our souls.
Aposticha

Great is the glory you obtained by faith, O holy martyrs; for not only did you triumph over the enemy in your sufferings, but after death you heal the infirm and drive out evil spirits. O physicians of souls and bodies, intercede with the Lord to have mercy on our souls.

Cantor: I have lifted up my eyes...

Nekrosimon - Tone 2 Bolhar

As a flower withers and a dream takes flight, so does every mortal pass away. But when the trumpet sounds, O Christ God, like an earthquake, all the dead shall rise to meet you. Then, O Master, place
Tone 2 - Friday

the souls of your de-part-ed serv - ants in the tents of your saints, O Christ.

Cantor: Have mercy on us...

Tone 2 samohlasen

O what an or-deal must the soul en-dure when it parts from the bod - y!

O how pro-fuse-ly that soul weeps, and there is no one to show it pit - y.

It turns its eyes to the an-gels and its pray'r is in vain. It ex-ends

its hands and finds no one to help. There fore, O be-lov-ed faith-ful,

con-sid-er-ing the brev-i-ty of our life, let us be-seech from Christ

mer - cy for our souls.

Cantor: Glory...now...
Save your servants from tribulations, O Virgin Theotokos;

for, after God, we all run to you as the unshakable Wall and Intercessor.
Sticheron - *Tone 3 podoben: Velija mučenik tvojich (Velija Kreste)*

I have sinned greatly and offended you, O Master,
who by nature are gracious and merciful. Like the prodigal, I repent sincerely.
Receive me, O heavenly Father, and make me one of your hired servants.

I have spent my life in inexistence;
I, a miserable soul, am near suffering
the end. I do not reflect on the judgment awaiting me, nor on being separated from God. Convert me, O Savior, and rescue me from all this evil.

Sticheron

Deliver my lowly soul from hell and from the gnashing of teeth, O Lord, and from all other eternal suffering, Most Gracious One; so that I may sing to you with faith, since you are by nature merciful, and you love us all.
Cantor: Glory...now...

Theotokion - Tone 3 samohlasen

O Most Pure One, you reign over all creatures. By your warm intercession and your motherly prayer, free me because I am ruled by my passions beyond all comprehension. Free me that I may serve your Son and God.

Aposticha

We offer you our evening hymn, O Christ, with incense and spiritual song. Have mercy upon our souls, O Savior.

Cantor: I have lifted up my eyes...

Save me, O my Lord God, for you are the Savior of all.
A storm of passion is tossing me about, and the weight of transgression is sinking me. Give me your helping hand, and lead me to the light of humility; for you alone are merciful and you love us all.

Cantor: Have mercy on us...

Great is the power of your cross, O Lord; set in one place, its might is felt throughout the world. It has made apostles out of fishermen and martyrs from among the nations so that they might intercede for our souls.

Cantor: Glory...now...

Theotokion

O The-o-to-kos! Intercession of all who pray to you! We have con-fi dence
because of you; we boast because of you, and all our hope is in you! In behalf of your worthless servants, implore him who was born of you.

Monday Evening
At Psalm 140

Sticheron

Having seen how lazy I am in performing virtuous deeds, the cunning serpent beckons me toward the most foul and evil acts. It transforms itself, showing the sweetness of sin, while its own action is, in effect, wicked and contrary to the divine commandments. Thus it pushes me, through evil habits, to choose wrong instead of right.
Sticheron

After walking along every evil and sinful path, forsaking
the way of righteousness until the end, I now approach the gates
of death, and I call out, as one who is oppressed: O my kind
Je-sus, Height of Good-ness, having directed the path of our earthly lives back
to re-pent-ance, save me and grant me divine par-don be-fore I die.

Sticheron

Slain by all man-ner of sins, by a mul-ti-tude of transgres-sions
and by great and e-vil deeds, in truth, I lie dead and help-less.
Hope in your compassion is all that is a-live to me. O Christ, you give
breath and life to the dead. You destroy the passions that have put us to death. Come and save me from eternal death.

Cantor: Glory...now...

Theotokion

You are holy among women, O unwedded Mother.

Entreat our King, your Son, O Theotokos, to save our souls as the Lover of us all.

Aposticha

We offer you our evening hymn, O Christ, with incense and spiritual song. Have mercy upon our souls, O Savior.
Cantor: I have lifted up my eyes...

Save me, O my Lord God, for you are the Savior of all.

A storm of passion is tossing me about, and the weight of transgression is sinking me. Give me your helping hand, and lead me to the light of humility; for you alone are merciful and you love us all.

Cantor: Have mercy on us...

Great is the power of your martyrs, O Christ, even lying in their tombs they drive off evil spirits. They conquered the power of the enemy, contending for piety through faith in the Trinity.

Cantor: Glory...now...
Theotokion

You are holy among women, O unwedded Mother.

En-treat our King, your Son, O The-o-tokos, Whom you have borne,
to save our souls.

Tuesday Evening
At Psalm 140

Sticheron

By your crucifixion, creation was changed, O Lord. The sun hid its rays in fear, and the veil in the temple was torn, and ev'ry one that believes has been saved. Therefore, we glorify your immeasurable riches.

Sticheron

God the Master assumed our flesh in his love for us, and delivered it
to the cross. He was pleased in his compassionate mercy
to be lifted up in the body, thus lifting up our unworthy selves.

Sticheron

The drops of blood and water that flowed forth as a divine and abundant
stream from your side fashioned the world anew. You washed away the
sins of all with water, O Lord. You write their pardon in your blood.

Cantor: Glory...now...

Stavrotheotokion

As you beheld your Son on the cross, O All pure One, a
sword pierced your heart and you cried out: Do not leave me alone,
my Son and my God, who preserved me a virgin even after childbirth.
Aposticha

We bow to your most precious cross, O Christ, the Guardian of the world, the Salvation of sinners, the great Purification, the Triumph of kings, and the Glory of the universe.

Cantor: I have lifted up my eyes...

The tree of disobedience gave the world the flower of death; while the tree of the cross blossomed into life and immortality.

We, therefore, worship you, O crucified Christ. Let the light of your countenance shine upon us.

Cantor: Have mercy on us...
The prophets, apostles, and the martyrs of Christ taught us to sing the praises of the consubstantial Trinity. They enlightened the nations that had gone astray, and made us companions of the angels.

Cantor: Glory...now...

Stavrotheotokion

As she beheld you lifted upon the cross, O Christ, your pure Mother lamented and wept, crying: you preserved me spotless in bearing you; render me not childless.
Wednesday Evening
At Psalm 140

Sticheron

Through the pray'rs of your honorable and holy apostles, grant peace to your servants, O bountiful Lover of us all. You alone are merciful; save from all harm those singing praises to you and worshiping you in faith.

Sticheron

O blest and holy Apostles, when you sit upon the twelve thrones with the Judge of All in judgment of the entire creation, do not show me to be condemned, but deliver me from ev'ry anguish and darkness.
Sticheron

Your divine voice has truly resounded throughout the world, O Apostles of the Lord. You have illumined the darkness of the nations and offered to God as incense all those who have acknowledged your voice.

Cantor: Glory...now...

Theotokion

Great is the power of your wonders, O Pure One, who delivers us from distress.

Save us from death and rescue us from sudden disaster, alleviate our grief, and take away the sins of all.

Aposticha

Your teaching has gone forth to all the earth, O holy Apostles.
You have destroyed the captive pow'r of idols by proclaiming the knowledge of God. This is your good work, O holy Ones.

For this we praise and glorify your memory.

Cantor: I have lifted up my eyes...

You are the branches of the Life-bearing Vine, O glorious Apostles.

You have brought to God the fruit of piety, and so you have confidence before him. Therefore, be seech him to grant peace and great mercy to our souls.

Cantor: Have mercy on us...

Your martyrs, O Lord, have been confirmed by faith and
strengthened by hope. By the love of your cross they have been fortified in spirit, and so have overcome the anguish of suffering. They have obtained the crowns, and, together with the angels, they pray for our souls.

Cantor: Glory...now...

Theotokion

Many are my transgressions, O Maiden, but by your kind intercession you rescue me from the dreadful flame. Correct and guide me on the paths of salvation by your motherly pray'rs, O Pure One.
Sticheron

Although you are passionless in your divine nature, O Lord, in your human nature you endured suffering. You were nailed to the cross, and your side was pierced by a lance, pouring forth for me two streams of ineffable mysteries.

Sticheron

Your head was circled with a crown of thorns, O King of All, destroying the penalty of the sin that pierces like a thorn, O Savior. Taking the reed into your hands, you inscribed in the book of heaven all those who believe in you.
You willed to be nailed to a cross and you offered yourself as a sacrifice to your Father for in this way you ended the sacrifice to the idols, and you crushed the kingdom of the Evil One; O King of the Ages, you are rich in goodness.

Cantor: Glory...now...

The world was pardoned by your crucifixion, O Word. Creation was enlightened, and the peoples obtained salvation, O Master.

But the All-pure One cried: Beholding your voluntary passion,

I am torn with grief.
Aposticha

We bow to your most precious cross, O Christ, the Guardian of the world,

the Salvation of sinners, the great Purification, the Triumph of kings,

and the Glory of the universe.

Cantor: I have lifted up my eyes...

Moses spread his hands like a cross on the mountain, and he conquered Ama-lek. You spread your hands upon the cross, O Savior,

and you saved me from slavery to the enemy. You gave me a shield in life that I might escape the arrows of my foe.

Because of this, I fall before your precious cross.
Cantor: Have mercy on us...

Great is the power of your cross, O Lord; set in one place, its might is felt throughout the world. It has made apostles out of fishermen and martyrs from among the nations so that they might intercede for our souls.

Cantor: Glory...now...

Stavrotheotokion

When the blameless Virgin beheld you hanging on the tree,

O all-gracious Christ, like a mother she cried out:

O my beloved Son, how has the assembly of the wicked raised you upon the cross?
Great is the power of your cross, O Lord; set in one place, its might is felt throughout the world. It has made apostles out of fishermen and martyrs from among the nations so that they might intercede for our souls.

Great is the power of your martyrs, O Christ, even lying in their tombs they drive off evil spirits. They conquered the power of the enemy, contending for piety through faith in the Trinity.

The prophets, apostles, and the martyrs of Christ
taught us to sing the praises of the consubstantial Trinity.

They enlightened the nations that had gone astray, and made us companions of the angels.

Cantor: Glory...now...

Dogmatikon

O most honorable one, how can we not marvel at your giving birth to God and man? Most pure one, without knowing man, you gave birth in the flesh to the Son without a father, begotten before all ages of the Father without a mother. He underwent no change, confusion, or division, but maintained the properties of each nature intact.
Therefore, O Lady, Virgin Mother, beg him to save the souls of those
who rightly confess you as Theotokos.

Aposticha

Your martyrs, O Lord, have been confirmed by faith and strengthened by hope. By the love of your cross they have been fortified in spirit, and so have overcome the anguish of suffering. They have obtained the crowns, and, together with the angels, they pray for our souls.

Cantor: I have lifted up my eyes...

Nekrosimon

Every human thing which does not survive death is vain.
not endure, nor does fame accompany us. For when death comes,
all these disappear. Let us cry out then to Christ, the deathless King:
Give rest to those who have departed from us, in the dwelling-place where
all rejoice.

Cantor: Have mercy on us...

O people, why do we hasten about in vanity? For the way in
which we walk is short. Life is smoke and mist, dust and ashes.
It comes quickly and perishes suddenly. Therefore, let us sing to Christ,
the Immortal King: Give rest to those who have departed from us,
Cantor: Glory...now...

Theotokion

You are holy among women, O unwedded Mother.

Entreat our King, your Son, O Theotokos, to save our souls as the Lover of us all.
Tone Four
Sunday Evening
At Psalm 140

Sticheron - Tone 4 podoben: Daljesi znamenije

I have sinned against you, O Lover of us all. May I ask for forgiveness, and even more than forgiveness? Do not grant me this because of your nature as man, but because you are more than man and higher than nature. O Savior, beyond the laws of nature and beyond my understanding you became man. You love us all more than the mind can grasp. Have mercy on me who have turned to you!

Sticheron

O Christ, you demand repentance from sinners but not from the just.
Because I am like the thief and the prodigal, like Manasseh and the adulterous woman, like the persecutor, the publican, and the traitor, I am very desperate. But because of your love for us all and your evident goodness, O my Savior, I am weeping and turning to you. I am full of hope that you will receive me.

Sticheron

Grant mercy, detachment from evil, and perfect conversion to me, for I am now drowning in bodily passions, I am separated from you and I have no other hope, O King of All.
Tone 4 - Sunday

O al-might-y Je-sus, Sav-ior of Our Souls, for the sake of your great
good-ness, save me, a prod-i-gal.

Cantor: Glory...now...

Theotokion - Tone 4 samohlasen

O Most Im-mac-u-late One, whether 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.

Aposticha

With my tears I desire to wash a-way the mark of my sins, O Lord,
and through penance, I long to make the rest of my life pleasing to you;

but the enemy deceives me and struggles with my soul. Save me before I completely perish, O Lord.

Cantor: I have lifted up my eyes...

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 Creator of everyone and Healer of the sick, save me before I completely perish, O Lord.

Cantor: Have mercy on us...

O Christ our God, you are glorified in the remembrance of your saints;
through their intercession, send down on us great mercy.

Cantor: Glory...now...

Theotokion

Rejoice, O bright Luminary and Pillar of Light! Rejoice, O Hand which contains the manna! Rejoice, O Rod of Aaron! Rejoice, O unburnable Bush!

Rejoice, O Bridal Chamber and Refuge of all! Rejoice, O Mystical Door and Divine Altar! Rejoice, O Joy of All!

Monday Evening
At Psalm 140

Sticheron

Imitating the woman of Canaan, O my soul, cling to Christ and often call out:

Have mercy on me, O Master. The child I have is my unruly flesh,
tormented by the devil. I pray: Drive out its fever and calm its frenzied movements, bringing about its mortification by salutary fear, through the prayers of the All-pure One who conceived and gave birth to you, O Christ, and through the pray'rs of all the saints.

O Benefactor, you are most merciful.

Sticheron

You sent Jonah to preach to the Ninevites who had sinned. When they repented, the wrath of God changed to mercy, and they were delivered from furious destruction. Send also to me your powerful help, O Lover of us all,
that I may turn away from my immeasurable transgressions,
so that weeping bitterly and lamenting, I may be led onto the path of repentance
to be delivered from the multitude of my transgressions by your mercy.

Sticheron

Because you are compassionate, You came into the world to save those who sin,
and to call them to repentance. Have mercy on me who have angered you more
than all the rest. Save me on account of your goodness

and lead me to repentance. Give me thoughts of contrition through your grace;
make my heart humble, single of purpose, and gentle
Cantor: Glory...now...

Theotokion

O most holy Virgin, grant me tears that flow from the heart, sighs that rise from the depths, contrition of soul and confession of all my sins which I committed during my lifetime, so that through your help, O All-pure One, I may spend my life in repentance and obtain forgiveness.

Aposticha

With my tears I desire to wash away the mark of my sins, O Lord,
and through penance, I long to make the rest of my life pleasing to you;

but the enemy deceives me and struggles with my soul. Save me before I completely perish, O Lord.

Cantor: I have lifted up my eyes...

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 Creator of everyone and Healer of the sick, save me before I completely perish, O Lord.

Cantor: Have mercy on us...

O God, who has accepted the long-suffering of the holy martyrs,
ac-cept our song, O Lover of us all, and grant us your great mer-cy through their pray'rs.

Cantor: Glory...now...

Theotokion

De-liver us from per-il, O Moth-er of Christ our God. you are the one who gave birth to the Creator of All. Now we all cry to you:

Re-joice, only Me-di-a-trix of our souls

Tuesday Evening
At Psalm 140

Sticheron

Lift-ed upon the cross and pierced with a lance, your body was cov-ered with blood,

You signed our liberation, O most kind Mas-ter. Tear-ing to piec-es the decree
Tone 4 - Tuesday

against our ancestor, Adam, you have set human nature free.

So we sing the praises of your wondrous goodness, O compassionate Lord.

Sticheron

O Jesus our Master, we sing the praises of your sufferings: of the cross, the lance, the reed, the sponge, and the nails, of the scourging, the purple, and the crown of thorns, of the spitting and the mockery that of your own will you did suffer. I extol your long-suffering, O only Giver of Life;

in you there is no evil, and I glory you in faith, O Lover of us all.

Sticheron

O Height of Goodness, I venerate and honor your precious cross with love,
and I glorify your condescension to us, your tender mercy which is more than human minds can grasp, and your wealth of goodness by which you saved us all, who were held in the darkness of transgression. Glory to your crucifixion, O Christ!

Cantor: Glory...now...

Stavrotheotokion

Seeing the Lover of us all crucified and his side pierced with a lance, the most pure Virgin cried out: What is this, my Son? How have these people repaid you for all the good you have bestowed on them?

Do you wish to leave me alone, my most beloved One? How I marvel,
O Merciful One, at your willingness to suffer the Passion.

Aposticha

O Christ, you have given us an invincible weapon in your cross,

and with it we vanquish the assaults of the enemy.

Cantor: I have lifted up my eyes...

With your cross to help us at all times, O Christ, we destroy with ease

the snares of the enemy.

Cantor: Have mercy on us...

O Saints, who have the boldness to approach the Savior, pray without ceasing

for us sinners, asking remission for our sins, and mercy for our souls.
Cantor: Glory...now...

Stavrotheotokion

The Lord said: O Mother, do not mourn for me as you behold upon the cross your Son and God who hung the formless earth up on the waters, and fashioned all creation; for I shall rise again and shall be glorified.

I shall destroy the power of the kingdom of Hades, and shall bring its strength to naught. I shall release from its wickedness those in bondage.

Wednesday Evening
At Psalm 140

Sticheron

O glorious Apostles who fought with the prudence that is mighty strength, you formed a united front against the avenger; and fortified by the armor of
the Spirit, you destroyed all the forces of the devil,
and stole away as spoils the souls of all. Therefore, we honor you in
all eternity.

Sticheron

Spreading out the net of faith in the form of the cross, the twelve apostles
cught all the nations and drew them towards knowledge of you, O Christ.

They dried the sea of the passions, and by their supplications
are found most pleasing to you. I pray that you call me from the depths
of my transgressions.
Sticheron

Let spiritual songs be sung today in praise of the twelve apostles, the Elect of God: Peter and Paul, James, Luke, and John, Matthew, Thomas and Mark, Simon, Philip and Andrew, now glorified with wise and godly Bartholomew and the rest of the seventy apostles.

Cantor: Glory...now...

Theotokion

All-pure one, you contained the uncontrollable God in your womb when he became one of us in his love for mankind, taking our nature from you and making it divine. Do not despise me now in my affliction, but take pity on me and quickly deliver me from all the malice and harm.
Aposticha

O Christ, you have enlightened the choir of the apostles with the Holy Spirit. On their behalf, O God, wash away the filth of our sins, and have mercy on us.

Cantor: I have lifted up my eyes...

The Holy Spirit lifted up and revealed as teachers the apostles who had no learning. O Christ our God, you are all-powerful, and you have put an end to error by the harmonious melody
Tone 4 - Wednesday

Comming forth from many voices.

Cantor: Have mercy on us...

O martyrs of the Lord, living sacrifices, rational holocausts,

perfect offerings made to God, you know God and are known by him.

O sheep whose fold is safe from wolves, intercede for us that we may find pasture beside refreshing water with you.

Cantor: Glory...now...

Theotokion

Deliver us from peril, O Mother of Christ our God.

You are the one who gave birth to the Creator of All. Now we all cry to you:
Rejoice, only Mediator of our Souls!

Thursday Evening
At Psalm 140

Sticheron

All creation changed and trembled when it saw you crucified.

The whole earth was shaken and quaked, O long-suffering Word.

The curtain of the temple was rent with fear at the outrage done to you.

The rocks also split with terror, and the sun hid its rays, knowing you to be the Creator.

Sticheron

O most merciful Lord, your side was pierced with a lance, and thereby the
handwriting was torn to shreds that had been from all time against our ances tor Ad - am. The re- ject - ed nature of hu-man-i-ty was sanctified again by the sprinkling of your blood. Glo-ry to your pow'r, O Lord. Glo-ry to your cru-ci-fix-ion, O All-power ful Je-sus, Sav-ior of our souls!

Sticheron

How did the evil peo-ple dare to condemn you, the Im-mort-al Judge who in the wilderness gave the Law to Mo ses? How could they look with out fear at the Life of All, killed up-on the cross, with out it entering their minds that you were the On-ly God and Mas-ter of Cre-a-tion?

Cantor: Glory...now...
Stavrotheotokion

When the sun and the moon beheld you hanging on the cross,

O Sun of Truth, my Christ, they hid their rays; and the foundations of the earth trembled with fear before your might. Your Mother, torn with grief, cried out:

Most gracious Jesus, glory to your loving-kindness.

Aposticha

O Christ, you have given us an invincible weapon in your cross,

and with it we vanquish the assaults of the enemy.

Cantor: I have lifted up my eyes...

With your cross to help us at all times, O Christ, we destroy with ease
Cantor: Have mercy on us...

Send down upon us your great mercy, O Christ our God,

for you are glorified in the memory of your saints. Hear their prayers on our behalf.

Cantor: Glory...now...

Stavrotheotokion

The Lord said: O Mother, do not mourn for me as you behold upon the cross your Son and God who hung the formless earth upon the waters, and fashioned all creation; for I shall rise again and shall be glorified.
I shall destroy the power of the kingdom of Hades, and shall bring its strength to naught. I shall release from its wickedness those in bondage.

Friday Evening
At Psalm 140

Sticheron

O martyrs of the Lord, living sacrifices, rational holocausts, perfect offerings made to God, you know God and are known by him.

O sheep whose fold is safe from wolves, intercede for us that we may find pasture beside refreshing water with you.

Sticheron

O Saints, who have the boldness to approach the Savior, pray without ceasing
for us sinners, asking remission for our sins,

and mercy for our souls.

Sticheron

O Christ, you have enlightened the choir of the apostles with the Holy Spirit. On their behalf, O God, wash away the filth of our sins, and have mercy on us.

Cantor: Glory...now...

Dogmatikon

O Theotokos, David the prophet and ancestor of God announced in song to the One who would do great things for you: The Queen stands at your right hand. He revealed you as the Mother of Life and Intercessor.
God was pleased to become man from you without a father so that he might restore the image which passions had deformed and find the sheep straying in the hills, lift it on his shoulders, and bring it to his Father, uniting it to the heavenly powers. Thus Christ will save the world, for he has abundant and great mercy.

Aposticha

O Christ our God, you are glorified in the remembrance of your saints; through their intercession, send down on us great mercy.

Cantor: I have lifted up my eyes...
O God, who has accepted the long-suffering of the holy martyrs, accept our song, O Lover of us all, and grant us your great mercy through their pray'rs.

Cantor: Have mercy on us...

With the souls of the Just brought to perfection, give rest, O Savior, to the souls of your servants, keeping them for the blessed life with you; for you love all of us.

Cantor: Glory...now...

Theotokion

O Candle, whose light is never quenched, O Throne of Righteousness, O Most Pure Lady, pray that our souls may be saved.
I weep and moan bitterly as I consider the awesome recompense I must make for my words. I have become miserable because of my guilt. So I pray to you:

O my Christ, grant me deliverance from my sins, and grant me great mercy before an untimely death overtakes me; before the reaping of death and the last judgment; before I receive the judgment awaiting me, where there is gnashing of teeth, and where the worm consumes the sinner.
Sticheron

I have despised your Scripture and Law; I have become miserable because I rejected your commandments. O my Creator and my God, how shall I escape the awaiting torment? Before my end, O my Savior, grant me forgiveness and the gift of many tears.

Grant me true repentance, for you are a most kind God.

Drive the armies of devils away which are trying to lead me down into the Abyss. I pray to you: Do not take your powerful hand away from me.

Sticheron

How is it that my mind is darkened? How is it
Tone 5 - Sunday

that I have separated myself from you, and that I am a wretched slave to sin?

How is it that I surrender to all my bodily desires and passions; and that I live according to the flesh? And now I await my departure from this life, and the torment which is to come. O most kind Lord, give me tears of repentance, and forgiveness of my countless sins.

I faithfully pray to you, for you grant great mercy to all the world.

Cantor: Glory...now...

Theotokion - Tone 5 samohlasen

You are truly the Throne of the Cherubim. You are far above the angels.

O Pure One, the divine Word took up his abode in you in order
to renew our likeness. Since he is merciful, he came forth bearing flesh from you.

He suffered the passion for our sake. As God, he came forth bearing the Resurrection. Therefore, this change took place for our sake, for our condemned nature. In faith, we give thanks to the Creator;

and we beg, that by your pray'rs, you may obtain for us the forgiveness of sins and great mercy.

Aposticha

O Lord, I have never stopped sinning, I do not understand the need to love my neighbor. Overcome my ignorance, O gracious One, and have
Cantor: I have lifted up my eyes...

O Lord, I am afraid because I have not stopped doing evil, and because of the fear of you. Who is not afraid of the judge at the trial? And who, desiring to be healed, angers the physician as I have? O long-suffering Lord, have compassion on my weakness and have mercy on me.

Cantor: Have mercy on us...

Despising all things earthly and bravely facing tortures,
you did not fail to win the hope of bliss but became heirs of the kingdom of heaven. O all-praise-worthy martyrs, since you can speak freely before God who loves mankind, ask for peace in the world and great mercy for our souls.

Cantor: Glory...now...

Theotokion

Awesome, most glorious and great is the mystery! The Uncontainable

One is contained in the womb! And the Mother still remains a virgin after giving birth, because she gave birth to God. He became incarnate from her!

Therefore, let us cry out with the angels: Holy are you, O Christ God, who became incarnate for our sake! Glory to you!
Monday Evening
At Psalm 140

Sticheron

Woe is me for provoking the wrath of my merciful God and Lord.

O Christ, how often I have promised to repent and been found a senseless liar.

For I have soiled the garment in which I was first baptized,

and I have also disregarded the covenants I had made with you.

When clothed in mourning garments, I made a second profession

in the presence of angels and people; and that, also I have set aside.

Forgive me, O Savior, lest I perish.

Sticheron

What answer shall you give at the day of judgment, O my wretched soul?
Who shall draw you out of the eternal fire and all the other torments?

Only yourself, by rousing the pity of the compassionate Lord,

by forsaking your lawless habits, and living in a way that is acceptable to God; by shedding tears each day for your endless faults committed in thought, word, and deed; and by beseeching Christ to grant you complete forgiveness of all your sins.

Sticheron

O Christ, do not let the compelling habit of sin prevail over me; do not let

the demon that is battling with me gain possession of me or bear me down
Tone 5 - Monday

under his will. Save me from his mastery and reign with me, making me wholly yours, O Lover of all of us. Grant that I may live according to your will, O Word, and have rest in you alone, and find the means of repentance, salvation, and mercy.

Cantor: Glory...now...

Theotokion

From my youth I have surrendered myself completely and repeatedly to sin; my mind has been greatly darkened; and I have habitually and passionately clung to this darkness, and now I regret and lament my wicked delusions, my evil habits, my folly and the loss of my soul.
O holy Lady, do not despise me, who am helplessly perishing;
but show me your generosity, and through your intercession
deliver me from every assault and unruly passion so that I may, at least
in my old age, turn to God and repent.

Aposticha

O Lord, I have never stopped sinning, I do not understand the need to
love my neighbor. Overcome my ignorance, O gracious One, and have
mercy on me: for you alone are the God of goodness.

Cantor: I have lifted up my eyes...
O Lord, I am afraid because I have not stopped doing evil, and because of the fear of you. Who is not afraid of the judge at the trial? And who, desiring to be healed, angers the physician as I have? O long-suffering Lord, have compassion on my weakness and have mercy on me.

**Cantor:** Have mercy on us...

For your sake, O Lord, your holy martyrs, armed with the shield of faith, and strengthened with the sign of the Cross, bravely submitted themselves to torture and conquered the Devil's arrogance and error. Through their
prayers, O all-powerful God, send down peace on the world and great mercy to our souls.

Cantor: Glory...now...

Theotokion

O Holy Mother and Virgin who wipes away all fears from the earth, receive the anguish of my soul; for you dispel all our pain. You disperse the sorrow of sinners; for in you, O Holy Mother, we have all gained unfailing hope.
Tone 5 - Tuesday

Tuesday Evening
At Psalm 140

Sticheron

Like a lamb you were sacrificed on the cross, and you overthrew the arrogance of the Deceiver. Slaughtered, you sanctified the whole earth with your blood; and pierced with the lance, You commanded the flaming sword to turn its back on me, and commanded the entrance to paradise to let me in.

You told me to delight, without fear, in the Tree of Life. Thus saved by your passion, I joyfully proclaim: Glory to your divine cross through which we have been delivered from the ancient curse; for we have received the blessing of the Tree and your great
Sticheron

In your desire to put an end to the suffering and shame of us all,
you endured a shameful crucifixion, O Lord. O Height of Goodness,
O my Savior, you, in whom there is no guile, have tasted gall.

You were wounded, O Lord, and pierced in the side by a lance; you healed all our wounds because you are the Master. Thus do we sing the praise of your glorious desire, and venerate and honor the lance, the sponge, and the reed by which you granted the world peace and great mercy.
Sticheron

How could the multitude of the lawless people mercilessly condemn you to be crucified upon the cross, O compassionate Lord?

When the Virgin, who brought you forth without pain from her womb, saw you hanging upon the cross, she wept, saying: What is the lawless assembly doing to you, O my Child, the desire of my heart, my most beloved Son? Make haste to save those who glorify your crucifixion in faith.

And, according to the promise you have made, save also those who ex-tol me; for you alone are Supreme Goodness.
Cantor: Glory...now...

Stavrotheotokion

See-ing her lamb hastening to be slaugh-tered, the Moth-er anxiously fol-lowed him, cry-ing out: Where are you go-ing, O Christ, my sweet Child?

Why are you going this way with such haste, O Most Pa-tient One?

O in-nocent, merciful Lord Jesus, my most be-loved Son, speak to me, your serv-ant. Do not pass by me in si-lence,

for I gave birth to you in such a mysteri-ous man-ner, O Boun-ti-ful One,

O Life-giv-ing God who grants great mer-cy to the world.
Once, while conquering your enemies in the days of Moses the prophet,
you manifested only the figure of the cross. Now that we have the cross itself,
we beseech your help. Strengthen your Church, and give her victory
for the sake of your great mercy, O Lover of us all.

Cantor: I have lifted up my eyes...

Though your cross appears to be only wood, O Christ, yet it is arrayed
as well with god-like power, and makes itself visibly felt in the world,
spiritually bringing about the miracle of our salvation. Venerating it,
we glorify you, O Savior.

Cantor: Have mercy on us...

Intercede for us, O holy Martyrs, that we may be delivered from our iniquities; for the grace to pray for us is given to you.

Cantor: Glory...now...

Stavrotheotokion

The Maker and God, assuming my entire form, was clothed in me in his desire to take the form that belonged to Adam before the fall.

He was lifted up of his own will upon the cross, and his hands, of his own accord, were nailed to it, healing the hands that in ancient times
fell weakened by eating from the tree. When she beheld you, the All-pure
Virgin lamented: What incomparable long-suffering is yours, O my Son!
I cannot bear to behold you lifted upon the cross, for you hold
the earth in the hollow of your hand.

Wednesday Evening
At Psalm 140

Sticheron

O Disciples of the Lord, you went over all the earth sowing the divine
teaching, taking with you the Word alone as your only light and your
only riches. With it you confounded kings and tyrants, and rent like a
spider's web the arguments woven in their fury by orators
and philosophers. You called all nations to an understanding of the Maker,
and tore them from the vain service of idols. Therefore, I entreat you,
by their pray'rs, to deliver me from the unreasoning passions.

Sticheron

By your supplications to God, O most blessed Apostles,
may he deliver us from the storm of temptations, the fearful quarrels of
infamous heresies, and the evil counsels of the devil, the bitter
wranglings and storms of man-kind; from the fire that gives no light and the
Tone 5 - Wednesday

eternal worm, from the gnashing of teeth and every other torment,

that through abstinence and toil we may receive the rewards of virtue,

the inheritance of the Kingdom and great mercy.

Sticheron

As far as human nature is able, the apostles received the

brightness of the light of the ineffable dispensation of the Word.

They showed themselves forming, with common zeal, a perfect assembly

to which the Seventy-two also belonged. Praying to God to give the

world great mercy, they enlightened the ends of the earth that lay in
Tone 5 - Wednesday

Cantor: Glory...now...

Theotokion

Rejoice, O Seal of Prophecy, good news of the godly-voiced apostles;

for you truly gave birth to God in the flesh which we cannot fathom or explain,

O pure one. For this you were the first to be honored and to savor

the delights of Paradise. Therefore, we extol you with songs as a

brilliant advocate and intercessor pleasing to God.

Through you, O most pure one, we have been enriched and made worthy of the

everlasting life of your Son who richly bestows great mercies.
Aposticha

1

O Disciples of the Savior, you were eyewitnesses of the mysteries.

You proclaimed him who is invisible and without beginning by saying:

In the beginning was the Word. You were not made before the angels,
nor were you taught by men, but by the Wisdom from on high.

Thus, having boldness, pray for our souls.

Cantor: I have lifted up my eyes...

2

Let us praise with one accord the apostles of the Lord; for, arrayed in the
armor of the cross, they brought to nothing the error of idolatry,
and they appeared crowned with vic't'ry. By their pray'rs and those of your serv - ants,

O God, have mer - cy on us.

Cantor: Have mercy on us...

With your souls filled with unquench a - ble love, you en-dured the most ter - ri - ble suf-fer-ings without ev - er de - ny-ing Christ; and you laid low the impudence of the tor - tur-ers. You kept the faith un-wav-er-ing and unharmed, and have gone to dwell in heav-en. There - fore, hav - ing the boldness to ap-proach the Lord,

beg him to grant us his great mer - cy.
Tone 5 - Wednesday - Thursday

Cantor: Glory...now...

Theotokion

We call you blessed, O Virgin The-o-to-kos; and we faith-ful give you glo-ry as is right. You are an Un-shak-able City and In-vin-ci-ble Wall,
a Firm In-ter-ces-sor and the Ref-uge of our souls.

Thursday Evening
At Psalm 140

Sticheron

Let all the trees of the forest re-joyce at the sight of your most pre-cious cross that found fa-vor by the Pas-sion of the Mas-ter. It shines forth grace like flam-ing fire, and show-ers gifts up-on all like wa-ter.

It en-light-ens souls and thoughts, wash-es sick-ness away and drives out pas-sions.
It chases unseen devils and openly defeats hostile nations,
and bestows blessings and great mercy upon the faithful.

Sticheron

Let us venerate the place upon which the feet of the Lord have stood,
as the Prophet declared. Let us glorify Christ who crucified our transgressions
and destroyed the curse of the tree; Who reconciled to the Father
those who until then had turned their thoughts away from him. And,

venereating the nails in his hands and feet, the revilings and the mockery,
we honor the lance and the reed, the sponge and the crown and the rest to
which he submitted and by which we have been saved.

Sticheron

Let us, who desire to follow in the steps of Christ, the Ruler of the World, crucify all our members in Christ, die to the world, and take his divine cross upon our shoulders by turning from the temptations of the flesh and from the evil lusts that draw the world toward sin. Let us reflect as we stand before him and behold him nailed upon the cross where, with a sigh, he commended his soul into the hands of the Father that we might be with him forever without separation.
Cantor: Glory...now...

Stavrotheotokion

O my innocent Christ, in order to obtain salvation for all,
you deigned to offer up your most pure blood as the great price of redemption.

Therefore, torn with grief as she be held you nailed to the cross,
your mother lamented: O my Child, my Spotless Lamb

Who desires to redeem the world by offering your sacred blood,

why have you hidden yourself from my eyes, O Savior, O Never-

setting Sun who bestows enlightenment and great mercy

up-on the world?
Aposticha

Once, while conquer-ing your en-e mies in the days of Mo-ses the proph- et,
you man ifested only the fig-ure of the cross. Now that we have the cross itself,
we be- seech your help. Stren-then your Church, and give her vic-to- ry for the sake of your great mer-cy, O Lov- er of us all.

Cantor: I have lifted up my eyes...

Though your cross appears to be only wood, O Christ, yet it is ar-rayed as well with god-like power, and makes itself visibly felt in the world,
spir-it-u-aly bring-ing about the miracle of our sal-va-tion. Ven- erating it,
Tone 5 - Thursday

we glorify you, O Savior.

Cantor: Have mercy on us...

Despising all things earthly and bravely facing tortures,
you did not fail to win the hope of bliss but became heirs of the kingdom of heaven. O all praiseworthy martyrs, since you can speak freely before God who loves mankind, ask for peace in the world and great mercy for our souls.

Cantor: Glory...now...

Stavrotheokion

When she saw the Lamb, her Son, lifted upon the cross, the Virgin Mother and Most Blessed Maiden wept, crying: O my Son, woe is me!
Friday Evening
At Psalm 140

Sticheron

For your sake, O Lord, your holy martyrs, armed with the shield of faith, and strengthened with the sign of the Cross, bravely submitted themselves to torture and conquered the Devil's arrogance and error. Through their prayers, O all-powerful God, send down peace on the world and great mercy to our souls.
Sticheron

Despising all things earthly and bravely facing tortures,
you did not fail to win the hope of bliss but became heirs of the kingdom of heaven. O all worthy martyrs, since you can speak freely before God who loves mankind, ask for peace in the world and great mercy for our souls.

Sticheron

Let us praise with one accord the apostles of the Lord; for, arrayed in the armor of the cross, they brought to nothing the error of idolatry, and they appeared crowned with victory. By their prayers and those of your servants,

O God, have mercy on us.
Cantor: Glory...now...

Dogmatikon

The im-age of the bride who knew not man was traced in the Red Sea long a-go.

There, Mo-ses part-ed the wa-ters; here, Ga-bri-el an-nounced the mir-a-cle.

There, Is-ra-el trod the depths and kept dry; here, the Vir-gin gave birth to Christ with-out seed. Then, the sea remained impassable after Is-ra-el's pas-sage;

now, the most pure one remains inviolate af-ter Em-man-u-el's birth. O

God, existent, pre-existent, and now seen as man, have mer-cy up-on us.
Aposticha

Intercede for us, O holy Martyrs, that we may be delivered from our iniquities; for the grace to pray for us is given to you.

Cantor: I have lifted up my eyes...

With your souls filled with unquenchable love, you endured the most terrible sufferings without ever denying Christ; and you laid low the impudence of the torturers. You kept the faith unwavering and unharmed, and have gone to dwell in heaven. Therefore, having the boldness to approach the Lord, beg him to grant us his great mercy.
Tone 5 - Friday

Cantor: Have mercy on us...

Nekrosimon - Tone 5 Bolhar

I recalled the prophet crying out: I am ashes and dust!

Then I considered those in the tombs; I beheld bones laid bare and I said: Which is king or soldier, rich or poor, sinner or just? But, O Lord and Lover of all of us, give rest to your servants among the just.

Cantor: Glory...now...

Theotokion - Tone 5 samohlasen

Intercede for us by your pray'rs, O Joyful One, and plead for great compassion for our souls, and the blotting out of our many transgressions.
Sticheron

O Savior, give me tears of repentance and a contrite heart, so that I may wash the filth from my soul. Already I have greatly defiled it because of my many sins. In my favor I have your love for us all, and also the prayers of her who gave you birth, and the prayers of the angelic choirs.

Sticheron

Approach, O soul, and repent of the many sins you have committed in life. With sighs and tears pray to the multitudes on high so that time
for repentance will be given to you. In this you will not be like the unfruitful fig tree. You will not be exiled into the fire of Hades, O all-suffering soul.

Sticheron

I have not obeyed any of your laws on this earth. How shall I appear before you, O Christ? For you sit upon the judgment seat to give sentence and pass judgment on all things visible and invisible which I have done. And so I call to you: Save me, a prodigal, through the pray'rs of your servants.
Cantor:  Glory...now...

Theotokion

O The-o-to-kos, according to the Arch-an-gel's prom-ise, in your womb
you con-ceived the Word of the un-begotten Fa-ther and the Spir-it;
you man-ifest-ed yourself to be high-er than the Cher-u-bim, Ser-a-phim,
and Thrones.

Aposticha

At your ter-rify-ing com-ing, O Christ, grant that we may not hear: I do
not know you! We have placed our hope in you, O Sav-ior. Al-though
we have not kept your laws because of our in-dif-fer-ence, still we pray to
you to save our souls.

Cantor: I have lifted up my eyes...

I have had neither repentance nor tears! For this reason, I implore you

O Christ God, to convert me before my end and give me remorse

so that I may be delivered from torment.

Cantor: Have mercy on us...

Your martyrs did not deny you, O Lord, nor did they stray from your

commands. Through their prayers, have mercy on us.

Cantor: Glory...now...

Theotokion

O faithful, let us, as the angels do, praise the heavenly Bridal Chamber
and the Truly sealed Door. Because of her, Christ the Savior, the Giver of Life, and God, came forth to us. O Lady, O Most Pure One, O Hope of Christians, with your hand destroy the torturers, our wicked enemies.

Monday Evening
At Psalm 140

Sticheron

O Lord, behold my sickness and my sorrow and the multitude of my transgressions which cause turmoil in my soul and bewilderment in my mind. Understand the voice of one forsaken and judged, and grant me a contrite soul and humble heart. Bestow upon me
the gift of tears, and also grant me the remission of my many sins for the sake of your great mercy.

Sticheron

O' God, you want all of us to be saved; therefore, consider and hear my pray'rs. Do not despise my tears as though they are of vanity; for who has come to you with tears and has not been saved, or who has cried to you tenderly and has not been heard? Hasten to save those who call upon you, O Master; for your mercy is without measure.

Sticheron

When you wish to separate my soul from the bonds of the flesh,
by your command, O Immortal Lord, spare me on that day. Send your kind-ly
An - gel in search of me; save me from the powers of dark - ness.
Grant me the strength to walk the path of the heav’n - ly jour - ney,
and to has - ten without con dem-na - tion be - fore your awes - ome throne,
O God of All Good - - ness.

Cantor: Glory...now...

Theotokion

O All pure One, show me the depths of your mercy, for I am a low-ly out - cast.
Show me your fath-om-less love for us all, the count - less bounties of
your good - ness; and curb my sensuali - ty with chas - ti - ty,
preserving undeiled both body and soul, O Virgin who has given birth to the Savior.

Aposticha

At your terrifying coming, O Christ, grant that we may not hear: I do not know you! We have placed our hope in you, O Savior. Although we have not kept your laws because of our indifference, still we pray to you to save our souls.

Cantor: I have lifted up my eyes...

I have had neither repentance nor tears! For this reason, I implore you...
O Christ God, to convert me before my end and give me remorse

so that I may be delivered from torment.

Cantor: Have mercy on us...

The suffering martyrs, citizens of heaven, when taking part in the contest upon earth, endured manifold tortures. By their intercessions and pray'rs, preserve us, O Lord.

Cantor: Glory...now...

Theotokion

O most pure Virgin Theotokos, no one fleeing to you departs in shame,

but pleads for grace and receives your gifts through supplication.
Tuesday Evening
At Psalm 140

Sticheron

When you were crucified, O long suffering Lord, you made the whole earth shake,
and you confirmed the hearts of the faithful. Thus, we sing your praises
and venerate your ineffable pow'r with love.

Sticheron

O Christ, buffeted and spat upon, you struck a blow at the evil of the vicious enemy, putting an end to the fall that had hurled down Adam,
the one who had been ravished by knowledge.

Sticheron

O Lord, when creation beheld you unjustly hung on the wood,
the sun darkened, the whole earth quaked, and the rocks split open and fell.

Cantor: Glory...now...

Stavrotheotokion

Your most pure Moth-er, the All-pure Vir-gin, see-ing you unjust-ly nailed to the cross by wick-ed peo-ple, was pierced to the heart as Sim-e-on had proph-e-sied.

Aposticha

Your cross, O Lord, is Life and Resurrection for your peo-ple; and we, who put our trust in it, praise you, our God, crucified in the flesh.
Tone 6 - Tuesday

Have mercy on us!

Cantor: I have lifted up my eyes...

Your cross, O Christ, has opened Paradise for all. We, who have been delivered from corruption, praise you, O God, crucified in the flesh. Have mercy on us!

Cantor: Have mercy on us...

Your martyrs, O Christ, have endured many sufferings for your sake, and have received their heav'nly crown. Now they intercede for our souls.
Cantor: Glory...now...

Stavrotheotokion

When the spot-less The-o-to-kos saw our Life hanging upon the cross,

she wept as a mother and cried aloud: O my Son and my God,

save those who sing to you with love.

Wednesday Evening
At Psalm 140

Sticheron

O The-o-lo-gians and Teachers who saw God, through the great and divine

mysteries you received healing grace; and you, in turn,

heal all from their infirmities.

Sticheron

O il-lus-tri-ous Pro-tec-tors and Sanctu-ar-ies for our souls,
Persecutors of cruel souls, you are the Lord's apostles and witnesses;
therefore, we will always remember you.

Sticheron
O divine and blest Apostles, you save us from all kinds of temptations,
from afflictions of the Devil and of sin, and from the snares of the Evil One. We faithfully sing praise to you.

Cantor: Glory...now...

Theotokion
Envious of your flock, O most pure one, the adversary constantly besieges it, hoping to make a meal for himself; but you, O Theotokos, deliver us from his clutch...
Aposticha

Your Apostles, O Lord, searched the bottom of the sea with their nets;

and then, because of their call, they attained the uppermost height of

the kingdom. By knowledge of their craft, they explored the in-com-

prehensible depths, while by their faith they grew in friendship beyond

measure with you. They proclaimed to the world your eternal Son.

By their intercessions and those of all the saints, have

mercy on us.

Cantor: I have lifted up my eyes...
O Christ, when your disciples were storm-tossed in their ship, they cried to you: O Teacher, save us, for we are perishing!

Now we cry to you: Deliver us from our distress, O Savior and Lover of us all!

Cantor: Have mercy on us...

Your Cross, O Christ, has become the invincible weapon of the martyrs; for, strengthened by their hope in you, they considered the death that lay before them and looked forward to the life to come. By their entreaties, have mercy on us.
Cantor: Glory...now...

Theotokion

I lift up the eyes of my heart to you, O La-dy; de-spise not my weak plea,

and, in the hour when your Son shall come to judge the world,

be my pro-tec-tor and my help-er.

Thursday Evening
At Psalm 140

Sticheron

O my long-suf-fering, compassionate, and mer-ci-ful God, how have you endured

being immolated up-on the tree? How have you endured being put to

death on the tree in be-half of all of us?

Sticheron

O long-suf-fer-ing Lord, you endured reproach, buffeting, and cru-ci-fix-i-on
in your desire to deliver all of us
from the hands of the Deceiver. You alone are the Giver of Life;
and you, O Supreme Goodness, endure all things.

Sticheron
The Shepherd has mounted the cross, and as he stretched out his hands, he cried:
Come to me, O mortals who have become darkened with error.
Be enlightened, for I am the True Light. Glory to you, O only Bestower of Light!

Cantor: Glory...now...

Stavrotheotokion
When the Mother beheld her Lamb nailed to the cross, she broke into tears
and cried out: O my sweet Child, once I gave birth to you without pain;

to-day my heart is filled with sorrow, for I cannot bear to see you crucified,

O Christ, my most merciful Son.

Apostich

Your cross, O Lord, is Life and Resurrection for your people;

and we, who put our trust in it, praise you, our God, crucified in the flesh.

Have mercy on us!

Cantor: I have lifted up my eyes...

Your cross, O Christ, has opened Paradise for all. We, who
have been de-liv ered from cor ru-p tion, praise you, O God, cruc i fied in the flesh.

Have mer - cy on us!

Cantor: Have mercy on us...

Your mar - tyrs did not de ny you, O Lord, nor did they stray from your com - mands. Through their prayers, have mer - cy on us.

Cantor: Glory... now...

Stavrotheotokion

The Vir - gin, to gether with your virgin dis - ci - ple, stood beside the cross at the time of your cru - ci - fix - ion. She la - ment-ed and cried a - loud:

Woe is me! O Christ, who by nature is be yond suf - fer-ing, how can
Tone 6 - Friday

Friday Evening
At Psalm 140

Sticheron

you endure such torment?

Your martyrs did not deny you, O Lord, nor did they stray from your commands. Through their prayers, have mercy on us.

Sticheron

The suffering martyrs, citizens of heaven, when taking part in the contest upon earth, endured manifold torments. By their intercessions and pray'rs, preserve us, O Lord.

Sticheron

Your Cross, O Christ, has become the invincible weapon of the martyrs;
for, strengthened by their hope in you, they considered the death that lay before them and looked forward to the life to come. By their entreaties, have mercy on us.

Cantor: Glory...now...

Dogmatikon

Who would not extol you, most holy Virgin? Who would not praise your giving birth without pain? For the only-begotten Son, who shines forth from the Father timelessly, has himself come forth from you, O pure one.

He took flesh from you in a manner beyond understanding: retaining divine nature but assuming human nature for our sake; not divided
in to two persons but existing in two natures, distinct and unconfused.

O honored and most blessed one, beseech him to have mercy on our souls.

Aposticha

Your martyrs, O Christ, have endured many sufferings for your sake,
and have received their heav'nly crown. Now they intercede
for our souls.

Cantor: I have lifted up my eyes...

Nekrosoimnon

My origin and my being came from your creative command;
for you willed to fashion me as a living creature,
join-ing invisible and vis-i-ble na-tures. You formed my bod- y
out of the earth but gave me a soul by breathing your divine life in-to me.
There-fore, O Christ, give your serv-ants rest in the land of the liv-ing
and the tents of the just.

Cantor: Have mercy on us…

Ad-am was seized with fear in Par-a-dise when he tasted the for-bid-den fruit;
for the ser-pent in-ject-ed his ven-om, and through him death entered the world,
death which now devours the hu-man race. But the Lord has come, killing the
drag-on and grant-ing us rest. And so we cry out:
Save those whom you have taken to yourself and give them rest with your chosen ones.

Cantor: Glory...now...

Theotokion

By the pray’rs of her who gave birth to you, O Christ, and of your martyrs, apostles, and prophets, of the prelates, holy monks, the righteous ones, and all your saints, give rest to your servants who have fallen asleep.
Tone 7
Sunday Evening
At Psalm 140

Sticheron
Lift up your eyes, O my soul, and look upon God's providence and compassion. How did the heavens bow down when he came to the earth?

He came so that he might raise you up from the misery of your passions, and so that he might set you on the rock of faith. O, the wonder of the awesome miracle! We glorify you; for you poured yourself out for us, O Lover of us all.

Sticheron
O my soul, look at the corruption of your deeds, and be amazed
that the earth still bears you and does not mourn. How is it that the

wild animals do not devour you? How is it that the Unsetting Sun does not

cease to shine on you? Rise up! Do penance, and cry out to the Lord:

I have sinned against you! I have sinned! Have mercy

on me!

Sticheron

Having hope in you, all pow'rful Lord, we implore you to deliver

us from all passion, danger, and need so that we may live our lives in peace.

And having lived a chaste life, O Master, may we find
you to be well-disposed towards us, granting us mercy on the day of judgment.

Cantor: Glory...now...

Theotokion

Together with the angels, let us all cry out with songs to the Theotokos, since she has given birth to the Savior of the World. She still remains a virgin after giving birth. She delivered the world from error by giving birth. She gave us the Food which will never be consumed. With her milk she fed the Savior of our Souls.
Aposticha

O Benefactor, as a prodigal I come to you. Receive me as I fall before you like one of your servants, O God. Have mercy on me,

O Lover of us all.

Cantor: I have lifted up my eyes...

Like one who has fallen among thieves and is wounded, so have I fallen because of my many sins. My soul is wounded; to whom can I turn?

Only to you, the compassionate Healer of souls. Pour out on me,

O God, your great mercy.
Cantor: Have mercy on us...

Glory to you, O Christ our God, boast of the apostles and the joy
of the martyrs who proclaimed the Trinity, one in essence.

Cantor: Glory...now...

Theotokion

O Betrothed to God, together with the Archangel we call out to
you: Rejoice! We honor you with many titles: O

Bridal Chamber and Door! O Throne of Fire! O Unhewn Mountain,

and Unburnable Bush!
Monday Evening
At Psalm 140

Sticheron

O All-com-passionate Master and God, according to the judgments you es-tab lished, grant that your fear a-bide in my heart. Grant that I may love you with all my soul, and may I loathe the deeds of the en-e-my.

Grant that I may accomplish your re-deem-ing will, for you are our God who said: Ask and you shall receive.

Sticheron

I have be-come a laughing–stock of the dev-ils, a re-proach of all, a subject of la-ment for the Just, a source of tears for the An-gels, something that pol-lutes
the air, the earth, and the water. I have stained my body, soul, and mind

with false practices; and have become an enemy of God.

Woe is me, O Lord! I have sinned against you; forgive me!

Sticheron

I entreat you, O Master, to bear with me in my fruitlessness.

Do not cut me down with a stroke of death as though I were

a tree without fruit, and ready to be banished into the fire;

but relentless and make me fruitful, O Lover of us all. Give me

time for repentance that I may wash away my many sins,
Tone 7 - Monday

Cantor: Glory...now...

Theotokion

Re-joice, O Pure and Venerable Treasury of Virginity! Re-joice,

O Venerable and Divine Adornment! Re-joice, O Virgin, Salvation of the Faithful! Re-joice, O Blessed Lady who has never known man.

Aposticha

O Benefactor, as a prodigal I come to you. Receive me as I fall before you like one of your servants, O God. Have mercy on me,

O Lover of us all.
Cantor: I have lifted up my eyes...

Like one who has fallen among thieves and is wounded, so have I fallen because of my many sins. My soul is wounded; to whom can I turn?

Only to you, the compassionate Healer of souls. Pour out on me, O God, your great mercy.

Cantor: Have mercy on us...

O holy martyrs, you have struggled courageously and have received your crowns. Pray to the Lord to have mercy on our souls.

Cantor: Glory...now...

Theotokion

Rejoice, O Lady, the cloud of the ineffable and spiritual
Sun! Re-joice, O Lamp that is full of Light! Re-joice, O
Gold en Can-de-la-bra, for Eve has been delivered by you from the curse.
Since you have power before your Son and God, O Most Pure One, nev-er fail
to en-treat him by your matel-nal pray’rs; for he shall be
at-tentive to you.

Tuesday Evening
At Psalm 140

Sticheron
In the past, a tree caused my banishment from Par-a-dise; and now
that you have been cru-ci-fied, O Christ, a tree has led me back
Sticheron

What a fearful wonder! The Creator standing before the creature is condemned and crucified for the salvation of us all.

Sticheron

O Cross of Christ, marvel of the holy angels and mighty blow for evil spirits and devils, please have mercy on us, your servants.

Cantor: Glory...now...

Stavrotheotokion

O Most Holy Virgin who gave birth to the Lord who out of mercy delivered himself to be nailed to the cross and poured forth streams of life
upon the world, pray to him for the salvation of our souls;
for you are our only refuge, protection, and defense.

Aposticha

Now that we have your cross as our hope, O Lord, we are no longer held back from the Tree of Life. O Lord, glory to you!

Cantor: I have lifted up my eyes...

Hung upon the Tree, O Immortal Lord, you triumphed over the snares of the Devil. O Lord, glory to you!

Cantor: Have mercy on us...

Not caring for any earthly things, O holy Martyrs, you boldly
preached Christ during your trials, and received your due reward from him.

But since you possess confidence before him, we beseech you to entreat him, as the Almighty God, to save our souls.

Cantor: Glory...now...

Stavrotheotokion

Beholding your Son upon the Tree, your heart, O Most Pure Virgin,

was pierced by the weapon of grief.

Wednesday Evening
At Psalm 140

Sticheron

O glorious Apostles, having plowed the whole earth with the plow of God's understanding, you made the multitude of the faithful grow.
Sticheron

Dispel the storm of my passions and enlighten me with the outpouring of pure light, O blessed Apostles.

Sticheron

As disciples of the Word, you have led the assembly of the nations from folly to the understanding of God.

Cantor: Glory...now...

Theotokion

Offer the supplication of your servants to your Son, O all-pure one, so that he may save all that he has created.
O glorious Apostles, you are the pillars of the Church, preachers of the truth, and brightly shining lamps. You have consumed every delusion with the fire of the Spirit, and have enlightened us all with faith. Therefore, we beseech you, entreat our Savior and God to give the world peace and to save our souls.

Cantor: I have lifted up my eyes...

O Apostles of Christ, you are the laborers of the Savior. Taking your crosses upon your shoulders like plows, you have cleansed the desolate land of the error of idolatry, and sown the word of
faith. It is fitting that you should be honored, O holy Apostles of Christ.

Cantor: Have mercy on us...

O Martyrs, lofty praise is your due, for you are Lambs of the Spirit and Spiritual Offerings. You are Pleasing Sacrifices that have found favor with God, and though the earth may not have covered you, the heavens for their part received you. We entreat you; for you have become partakers with the angels, to join with them in beseeching our God to give the world peace and to save our souls.
Cantor: Glory...now...

Theotokion

We sing the praises of the only woman to remain virgin after giving birth because she is the Theotokos. We sing to her:

Glory to you!

Thursday Evening
At Psalm 140

Sticheron

In order for you to perfect us all and make us divine, you, O Christ, became mortal and were crucified. Glory to your great goodness!

Sticheron

When the wicked assembly condemned you to the cross, O Word, the earth quaked and the sun was darkened.
Sticheron

The wicked assembly crowned you with thorns, O Immortal One,

you, the Holy King who felled the thorn tree of error.

Cantor: Glory...now...

Stavrotheotokion

The All-pure One wept and cried out, saying: O Earth, tremble and quake!

My heart is pierced by the sword of sorrow as I behold you on the cross; for you set the land up on the waters, and spread out the heavens like a tent.

I would sooner die than see you hanging naked and stretched out upon the cross, O my Most Beloved One.
Aposticha

Now that we have your cross as our hope, O Lord, we are no longer held back from the Tree of Life. O Lord, glory to you!

Cantor: I have lifted up my eyes...

Hung upon the Tree, O Immortal Lord, you triumphed over the snares of the Devil. O Lord, glory to you!

Cantor: Have mercy on us...

Glory to you, O Christ our God, boast of the apostles and the joy of the martyrs who proclaimed the Trinity, one in essence.

Cantor: Glory...now...
Stavrotheotokion

As she, who was utterly spotless, beheld you, nailed of your own will to the cross, she wept and praised your might.

Friday Evening
At Psalm 140

Sticheron

Glory to you, O Christ our God, boast of the apostles and the joy of the martyrs who proclaimed the Trinity, one in essence.

Sticheron

O holy martyrs, you have struggled courageously and have received your crowns. Pray to the Lord to have mercy on our souls.

Sticheron

O Martyrs, lofty praise is your due, for you are Lambs of the Spirit and
Spiritual Of rings. You are Pleasing Sacrifices that have found favor with God, and though the earth may not have covered you, the heavens for their part received you. We entreat you; for you have become partakers with the angels, to join with them in beseeching our God to give the world peace and to save our souls.

Cantor: Glory...now...

Dogmatikon

O The-o-to-kos, we know your maternity is super-natural, but how you remain a virgin, we can neither know nor say. No tongue can explain the wonder of your giving birth, for your conception is a paradox, O
pure one, and the way you gave birth is incomprehensible.

For whenever God wills, the order of nature is overthrown. Therefore, we all recognize you as the Mother of God, and we fervently beseech you:

Intercede for the salvation of our souls.

Aposticha

Not caring for any earthly things, O holy Martyrs, you boldly preached Christ during your trials, and received your due reward from him.

But since you possess confidence before him, we beseech you to entreat him, as the Almighty God, to save our souls.
Tone 7 - Friday

Cantor: I have lifted up my eyes...

O Cross of Christ, marvel of the holy angels and mighty blow for evil spirits and devils, please have mercy on us, your servants.

Cantor: Have mercy on us...

Nekrosimon

In the beginning you created man according to your image and likeness. You placed him in paradise to rule over your creatures, but, deceived by the envy of the devil, he transgressed your commandments by partaking of food. Therefore, you condemned him to return to the earth from which he was taken, and to beg
Cantor: Glory...now...

Theotokion

O The-o-to-kos, as the only one to accept the Bound-less One and to give birth to the Incarnate Word of God, entreat him that our souls may be saved.
Tone 8
Sunday Evening
At Psalm 140

Sticheron

O Lord, when you came into the world to call sinners, you received the thief and the prodigal, the adulteress and the publican.

O my Christ, I have sinned more than all of these, and in no way am I repentant. O Lover of us all, call me to your self.

Sticheron

O Lord, you placed publicans as shep-herds of your Church. You made its persecutor its de-fend-er. Through their prayers show me to be your lamb so that I may not become food for the Devil, worth-less as I am.
Sticheron

Cry out in repentance, O my soul, before your end, and join your-self to God.

Call out to him from your heart, weeping: I have sinned against you with such evil deeds, O Christ! Do not despise me, I pray. Convert me and make me worthy of forgiveness, since you are the Merciful One.

Cantor: Glory...now...

Theotokion

Rejoice, O Death to Demons! Rejoice, O Daughter of Adam, most flourishing and unwilting Flow'r! Rejoice, O Glory of your servants!

Rejoice, Most Immaculate, and Forgiveness of wicked ones!

Rejoice, O Gift of Salvation granted to the world by God!
Rejoice, O Precious One of those who call upon you! Rejoice, O Mother,

Glory for those who exalt you!

Aposticha

Unceasingly the angels sing to you, O King and Master. I fall before you

like the Publican and cry out: O God, cleanse me and have mercy on me!

Cantor: I have lifted up my eyes...

You are immortal, O my soul! Do not be overcome by the waves of life,

but rise up and, to your Benefactor, cry out: O God cleanse me and have

mercy on me!
Cantor:  Have mercy on us...

O martyrs of the Lord, you sanctify every place and cure every ill.

We beseech you to pray that our souls be saved from the snares of the enemy.

Cantor:  Glory...now...

Theotokion

Rejoice, O Loving Palace! O Spiritual Dove! Rejoice, O City of our Creator! Rejoice, O Refuge of the Faithful! Rejoice, O Forress and Intercession, Rejoice, O Salvation and Deliverance of those who love you! Rejoice, O Bridge which brings all to heaven!

Rejoice, O most Spiritual One, O holy Lady!
Monday Evening
At Psalm 140

Sticheron

I do not have compunction, nor a fountain of tears, nor the gift of sincere confession, nor humility of heart, nor the weeping that purifies.

I have not emulated the publican, the harlot, or the prodigal son. How then shall I find remission of my many sins? By the judgments you have established, save me, O Christ!

Sticheron

I have made myself a stranger to every divine commandment, and I have completely neglected those things pertaining to the better virtues.
I have senselessly spent my whole life in slothfulness, and all the deeds I have committed have been sinful and unsuitable.

Therefore, O Christ, since you are merciful, have pity on me and save me.

Sticheron

Because of your goodness, do not rebuke me in anger; for I am the work of your hands, even though I have alienated myself from you with my senseless deeds. Because of the depth of your compassion, O Lover of us all, you have made me after your own likeness.
Cantor: Glory...now...

Theotokion

With confidence I fly to your protection, O Theotokos; deliver me from assault and misfortune, the idols of passion and the evil of the demons. For like the sea, your mercy is fathomless; and you have shown yourself to be the Patroness of Salvation.

O Blessed Lady, who has given birth to the Merciful God, who alone is all-gracious and all-loving.

Aposticha

Unceasingly the angels sing to you, O King and Master. I fall before you
like the Publican and cry out: O God, cleanse me and have mercy on me!

Cantor: I have lifted up my eyes...

You are immortal, O my soul! Do not be overcome by the waves of life,

but rise up and, to your Benefactor, cry out: O God cleanse me and have mercy on me!

Cantor: Have mercy on us...

O Martyrs of the Lord, we entreat you to beseech our God

and ask great mercy for our souls, and for forgiveness of our many sins.

Cantor: Glory...now...

Theotokion

Rejoice, O Pride of the Universe and Temple of the Lord! Rejoice, Overshadowed
Tone 8 - Tuesday

Mountain and Refuge of All! Rejoice, O Golden Candelabra and Precious Glory of the Faithful! Rejoice, O Mary, Mother of Christ our God!

Rejoice, O Tabernacle and Paradise! Rejoice, O Table of Divinity and Golden Vessel! Rejoice, for you are the hope of all!

Tuesday Evening
At Psalm 140

Sticheron

O Christ, most gracious, you were crucified upon the cross.

Your hands and feet were nailed, and your holy side was pierced,

pouring upon me drops of divine salvation, blood and water to wash away my sores and filth. Glory to your goodness, O
All-compassionate Lord!

Sticheron

O Master, you endured suffering in order to grant freedom from passion to those who venerate your Passion. Of your own free will, you endured the cross, the lance, the nails, and the reed.

Intercede, O Lord, that I too may obtain freedom from passion on account of your holy Passion.

Sticheron

The unde-filed Maiden, beholding her Son raised of his own will upon the cross, cried out with a pierced heart: Woe to me!
Tone 8 - Tuesday

my be-loved Child; for they wish to deprive me of you whom I so greatly love. See how the ungrateful ones have repaid you!

Cantor: Glory...now...

Stavrotheotokion

When your Moth-er saw you, O Lamb, be-ing led a-way to be slaugh-tered,
she fol-lowed you, O Word, crying out a-mid tears: Where are you going with such haste, my Child? I am go-ing with you, my sweet-est One;

for I can-not bear to be with out you, my Most Mer-ci-ful Je-sus!

Aposticha

Raised up-on the cross, O Christ our God, you have saved us all.
We glori fy your sufferings.

Cantor: I have lifted up my eyes...

Cru ci fied up on the cross, O Christ our God, you opened the gates of Paradise. We glori fy your Div ini ty.

Cantor: Have mercy on us...

Your mar tyr s, O Lord, for get ting the things of this life and des pis ing torture for the sake of the future life, were shown to be its in her i tors. Therefore, they rejoice exceedingly with the an gels.

Through their sup pli ca tions, be stow great mer cy up on your peo ple.

Cantor: Glory...now...
Tone 8 - Tuesday - Wednesday

Stavrotheotokion

When she who bore you, O Long-suffering Lord, beheld you nailed upon the cross, she mourned, and her tears sprang forth; and being amazed at your surpassing goodness, she freely sang the praises of your pow'rf

with more than human compassion.

Wednesday Evening
At Psalm 140

Sticheron

O Lord, you have enlightened the apostles with the brightness of the Comforter, and you have established them as lights which make the spiritual light of your knowledge shine upon the world, O Master. Therefore, we worship the greatness of your goodness.
Sticheron

O Savior, you preserved your flock by surrounding it like a wall with the pray'rs of your apostles. Undisturbed by the temptations of the enemy, and buying it with your precious blood, you have set your flock free from the bondage of the enemy because of your compassion.

Sticheron

O blessed Apostles, firm defenders of the Trinity and suppliants for our souls, you appeared like precious stones of gleaming splendor set in the diadem of the Church of Christ, and brightly illuminating the world with the knowledge of God.
Cantor: Glory...now...

Theotokion

Consider me, O Bride of God: accept the sighs of my contrite heart, O Virgin Mary, and do not despise the lifting up of my hands, O Most Pure One.

Since you are good and loving, let me praise and exalt you who have exalted our human race.

Aposticha

In their sincere love for you, O Lord, the apostles detested all things, that they might win you alone. They surrendered their bodies to torture on your behalf; and, now in glory, they pray for our souls.
Cantor: I have lifted up my eyes...

O Lord, you magnified on earth the mem'ry of the apostles, and now in their memory we glorify you. For their sakes you grant us healing, and by their pray'rs you give the world peace and great mercy.

Cantor: Have mercy on us...

If there is any virtue, any-thing wor-thy of praise, it be-fits the saints; for they bent their necks to the sword for you who bowed the heav'ns and came down. They shed their blood for you, O Christ, who emptied your-self and took the form of a slave. Im-i-tat-ing your poverty, they became
obe-dient even un-to death. Through their prayers, have mer-cy on us,

O God, ac-cord-ing to the a-bun-dance of your great mer-cies.

Cantor: Glory...now...

Theotokion

They, who were deemed wor-thy to be-hold God in-car-nate,

pro-claimed you, O Maid-en, to be a bride and vir-gin

wor-thy of the Father and of his di-vin-i-ty. They like-wise professed that

you were the Mother of the Word, who is God, and the dwell-ing of the Ho-ly

Spir-it; for the whole of the God-head, the full and

per-fect es-sence of grace, bod-i-ly dwelt in you.
Thursday Evening  
At Psalm 140

Sticheron

O most glorious wonder! the holy cross, the tree that bears Life, is exalted today. All the ends of the earth rejoice, and the forces of the Devil are afraid. O, what a gift has been bestowed upon those on earth! By it, O Compassionate Christ, save our souls.

Sticheron

O most glorious wonder! Like a branch full of life borne by the Most High, the cross is seen today exalted upon the earth. By it we have all been drawn toward God, and death has been utterly
swallowed up, O most precious Wood. Glorifying Christ through it,
we have received the food of immortality in Eden.

Sticheron

How great is your goodness toward us, O Christ God; for you humbled yourself
and became man. You deigned to suffer for us,
enduring for your worthless servants the cross and a shameful death.

What gift worthy and suitable for God shall we offer you?
In thanksgiving we can only give you glory.

Cantor: Glory...now...

Stavrotheotokion

Beholding you, O Jesus and Master, nailed on the cross
and voluntarily accepting the passion, your Mother, the Virgin, cried out:

O my sweet Child! How unjustly you suffer these wounds, O Physician;

through your mercy you have healed our infirmity, and delivered

all from corruption.

Aposticha

Raised upon the cross, O Christ our God, you have saved us all.

We glorify your sufferings.

Cantor: I have lifted up my eyes...

Crucified upon the cross, O Christ our God, you opened the gates of
Tone 8 - Thursday

Paradise. We glorify your Divinity.

Cantor: Have mercy on us...

O martyrs of the Lord, you sanctify every place and cure ev'ry ill.

We beseech you to pray that our souls be saved from the snares of the enemy.

Cantor: Glory...now...

Stavrotheotokion

As she watched you dying upon the cross, the Theotokos cried: Woe is me! How do you endure such pain, O sweetest Son?

Your side pierces my heart and your suffering sets my being on fire.
Therefore, I sing your praises; for you suffer willingly to save us all

Friday Evening
At Psalm 140

Sticheron

O martyrs of the Lord, you sanctify every place and cure ev'ry ill.

We beseech you to pray that our souls be saved from the snares of the enemy.

Sticheron

Your martyrs, O Lord, forgetting the things of this life and despising torture for the sake of the future life, were shown to be its
in-hers-itors. There-fore, they rejoice exceeding-ly with the an-gels.

Through their sup-pli-ca-tions, be stow great mer-cy up-on your peo-ple.

Sticheron

If there is any virtue, any-thing wor-thy of praise, it be-fits the saints;

for they bent their necks to the sword for you who bowed the heav-ens

and came down. They shed their blood for you, O Christ, who emp-tied

your-self and took the form of a slave. Im-i-tat-ing your poverty, they be-came

o-be-di-ent even un-to death. Through their prayers, have mer-cy on us,

O God, ac-cord-ing to the a-bun-dance of your great mer-cies.
Cantor: Glory...now...

Dogmatikon

In his love for all of us, the King of Heaven appeared on earth and dwelt among us, for he took flesh from a pure virgin and came forth from her. The only Son has two natures but is not two persons.

We proclaim the truth about Christ our God, professing him both perfect God and perfect man. Beseech him, O unwedded Mother, to have mercy on our souls.

Aposticha

O Martyrs of the Lord, we entreat you to beseech our God
and ask great mercy for our souls, and for goodness of our many sins.

Cantor: I have lifted up my eyes...

Nekrosimon

I weep and lament when I contemplate death and behold,

lying in the grave, the beauty fashioned for us by God in his own image
disfigured, deformed, and without distinction. Oh, what wonder!

How does this mystery happen to us? How were we handed over to
corruption? How were we subjected to death? As it is written:

By the command of God, who grants rest to the departed.

Cantor: Have mercy on us...
Your death, O Lord, has been the mediator of immortality, for if you had not been put in the grave, Paradise would not have been opened.

Therefore, as the Lover of us all, give rest to the departed.

Cantor: Glory...now...

Theotokion

Receive the prayers of your servants, O our holy Lady.

Deliver us from every affliction and danger.
Commons For Classes of Saints
Common of the Holy Prophets
At Psalm 140

Sticheron

With a pure mind you received the brilliant, God-sent light. You were the herald of divine words, a seer and prophet. You were shown to be a truly inspired messenger of God; you foresaw that which was revealed to you by him, and you announced to all nations the promised salvation, and the coming of the kingdom of Christ. O honorable (Name), pray to God to save and enlighten our souls.

Sticheron

O God-inspired (Name), you were rightfully honored with an illuminating
knowledge of God, and with prophetic vision and grace, you were made
worthy of divine happiness. You stand with boldness before the Most
Gracious One. Since you have obtained his mercy, we ask you to pray
unceasingly for us, that we be delivered from all danger
and that our souls may be saved; for we faithfully praise and venerate you as
an honorable evangelist and as one who has been united with God.

Sticheron

O Immortal One, you have shown your prophet (Name) to be like a
living cloud, which pours out the water of eternal life. In sending
him, you have richly endowed him with the All-holy Spirit, Who is of
one essence with you, the Father Almighty, and with your Son, who
has shone forth from your substance. Through the Spirit, O Prophet,
you foretold the coming of Christ, our God and our salvation.
Pray to him to enlighten and to save our souls.

Cantor: Glory...now...

Theotokion

The Son, who is with the Father and the Spirit, and is glorified on high
by the Cherubim, in desiring to restore Ad-am, ineffably emptied himself
completely into your womb, O ever-prais'd Theotokos.
He came forth from you in order to illumine the whole world. Having rooted out idolatry and having deified us all in himself, Christ God, the Savior of our souls, raised us all into heaven with himself.
Common of One Holy Apostle
At Psalm 140

Sticheron - Tone 8 samohlasen

What shall we call you, O Apostle? A Heaven, for you have confessed the glory of God? A River, since you mystically give drink to all creation?

A Star that illumines the Church? A Chalice pouring out the holy drink?

An intimate of Christ, dwelling equally with the angels? Pray that our souls may be saved.

Sticheron

O Apostle and Preacher of God, you came forth from Christ like a shining arrow. You wounded his enemies, and you manifestly
Apostle

healed wounded souls. Therefore we praise you fervently, and we celebrate your Feast-day today. Pray that our souls may be saved.

Sticheron

O glorious Apostle who sees God, your feet have become beautiful, pursuing the path of preaching. You made narrow the way of the wicked by the width of your divine knowledge of the Word, who is revealed in the coarseness of the flesh. The most glorious Lord chose you as his disciple, O blessed one. Pray to him that our souls may be saved.
Cantor: Glory...now...

Theotokion

O wretched soul, to whom do you liken yourself, for you have not risen to repentance in any way, and you fear not the fire that awaits the evil.

Arise, and call upon her who is alone quick to help. Cry aloud:

O Virgin Mother, entreat your Son and our God to deliver me from the snare of the deceiver.
Sticheron - Tone 4 samohlasen

O most fortunate Disciples, you are blessed, since you were eyewitnesses of the incarnate Word. You have appeared to the world as flashes of lightning.

As spiritual leaders you have poured out the sweetness of the Word.

You shared your knowledge like the ever-flowing rivers of Paradise.

You gave the drink of divine waters to the Church of the Gentiles.

Sticheron

You were sent into the world like spiritual rays of light.
Apostles

You performed many miracles. O most sacred Mystics,
you were ministers of the Myst'ries of Christ and of the tablets of divine grace inscribed with the Law of God.

Sticheron

Through divine teachings, the rod of the fish-er-men has put an end to the waverings of philo-sophers and the cease-less talk of or-a-tors.

They have clearly revealed doctrines and the Myst'ries of Grace.

They have shown the communion of the eternal food, the delight of angels, and the ever-last-ing glo-ry.
(Tone 8) Glory...now...

Theotokion - Tone 8 samohlasen

Re joice, O Death to De - mons! Re joice, O Daugh ter of Ad - am,
most flour ishing and un wilt ing Flow'r! Re joice, O Glory of your ser - vants!

Re joice, Most Im - mac - u - late, and For-give-ness of wick-ed ones!

Re joice, O Gift of Sal - va - tion grant-ed to the world by God!

Re - joice, O Precious One of those who call up - on you! Re - joice, O Moth er,

Glo - ry for those who ex - tol you!
Common of One Holy Hierarch
At Psalm 140

Sticheron - Tone 6 samohlasen

Wholly consecrated, you have appeared as a God-bearer.

As holy chrism of God, you are clothed with the Holy Spirit.

You have always entered serenely into the holy of holies, and are illumined with the splendor proceeding from God, and you partake of the holy mysteries of grace, as a true and most glorious Bishop. With boldness, intercede for our souls.

Sticheron

Your life was resplendent with the radiance of virtue. O blessed Bishop (Name),
you truly appeared as a bright sun, thus you illumined the faithful
and dispensed the darkness of deceit. Having become, by the grace of the Holy
Spirit, a son of day, you now live where the Never-setting Light shines.
Therefore, we honorably celebrate your divine and light-bearing memory.

O Ever-mem'ra-ble One, we lovingly venerate you.

Sticheron

Your mind has become deified, for it is directed toward God
and nourished by faith. You are wise in the ways of God.

You learned about incorruption in a mortal and corrupt body, O All-glorious.
Hierarch

You have acquired the serenity of the angels. Although you contain passions within you, you adorned yourself with impassivity,

O Father (Name), wisest of Bishops, you are a bright light and intercessor for those who lovingly keep your memory.

Cantor: Glory...now...

Theotokion

Rejoice, Fulfillment of the Law! Rejoice, Temple of the Holy Trinity, and Incorruptible Bride! Rejoice, O divine Bearer of the King of All!

You hold the immaterial Fire in your arms like a coal in a pair of tongs! O new Paradise, O most glorious and divine Sanctuary!
O innocent Dove, and Throne of the Most High! O divine Seat of Wisdom!

O Maiden, the Holy Spirit overshadowed you!
Common of Two Or More Holy Hierarchs
At Psalm 140

Sticheron - Tone 4 samohlasen

As the ever-shining stars standing watch in the heavenly firmament,
O most glorious Bishops, you have adorned the whole world.

You enlighten the universe with the doctrines of the true faith,
and drive away the darkness of heresies. Pray that those who in faith keep your

no-bly mero-ry may be delivered from corruption and dan-ger.

Sticheron

O most blessed Godbearers, you have enlightened the world

with the brightness of the Spirit. You have appeared as radiant suns,
for your teachings spread out to the ends of the earth like rays of light.

You illumine the hearts of the faithful and drive away the darkness of heretics by the pow'r of him who shines forth from the Virgin.

Sticheron

You have driven away the intellectual wolves from the Church of Christ with the staff of your teachings, O blessed Bishops. You have surrounded her with a solid wall of reasoning, and have presented her whole and unharmed to Christ. Pray to him that those who in faith keep your noble memory may be delivered from corruption and danger.
Cantor: Glory...now...

Theotokion

O Most Immaculate One, whether I sail on the sea, travel on land, or rest at home,
give me grace and keep my mind alert. Enable me to do God's will,
so that because of the sins of my life, I will find myself hastening under
your protection on the day of judgement.
Common of a Venerable or Fool for Christ

At Psalm 140

Sticheron

Your Feast day has arrived, O God bearer. Brighter than the sun, your memory enlightens all who come to you in faith. O (Name), intercessor for our souls, your soul is fragrant with immortality and you pour out healing for our souls.

Sticheron

O Wonder-worker (Name), you subdued the sensual and bodily passions with the bridle of abstinence. On earth you displayed angelic zeal in subjecting bodily lusts to the spirit.
In the heavenly courts where you now dwell, offer pray'rs for our souls.

O bless-ed (Name), by discarding the old self and its urg-es, and by truly clothing your self with Christ, you laid a foundation for virtue. And so, after repelling many hostile attacks, you became a guide for monks, O ven'ra-ble One. Of-fer your pray'rs for the sal-va-tion of our souls.

Cantor: (Tone 8) Glory...now...

Theotokion - Tone 8 samohlasen

Tossed a-bout by an overwhelming ocean of sin-ful-ness, I has-ten to you,
the Calm Harbor, O Most Pure Mother. O Theotokos, I call out to you:

Save me! Extend your mighty right hand, O Immaculate One!
Common of Two or More Venerables or Fools for Christ
At Psalm 140

Sticheron

You give light to the blind, O noble and spiritual Fathers;
you also give health to the sick and healing to the lame. You reach out in mercy to those who in faith come to your shrine and implore your help. We have found in you true protectors and intercessors;

for this reason we offer you praise.

Sticheron

By means of your virtues, holy Fathers, you have entered the chariot and ascended to God to receive the honors of victory.
Venerables

As a favor to us you have left your bodies lying in the grave to pour out healings and drive away evil spirits. For this reason we bless you, O praiseworthy Ones.

Sticheron

You have joined the choirs of ascetics, O blessed Monks, having been adorned with the life of fasting. Now you joyfully dwell in heaven where angels rejoice; the divine Light truly deifies you.

Remember those who lovingly bless you on earth and who celebrate your holy festive day.
Cantor: Glory...now...

Theotokion

My thoughts are unclean, my lips flattering, and my deeds are all defiled. What then can I do? How can I meet the Judge?

O Lady Ever-Virgin, pray to your Son, the Creator and Lord, to receive my soul in contrition; for he alone is com passion ate.
Common of One Martyr
At Psalm 140

Sticheron - Tone 4 samohlasen

O wise and glorious Martyr, you robed yourself in the purple of divine grace, reddened by the blood of your own body. You crowned yourself with the incorruptible crown of life. In your right hand you hold the scepter of the victorious cross. You reign with Christ in everlasting joy.

Sticheron

Renowned as an invincible warrior, O glorious Martyr, you armed yourself with the cross as a weapon, and engaged the hostile enemy in battle and defeated him.

Therefore, O radiant Martyr, you received the crown of victory
Martyr

from the Only Champion, the Master who reigns forever.

Sticheron

O Martyr (Name), in your noble suffering, you reflected the Holy Passion.

Wearing the victor's robes, O champion Martyr, you joyfully live in the city on high, and are sanctified by sharing in divinity.

Therefore, we celebrate your honored and holy feast.

Cantor: (Tone 6) Glory...now...

Theotokion - Tone 6 samohlasen

A thousand times have I promised to do penance for my sins.

But my wicked habits do not cease, O Most Pure One;
therefore, I cry out to you. I prostrate before you and pray:

O Mother, release me from such torments and guide me to better deeds which will lead to my salvation.
Common of Two or More Martyrs
At Psalm 140

Sticheron - Tone 8 samohlasen

O praise worthy Martyrs of Christ, you considered attacks by persecutors
and violent death to be as nothing. Boldly you armed yourselves with
courage for battle, and robed yourselves in glorious victory.

You were numbered with all the Just with whom we bless you in
constant praise.

Sticheron

O most blessed Martyrs of Christ, you gave yourselves up freely to be
sacrificed. You sanctified the earth with your blood, you brightened the air
by your de-par-ture from this life. Now you live in heaven, in a nev-er-set-ting light.

O Mar-tyrs, who see God, al-ways pray for us.

Sticheron

O in-vin-ci-ble Mar-tyrs of Christ, with the dew of di-vine grace

you pass through the pain of fire without harm. You are con-sid-ered worthy to live

by the wa-ters of peace, since you re-ceived a crown of vic-to-ry.

With joy we celebrate your ho-ly feast, and we give glo-ry to Christ.

Cantor: Glory...now...

Theotokion

O how glo-ri-ous is the mir-a-cle! How did you enclose in your womb the

God of All? How did you carry the Creator of All as an in-fant?
Truly the mind and thought are confused; your carrying of such a Child is beyond words. O all-blessed and pure Theotokos, pray to him always to have mercy on our souls.
Common of a Priest-Martyr
At Psalm 140

Sticheron - Tone 1 samohlasen

O blessed, wise (Name), you have brightened your sacred and divine

garment with the crimson of your blood. You have gone piously from earthly

power to Power, from earthly glory to Glory. Now ask that our

souls may be granted peace and great mercy.

Sticheron

As a most righteous priest, you first offered the unbloody sacrifice to God.

With your own blood you then offered yourself, like first-fruits, as a pleasing

sacrifice. As a true martyr, you followed after Christ.
Priest-Martyr

O hon- ra - ble Teach- er, pray to him for those who sing to you.

Sticheron

You have brought to Christ, O Fa - ther, an ar - my of martyrs by your teach ing and pre - cepts. Not on - ly did you instruct with words, O wise Fa - ther, but you showed them an example by of - fring your - self. Pray with them that our souls may be grant ed peace and great mer - cy.

Cantor: Glory...now...

Theotokion

You are the hap - pi- ness and joy of my soul. You calm my passions, O Maid en and Bride of God! O Most Pure One, you swiftly cure the ill - ness-es of my soul.
You ease the temptations which possess me. You are a refuge in times of trouble; therefore, I exalt you with praise.
Priest-Martyrs

Common of Two Or More Priest-Martyrs
At Psalm 140

Sticheron - Tone 4 samohlasen

Through priestly anointing and martyr's blood, you were drawn close to God, O glorious Priest-Martyrs. You are flowers of nature, spiritual ornaments, summits of wisdom, theologians of righteousness, norms of faith, most excellent guides, and adornments of the Church.

Sticheron

O divinely–inspired Priest-Martyrs, you glorified suffering and praised martyrdom, confirming this by nobly enduring all types of torture: shackles and dungeons, nakedness and confinement, bitter cold

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and, finally, scourging and death.

Sticheron

O all-powerful Martyrs, you brought honorable service and spotless sacrifice to Christ, the Master. Then you offered yourselves to him as martyrs for perfect holocausts. Pray to him to save us from danger and corruption, for we commemorate your memory in faith

Cantor: Glory...now...

Theotokion

O Most Immaculate One, whether I sail on the sea, travel on land, or rest at home, give me grace and keep my mind alert. Enable me to do God's will,
so that because of the sins of my life, I will find myself hastening under
your protection on the day of judgment.
Common of One Venerable Martyr
At Psalm 140

Sticheron - Tone 6 samohlasen

Let us, O Faithful, praise at length the struggles of the wise ascetic,
and the pains of the soldier of Christ. Let us cry out to the Lord:
Through his intercessions, O Christ, deliver us from all dangers.

Sticheron

O holy Father (Name), you will be given by God an abundance of
enduring peace; for you have passed through the storm of torture,
O invincible Warrior and Intercessor for our souls.

Sticheron

O wise Martyr, you suffered for a righteous cause, and became wise in the
Venerable Martyr

ways of God; you are a second dwelling of the Creator of All.

O God-bearer, you have been shown to be a light of the Church, and the

or - na - ment of as - cet - ics.

Cantor: (Tone 8) Glory...now...

Theotokion - Tone 8 samohlasen

O Most Im-mac-u - late Vir - gin, im-plore him to whom you gave birth,

the Cre-a-tor and King of All, to have mer-cy on your ser-vants

when he comes to judge the hu-man race.
Venerable Martyrs

Common of Two or More Venerable Martyrs
At Psalm 140

Sticheron - *Tone 8 samohlasen*

You have struggled greatly, O Ascetics; you courageously suffered the brutality of the torturers, giving up your lives to the sword with love.

Crowned with martyrdom, you fittingly rejoice with the angels. Great were your sufferings, greater still were your rewards. We ask you to pray for our souls.

Sticheron

You have lived worthily, O holy Monks, emulating the deeds of the martyrs; for you have courageously treated torture with contempt.
Venerable Martyrs

By fasting, you sanctified your bodies, and in love you shed your blood; and so you were crowned for both ordeals. Pray for the salvation of our souls.

Sticheron

O ascetic Martyrs of Christ, you have fought well without regard for temporal life; you willingly and bravely overcame the wisdom of the flesh. Ending your earthly life in Christ, you worthily dwell with the angels. And so, we honor your memory, and en-teat you to pray to the Lord that he may have mercy on our souls.
Cantor: Glory...now...

Theotokion

O wretched soul, to whom do you liken yourself, for you have not risen to repentance in any way, and you fear not the fire that awaits the evil.

Arise, and call upon her who is alone quick to help. Cry aloud:

O Virgin Mother, entreat your Son and our God to deliver me from the snare of the deceiver.
Common of One Woman-Martyr
At Psalm 140

Sticheron - Tone 2 samohlasen

Rich-ly il-lu-mined with spir-it-u-al light, you scorned the world
for love of the only King-dom. By en-coun-ter-ing immeas ur-a-ble suf-fring,
you de-feat-ed the en-e-my. O glo-ri-ous Mar-tyr (Name),
you wove a wreath of vic-t'ry for your-self.

Sticheron

You sup-pressed the lusts of the flesh and ex-tin-guished the fire of sin
with the dew of the divine Spirit as your help, O no-ble Mar-tyr. Then you tamed the
wild beast in the a-re-na, and with cour-age you submitted your bod-y to
beat - ings. By this, bless - ed (Name), you brought down the en - e - my
and you wove a wreath of vic - t'ry for your - self.

Sticheron

Nei - ther sword, nor fire, nor scourg - ing, an - guish, hun - ger, nor an - y
kind of tor - ture could break your de - sire for the Lord. O
Mar - tyr (Name), in seek ing him with a fer - vent heart, you renounced all
vis - i - ble things, and en - tered in - to the di - vine cham - ber
to be - come the bride of the King of All.

Cantor: Glory...now...
You are the Joy of Angels, and the Glory of us all.

You are the Hope of the Faithful, O Immaculate Mother; you are our Intercessor. We hasten to you and call in faith:

By the pray'rs of all who praise you, deliver us from the assaults of the enemy, from that anguish which corrupts the soul, and from ev'ry tribulation, O Bride of God!
Common of Two or More Women-Martyrs

Sticheron - Tone 4 samohlasen

The young virgins, though bound by the law of nature, were truly strength-ened by the Cre-a-tor's love, and were freed from bodily ties by faith.

He-ro-ically they trampled the powerless ene-my un-der-foot.

Glo-riously they adorned themselves with the laurels of vic-t'ry,

and they found their abode in the spir-it-ual bri-dal-cham-ber.

Sticheron

The no-ble vir-gins en-dured fire, various tor-tures and death,

pos-sessing, in faith, the beauty of the Bride-groom. Hav-ing been a-dorned
with man-y wounds, they were counted as belonging to the Lord.

Therefore, Jesus, the Lover of us all and Savior of Our Souls,

has crowned them with many gifts.

Sticheron

O good Virgins, you have brought to Christ a virginity both inviolate and wondrous. With strength of heart and by the power of the Cross, you subdued unruly passions and godless deceit. Therefore, the Church of Christ celebrates your holy, bright, and glorious memory.

Cantor: Glory...now...
Theotokion

Rejoice, O bright Luminary and Pillar of Light! Rejoice, O Hand which contains the manna! Rejoice, O Rod of Aaron! Rejoice, O unburnable Bush!

Rejoice, O Bridal Chamber and Refuge of all! Rejoice, O Mystical Door and Divine Altar! Rejoice, O Joy of All!
Venerable Woman-Martyr

Common of a Venerable Woman-Martyr
At Psalm 140

Sticheron - Tone 4 samohlasen

First, you lived a life of penance, striving to control bodily appetites by patient endurance. Then, (Name), blessed of God, you defeated the wiles of the enemy, and obtained the crown of victory.

You were crowned for your double fight by Jesus, the Lover of us all and Savior of our souls.

Sticheron

O praise worthy (Name), the divine seed was sown on the tablets of your heart as on soil made fertile by divine grace. The fruits of your sufferings
truly multiplied a hundred-fold, and were gathered in spiritual
storehouses. By the power and grace of the Spirit, your ways were
changed to a better life.

O honored (Name), you worked wonders through life-giving precepts.

You wisely died to bodily passions through penance. Now you live in heaven with
the martyrs, having completed the good course of a martyr;

for you were inspired by the Spirit. Do not cease to intercede for us

who pray to you in faith.
Cantor:    Glory...now...

Theotokion

O most praised Virgin, I be-seech you as the most precious palace of the King of All: Cleanse my mind which is stained by all kinds of sin.

Make it a beautiful dwelling-place of the divine Trinity, so that I may praise your abundant mercy; and that I, your unworthy servant, may be saved.
Common of a Venerable Woman
At Psalm 140

Sticheron - Tone I sanohasen

Desiring the true glory of the fathers, you loved incorruptible

glory. O (Name), you turned away from pleasures,

and gave your body over to repentance. You received your reward for

your endeavors, and now you reign with Christ.

Sticheron

O (Name), you desired the splendid beauty of the Bridegroom; you yearned to

become the bride of Christ. Through mortification, you adorned yourself

with ev'ry virtue. Therefore, in his chamber, you now reign with Christ.
Venerable Woman

Sticheron

By your monastic life you illumined many ascetics, and like a lamp you gave light to all. You are glorified with them and delight in divine glory. O honored (Name), pray for the salvation of our souls.

Cantor: Glory...now...

Theotokion - Tone 8 samohlasen

Rejoice, O Death to Demons! Rejoice, O Daughter of Adam, most flourishing and unweakening Flow'r! Rejoice, O Glory of your servants!

Rejoice, Most Immaculate, and Forgiveness of wicked ones!

Rejoice, O Gift of Salvation granted to the world by God!
Rejoice, O Precious One of those who call upon you! Rejoice, O Mother,

Glory for those who ex-tol you!
Common of Two or More Venerable Women
At Psalm 140

Sticheron - Tone 8 samohlasen

O glorious wonder! These holy nuns set aside earthly cares to pursue supernatural perfection. They desired the Fountain of Goodness itself, and so came to the True Beloved.

Blessed women, you are made radiant in his light; now deliver us from the darkness of sin by your pray'rs.

Sticheron

In forsaking the world's beauty, all-praised and honored women, you adorned your noble spirits with the jewels of a higher
Venerable Women

nobility. You observed the rule of grace, the serene life.

Therefore, noble women, you became flowers of nature

and invincible guardians of the ascetic life.

Sticheron

We are assembled in faith to honor you, for you are the ascetics of Christ;

you lived joyful lives as nuns, and became faithful guides for many.

We cry out to you: O blessed women who are the boast of nuns,

pray to the Redeemer of all to save us.

Cantor: Glory...now...
Theotokion

O how glorious is the miracle! How did you enclose in your womb the God of All? How did you carry the Creator of All as an infant?

Truly the mind and thought are confused; your carrying of such a Child is beyond words. O all-blessed and pure Theotokos, pray to him always to have mercy on our souls.
Common of a Confessor
At Psalm 140

Sticheron - Tone 8 samohlasen

Holy and inspired (Name), we know you as a foundation of truth and a confirmer of the faith. Your understanding of the dogmas was exceptional. You were a composer of piety, an abode of purity, a chosen vessel, the sweet fragrance of the Spirit.

You were a great treasury of teaching and a pillar of the Church of Christ.

Sticheron

You are a successor to the throne of the apostles; you are of one mind
with the martyrs and you emulate ascetics zealously. Therefore, we honor you, praiseworthy God-bearer; for you are the seal of teachers and the image of God. You were initiated into the mysteries of Christ.

O wise (Name), you are the river of understanding that drowns the schemes of the lawless blasphemers.

Sticheron

You multiplied the talent of wisdom, O glorious Confessor, and became worthy of the joy of your Lord. O (Name), adorned with divine rays of grace, you shone with the light of spiritual wisdom,
and now stand before the Life-bringing Right Hand from which we also receive the light.

Cantor:  (Tone 6) Glory...now...

Theotokion - Tone 6 samohlasen

Re-joice, O brightly radiating Sun, O Instrument of the Never-setting Sun.

Re-joice, O Wisdom! who shines with divine brilliance and rays of glory. You illumine the entire universe. O Most Good

and Immaculate Virgin, like the Never-setting Light,

you have been an illumination for the faithful.
Common of Unmercenary Healers
At Psalm 140

Sticheron - Tone 4 samohlasen

Like rivers overflowing with spiritual waters, you water creation with divine signs, and with the most famous gifts of healing. Dry up the passions which corrupt the soul, cure all ailments, and drive away evil spirits. O God-bearing Unmercenary Healers, you are intercessors for our souls.

Sticheron

Subduing senseless passions by spiritual strength, O holy Wonder workers, you bear good gifts to all creation; for you were enriched by Christ with the gift
Unmercenary Healers

of healing. As we celebrate your illustrious feast, we implore cleansing for our souls.

Sticheron

Your holy shrine, like heaven, has become a splendid place of salvation. Like the sun, it shines with the workings of divine healings. Saving miracles are now acquired like stars. O blessed (Name) and renowned (Name), you are servants of the Lord and intercessors for our souls.

Cantor: (Tone 8) Glory...now...

Theotokion - Tone 8 samohlasen

Rejoice, O Death to Demons! Rejoice, O Daughter of Adam,
Unmercenary Healers

most flourishing and unwilting Flow'r! Re joice, O Glory of your ser - vants!

Re - joice, Most Im - mac - u - late, and For-give-ness of wick - ed ones!

Re joice, O Gift of Sal - va - tion grant-ed to the world by God!

Re - joice, O Precious One of those who call up-on you! Re - joice, O Moth er,

Glo - ry for those who ex - tol you!
Dismissal Theotokia
Theotokia - Tone 1

Dismissal Theotokia

Tone 1

Sunday evening

The universe recognizes in you, O Woman full of grace, the marvel of marvels and it rejoices. You have borne without human seed the One whom even the highest ranks of angels cannot look upon, and you have given him birth in a manner beyond understanding. Intercede with him for the salvation of our souls.

Monday evening

You have borne the fire of the Godhead without being burned; you have given birth to the Lord, the Source of Life. O Theotokos and woman full of
Theotokia - Tone 1

Tuesday and Thursday evenings: Stavrotheotokion

O Pure One, we have obtained your protection. Through your intercession, we have been kept from harm and surrounded at all times with the grace of your Son's cross. Therefore, we exalt you with great devotion.

Wednesday evening

You have borne the fire of the Godhead without being burned; you have given birth to the Lord, the Source of Life. O Theotokos and woman full of grace, save all those who exalt you.
Friday evening

**Theotokia - Tone 1**

O holy Tabernacle, Gabriel cried out to you: Rejoice, O Virgin, full of grace: the Lord of All became incarnate of you, as the righteous David had foretold. In bearing your Creator, you have shown yourself to surpass the vastness of the heavens. We therefore cry out: Glory to him who dwelt in you! Glory to him who came forth from you. Glory to him who has set us free through your life-giving birth.
Tone 2

Sunday evening

O Theotokos, you are a fountain of mercy; count us worthy of your compassion; look upon a people who have sinned; manifest your power as you always do. Because of our trust in you, we cry out to you as once did Gabriel, the commander of the angels.

Monday evening

O Theotokos and virgin for ever, through you we have been made to share the divine nature; you have given birth for us to the incarnate God. Therefore we all exalt you with great devotion.
Tuesday and Thursday evenings: Stavrotheotokion

O Virgin and all-glorious Theotokos, we sing to you a hymn of praise, for Hades has been destroyed by your Son's cross; Death has been put to death, and we, the dead, have been made to rise and become worthy of life. We have obtained paradise, the original bliss. Therefore we glorify you by giving thanks to Christ our God, for he alone is almighty and all merciful.

Wednesday evening

O Theotokos and virgin forever, through you we have been made to share the divine nature; you have given birth for us to
the incarnate God. Therefore we all exalt you with great devotion.

Friday evening

O Theotokos, the mysteries surrounding you are exceedingly glorious, and beyond the power of understanding. For you retained the seal of purity, and your virginity remained inviolate; yet you are acknowledged, without doubt, to be the Mother who gave birth to the true God. We beg you, therefore, to entreat him to save our souls.
Sunday evening

Gabriel was rapt in amazement as he beheld your virginity and the splendor of your purity, O Theotokos, and he cried out to you: By what name shall I call you?

I am bewildered, I am lost! I shall greet you as I was commanded to do: Rejoice, O Woman full of grace!

Monday evening

O Theotokos, powerful protectress of the world, you are our shelter and you are our strength. Through your intercession protect...
Theotokia - Tone 3

... your servants against all dangers, for you are the only Blessed One!

Tuesday and Thursday evenings: Stavrotheotokion

O Theotokos, we have obtained your Son's cross as a staff of power with which to strike down the boastings of the Enemy.

Therefore we exalt you without ceasing.

Wednesday evening

The prophets foretold the apostles taught, the martyrs professed, and we have believed that you are indeed the Theotokos.

Therefore, we exalt your inexpressible birth-giving.
We sing your praises, O Virgin; for, as the Theotokos, you always intercede for the salvation of the human race. It is from you that our God and your Son took flesh. Then, by suffering the Passion on the cross, and out of love for us all, he delivered us from corruption.
Tone 4

Sunday evening

To the One who was reared in the Temple, close to the Holy of Holies,
and who was full of faith, wisdom, and perfect virginity, Gabriel,
the captain and leader, offered esteem and greetings from heaven when he said:

Rejoice, O Blessed One! Rejoice, O Glorified One! The Lord is with you!

Monday evening

Let us poor sinners hasten with fervor to the Theotokos;
let us humbly kneel before her and say from the depth of our hearts:
O Lady, be kind to us and help us. Hasten, for we are perishing under a multitude of sins. Do not turn away your servants empty handed, for you are their only hope and protection.

Tuesday and Thursday evenings: Stavrotheotokion

O Virgin, All-Immaculate Mother of Christ God, a sword pierced your all-holy soul when you saw your Son and God willingly crucified.

Therefore, O Blessed One, never cease to pray to him that he may grant us forgiveness of our sins.

Wednesday evening

O Virgin Theotokos, we acknowledge that the Word of the Father,
Christ our God, was incarnate of you, the only Pure One and the only Bless-ed One. Therefore, we sing to you a hymn of praise and we ex-alt you.

Friday evening

The mystery hidden from all ages and unknown to the angels has been made known to those on earth through you, O The-o-to-kos.

God has taken flesh in a union without confusion, and willingly accepted the Cross for us; whereby he raised the first-formed Adam and saved our souls from death.
Tone 5

Sunday evening

With the angels of heaven and with those on earth,

O Theotokos, we cry out to you exultingly:

Rejoice, O gate that is wider than heaven! Rejoice,

only salvation of the human race! Rejoice, O honorable

One, full of grace, who gave birth to the incarnate God!

Monday evening

O Theotokos, show forth to your servants your readiness

protection, your help, and your mercy; in your purity,

calm the storms of my vain thoughts and lift up my
poor soul; for I know, O Virgin, that you can do whatever you will.

Tuesday and Thursday evenings: Stavrotheotokion

Since you are all pleasing to God, may the error of idol worship be destroyed, and may the power of demons be trodden underfoot by the might of your Son’s cross.

Therefore we, the faithful always sing to you in humility; we bless you and we exalt you, professing that you are truly the Theotokos.

Wednesday evening

The Virgin’s wondrous mystery was the salvation revealed to the world,
for you, O Lord, were born of her without human seed, and you appeared in the flesh without corruption, O Joy of us all! O Lord, glory to you!

Friday evening

Rejoice, Virgin, impassable Gateway of the Lord! Rejoice, protective Wall of those who take refuge in you! Rejoice, peaceful Haven untroubled by storms! Rejoice, O Virgin who has not known wedlock, and yet has given birth in the flesh to your Creator and God! O Theotokos, never cease to intercede for all those who praise and worship your Son.
Sunday evening

The announcement of Gabriel to the Virgin was the beginning of salvation, for she heard the salutation and did not flee from the greeting, nor did she doubt as did Sarah in the tent. She proclaimed instead:

Behold the handmaid of the Lord. Be it done to me according to your word.

Monday evening

O Virgin Theotokos, good hope of the world, we seek no other help than your power. Have compassion for your people who have no other protector.
and intercede with the merciful God that he may save our souls from all dangers, for you are the only Blessed One.

Tuesday and Thursday evenings: Stavrotheotokion

O Virgin Theotokos, pray to your Son, Christ our God, who delivered the world from error, when he accepted willingly to be crucified, that he may have mercy on our souls.

Wednesday evening

Holy and pure Lady, virgin Theotokos, who gave birth to the creator of all in a manner beyond description; together with the apostles pray without ceasing to his goodness, that he may save us from our passions.
and grant us remission of our sins.

Friday evening

Christ, who called you "Mother" and the "Bless-ed One," ac-cept-ed the Pas-sion of his own free will. In his de-sire to find the fall-en Ad-ram, he caused light to shine forth from his cross in or-der to search him out. Then he said to the an-gels: Re-joice with me, for I have found the lost piece of sil-ver.

Glo-ry to you, O God, who ac-com-plished all things in such wis-dom.
Theotokia - Tone 7

Tone 7

Sunday evening

Unde-filed Virgin Theotokos, pray to your Son with the powers of heaven that before death, he may grant forgiveness of sins to those who faithfully glorify him.

Monday evening

O Theotokos, we honor you for you were seen to be higher than the angels when you carried God in your womb.

Tuesday and Thursday evenings: Stavrotheotokion

O Virgin Theotokos, unceasingly intercede with Christ our God who was crucified for us and destroyed the pow'r of Death, that he may
Wednesday evening

O Pure One, the fruit of your womb is the perfect fulfillment of the prophets and of the Law. Therefore, O Theotokos, we glorify you with thanks and we exalt you with great devotion.

Friday evening

O Theotokos, we sing your praises, for you were a virgin before conceiving, and remained a virgin after giving birth. And since you have given birth to our Salvation, Jesus Christ, you have become a treasury of assistance for all who seek resurrection and eternal life. Therefore, lift
us up from the depths of our transgressions, for we place our hope in you.
Sunday evening

Re-joice, O wom-an who at the an-gel's greet-ing, con-tained the joy of the world! Re-joice, for you gave birth to your Cre-a-tor and Lord! Re-joice, for you were made wor-thy to be-come the Theo-tokos!

Monday evening

With hymns of praise let us, the faith-ful, ex-alt the Theo-tokos, the sol-id foun-da-tion of our faith and the pre-cious gift to our souls: Re-joice, O wom-an who con-tained in your womb the Rock of Life! Re-joice, O hope of the world and help-er.
of those in trouble! Rejoice, O Bride and Virgin forever!

Tuesday and Thursday evenings: Stavrotheotokion

When the Mother beheld upon the cross the Lamb, the Shepherd, and the Savior of the world, she exclaimed tearfully:

The world rejoices at the sight of its redemption,

but my heart is a fire as I see your pain on the cross,

which you accept for the sake of all, O my Son and my God!

Wednesday evening

O pure Theotokos, you are the gate of spiritual life,

save from all dangers those who run to you with confidence
Theotokia - Tone 8

Friday evening

O gracious Lord, for the sake of mankind you were born of a virgin;
through your death on the cross you conquered Death; and through
your resurrection you revealed yourself as God. O Merciful Lord,
do not disdain those whom you have created with your own hands,
but show forth your love for mankind. Accept the intercession
which the Mother who bore you makes in our behalf: O Savior,
save your despairing people.
Appendix:

The Prayers of Light
PRAYERS OF LIGHT

1. Lord, compassionate and merciful, long-suffering and rich in mercy, give ear to my prayer and attend to the sound of my plea. Show us a sign of your favor; guide us in your way so that we may walk in your truth. Gladden our hearts that we may fear your holy name, for you are great and do marvelous deeds. You alone are God, and among the gods there is none like you, O Lord. Powerful in mercy and gracious in strength, you help, comfort, and save all those who hope in your holy name.

For to you, Father, Son, and Holy Spirit, is due all glory, honor, and worship, now and ever and forever. Amen.

2. Lord, do not rebuke us in your anger, nor punish us in your wrath. Deal with us according to your kindness, O Physician and Healer of our souls. Guide us to the harbor of your will; enlighten the eyes of our minds that we may know your truth. Grant that we may spend what remains of this day and the rest of our life peacefully and sinlessly through the intercession of the holy Theotokos and of all the saints.

For yours is the might; and yours are the kingdom and the power and the glory, Father, Son, and Holy Spirit, now and ever and forever. Amen.

3. Lord our God, remember us your sinful and useless servants as we call upon your holy and sublime name, and do not put us to shame for hoping in your mercy. Grant us instead, O Lord, all our petitions which lead to salvation, and make us worthy to love and to fear you with all our hearts and to do your will in everything.

For you are a good and loving God, and we give glory to you, Father, Son, and Holy Spirit, now and ever and forever. Amen.

4. You are praised by the holy powers with hymns that are never silent and in doxologies that never cease. Fill our mouth with your praise that we may ascribe majesty to your holy name. Through the intercession of
the holy Theotokos and of all the saints, give us a share and an inheritance with those who fear you in truth and who keep your commandments.

For to you, Father, Son, and Holy Spirit, is due all glory, honor, and worship, now and ever and forever. Amen.

5. Blessed are you, Lord God almighty. You know the human mind, you know our needs long before we ask or recognize them. Therefore, O loving King, good in every way, allow us in your great mercy to call upon your holy name with a clear conscience, and lead us not into temptation but deliver us from the evil one, and in your providence, arrange everything for our good.

For to you, Father, Son, and Holy Spirit, is due all glory, honor and worship, now and ever and forever. Amen.

6. Lord, O Lord, you hold all things in your spotless hand; you are long-suffering toward all of us, and you repent over our evil deeds. Remember your mercy and your compassion. Visit us in your goodness and for the rest of this day enable us to flee from the many wiles of the evil one, and keep our life secure by the grace of your all-holy Spirit.

Through the mercy and the loving-kindness of your only-begotten Son with whom you are blessed, together with your all-holy, good, and life-creating Spirit, now and ever and forever. Amen.

7. Great and wonderful God, you govern all things with indescribable goodness and rich providence. You have granted us the good things of this earth, and through the good things already bestowed on us, have given us a pledge of the promised kingdom. You have kept us away from every evil during the part of this day which has passed, even until the present moment; now allow us to complete the rest of the day without blame in the presence of your holy glory singing hymns to you, O God, who alone are good and love us all.

For you are our God, and we give glory to you, Father, Son, and Holy
8. Great and most high God, you alone possess immortality and dwell in unapproachable light. You made all creation with wisdom, dividing light from darkness, establishing the sun to rule the day and the moon and stars to rule the night. You have allowed us sinners to approach your presence with thanksgiving in this present hour and to offer you evening praise. O loving Lord, make our prayer ascend to you like incense and accept it as a sweet fragrance. Grant that we may spend the present evening and the coming night in peace; clothe us with the armor of light; deliver us from the fears of the night and from everything that lurks about in darkness. Grant that the sleep you have given us to refresh our fatigue may be free from all illusions of the devil. Yes, O Master of All, Giver of good things, let us feel contrition as we lie on our beds remembering your name throughout the night. Enlightened by meditation on your commands, may we rise with gladdened soul to give glory to your goodness, offering prayers and supplications to your compassion for our sins and those of all your people. Visit us with mercy through the intercession of the holy Theotokos.

For you are a good and loving God, and we give glory to you, Father, Son, and Holy Spirit, now and ever and forever. Amen.
The End, and thanks be to God!

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