

## The Ceremony of Mutual Forgiveness

*The priest or leader bows low to those present, and says:*

**Priest or Leader:** Brothers and sisters, forgive me, a sinner,  
all the sins I have committed this day and all the days of my life,  
in word or deed or thought,  
with all my spiritual and bodily faculties.

**Response:** May God forgive you and have mercy on you, [*if a priest: reverend father*].

*Then those present bow low to the priest or leader, saying:*

[*if a priest: Bless, reverend father, and*] forgive us sinners  
the sins we have committed this day  
and all the days of our lives,  
in word or deed or thought,  
with all our spiritual and bodily faculties.

**Priest or Leader:** May God in his grace forgive your sins  
and have mercy on all of you.

*After this exchange, the faithful come forward individually, make a bow, and say to the priest or leader:*

Forgive me, a sinner.

*to which the priest or leader responds:*

May God forgive you.

*During the exchange of mutual forgiveness, the cantors and choir quietly sing the irmosy of the Paschal Canon, or the Paschal stichera.*

## The Order of Vespers on the Sunday of Forgiveness (Cheesefare Sunday)



Metropolitan Cantor Institute  
Byzantine Catholic Archeparchy of Pittsburgh  
February 2019

In the Byzantine tradition, the forty-day fast before Pascha begins on the Monday after the Sunday of Cheesefare (Sunday of Forgiveness). This booklet contains the service of Vespers as celebrated on the afternoon or evening of Cheesefare Sunday, to begin the Great Fast.

At Vespers on Sundays during the Fast, ten stichera are appointed at the Lamp-lighting Psalms. In this book, just the three stichera proper to the Sunday of Forgiveness are included, so that this book may be used year after year. For a more complete set of hymns, see the full booklet for Vespers on Sunday evenings during the Great Fast.

This service may be celebrated with or without a priest (or bishop) as celebrant. If another person leads the service, then:

- The one who leads says or chants anything appointed for “Leader.”
- In place of all litanies: “Lord, have mercy” twelve times, then “Glory.... now and ever...”
- The leader or reader chants the verses of the prokeimenon.
- All other exclamations and prayers of the celebrant and deacon are omitted.

This booklet uses the text for the service of Vespers prepared by the Inter-Eparchial Liturgical Commission of the Byzantine Catholic Metropolitan Church of Pittsburgh, and the musical settings of the Inter-Eparchial Music Commission, along with musical settings from the Metropolitan Cantor Institute. Cantors and others may notice some slight changes from previous versions of this service.

Previous editions of this booklet used the “Lenten tone” for hymns and chants throughout the service. This edition follows the decision of the Inter-Eparchial Music Commission to use this melody only for litany responses.

Previous editions of this booklet also gave a longer ending, which is only appropriate on weekday evenings (Monday through Thursday) in the Great Fast. This edition uses the correct conclusion for Sundays found in the Slavonic liturgical books.

The verses at the aposticha (“To you I have lifted up...” and “Have mercy on us...”) may be sung to the samohlasen verse melody, or chanted to the psalm tone as marked.

Deacon Jeffrey Mierzejewski  
Metropolitan Cantor Institute

## The Prayer of Saint Ephrem the Syrian

**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*)

*The following dismissal is omitted if there is no priest.*

### Dismissal

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

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

Lord, have mercy. Lord, have mercy. Lord, have mercy.  
Give *the* blessing.

**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*), the patron[ess] of this church; of the holy (*Name of the saint whose day it is*); and through the prayers of all the saints; for Christ is good and loves us all.

**Response:**



**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, and accept us in repentance and confession and have mercy, for you are good and love us all.

**Response:**   
A - men.

**All:** 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.

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.

*If a priest leads the service:*

Give the blessing, Reverend Father,  
in the name of *the* Lord.

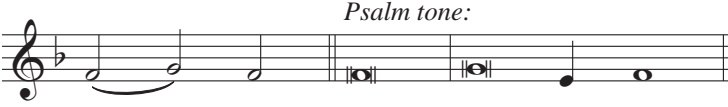
**Priest or Leader:** Through the prayers of our holy fathers,  
O Lord Jesus Christ our God, have mercy on us.

**Response:**   
A - men.

## The Order of Vespers on Cheesefare Sunday

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

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

**Response:**   
A - men.

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 from 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.

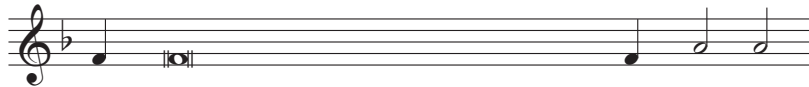
Lord, have mercy. Lord, have mercy.  
Lord, *have* mercy.

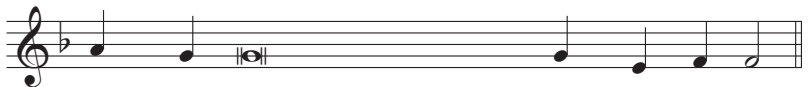
Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever and forever. Amen.

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.

 (sung twice)  
 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.

### Call to Worship

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

### Psalm 103

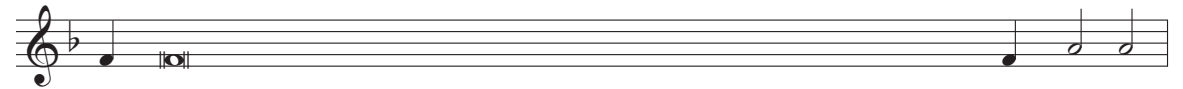
Bless the Lord, O my soul!  
 Lord my God, how great *you* are,  
 clothed in majesty and glory,  
 wrapped in light as in *a* robe.

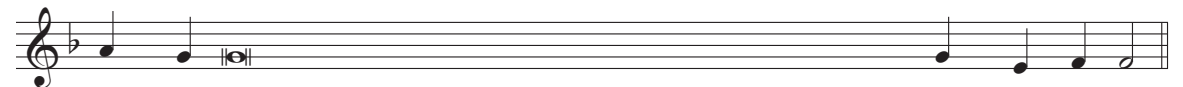
  
 Be - neath your compas-sion we take ref - uge, O Vir-gin The-o - to - kos.


  
 De - spise not our pray'rs in our need, but de - liv - er us from dan - gers,

  
 for you a - lone are pure and bless - ed.

The following is sung four times:


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

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

**All:**   
 Lord, give the bless - ing.


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

**Response:**   
 A - men.

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

**Troparion to the saints - Tone 4**


   
 Pray for us, O ho - ly apos-tles and all you saints, that we be delivered from

   
 dan-ger and af - flic - tion, for we have you as our fervent interces-sors be - fore


 *Prostration*   
 the Sav - ior.

Then this hymn to the Theotokos, using either melody:

 A   
 Be - neath your com - pas - sion we take ref - - - uge, O Vir - gin

   
 The - o - to - kos. De - spise not our pray'rs, our pray'rs in our need,

   
 but de - liv - er us from dan - gers, for you a - lone are pure, for you

   
 a - lone are pure, for you a - lone are pure and bless - ed.

or

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.

## Dismissal for Fasts

### Troparion to the Theotokos - Tone 4

Re-joyce, 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

*Prostration*  
 of our souls.

*Cantor*

Glo - ry to the Fa-ther, and to the Son, and to the Ho - ly Spir - it.

### Troparion to John the Forerunner - Tone 4

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 the grace to in - ter-cede on

*Prostration*  
 our be - half.

## Trisagion Prayers

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

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* names' 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 glory,  
Father, Son, and Holy Spirit, now and ever and forever.

**Response:**   
A - men.

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.

Alleluia! Alleluia! Alleluia! (bow)  
Glory to you, O God!

Alleluia! Alleluia! Alleluia! (bow)  
Glory to you, O God!


*And the third time, with melody:* (bow)  
  
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia! Glo - ry to you, O God!

The faithful may SIT for the Litany of Peace..

If there is no priest, then in place of this litany, the cantor and faithful chant “Lord, have mercy” (12 times), “Glory.... now and ever...” and continue with the Lamp-lighting Psalms on page 8

### Litany of Peace

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

**Response:**   
1. Lord, have mer - cy.

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

**Response:**   
2. Lord, have mer - cy.

**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. ①

For this holy church [*or*: this holy monastery] and for all who enter it with faith, reverence, and fear of God, let us pray to the Lord. ②

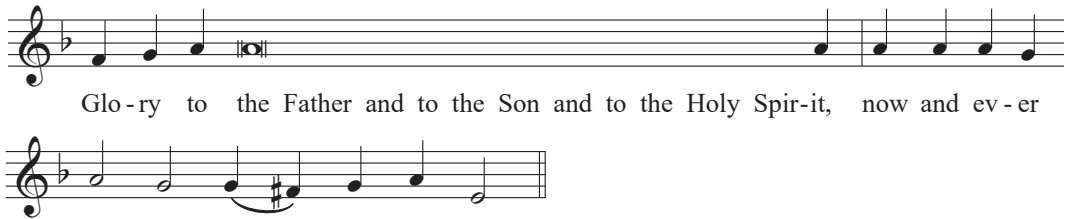
For our holy father, (*Name*), pope of Rome, let us pray to the Lord. ①

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. ②

For our government and for all in the service of our country, let us pray to the Lord. ①

For this city, for every city, community, and for the faithful living in them, let us pray to the Lord. ②

For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord. ①

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

**Theotokion** - in the same tone



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

### The Prayer of Holy Simeon the God-Bearer

*chanted to the usual psalm tone*

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** peoples,  
a light for revelation to the Gentiles,  
and the glory of your people **Israel**.



## Aposticha

*Tone 4 samohlasen*

① & ②

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

**Cantor:** To you have I lifted up my eyes, you who dwell in the heavens;  
my eyes, like the eyes of slaves on the hand of their lords.  
Like the eyes of a servant on the hand of her mistress,  
so our eyes are on the Lord our God till he show us his mercy.  
*Repeat "The light of your grace..."*

**Cantor:** Have mercy on us, Lord, have mercy. We are filled with contempt.  
Indeed all too full is our soul with the scorn of the rich, with the proud man's disdain.

③

O Christ our God, you are glorified in the remem-brance of your saints; through their in - ter - ces - sion, send down on us great mer - cy.

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. ②

*Special petitions may be inserted here.*

That we be delivered from all affliction, wrath, and need, let us pray to the Lord. ①

Protect us, save us, have mercy on us, and preserve us, O God, by your grace. ②

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.

*The faithful STAND.*

**Priest:** Evening, morning, and at noon we praise you, we bless you, we thank you, and we pray to you, Master of All and loving Lord. 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:**

A - men.

*The faithful REMAIN STANDING for the beginning of the Lamp-lighting Psalms and the great incensation of the church; they SIT when the incensation is complete.*

## The Lamp-Lighting Psalms

Psalm 140 - Tone 2 samohlasen

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

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

O Lord, set a guard before my mouth  
and set a seal on the door of *my* lips.

Let not my heart be inclined to evil,  
nor make excuse for the 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.

**Response:** *or:*

**Priest:** Peace be to all.

**Response:** *or:*

**Deacon:** Bow your heads to the Lord.

**Response:** *or:*

**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:** *or:*

**Deacon:** For the pardon and remission of our sins and offenses, let us beseech the Lord. ③

For what is good and beneficial to our souls and for peace in the world, let us beseech the Lord. ④

That we spend the rest of our life in peace and repentance, let us beseech the Lord. ③

For a Christian, painless, unashamed, peaceful end of our life, and for a good account before the fearsome judgement seat of Christ, let us beseech the Lord. ④

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:**

The musical notation consists of two staves. The first staff is in G major (one sharp) and contains the melody for 'To you, O Lord.' The second staff is in F major (one flat) and contains the melody for 'To you, O Lord.' The lyrics are written below the notes.

**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 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 to your compassion prayers and supplications 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.

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 *un*harmed.

### 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 *with*in 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.

### Psalm 129

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

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

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

My soul is waiting for the Lord, I count on his word.  
My soul is longing for the Lord more than watchman *for* daybreak.

Let the watchman count on daybreak  
and Israel on *the* Lord.

(on 3)

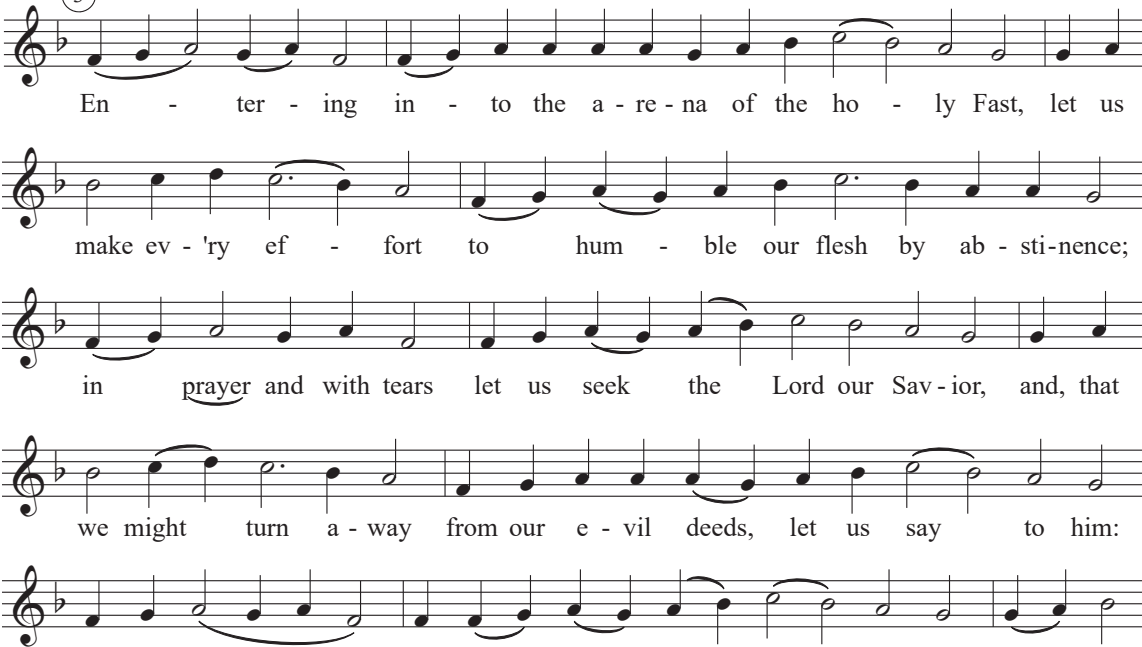
Cantor



Be - cause with the Lord there is mercy and fullness of redemp-tion,  
Is - ra - el in - deed he will re - deem from all its in - i - qui - ty.

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

③



En - ter - ing in - to the a - re - na of the ho - ly Fast, let us  
make ev - 'ry ef - fort to hum - ble our flesh by ab - sti - nence;  
in prayer and with tears let us seek the Lord our Sav - ior, and, that  
we might turn a - way from our e - vil deeds, let us say to him:  
We have sinned a - gainst you, O Christ our King; save us

Blessed are you, O Master, (bow)  
make me understand your *commandments*.  
Blessed are you, O Holy One, (bow)  
enlighten me with your *commandments*.  
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 forever. Amen.

*If there is no priest, the cantor and faithful chant "Lord, have mercy" (12 times), "Glory... now and ever..." and continue with the Aposticha on page 18.*

**Litany of Supplication**

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

**Response:**  or:   
1. Lord, have mer - cy. 1. Lord, have mer - cy.

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

**Response:**  or:   
2. Lord, have mer - cy. 2. Lord, have mer - cy.

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

**Response:**  or:   
3. Grant this, O Lord. 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:**  or:   
4. Grant this, O Lord. 4. Grant this, O Lord.

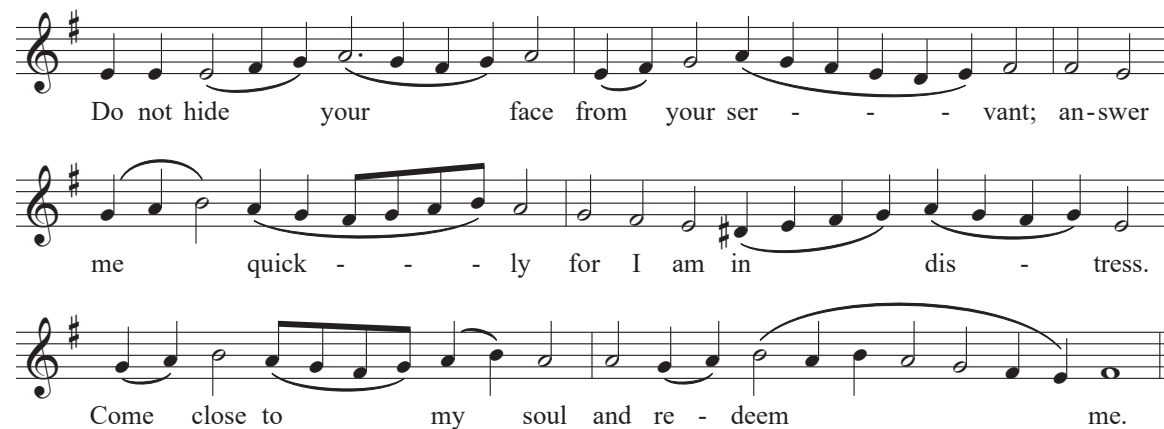
## Evening Prokeimenon

**Deacon:** Let us be attentive!

**Priest:** Peace be to all!

**Deacon:** Wisdom! Be attentive!

*Prokeimenon for Cheesefare (Forgiveness) Sunday* (Psalm 68:18,19,30,33):



Do not hide your face from your ser - - - vant; an-swer  
me quick - - - ly for I am in dis - tress.  
Come close to my soul and re - deem me.

*The verses of the Prokeimenon are chanted either by the deacon or by the priest:*

**Verse:** Let your help, O God, lift me up.

**Verse:** The poor when they see it will be glad.

**Verse:** God-seeking hearts will revive.

*After the prokeimenon, the deacon closes the holy doors. The faithful SIT for the sermon (if one is given), then STAND for the Hymn of Glorification.*

## Hymn of Glorification

**All:** 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 forever. Amen  
May your mercy, O Lord, be upon us  
because we have placed our hope *in* you.  
Blessed are you, O Lord, (bow)  
teach me your *commandments*.



as you saved the Nin - e - vites of old, and in your good - ness, grant us a share  
in the King - dom of Heav - en.  
(on 2)  
Cantor Praise the Lord, all you na - tions; ac-claim him all you peo - ples!  
②  
When I see my deeds that de - serve such pun - ish - ment, I  
am with - out hope, O Lord, for I have dis - o - beyed  
your ho - ly com - mand - ments, and I have led a fool - ish life.  
There - fore I be - seech you: Pur - i - fy me in the wa - ters  
of re - pent - ance by fast - ing and prayer, O Sav - ior full of  
good - ness; do not re - ject me, O Ben - e - fac - tor of the u - ni - verse.

*(on 1)*  
 Cantor

Strong is the love of the Lord for us; he is faith-ful for - ev - er.  
 Let us be - gin the time of this bright Fast giv - ing our-selves  
 to spir - it - ual strug - gle. Let us san - cti - fy our souls and  
 pur - i - fy our flesh. Let us not on - ly fast from food; let us al - so  
 ab - stain from ev - 'ry pas - sion and cul - ti - vate spir - it - ual vir - tues.  
 And let us faithfully per - se - vere in this, so that we may be wor - thy  
 to see the ho - ly Pas - sion of Christ our God and the joy of his  
 ho - ly Res - ur - rec - tion.

*The faithful STAND.*

Cantor

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

**Theotokion - Tone 4 samohlasen**

With the staff of your in - ter - ces - sion, O pure The - o - to - kos, drive  
 from my wretched soul the bes - tial pas - sions, guid - ing me peace - ful - ly toward life;  
 and add me to the ho - ly flock of thy cho - sen sheep.

**Hymn of the Evening**

**Deacon:** Wisdom! Be attentive!

O Joy - ful Light of the ho - ly glo - ry of the Fa - ther Im - mor - tal,  
 the hea - ven - ly, ho - ly, bles - sed One, O Je - sus Christ: Now that we have  
 reached the set - ting of the sun, and see the eve - ning light, we sing to God,  
 Fa - ther, Son, and Ho - ly Spir - it. It is fit - ting at all times to raise  
 a song of praise in meas - ured mel - o - dy to you, O Son of God, the  
 Giv - er of Life. There - fore, the un - i - verse sings your glo - ry.