

③

O Lord, through the interces-sion of all your saints and of the The-o - to - kos,  
 grant us your peace and have mer - cy on us; for you a - lone are  
 mer - - - - ci - ful.

Cantor:

Glo - ry to the Fa - ther, 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**

O joy of the an-gels in heav - en and pro - tec - tress of the hu - man race  
 on earth, save us who seek refuge in you, O pure Vir - gin; for, next to God,  
 our hope is in you, O The - o - to - kos.

*The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.*

**The Order of Vespers  
 on the Sunday of Forgiveness  
 (Cheesefare Sunday)  
 and the Sundays of the Great Fast**



Metropolitan Cantor Institute  
 Byzantine Catholic Archeparchy of Pittsburgh

March 2019

## Aposticha

Tone 1 samohlasen

In the Byzantine tradition, the forty-day fast before Pascha begins on the Monday following the Sunday of Cheesefare (the Sunday of Forgiveness). This booklet provides the service of Vespers as celebrated on the afternoon or evening of Cheesefare Sunday, and on the afternoon or evening of each of the Sundays in the Great Fast.

This book contains the service of Vespers, together with the hymns of repentance in each of the Eight Tones, and the proper hymns for Cheesefare Sunday and for the five Sundays of the Fast. The final stichera at the Lamp-lighting Psalms (for the saint of the day) can be found on the website of the Metropolitan Cantor Institute (<http://mci.archpitt.org>).

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 recites or chants any texts appointed for “Leader.”
- The leader or reader chants the verses of the prokeimenon.
- All other exclamations and prayers of the celebrant and deacon are omitted.
- Incense is not used, and the holy doors remain closed.

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 prepared by 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 official 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

Tru - ly wond - rous is the benevolence of the Lord for us; fore - see - ing the future  
as though it were al-read - y pres - ent. He set be - fore us the parable of  
Lazarus and the wick - ed rich man. Con - sid - ering the end of each of them,  
let us a - void the selfishness and hard - heartedness of the lat - ter,  
and im - itate the strength and endurance of the form - er, so that we may  
cry out with him in the bos - om of A - bra - ham: O Lord and just  
Judge, glo - ry to you!

**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 “Truly wondrous...”*

**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.

to Jerusa-lem to van - quish death. There - fore, let us prepare symbols of victory, the palms of our vir - ues, that we may cry: Ho-san-na to the Cre - a - tor of the world!

*The stichera for the saint of the day are found in the insert.*

## The Order of Sunday Evening Vespers in the Great Fast

**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:** *Psalm tone:*

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,  
cleansing 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.

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**

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.

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

I have a - - massed treas-ures of lux - u - ry and e - vil deeds; tak-ing

de-light in the pleas-ures of this life, I have be-come liable to the fires of Ha - des.

My spir - it knows the pover-ty of Laz - a - rus, for I have been abandoned at

the gate of good deeds. Have mer-cy on me, O Lord, wretch that I am.

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

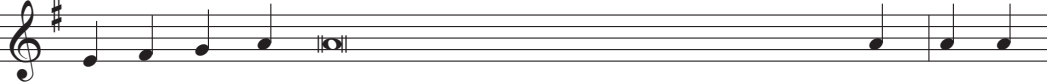
With fer - vor, let us be - gin the sixth week of the ho - ly Fast; O


faith - ful, let us sing a hymn of praise to the Lord in prep - a - ra - tion for the feast

of Palms. For he comes in glory and the power of his di - vin - i - ty; he draws near

Fifth Sunday of the Great Fast  
Stichera for Psalm 140


*Tone 1 samohlasen*


Cantor: 


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



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


*Tone 1 podobn: Prechvalnyj mučēnicy*




E - ven though you were rich, O Christ, you be - came poor to en - rich us mor - tals  


with the treas - ure of your im - mor - tal light. And e - ven though I have been  


impoverished by the pleas - ures of this life, grant me the abun - dance of vir - tues;  


give me a place with Laz - a - rus the poor and spare me from the punishment  


of the rich man and from the tor - ments that my deeds de - serve.

Cantor: 

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

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.

and the tru - ly sealed door: Re - joyce. for the Savior of the u - ni - verse came  
from you: Christ the foun - tain of life, and our God. Drive back the enemies of our  
faith, O our La - dy, for their tyr - anny weighs hea - vi - ly u - pon us.  
May they see the pow - er of your arm, O ho - ly Vir - gin, the hope of  
Chris - tians!

*The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.*

but it was you, O Lord my God, who cared for him. You came, not  
 from Samaria but from the Vir-gin Mar - y! O Sav - ior of our souls,  
 glo - ry to you!

**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  
 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:**

Glo - ry to the Fa - ther, 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**

Im - i - ta - ting the voice of the Archangel, let us sing in faith to the heavenly palace

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, to 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

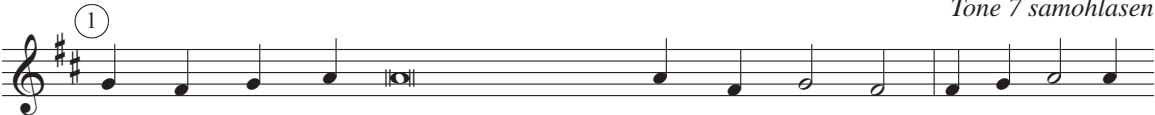
For our government and for all in the service of our country, let us pray to the Lord. ①

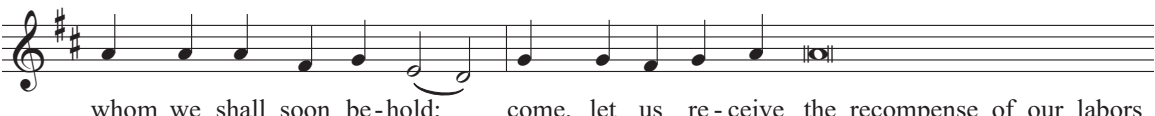
For this city, for every city, community, and for the faithful living in them, let us pray to the Lord. ②


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

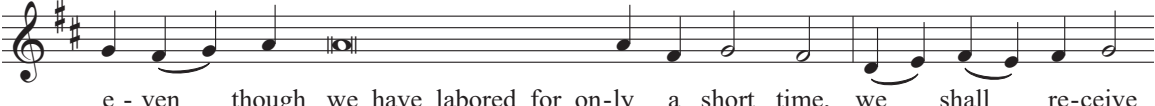
### Aposticha

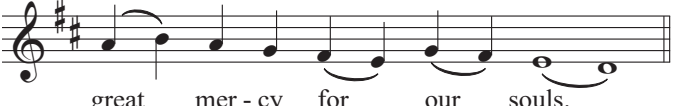
Tone 7 samohlasen

①   
 The One who plant - ed the vineyard and called the work - ers is the Sav - ior

  
 whom we shall soon be - hold; come, let us re - ceive the recompense of our labors


  
 in this Fast, for the Mas - ter remunerates generous - ly from his heart;

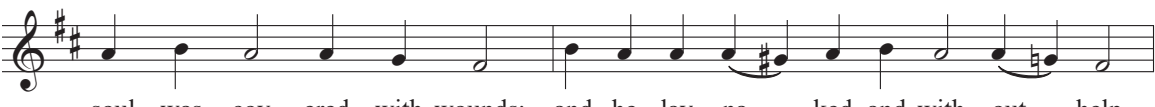
  
 e - ven though we have labored for on - ly a short time, we shall re - ceive

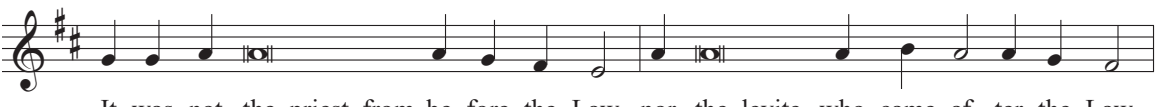
  
 great mer - cy for our souls.

**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.

Tone 6 samohlasen

②   
 Ad - am fell into the hands of rob - bers of thought; his spirit was betrayed and his

  
 soul was cov - ered with wounds; and he lay na - ked and with - out help.

  
 It was not the priest from be - fore the Law, nor the levite, who came af - ter the Law,



con - ver - sion, so that at the end of a ho - ly life, we may find the  
happiness that does not pass a - way.

*Tone 7 samohlasen*

*Cantor:* Let the watchman count on daybreak and Is-ra - el on the Lord.

<sup>4</sup> Hav - ing passed half the distance of this ho - ly Fast, let us has - ten to its

com - ple - tion in joy; let us a - noint our souls with oil for the strug - gle,

that we may be worthy to venerate the holy Passion of Christ our God

and to con - tem - plate his glo - rious Re - sur - rec - tion.

*The stichera for the saint of the day are found in the insert.*

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 added 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 Lamplighting Psalms and the Stichera (hymns) of Repentance are sung in the tone of the week:

- Tone 1 - page 22**
- Tone 2 - page 26**
- Tone 3 - page 30**
- Tone 4 - page 35**
- Tone 5 - page 41**
- Tone 6 - page 43**
- Tone 7 - page 48**
- Tone 8 - page 52**

These stichera proper to the Sundays of the Great Fast are found on the following pages:

- Cheesefare Sunday (Sunday of Forgiveness) - page 57**
- First Sunday - page 62**
- Second Sunday - page 67**
- Third Sunday - page 72**
- Fourth Sunday - page 77**
- Fifth Sunday - page 82**

The stichera for the saint of the day are found in the insert.

The faithful *STAND* when the holy doors are opened and the cantor sings:

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

to begin the last one or two stichera (doxastika) of the Lamp-lighting Psalms.

During the singing of these hymns, the clergy and servers leave the sanctuary and go in procession through the church, coming to stand before the holy doors.

## Fourth Sunday of the Great Fast Stichera for Psalm 140

*Tone 3 samohlasen*

Cantor:

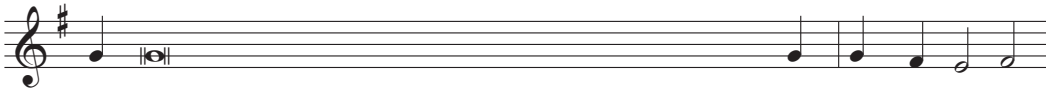
If you, O Lord, should mark our guilt, Lord, who would sur-vive? But with you is found for-give - ness: for this we re - vere you.

In this time of fast-ing, O faith-ful, let us strive to gain the great glo-ry of heav - en, through the mercy of our great God and Sav - ior who delivers us from the flames of Ha - des.


My soul is waiting for the Lord. I count on his word. My soul is longing for the Lord more than watch - man for day - break.

Hav-ing passed the mid-point of this Fast, let us man - ifest the beginning of

**Cantor:**




Glo - ry to the Fa - ther 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 heav - ens sing your praise, O spouse - less Moth - er, and we glo - ri - fy



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



for the sal - va - tion of our souls.

*The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.*

**Deacon:** Wisdom! Be attentive!

*The clergy and servers enter the sanctuary as "O Joyful Light" is sung. The sanctuary and the faithful are incensed.*

### Hymn of the Evening



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.

**Deacon:** Let us be attentive!

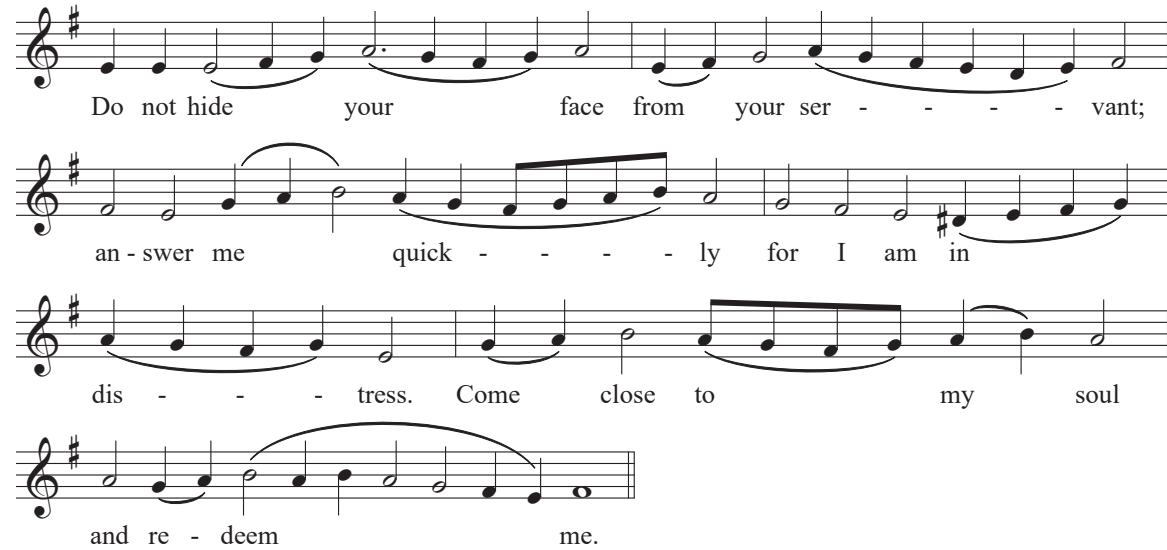
**Priest:** Peace be to all!

**Deacon:** Wisdom! Be attentive!

**Evening Prokeimenon**

The verses of the prokeimenon are sung either by the deacon or by the priest.

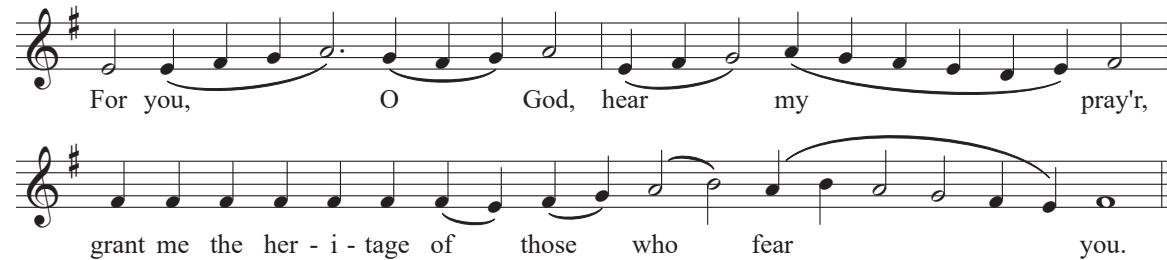
**Prokeimenon for Cheesefare Sunday, and the Second and Fourth Sundays of the Great Fast - Special tone 8 (Psalm 68:18,19,30,33):**



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.

- 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.

**Prokeimenon for the First, Third, and Fifth Sundays of the Great Fast - Special tone 8 (Psalm 60:6,3,5,9):**

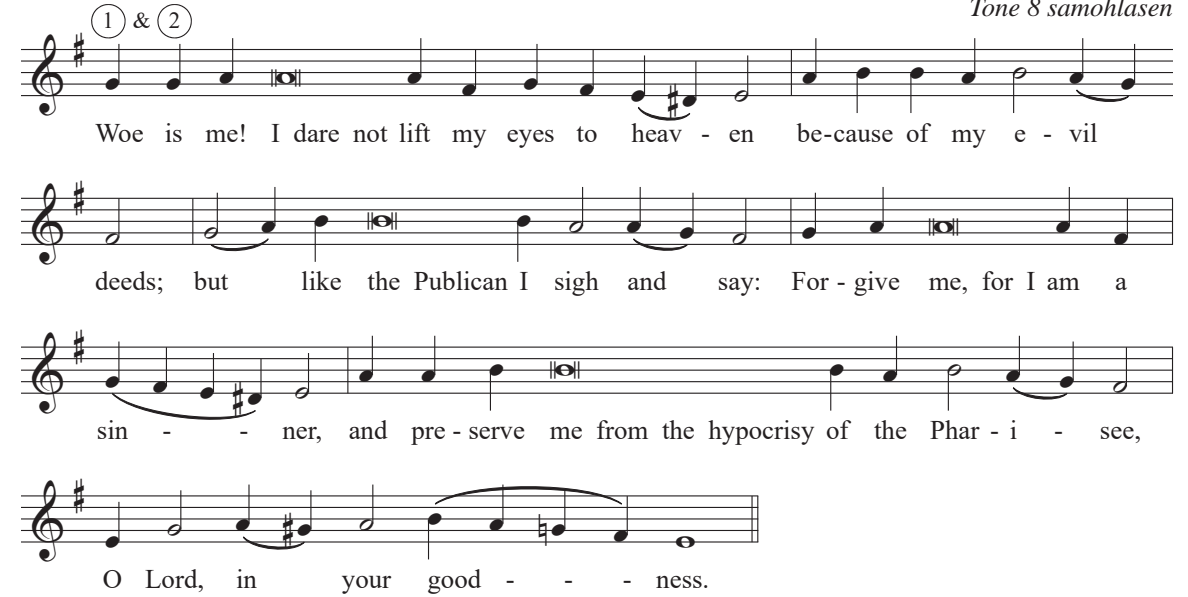


For you, O God, hear my pray'r,  
 grant me the her - i - tage of those who fear you.

- Verse:** From the end of the earth I call to you; my heart is faint.
- Verse:** Let me dwell in your tent forever and hide in the shelter of your wings.
- Verse:** So I shall always praise your name.

**Aposticha**

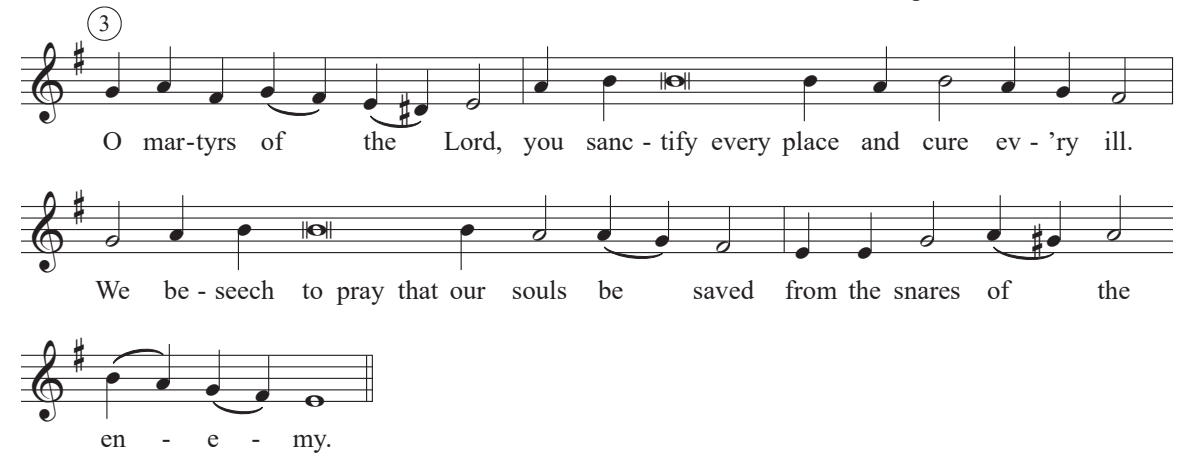
*Tone 8 samohlasen*



Woe is me! I dare not lift my eyes to heav - en be-cause of my e - vil  
 deeds; but like the Publican I sigh and say: For - give me, for I am a  
 sin - - - ner, and pre - serve me from the hypocrisy of the Phar - i - see,  
 O Lord, in your good - - - ness.

**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 "Woe is me..."*

**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.



O mar-tyrs of the Lord, you sanc - tify every place and cure ev - 'ry ill.  
 We be - seech to pray that our souls be saved from the snares of the  
 en - e - my.

pre-cious Cross; I ven-erate you and, in fear, I bow be-fore you;  
 and I give thanks to God for life e-ter-nal, which he grants to  
 me through you.

The stichera for the saint of the day are found in the insert.

The deacon closes the holy doors. The faithful SIT for the sermon (if there is one), then STAND for the Hymn of Glorification, which is chanted to the usual psalm tone.

### 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 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*.  
 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, then in place of this lity, the cantor and faithful chant "Lord, have mercy" (12 times), "Glory... now and ever..." and continue with the Aposticha on page 14.)

### Litany of Supplication

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

**Response:** *or:*

**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:**

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

**Response:**

**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:**

*Tone 3 samohlasen*

**Cantor:**

**Third Sunday of the Great Fast**  
**Stichera for Psalm 140**

*Tone 8 samohlasen*

**Cantor:**    
 If you, O Lord, should mark our guilt, Lord, who would sur-vive? But with  
   
 you is found forgive-ness: for this we re - vere you.  
   
 O Lord, you willingly stretched out your hands up - on the Cross; now grant us the  
   
 com-punction to vener-ate it worth-i - ly. Il - lu - mine our hearts with your  
   
 bright-ness, O Lord, by fast - ing and prayer, tem-per - ance and good deeds;  
   
 for you are good and you love man - kind.  
**Cantor:**    
 My soul is waiting for the Lord. I count on his word. My soul is  
   
 longing for the Lord more than watch - man for day - - break.

**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.



**Response:**

 *or:*    
 A - - - - men. A - men.

**Priest:**

Peace be to all!

**Response:**

 *or:*    
 And to your spir - it. And to your spir - it.

**Deacon:**

Bow your heads to the Lord!

**Response:**

 *or:*    
 To you, O Lord. 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:** *or:*

A - - - - men.                      A - men.

**Aposticha**

*The Aposticha are found on the following pages:*

- Cheesefare Sunday - page 59**
- First Sunday - page 65**
- Second Sunday - page 70**
- Third Sunday - page 75**
- Fourth Sunday - page 79**
- Fifth Sunday - page 85**

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

We be - seech to pray that our souls be saved from the snares of the  
 en - e - my.

*Cantor:*

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

**Theotokion - in the same tone**

The heav - ens sing your praise, O spouse - less Moth - er, and we glo - ri - fy  
 your giv - ing birth in a man - ner be - yond all words; O Theotokos,  
 intercede for the sal - va - - - tion of our souls.

*The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.*



## Aposticha

Tone 8 samohlasen

① & ②

I fool - ishly threw off my pa - ter - nal guid - ance, and I have grazed my  
flock a - mid un - rul - y thoughts. I have wast - ed all my life in reck - less - ness;  
A - las! Woe is me! De - prived of the food that strength - ens the heart,  
I have tast - ed the pleasures that satisfy for but a mo - ment in time. O Fa - ther,  
in your goodness, do not close the door of your heart to me; o - pen it  
to me, re - ceive me as the Prod - i - gal and save me!

**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 "I foolishly threw off..."*

**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 mar - tyrs of the Lord, you sanc - tify every place and cure ev - 'ry ill.

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

**Response:**

A - men.

**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 grace to in - ter - cede on


*Prostration*  
our be - half.

Ho - ly Trin - i - ty! Let us spend the rest of the sea-son filled with joy, and let  
the pas-sions of our flesh fade a-way. Let us gath - er the divine flow - ers of  
our souls and weave a crown for that Sunday, the queen of days. With crowns  
up - on our heads, we shall praise the vic - to - ry of Christ.

*The stichera for the saint of the day are found in the insert.*

*Cantor:* 

My soul is waiting for the Lord. I count on his word. My soul is



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

⑤ 

Come, O Word, up-on the moun - tain where my sins have made me wan - der,



seek me out and call me back to you; chase the e - vil thoughts far



from me and bring me back to life, for I am giv-en o - ver to death.



So pu - ri - fy me through fast - ing, that I may cry out to you in unending



tears, O Christ my Lord: Have mer-cy on me, in your great good - ness.

*Cantor:* 

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


④ 

As we begin the third week of this ho - ly Fast, O faith - ful, let us praise the


*Cantor* 

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

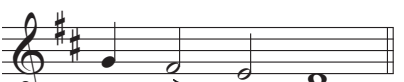
**Troparion to the saints - Tone 4**



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



the Sav - ior. *Prostration*

*Then this hymn to the Theotokos, using either melody:*



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:* B



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



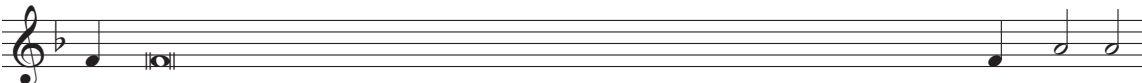
De - spise not our pray'rs in our need, but de - liv - er us from dan - gers,



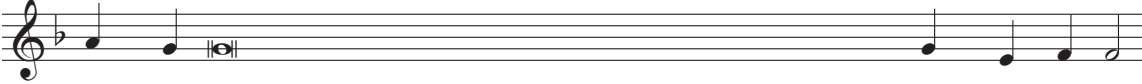
for you a - lone are pure and bless - ed.

*The following is sung four times:*

*Greek:* Kyrie, eleison. *Slavonic:* Hospodi, pomiluj.  
*Hungarian:* Uram irgalmazz. *Spanish:* Señor ten piedad.




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.

*If a priest leads the service:*

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

**Response:**

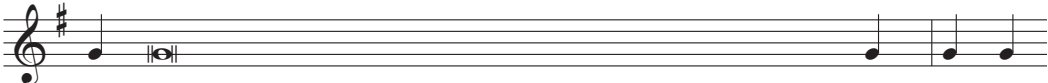


A - men.


## Second Sunday of the Great Fast Stichera for Psalm 140

*Tone 8 samohlasen*

**Cantor:**



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



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

<sup>6</sup>



I have sinned against you with-out meas - ure, and my pun-ish-ment will be



great in - deed: the sigh - ing without comfort and the gnash - ing of teeth;



the fire of Hades and the dark-ness of the damned. Give me tears of repentance,



O most just Judge, that, by fast - ing, I may obtain forgive-ness of my sins



as I cry to you, O Christ my Lord: Have mer - cy on me,



in your great good - ness.

We be - seech to pray that our souls be saved from the snares of the  
en - e - my.

*Cantor:*

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

**Theotokion** - in the same tone

The heav - ens sing your praise, O spouse - less Moth - er, and we glo - ri - fy  
your giv - ing birth in a man - ner be - yond all words; O Theotokos, intercede  
for the sal - va - tion of our souls.

*The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.*

**Priest or Leader:** 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.

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 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:**  A - - - - - men.

**Aposticha**


*Tone 8 samohlasen*



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

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

**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 mar-tyrs of the Lord, you sanc-tify every place and cure ev-'ry ill.

turnng a-way from pas - sions, and through pur - ity, let us strug - gle a - gainst

the flesh, so that we may re-sist and con - quer the En - e - my.

*The stichera for the saint of the day are found in the insert.*

## The Ceremony of Mutual Forgiveness (at the conclusion of Vespers on Cheesefare Sunday)

*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 Lamplighting Psalms and Stichera of Repentance

## Tone 1

### Psalm 140 - Tone 1 samohlasen

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

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

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

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

### Tone 6 samohlasen

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

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



**First Sunday of the Great Fast**  
Stichera for Psalm 140

Tone 4 samohlasen

*(on 6)*

Cantor: 

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



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

⑥ 

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



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



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



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



and Sav - ior of us all.

*(on 5)*

Cantor: 

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



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

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 *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 *en*trap 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 *dist*ress.

Rescue me from those who pursue me  
for they are stronger *than* I.

Cantor: 

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

10

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

Cantor:

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

9

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

Cantor:

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

8

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

their in - ter - ces - sion, send down on us great mer - cy.

Cantor:

Glo - ry to the Fa - ther, 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 pro-fess the true faith,  
 prais - ing you as the Moth - er of our God.

*The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.*

## 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-ccean 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

se - crets and sins; do not per - sist in doing evil but has-ten to cry out:  
O my Judge and my God, spare me and save me.

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

⑦

O Sav - ior, do not despise your servant who is a slave to sin and la - zi - ness,  
but stir my heart to re - pent - ance. Make me a la - bor - er in your  
vine-yard, O Lord, and grant me the wages of the e - lev - enth hour and  
your great mer - cy.

*The stichera for the Sundays of the Great Fast are found on the following pages:*

**Cheesefare Sunday (Sunday of Forgiveness) - page 57**

**First Sunday - page 62**

**Second Sunday - page 67**

**Third Sunday - page 72**

**Fourth Sunday - page 77**

**Fifth Sunday - page 82**

## Tone 2

## 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.


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 stichera for the saint of the day are found in the insert.*

Cantor: *(on 5)*




My soul is waiting for the Lord. I count on his word. My soul




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


<sup>5</sup>




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



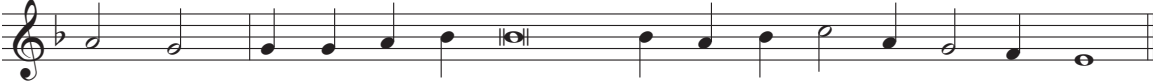
your ho-ly com-mand-ments, and I have led a fool-ish life.



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

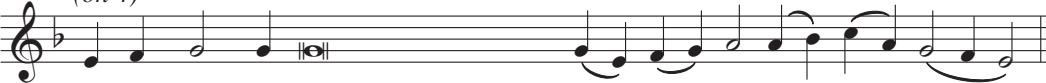


of re-pent-ance by fast-ing and prayer, O Sav-ior full of



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

Cantor: *(on 4)*



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

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 *un*harméd.

**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 *en*trap 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 *dis*tress.

Rescue me from those who pursue me  
for they are stronger *than* I.

Cantor:



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

your name.

⑩ 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: Around me the just will assemble because of your goodness

to me.

⑨ 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: Out of the depths I cry to you, O Lord; Lord, hear my voice!

⑧ When I consider my foolish deeds, I take refuge in your compassion;

### Cheesefare Sunday (Sunday of Forgiveness)

Stichera for Psalm 140

Tone 2 samohlasen

Cantor: (on 6) If you, O Lord, should mark our guilt, Lord, who would survive?

But with you is found forgiveness: for this we revere you.

⑥ En - ter - ing in - to the a - re - na of the ho - ly Fast, let us

make every effort to humble our flesh by abstinence;

in prayer and with tears let us seek the Lord our Savior, and, that

we might turn away from our evil deeds, let us say to him:

We have sinned against you, O Christ our King; save us

as you saved the Ninevites of old, and in your goodness, grant us a share

in the Kingdom of Heaven.

*The stichera for the Sundays of the Great Fast are found on the following pages:*

**Cheesefare Sunday (Sunday of Forgiveness) - page 57**

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as the pub - li - can, the prodigal, and the sin - ful wo - man, I bow down to  
 you. Be - fore con - demn - ing me, O my God, in your good - ness  
 spare me and save me.

*Cantor:*

Let your ears be at - ten - tive to the voice of my plead - ing.  
 O Lord, born of a Vir - gin, do not look at my sins, but  
 pu - ri - fy my heart and make it a temple of the Ho - ly Spir - it. Do not re - ject me  
 far from your sight; for with you is the a - bun - dance of sal - va - tion.

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## Tone 3

## Psalm 140 - Tone 3 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.

turned me away from the path of er - ror. I will of - fer you a sweet-smell - ing

oint - ment, the con - ver - sion of my heart and the puri - ty of my life,

so that I too may hear your gen - tle voice: Go in peace, for your faith has

saved you.

(on 7)

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

When I look at my man - y e - vil deeds, and when I think of the fear - some

judg - ment, I am seized with fright and take re - fuge in you; O Lord

and Lover of us all, do not de - spise me; you a - lone are with - out sin.

Be - fore the end, grant me con - tri - tion and save me.



⑩

Un - ceas - ingly the angels sing to you, O King and Mas - ter. I fall before you

like the Publi-can and cry out: O God, cleanse me and have mer - cy on me!

Cantor:

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

⑨

You are im - mor - tal, O my soul! Do not be overcome by the waves of life,

but rise up and, to your Benefac-tor, cry out: O God cleanse me and have

mer - cy on me!

Cantor:

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

⑧

Give me the gift of tears, O Lord, as once you gave them to the sin - ful

wo - man, and let me pour them o - ver your feet, for they have

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 *un*harméd.

**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 *en*trap 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 *dis*tress.

Rescue me from those who pursue me  
for they are stronger *than* I.

Cantor:

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

⑩

We of - fer you our eve - ning hymn, O Christ, with in - cense and

spir - it - ual song. Have mercy upon our souls, O Sav - ior.

Cantor:

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

⑨

Save me, O my Lord God, for you are the Sav - ior of all.

A storm of passion is toss - ing me a - bout, and the weight of transgression

is sink - ing me. Give me your help - ing hand, and lead me to the light of

hu - mil - i - ty; for you alone are merci - ful and you love man - kind.

Cantor:

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

⑧

Col - lect my scat - tered spir - it, O Lord; re - move the thorns from my heart.

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 *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 *en*trap 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 *dis*tress.

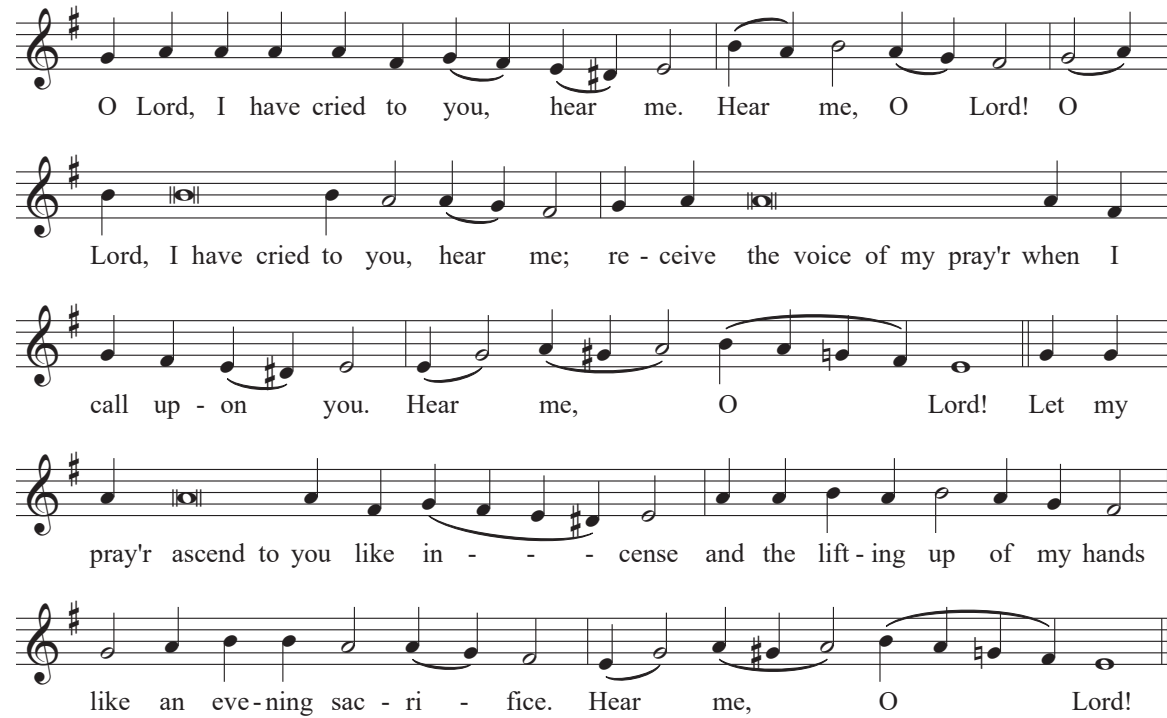
Rescue me from those who pursue me  
for they are stronger *than* I.

Cantor:

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

## Tone 8

## Psalm 140 - Tone 8 samohlasen



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



Give me the repenance of Peter, the sighs of the pub - li - can, and the tears of the sin - ful wo - man, so that I may cry out to you in a loud voice: Save me, O my God, the Lover of us all, and the on - ly com - pas - sion - ate Lord.

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

Of - ten when I am prais - ing you, I find my - self in the state of sin; and when my lips are sing - ing hymns to you, my soul is think - ing of van - i - ties. Through re - pent - ance, perfect me com - plete - ly, O Christ our God, have mercy on me and save me.

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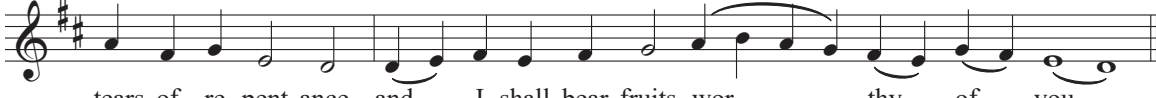
8



Spare me from the axe, O Sav-ior, as you did the ster-ile fig tree;

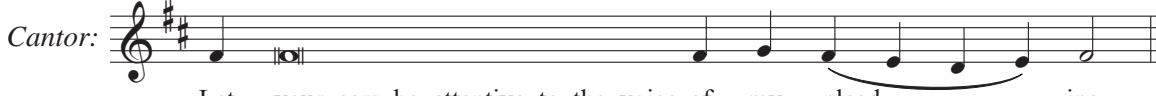


grant me for-give-ness of my sins of man-y years; wa-ter my soul with the



tears of re-pent-ance, and I shall bear fruits wor - thy of you.

Cantor:



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

7



Since you are the Sun of Jus-tice, il - lu - mine the hearts of those who sing



to you: O Lord, glo - - - ry to you!

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⑩

O Ben - e - fac - tor, as a prodigal I come to you. Re - ceive me as I fall  
before you like one of your serv - ants, O God. Have mer - cy on me, O  
Lov - er of us all.

Cantor:

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

⑨

Like one who has fall - en among thieves and is wound - ed, so have I fall - en  
because of my man - y sins. My soul is wound - ed; to whom can I turn?  
On - ly to you, the compassionate Heal - er of souls. Pour out on me,  
O God, your great mer - cy.

Cantor:

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

## Tone 4

### Psalm 140 - Tone 4 samohlasen

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

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

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

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 *en*trap me.

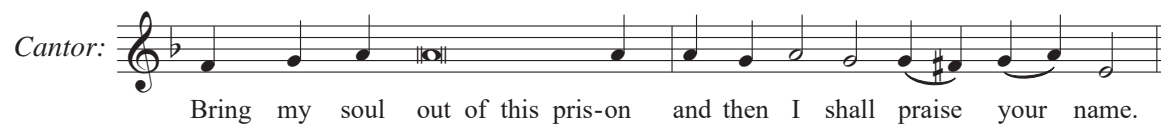
Look on my right and see:  
there is no one who takes *my* part.

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 *dist*ress.

Rescue me from those who pursue me  
for they are stronger *than* I.



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 *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 *en*trap me.

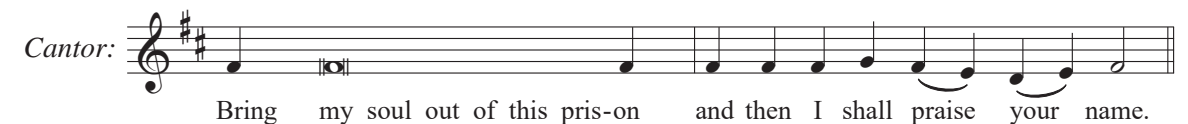
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I have no means of escape,  
not one who cares for *my* soul.

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 *dist*ress.

Rescue me from those who pursue me  
for they are stronger *than* I.



## Tone 7

## Psalm 140 - Tone 7 samohlasen

O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord,  
I have cried to you, hear me; re - ceive the voice of my pray'r when I call up-on  
you. Hear me, O Lord! Let my  
pray'r ascend to you like in - cense and the 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 reprovcs 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.

10  
With my tears I desire to wash away the mark of my sins, O Lord, and through  
pen - ance, I long to make the rest of my life pleas - ing to you; but the enemy  
deceives me and struggles with my soul. Save me before I com - plete - ly  
per - ish, O Lord.

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

9  
Who is there among the storm - tossed who hastens to your harbor and is not saved,  
O Lord? Who is ill and seeks your healing and is not cured? O Cre - a - tor  
of everyone and Heal - er of the sick, save me before I com - plete - ly  
per - ish, O Lord.

Cantor: 

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

⑧ 

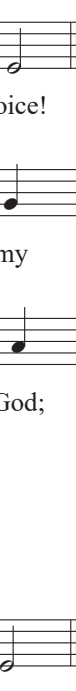
Wash me with my tears, O Sav - ior, for I am blemished because of my




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




have mer - cy on me.

Cantor: 

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

⑦ 

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



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

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8

Heal the wounds of my heart, O Lord, since it is crippled by my man - y sins;  
 for you are the Physician of souls and bod - ies. You grant forgiveness  
 of sins to those who call u - pon you; grant me tears of repentance and for-give-ness  
 of my sins. O al - might - y Lord, have mer - cy on us.

Cantor:

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

7

Find - ing me stripped of vir - tue, the Enemy has wounded me with the dart of sin;  
 but you, O Physician of souls and bod - ies, heal the wounds of my soul.  
 O God of ten - der - ness, have mer - cy on me.

## Tone 5

### Psalm 140 - Tone 5 samohlasen

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

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.

**Psalms 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 *ent*rap me.

Look on my right and see:  
there is no one who takes *my* part.


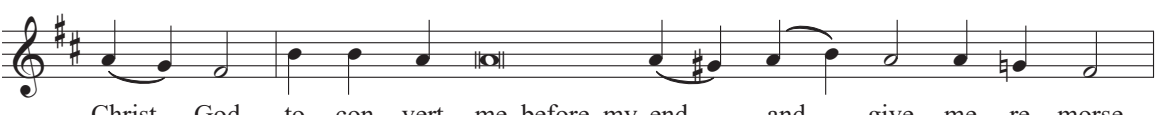

I have no means of escape,  
not one who cares for *my* soul.

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 *dist*ress.

Rescue me from those who pursue me  
for they are stronger *than* I.

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

<sup>10</sup>   
I have had nei - ther re - pent - ance nor tears! For this reason, I implore you, O  
  
Christ God, to con - vert me before my end and give me re - morse  
  
so that I may be de - liv - ered from tor - - - ment.

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

<sup>9</sup>   
At your ter - rifying 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:*   
Out of the depths I cry to you, O Lord; Lord, hear my voice!

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  
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**Psalm 141** With all my voice I cry to the Lord,  
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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 *ent*rap 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."

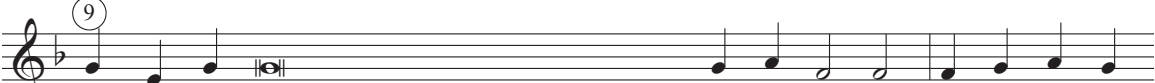
Listen, then, to my cry  
for I am in the depths of *dist*ress.


Rescue me from those who pursue me  
for they are stronger *than* I.

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

<sup>10</sup>  
  
O Lord, I have nev - er stopped sin - ning, I do not understand the need to  
  
love my neigh - bor. O - ver - come my ig - no - rance, O gra - cious One, and have  
  
mer - cy on me: for you a - lone are the God of good - ness.

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

<sup>9</sup>  
  
O Lord, I am afraid because I have not stopped do - ing e - vil, and be - cause of  
  
the fear of you. Who is not afraid of the judge at the trial? And who,  
  
de - siring to be healed, angers the physi - cian as I have? O long - suf - fering Lord,  
  
have compas - sion on my weak - ness and have mer - cy on me.

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

8

Woe is me, for I resemble the ster-ile fig tree; I fear both the curse and the axe.  
 But you, the heavenly Garden-er, O Christ our God, make my dried-up soul fertile  
 once a-gain. Wel-come me like the Prod-i - gal and have mer - cy on me.

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

7

O Lord, born of the Vir - gin, do not con-sid - er the mul - ti - tude of my sins;  
 wipe a - way all my faults and give me thoughts of re - pent - ance; O on - ly  
 Lov - er of us all, have mer - cy on me.

The stichera for the Sundays of the Great Fast are found on the following pages:

- Cheesefare Sunday (Sunday of Forgiveness) - page 57**
- First Sunday - page 62**
- Second Sunday - page 67**
- Third Sunday - page 72**
- Fourth Sunday - page 77**
- Fifth Sunday - page 82**

## Tone 6

### Psalm 140 - Tone 6 samohlasen

O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord, I have  
 cried to you, hear me; re - ceive the voice of my pray'r when I call  
 up - on you. Hear me, O Lord! Let my pray'r ascend to  
 you like in - cense and the 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 reprovcs 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.