

**Vespers Propers on the Afternoon of  
Cheesefare Sunday (Sunday of Forgiveness)**

**February 22, 2009**

**The holy martyr Polycarp, bishop of Smyrna** who is honored as a disciple of blessed John and the final witness of the apostolic age. Under the emperors Marcus Antoninus and Lucius Aurelius Commodus, about the age of 90, he was given over to the flames in the amphitheater at Smyrna in Asia. Before the proconsul and the whole people, he gave thanks to God the Father because he had been deemed worthy to be numbered among the martyrs and to receive a portion from the cup of Christ. (c.155)

*All page references are to **The Order of Vespers for the Sunday of Forgiveness** (Cheesefare Sunday), revised 2007*

**Hymn**

*melody: Pod tvoj pokrov/We Hasten to Your Patronage*



1. "For - give our sins as we for - give," You taught us, Lord, to pray,  
2. In blaz - ing light Your Cross re - veals the truth we dim - ly knew:  
3. As we be - gin the Fast once more, we pray You, Lord of all:



But You a - lone can grant us grace to live the words we say.  
What triv - ial debts are owed to us, how great our debt to You!  
Take far from us in - dif - fer - ence, de - spair, and pow - er's call.



How can Your par - don reach and bless the un - for - giv - ing heart  
Lord, cleanse the depths with - in our souls and bid re - sent - ment cease;  
In - stead, be - stow in - teg - ri - ty, hu - mil - i - ty and love;



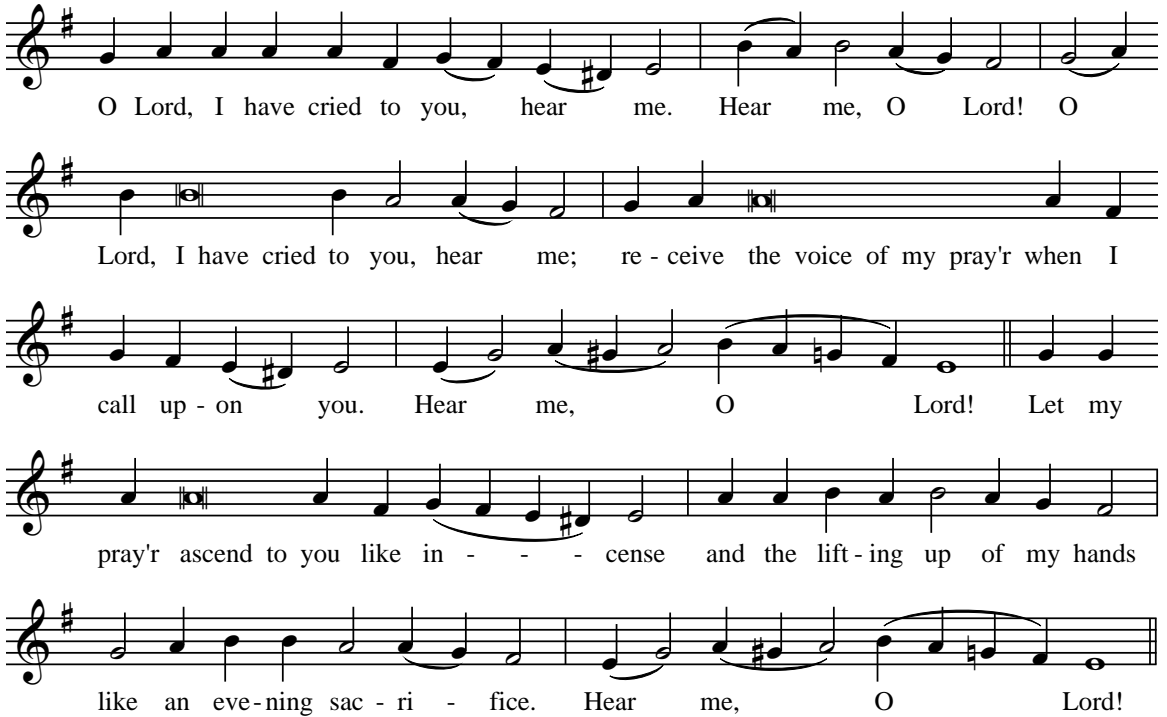
That broods on wrongs and will not let old bit - ter - ness de - part?  
Then, bound to all in bonds of love, our lives will spread Your peace.  
Let me not judge my neigh - bor's fault! grant mer - cy from a - bove.

*stanzas one and two:* Rosamund Herklots, b. 1905; © Oxford University Press

*stanza three:* J. Michael Thompson

## The Lamplighting Psalms

### Psalm 140 - Tone 8



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 excuses for sins I *commit*.

Let me never share in sinners' feasting.  
If a just man strikes or reproves me it *is* kindness

but let the oil of the wicked not anoint my head.  
Let my prayer be ever against *their* malice.

The princes were thrown down by the side of the rock;  
then they understood that my words *were* kind.

As a millstone is shattered to pieces on the ground,  
so their bones were strewn at the mouth of *the* grave.



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

**Cantor:** Around me the just will assemble  
(on 9) because of your goodness to me.

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;  
(on 8) Lord, hear my voice!

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

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.

**Cantor:** Let your ears be attentive  
 (on 7) to the voice of my pleading.

⑦  
 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.

**Cantor:** (Tone 2) If you, O Lord, should mark our guilt, Lord, who would survive?  
 (on 6) But with you is found forgiveness: for this we revere you.

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

⑥  
 En - ter - ing in - to the a - re - na of the ho - ly Fast, let us  
 make ev - 'ry ef - fort to hum - ble our flesh by ab - sti - nence;

in prayer and with tears let us seek the Lord our Sav-ior, and, that  
 we might turn a-way from our e-vil deeds, let us say to him:  
 We have sinned a-gainst you, O Christ our King, save us as  
 you saved the Nin-e-vites of old, and in your good-ness, grant us a share in the  
 King-dom of Heav-en.

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

5  
 When I see my deeds that de-serve such pun-ish-ment, I  
 am with-out hope, O Lord, for I have dis-o-beyed  
 your ho-ly com-mand-ments, and I have led a fool-ish life.  
 There-fore I be-seech you: Pur-i-fy me in the wa-ters

of re - pent - ance by fast - ing and prayer, O Sav - ior full of  
 good - ness; do not re - ject me, O Ben - e - fac - tor of the u - ni - verse.

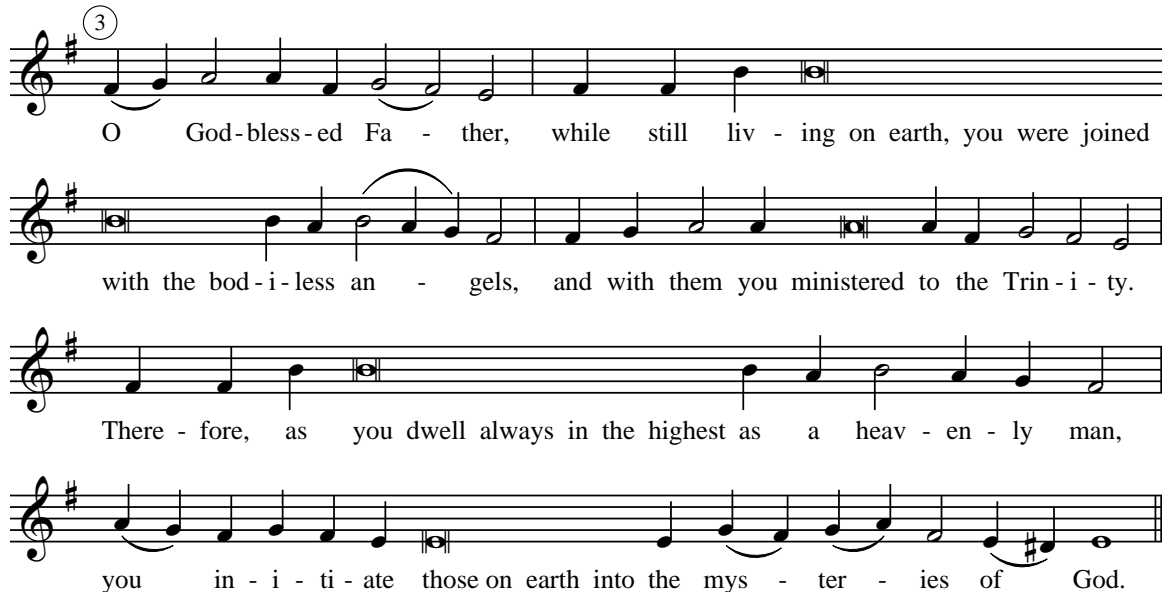
**Cantor:** Let the watchman count on daybreak  
 (on 4) and Israel on the Lord.

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

**Cantor:** (Tone 1) Because with the Lord there is mercy and fullness of redemption.  
(on 3) Israel indeed he will redeem from all its iniquity.

**Stichera of the holy martyr Polycarp - Tone 1 samohlasen**

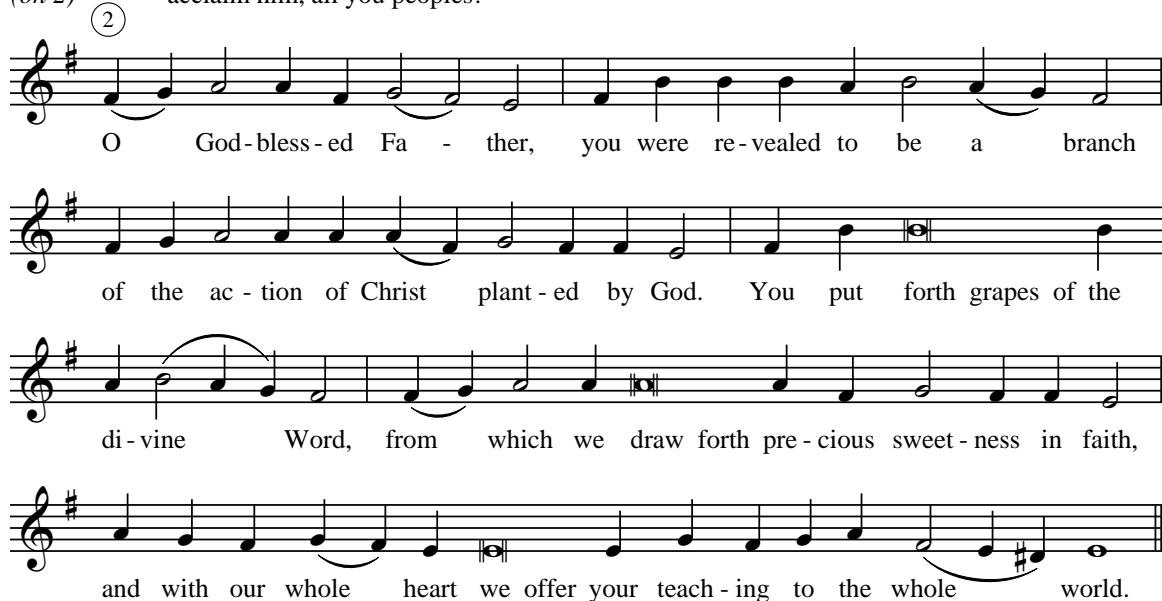
③



O God-bless-ed Fa - ther, while still liv - ing on earth, you were joined  
with the bod-i-less an - gels, and with them you ministered to the Trin-i - ty.  
There - fore, as you dwell always in the highest as a heav - en - ly man,  
you in - i - ti - ate those on earth into the mys - ter - ies of God.

**Cantor:** Praise the Lord, all you nations; **Psalm 116**  
(on 2) acclaim him, all you peoples!

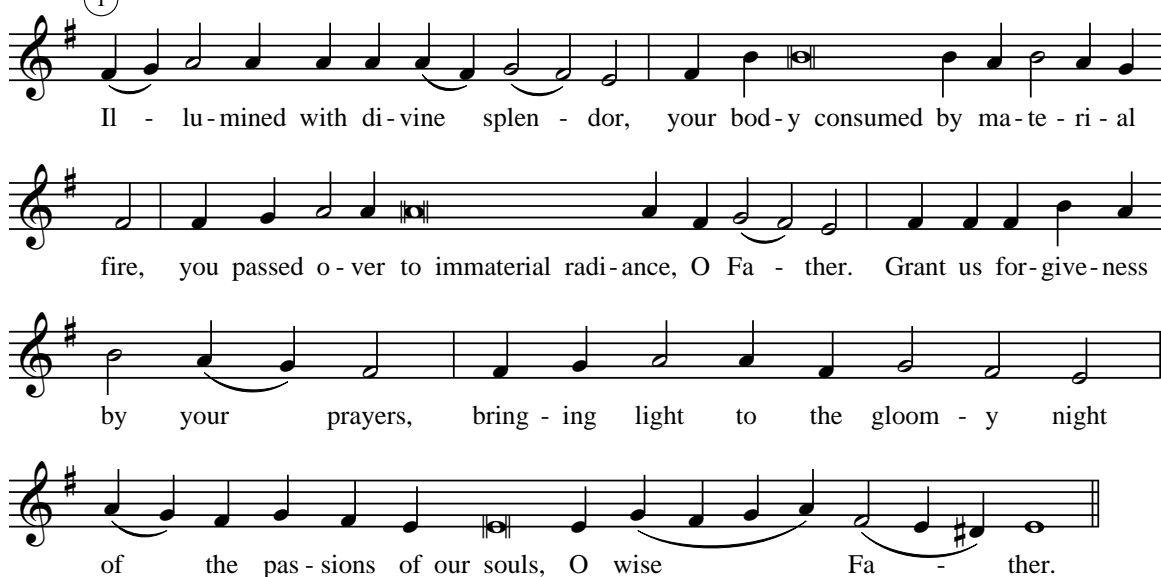
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O God-bless-ed Fa - ther, you were re-vealed to be a branch  
of the ac - tion of Christ plant - ed by God. You put forth grapes of the  
di - vine Word, from which we draw forth pre - cious sweet - ness in faith,  
and with our whole heart we offer your teach - ing to the whole world.

**Cantor:** Strong is the love of the Lord for us;  
(on I) he is faithful forever.

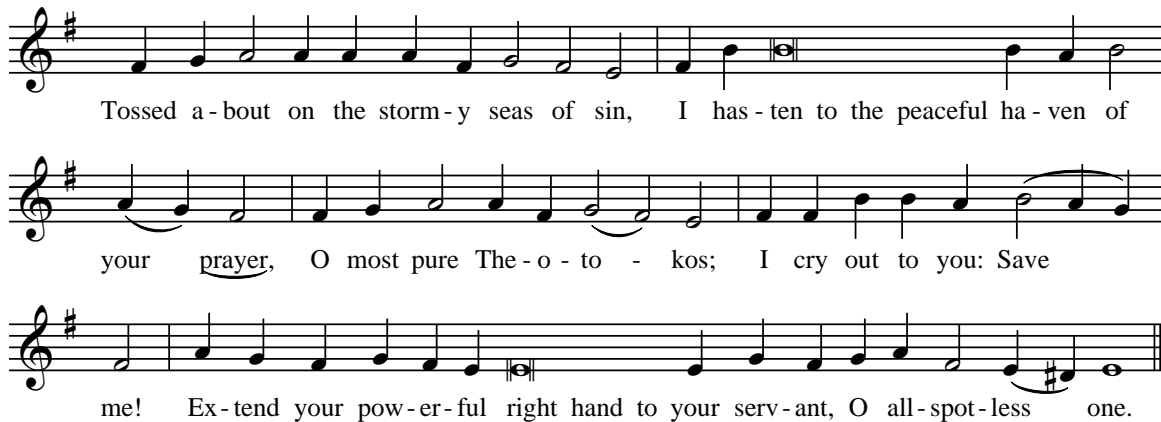
①



Il - lu - mined with di - vine splen - dor, your bod - y consumed by ma - te - ri - al  
fire, you passed o - ver to immaterial radi - ance, O Fa - ther. Grant us for - give - ness  
by your prayers, bring - ing light to the gloom - y night  
of the pas - sions of our souls, O wise Fa - ther.

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

### Theotokion



Tossed a - bout on the storm - y seas of sin, I has - ten to the peaceful ha - ven of  
your prayer, O most pure The - o - to - kos; I cry out to you: Save  
me! Ex - tend your pow - er - ful right hand to your serv - ant, O all - spot - less one.

*The service continues on page 8.*