

*The Order of Vespers  
on Sunday Afternoons in the Great Fast*



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## The Ceremony of Mutual Forgiveness

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### Ceremony of Mutual Forgiveness

*After the Dismissal of Vespers, the priest comes to the ambon, faces the faithful, and says:*

**Priest:** Good Fathers and brothers and sisters,  
grant me your blessing  
and pardon me all the wrongs I have done this day,  
in word or deed or thought,  
with all my spiritual and bodily faculties.

**Response:** May God himself forgive you, Reverend Father,  
and have mercy on you!

Bless us, Reverend Father,  
and forgive us the wrongs that we have done this day,  
in word or deed or thought,  
with each of our spiritual and bodily faculties.

**Priest:** Through his grace, may God forgive you also,  
and may he have mercy on you all!

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

Forgive me, a sinner.

*to which the priest responds:*

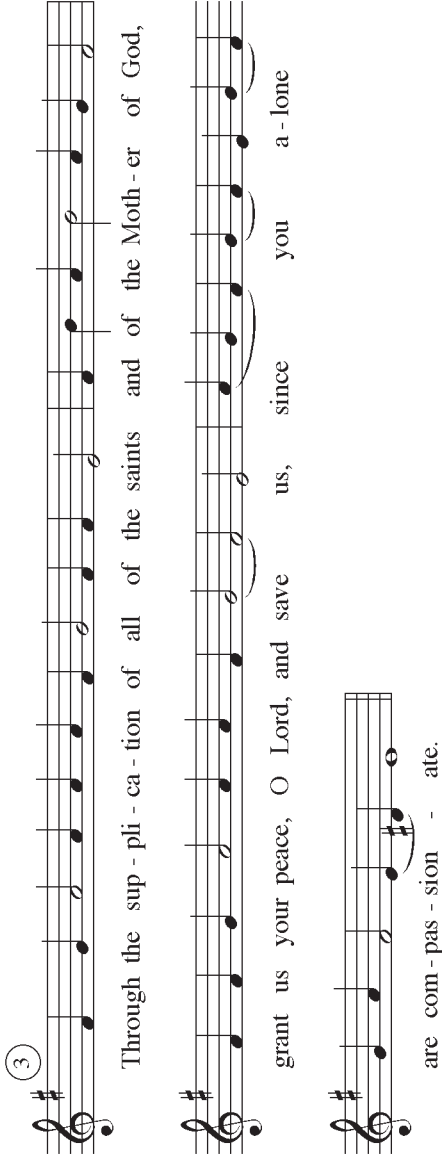
May God forgive you.

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

*When the mutual exchange is finished, the priest sings:*

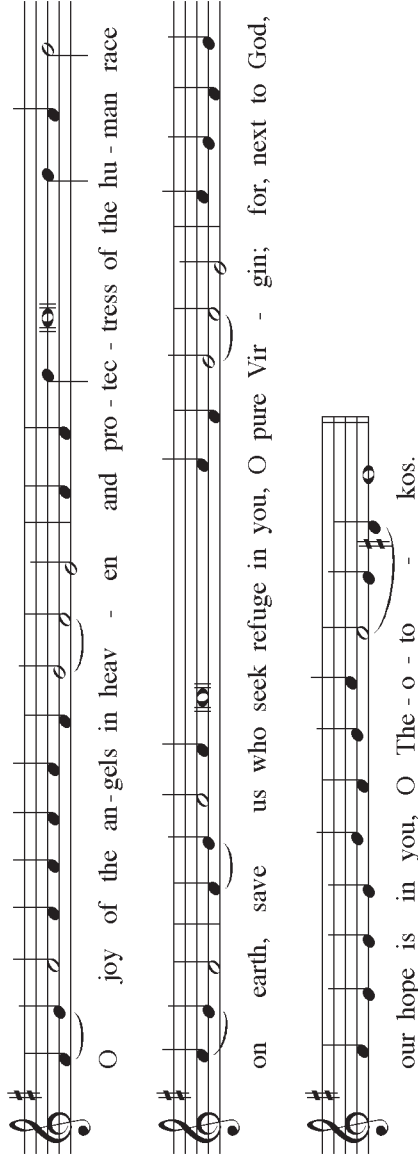
**Priest:** Through the prayers of our holy fathers, O Lord Jesus Christ,  
have mercy on us and save us.

**Response:**  A - - - - men.

3  

 Through the sup - pli - ca - tion of all of the saints and of the Moth - er of God,  
 grant us your peace, O Lord, and save us, since you a - lone  
 are com - pas - sion - ate.

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

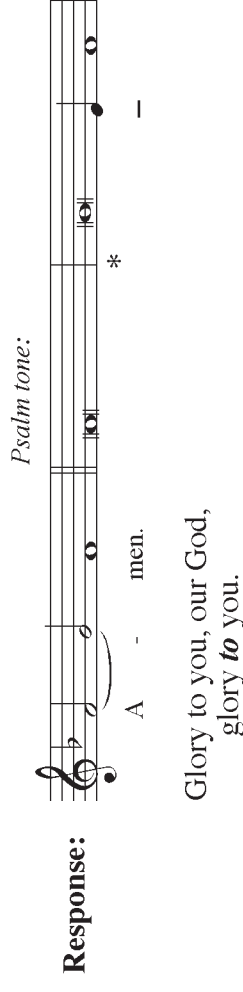
**Theotokion**



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 St. Simeon on page 14.*

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

*Psalm tone:*  

 A - - men.  
 Glory to you, our God,  
 glory **to** you.

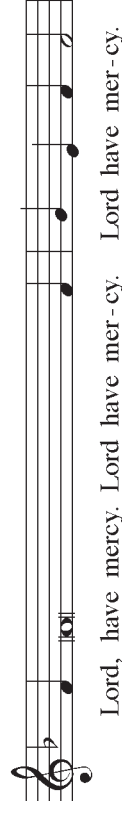
Heavenly King, Comforter, Spirit of Truth,  
 everywhere present and filling all things,  
 Treasury of Blessings and Giver of Life,  
 come and dwell within us,  
 cleanse us from all stain,  
 and save our souls, O **gracious** One.

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.



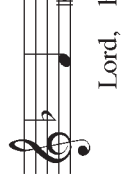
Lord, have mercy. Lord have mer - cy. Lord have mer - cy.

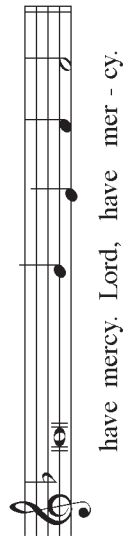
Glory to the Father, and to the Son, and to the Holy Spirit,  
 now and ever and forever. Amen.

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

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

**Response:**  A - men.


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


 have mercy. Lord, have mercy. *(sung twice)*

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

**Call to Worship**

*Each time with a reverence:*

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

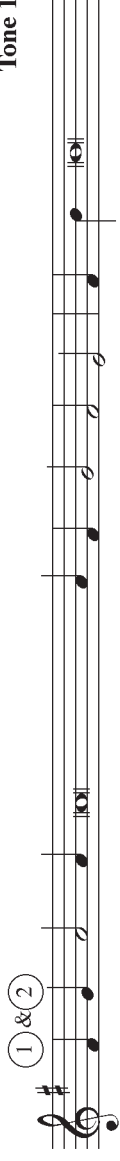
 Come, let us worship and bow before the only Lord Jesus Christ, the King and our God.

**Psalm 103**

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

**Aposticha**

**Tone 1**

 <sup>1</sup> & <sup>2</sup> 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.

My spir it knows the pov-er-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 watchman count on daybreak  
 and Israel 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

to Jerusa-lem to van-quish death. There-fore, let us prepare symbols of victory,

the palms of our virt-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.*

You stretch out the heavens like a tent.  
 Above the rains you build **your** dwelling.

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

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

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

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

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

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

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

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

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

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

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

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

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

oil, to make his face shine  
 and bread to strengthen **man's** heart.

The trees of the Lord drink their fill,  
the cedars he planted **on** Lebanon;  
there the birds build their nests;  
on the treetop the stork has **her** home.

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

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

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

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

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

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

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

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

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

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

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

You hide your face, they are dismayed;  
you take back your spirit, they die,  
returning to the dust from which **they** came.

## Fifth Sunday of the Great Fast

### Stichera for Psalm 140

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

⑥

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

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

⑤

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.

but it was you, O Lord my God, who cared for him. You came, not from Samaria but from the Virgin Mary! O Saviour of our souls,

glory 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.

Your martyrs did not reject you, nor did they renounce your law. Have mercy on us through their prayers!

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

**Theotokion**

**Tone 8**

Re - ceive the prayers of your serv - - - ants, O our ho - ly La - - dy. De - liver us from every af - flic - - - tion and dan - - - ger.

*The service continues with the Prayer of St. Simeon on page 14.*

You send forth your spirit, they are created; and you renew the face of **the** earth.

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

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

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

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

Let sinners vanish from the earth and the wicked exist no more.  
Bless the Lord, O **my** soul.

*And again:*

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

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

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

*Three times, each with a reverence:*

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

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

*At the last, with melody:*

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia! Glo - ry to you, O God!

*The faithful are seated.*

## Litany of Peace

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



1. Lord, have mer - cy.

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



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.

**Response:** Lord, have mercy. (1)

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

**Response:** Lord, have mercy. (2)

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

**Response:** Lord, have mercy. (1)

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

**Response:** Lord, have mercy. (2)

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

**Response:** Lord, have mercy. (1)

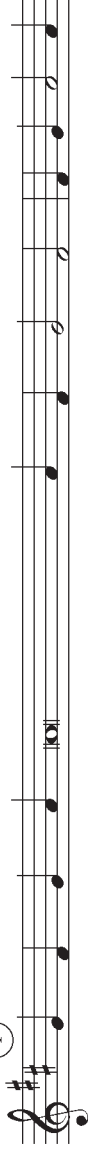
**Deacon:** For this city, for every city, community, and for the faithful living in them, let us pray to the Lord.

**Response:** Lord, have mercy. (2)

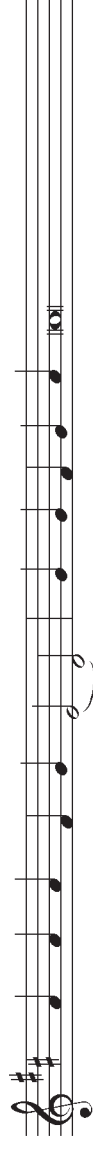
## Aposticha

Tone 7

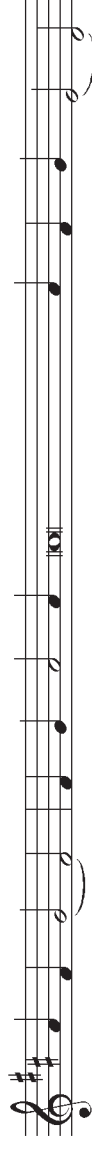
①



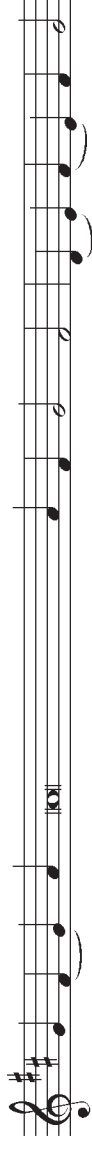
The One who plant - ed the vineyard and called the work - ers is the Sav - ior



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



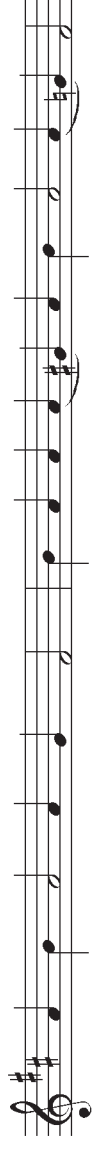
great mer - cy for our souls.

**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.

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,

**Tone 7**

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.*

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

**Response:** Lord, have mercy. (1)

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

**Response:** Lord, have mercy. (2)

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

**Response:** Lord, have mercy. (1)

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

**Response:** Lord, have mercy. (2)

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

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

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

**Response:** A - - men.

*The Lamplighting Psalms and the Stichera of Forgiveness are now sung in the tone of the week. These are found on the following pages:*

- Tone 1 - page 24**
- Tone 2 - page 28**
- Tone 3 - page 32**
- Tone 4 - page 36**
- Tone 5 - page 40**
- Tone 6 - page 44**
- Tone 7 - page 48**
- Tone 8 - page 52**

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

- Cheesefare Sunday (Sunday of Forgiveness) - page 56**
- First Sunday - page 61**
- Second Sunday - page 65**
- Third Sunday - page 69**
- Fourth Sunday - page 73**
- Fifth Sunday - page 77**

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

## Fourth Sunday of the Great Fast

### Stichera for Psalm 140

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

**Tone 3**

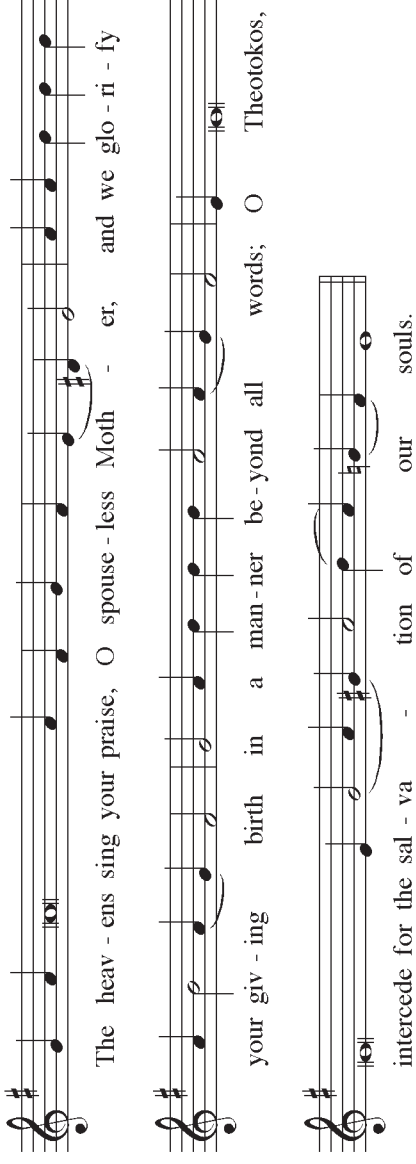
**Cantor:** My soul is waiting for the Lord. I count on his word.  
(on 5) My soul is waiting for the Lord more than watchman for daybreak.

**Tone 3**

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

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

**Theotokion**

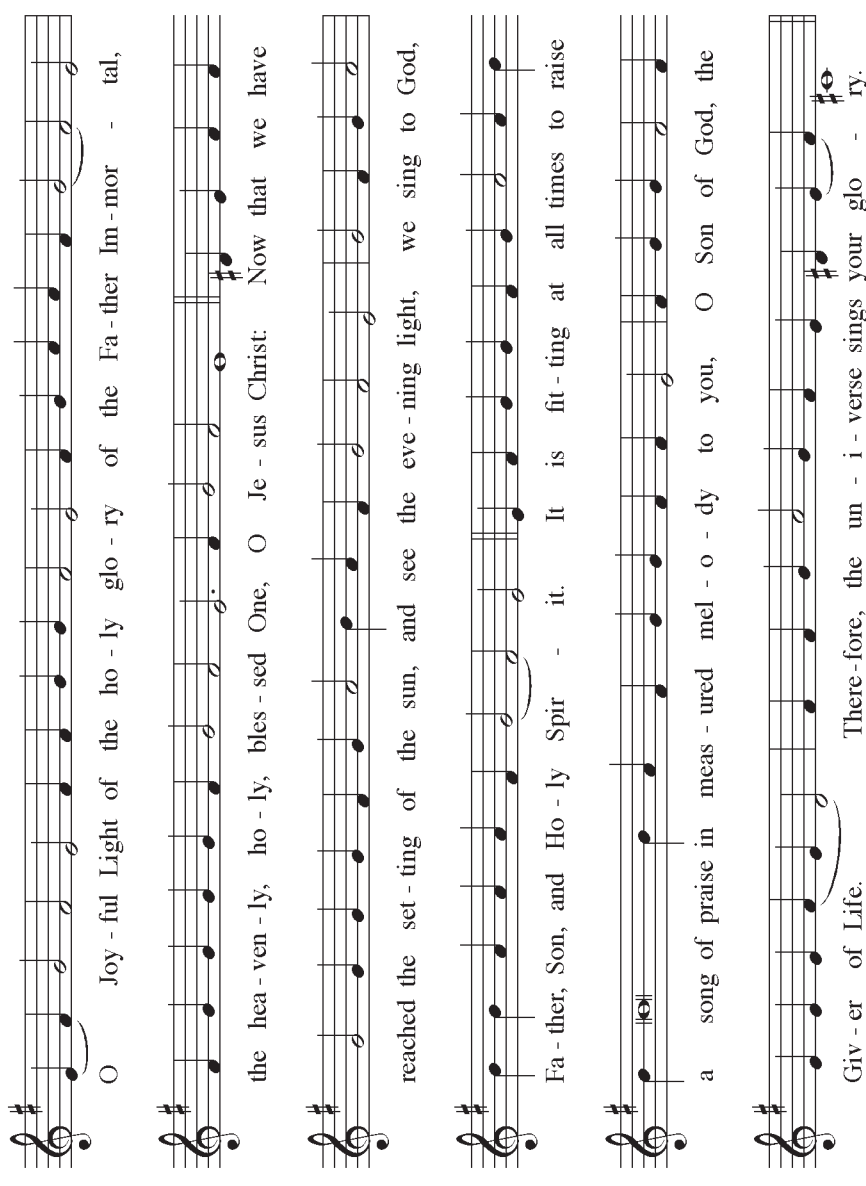


The heav - ens sing your praise, O spouse - less Moth - er, and we glo - ri - fy  
your giv - ing birth in a man - ner be - yond all words; O Theotokos,  
intercede for the sal - va - tion of our souls.

*The service continues with the Prayer of St. Simeon on page 14.*

**Deacon:** Wisdom! Be attentive!

**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.

**Evening Prokeimenon**

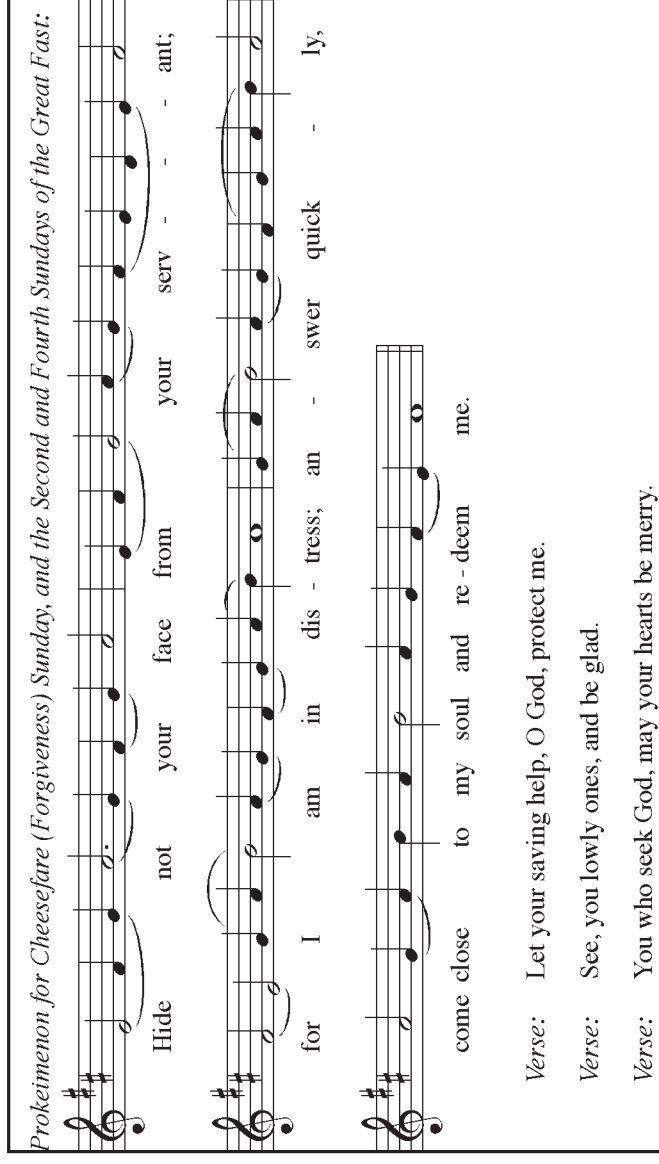
**Deacon:** Let us be attentive!

**Priest:** Peace ☩ be to all!

**Deacon:** Wisdom! Be attentive!

The Prokeimenon for Sunday evening is sung. The verses of the Prokeimenon are sung either by the Deacon or by the Priest.

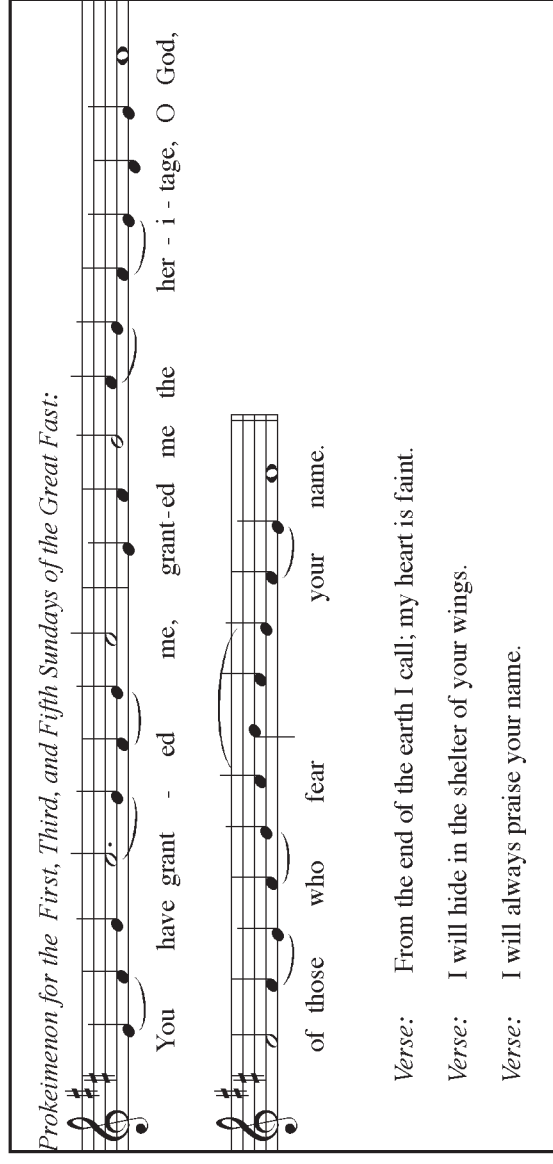
*Prokeimenon for Cheesefare (Forgiveness) Sunday, and the Second and Fourth Sundays of the Great Fast:*



Hide not your face from your servant;  
 for I am in distress; answer quickly,  
 come close to my soul and redeem me.

*Verse:* Let your saving help, O God, protect me.  
*Verse:* See, you lowly ones, and be glad.  
*Verse:* You who seek God, may your hearts be merry.

*Prokeimenon for the First, Third, and Fifth Sundays of the Great Fast:*

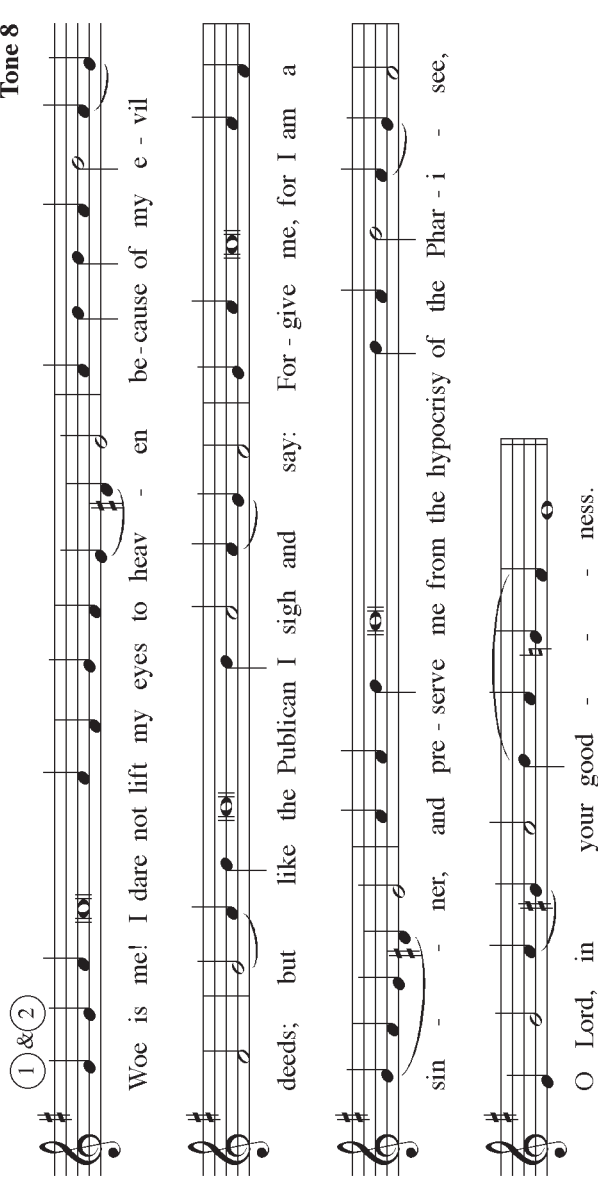


You have granted me the heritage, O God,  
 of those who fear your name.

*Verse:* From the end of the earth I call; my heart is faint.  
*Verse:* I will hide in the shelter of your wings.  
*Verse:* I will always praise your name.

Aposticha

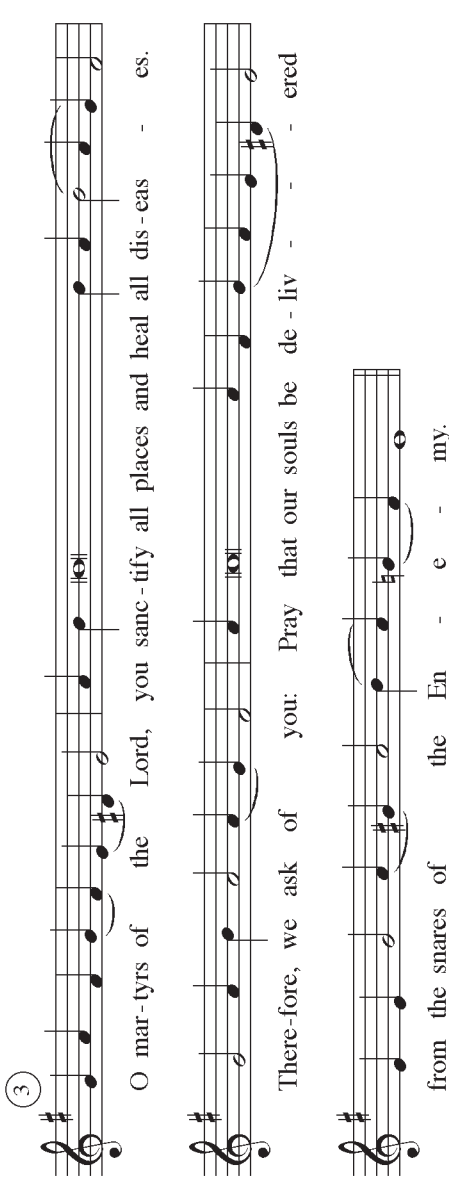
Tone 8



Woe is me! I dare not lift my eyes to heaven because of my evil  
 deeds; but like the Publican I sigh and say: For give me, for I am a  
 sinner, and preserve me from the hypocrisy of the Pharisee,  
 O Lord, in your goodness.

**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 martyrs of the Lord, you sanctify all places and heal all diseases.  
 Therefore, we ask of you: Pray that our souls be delivered  
 from the snares of the enemy.

of Man - kind.

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

O won - der, sur - pass - ing all the won - ders of old! We be - hold the Cross where

**Tone 3**

Christ was cru - ci - fied in the flesh. The world bows before its bright - ness and

cries out: O the pow - er of the Cross! The sight of it puts

de - mons to flight: its im - age burns them as a fire. I bless you, O

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.*

## Hymn of Glorification

Make us wor - thy, O Lord, to be kept sin - less this eve - ning.

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 *up*on us  
because we have *placed* our hope in you.

(each time with a reverence:)

✠ Blessed *are* you, O Lord,  
teach me *your* commandments.

✠ Blessed are you, *O* Master,  
make me understand *your* commandments.

✠ Blessed are you, *O* Holy One,  
enlighten me with *your* commandments.  
O Lord, your mercy is *for*ever;

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.

*The faithful are seated*

## Litany of Supplication

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

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

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

2. Lord, have mer - cy.

**Response:**

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

3. Grant this, O Lord.

**Response:**

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

4. Grant this, O Lord.

**Response:**

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

**Response:** Grant this, O Lord. (3)

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

**Response:** Grant this, O Lord (4)

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

**Response:** Grant this, O Lord. (3)

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

**Response:** Grant this, O Lord. (4)

## Third Sunday of the Great Fast

### Stichera for Psalm 140

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

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

for you are good and you love man - kind.

**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.

O Lord, in the a - bun - dance of your love, in this new week of the bright

Fast, wipe out the multi - tude of my sins; grant that my soul may be pu - ri - fied,

and that I may see and vener - ate your ho - ly Cross, O Lord and Lov - er

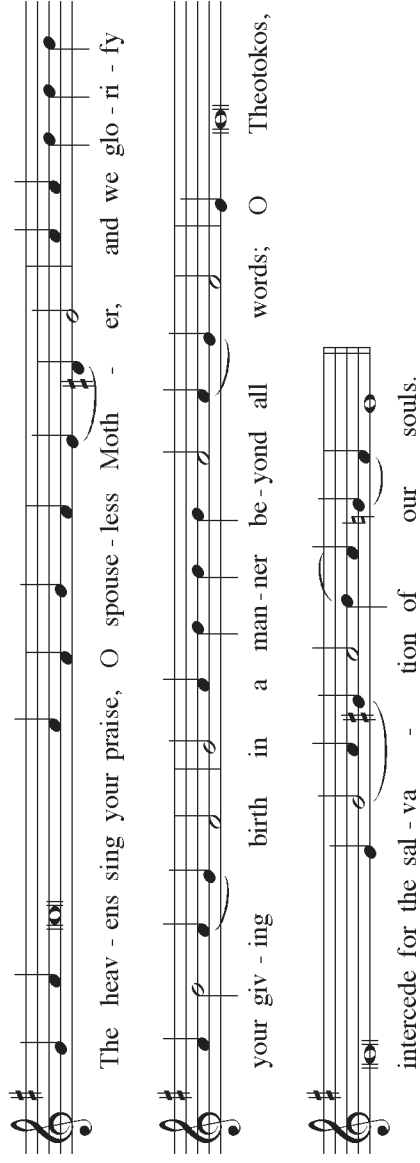
Tone 8



There-fore, we ask of you: Pray that our souls be de-liv-ered  
from the snares of the En-cemy.

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

**Theotokion**



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.

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

**Response:**



To you, O Lord.

*The faithful stand.*

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

*The service continues with the Prayer of St. Simeon on page 14.*

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

**Response:**



A - - - men.

**Priest:** Peace ☩ be to all!

**Response:**



And to your spir - it.

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

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

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

**Response:** A - - - men.

**Aposticha**

The *Aposticha* are found on the following pages:

- Cheesefare Sunday - page 59**
- First Sunday - page 63**
- Second Sunday - page 67**
- Third Sunday - page 71**
- Fourth Sunday - page 75**
- Fifth Sunday - page 79**

**Prayer of St. Simeon**

Now you may dis-miss *your* ser-vant, O Lord, in peace ac-cord-ing to your word.

for my eyes have seen your *salv*ation  
 which you have prepared before the face *of* all peöples,  
 a light for revelation to *the* Gëntiles,  
 and the glory of your *peo*ple Ísrael.

**Aposticha**

**Tone 8**

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-priv-ed 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.

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

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 daybreak  
(on 4) and Israel on the Lord.

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

## Trisagion Prayers

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

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

Most Holy Trinity, have mercy on us;  
Lord, cleanse us of our sins;  
Master, forgive our *transgressions*,

Holy One, come to us and heal our infirmities *for* your name's sake.

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

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

Our Father, who art in heaven, hallowed be thy name.

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

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

**Response:** A - - - - - men.

## Dismissal for Fasts

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

Re-joice, O Vir-gin The-o-to-s! Mar-y full of grace, the Lord is  
with you! Bless-ed are you a-mong wo-men, and bless-ed is the  
fruit of your womb. For you gave birth to Christ, the Sav-ior and Re-deem-er  
of our souls. *Prostration*

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

O Bap-tiz-er of Christ, re-mem-ber us all, that we be delivered from  
our trans-gres-sions; for you have been giv-en grace to in-ter-cede on  
our be-half. *Prostration*

**Cantor:** Now and ever and forever. Amen.

## Second Sunday of the Great Fast

Stichera for Psalm 140

Tone 8

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

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.

**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.

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

There-fore, we ask of you: Pray that our souls be de-liv- - - ered  
from the snares of the en - e - my.

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

**Theotokion**

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

*The service continues with the Prayer of St. Simeon on page 14.*

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

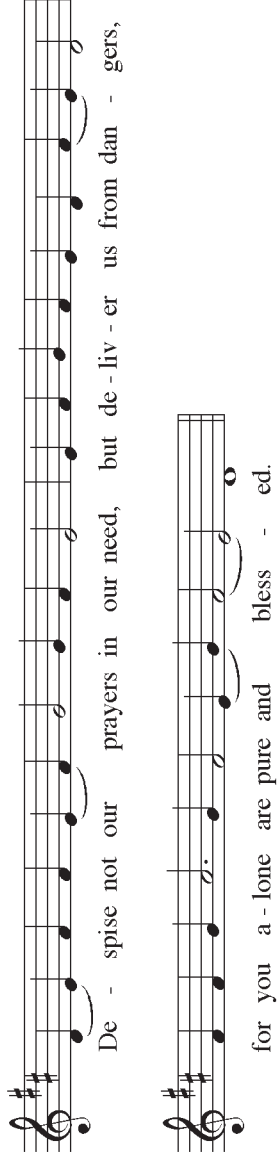
the Sav - ior.

*Prostration*

**podoben: Pod tvoju milost' (1)**  
Be - neath your com - pas - sion we take ref - uge, O Vir - gin  
The - o - to - kos. De - spise not our prayers, our prayers in our need,  
but de - liv - er us from dan - gers, for you a - lone are pure,  
for you a - lone are pure, a - lone are pure and bless - ed.

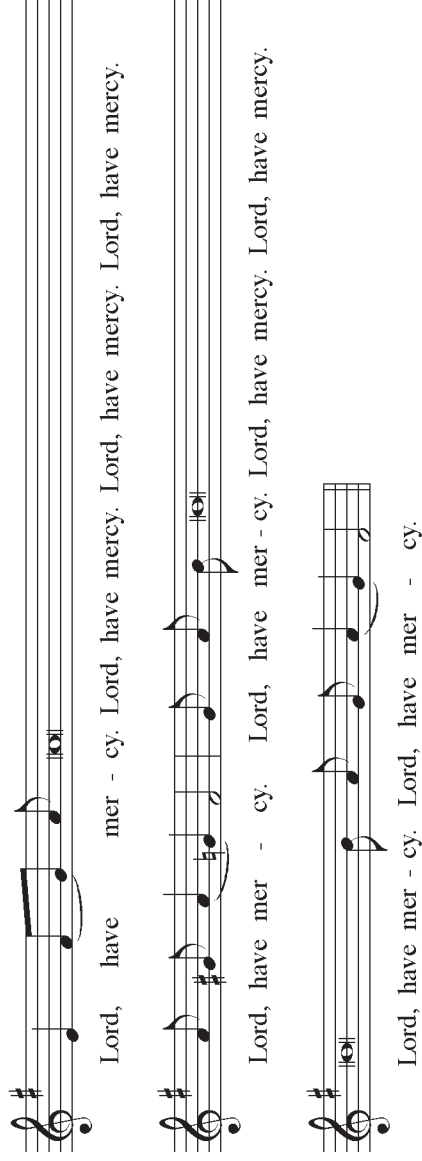
*or*

**podoben: Pod tvoju milost' (2)**  
Be - neath your compas - sion we take ref - uge, O Vir - gin The - o - to - kos.

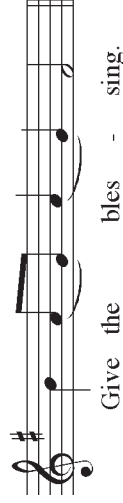


De - spite not our prayers in our need, but de - liv - er us from dan - gers,  
for you a - lone are pure and bless - ed.

*The following is sung four times:*



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



Give the bles - sing.

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

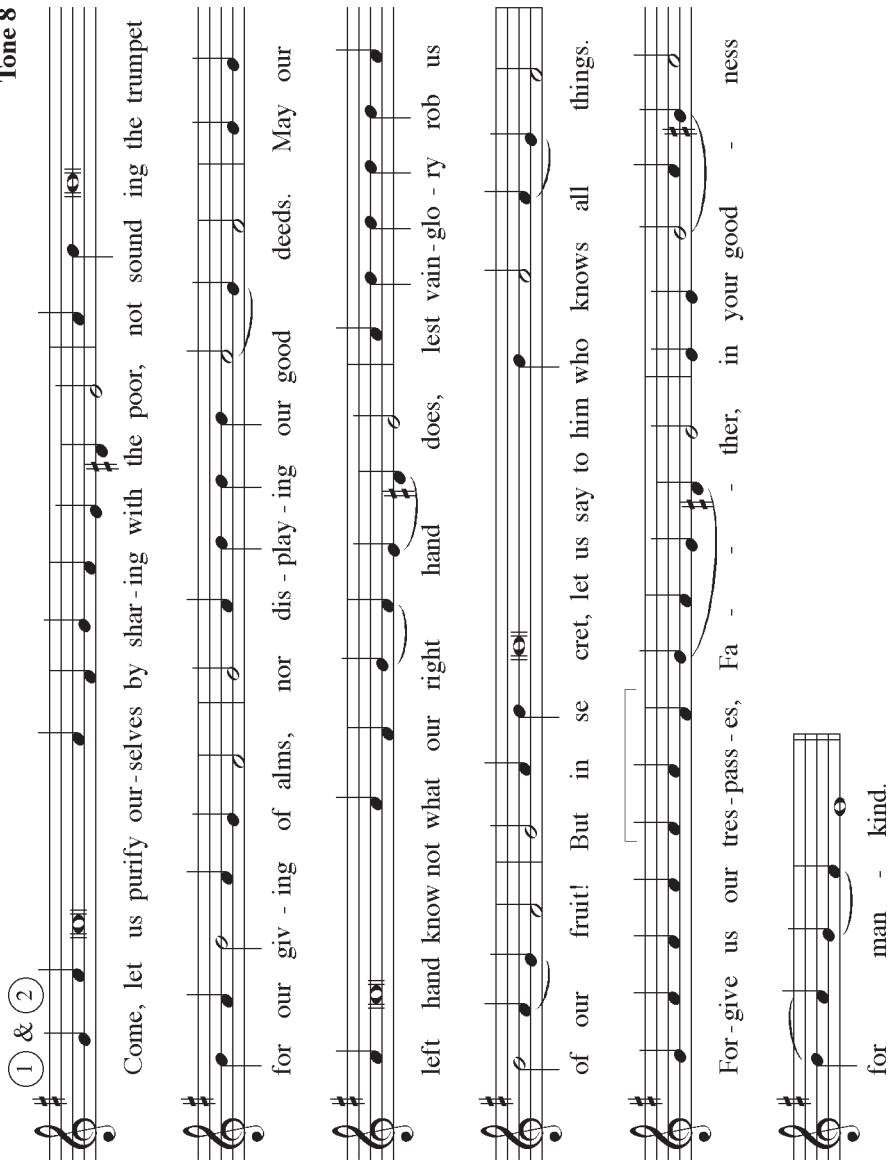


A - - - men.

**Response:**

**Aposticha**

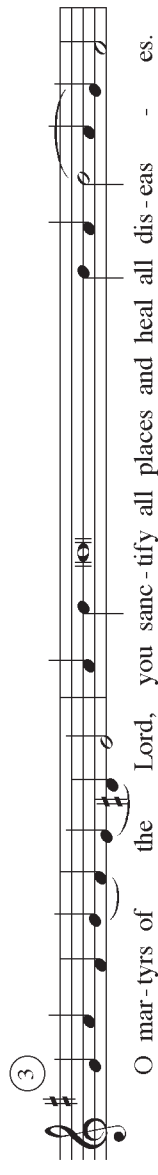
**Tone 8**



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 all places and heal all dis - eas - es.

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.

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

**Tone 6**

Let us be-gin this second week of the Fast in joy; O faithful, let us exert our-selves  
 from day to day as did the prophet E-li - jah the Tish - bite. May the  
 four cardinal virtues be our char-iot of fire! Let us lift our spirit by turning a-way  
 from pas - sions, and through pur - ity, let us strug - gle a - gainst the flesh,  
 so that we may resist and con - - - quer the En - e - my.

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

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

**Response:** A - - - men.

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

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

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

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

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

**Response:** A - - - men.

**All** Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. (*Prostration*)  
 Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. (*Prostration*)  
 Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen. (*Prostration*)

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

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

Once more, the Prayer of St. Ephrem is recited, without the usual prostrations.  
One prostration is made at the conclusion of the prayer.

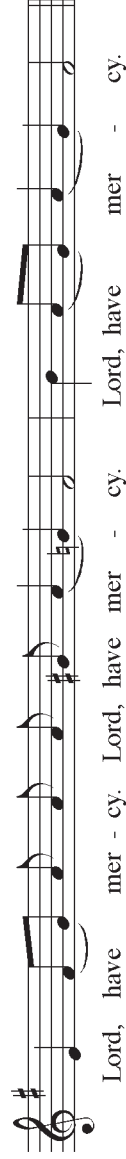
Holy God, Holy and Mighty, Holy and **Immortal**,  
have **mercy** on us. (3 times, each with a prostration)

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

Most Holy Trinity, have mercy on us;  
Lord, cleanse us of our sins;

Master, forgive our **transgressions**,

Holy One, come to us and heal our infirmities **for** your name's sake.



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

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

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

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



**Response:** A - - - - men.

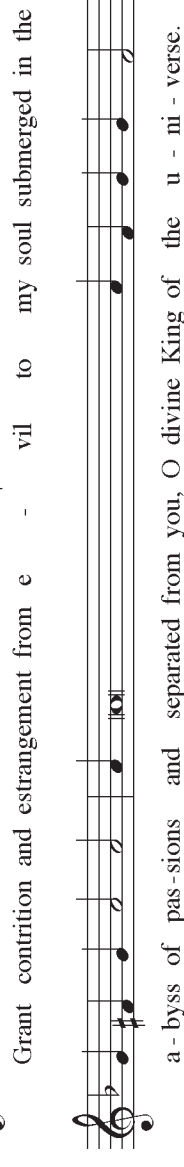
## First Sunday of the Great Fast

### Stichera for Psalm 140

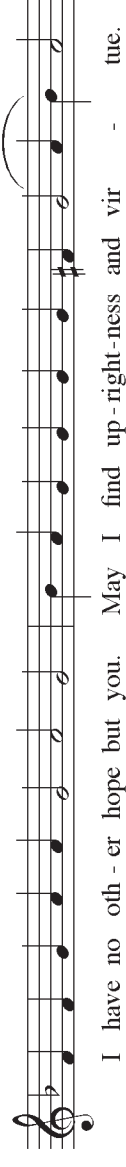
**Cantor:** If you, O Lord, should mark our guilt, Lord, who would survive?  
(on 6) But with you is found forgiveness: for this we revere you.



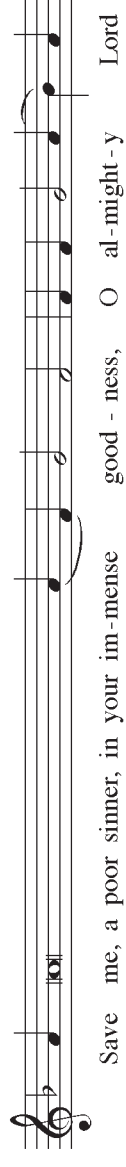
Grant contrition and estrangement from e - vil to my soul submerged in the



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.

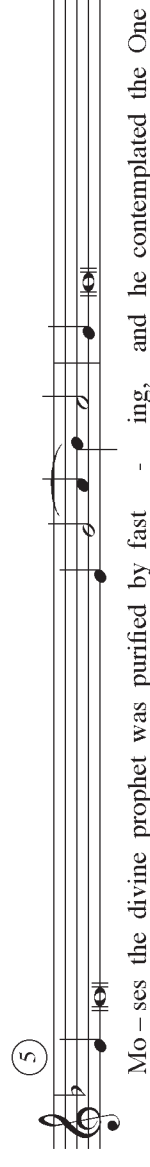


Save me, a poor sinner, in your im - mense good - ness, O al - might - y Lord

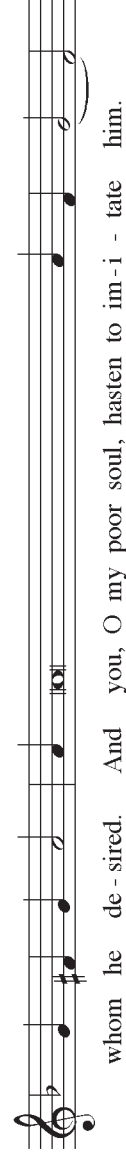


and Sav - ior of us all.

**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.



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.

**Tone 4**

in - ter - ces - sions, send up - on us great mer - cy.

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

**Theotokion**

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 St. Simeon on page 14.*

**Priest:**

All-holy Trinity, consubstantial power, indivisible Kingdom, and Cause of all good, be favorable even to me, a sinner. Give strength and understanding to my heart; cleanse me of all defilement, and enlighten my mind, that I may always glorify, praise and worship you, saying: One is holy, one is Lord, Jesus Christ, to the glory of God the Father, amen.

**Response:** (*sung three times*)

Bless - ed be the name of the Lord, now and for - ev - er.

**Psalm 33**

*The verses of this psalm are alternated between cantor and faithful.*

I will bless the Lord at all times,  
his praise al**ways** on my lips;  
in the Lord my soul shall make its boast.  
The **humble** shall hear and be glad.

Glorify the Lord with me.

Together let **us** praise his name.

I sought the Lord and he answered me;  
from all my **terrors** he set me free.

Look towards him and be radiant;  
let your **faces** not be abashed.

This poor man called, the Lord heard him  
and rescued **him** from all his distress.

The angel of the Lord is encamped,  
around those who revere him, **to** rescue them.  
Taste and see that the Lord is good.  
He is happy **who** seeks refuge in him.

Revere the Lord, you his saints.  
They lack nothing, those who **revere** him.  
Strong lions suffer want and go hungry  
but those who seek the Lord **lack** no blessing.

Come, children, and hear me  
that I may teach you **the** fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy **his** prosperity?

Then keep your tongue from evil  
and your lips **from** speaking deceit.  
Turn aside from evil and do good;  
seek **and** strive after peace.

The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his **ears** to their appeal.

They call and the Lord hears  
and rescues them **in** all their distress.  
The Lord is close to the broken-hearted;  
those whose **spirit** is crushed he will save.

Many are the trials of the just man  
but from them all the Lord **will** rescue him.  
He will keep guard over all his bones,  
not one of his bones **shall** be broken.

Evil brings death to the wicked;  
those who hate **the** good are doomed.  
The Lord ransoms the souls of his servants.  
Those who hide in **him** shall not be condemned.

It is truly proper to glorify you, O Theotokos,  
the ever-blessed, immaculate, and the **Mother** of our God.  
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!

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

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

Give the bles - sing.

## Aposticha

### Tone 4

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  
You are glorified in the memory of your saints, O Christ God. Through their

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.

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

**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, heavenly, bodiless powers; through the prayers of the holy (*Name*), (*to whom this church is dedicated*), and (*Name*), (*whose feast we celebrate today*) and through the prayers of all the saints; for he is gracious and loves us all.

**Response:**

A - - - men.

**Having suffered (Preterpivij)**

Hav - ing suf - fered the pas - sion for us, Je - - - sus Christ,  
 Son of God, have mer - cy, have mer - cy, have mer - cy on us.  
 Pre - ter - pi - vyj za nas stras - ti, I - su - se Chri - ste,  
 Sy - ne Bo - žij, po - mi - luj, po - mi - luj, po - mi - luj nas.

*On Cheesefare Sunday, the Dismissal is followed immediately by the Ceremony of Mutual Forgiveness, found on page 81.*

# The Lamplighting Psalms and Stichera of Forgiveness

## Tone 1

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

Let my pray'r as - cend to you like in - cense and the lift - ing up of my hands like an eve - ning sac - ri - fice. Hear me O Lord!

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

Let not my heart be inclined to evil,  
nor make excuses for sins I *commit*.

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

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

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

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.

4  
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

**Cheesehare Sunday (Sunday of Forgiveness)**  
Stichera for Psalm 140

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

**Tone 2 podobnen: Jehda ot dreva**

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.

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.

With all my voice I cry to the Lord,  
with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
On the way where I shall walk they have hidden a snare to *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 prison  
(on 10) and then I shall praise your name.

My sins are like a great gulf, O Sav - ior, 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:** Around me the just will assemble  
(on 9) because of your goodness to me.

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,  
(on 8) Lord, hear my voice!

An - oth - er world a - waits you, O my soul, and the Judge shall bring out your hid - den se - crets and sins; do not per - sist in doing evil but has - ten to cry out: O my Judge and my God, spare me and save me.

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.

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.

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

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*Fourth Sunday - page 73*

*Fifth Sunday - page 77*

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

**Cantor:**  
(on 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:**  
(on 8)

Out of the depths I cry to you, O Lord,  
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,

**Cantor:**  
(on 7)

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

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

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

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

great mer - cy.

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## Tone 2

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

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

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

Let not my heart be inclined to evil,  
nor make excuses for sins I *commit*.

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

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

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

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

To you, Lord God, my eyes are turned; \*  
in you I take refuge; spare my soul!

From the trap they have laid for me keep me safe; \*  
keep me from the snares of those who do evil.

Let the wicked fall into the traps they have set \*  
while I pursue my way unharmed.

With all my voice I cry to the Lord, \*  
with all my voice I entreat the Lord.

I pour out my trouble before him; \*  
I tell him all my distress while my spirit faints within me.

But you, O Lord, know my path. \*  
On the way where I shall walk they have hidden a snare to entrap me.

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

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

I cry to you, O Lord. \*  
I have said: "You are my refuge, all I have in the land of the living."

Listen, then, to my cry \*  
for I am in the depths of distress.

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

**Cantor:**  
(on 10)  
Bring my soul out of this prison \*  
and then I shall praise your name.

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

## 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.

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 *unharm*ed.

With all my voice I cry to the Lord,  
with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
On the way where I shall walk they have hidden a snare to *entrap* me.

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

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

I cry to you, O Lord.  
I have said: "You are my refuge, all I have in the land of *the* living."

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

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

**Cantor:** Bring my soul out of this prison  
(on 10) and then I shall praise your name.

Like the Prod - ical, I have sinned a - gainst you, O Sav - ior. Re - ceive

me, O Father, for I am re-pent-ant; and have mer-cy on me, O God.

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

I cry out to you, O Christ my Sav-ior, with the voice of the Pub-li-can.

Be mer-ci-ful to me as you were to him, and have mer-cy on me, O God.

**Cantor:** Out of the depths I cry to you, O Lord; **Psalms 129**  
(on 8) Lord, hear my voice!

When I con-sid-er my fool-ish deeds, I take ref-uge in your com-pas-sion;

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 attentive  
(on 7) to the voice of my pleading.

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

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

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

who sing to you: O Lord, glo-ri-ry to you!

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before you like one of your serv-ants, O God. Have mer-cy on me, O  
Lov-er of Man-kind.

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

Like one who has fall-en among thieves and is wound-ed, so have I fall-en

be-cause 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; **Psalm 129**  
(on 8) Lord, hear my voice!

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

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

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

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

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

Let not my heart be inclined to evil,  
nor make excuses for sins I *commit*.

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

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

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

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

To you, Lord God, my eyes are turned;  
in you I take refuge; spare *my* soul!

From the trap they have laid for me keep me safe;  
keep me from the snares of those who *do* evil.

Let the wicked fall into the traps they have set  
while I pursue my way *unharm*ed.

With all my voice I cry to the Lord,  
with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
On the way where I shall walk they have hidden a snare to *entrap* me.

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

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

I cry to you, O Lord.  
I have said: "You are my refuge, all I have in the land of *the* living."

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

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

**Cantor:**  
(on 10)  
Bring my soul out of this prison  
and then I shall praise your name.

O Ben - e - fac - tor, as a prodigal I come to you. Re - ceive me as I fall

## Tone 7

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.

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.

With all my voice I cry to the Lord,  
 with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
 I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
 On the way where I shall walk they have hidden a snare to *entrap* me.

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

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

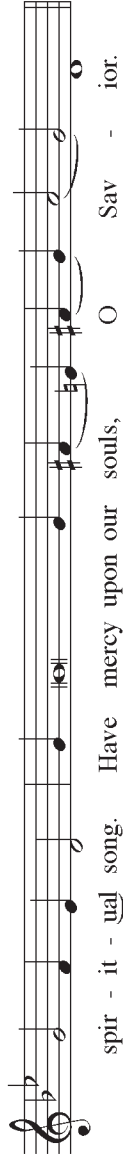
I cry to you, O Lord.  
 I have said: "You are my refuge, all I have in the land of *the* living."

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

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

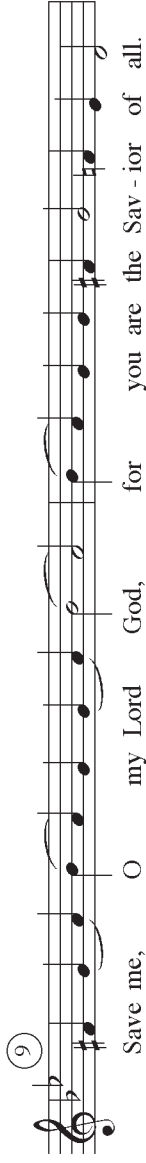
**Cantor:**  
 (on 10)  
 Bring my soul out of this prison  
 and then I shall praise your name.

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

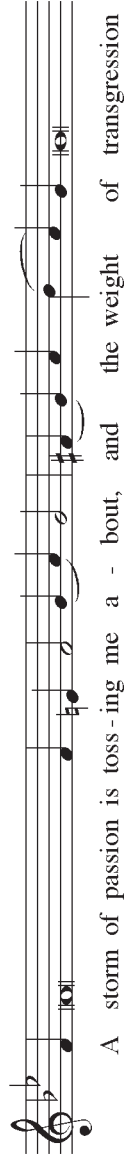


spir - it - ual song. Have mercy upon our souls, O Sav - ior.

**Cantor:**  
(on 9)



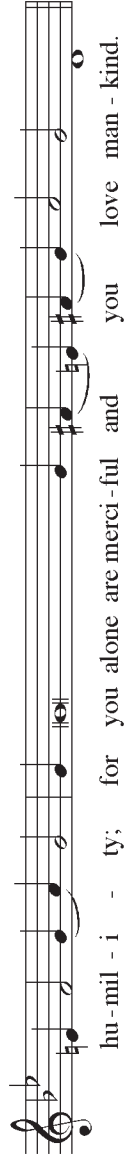
Around me the just will assemble  
because of your goodness to me.  
Save me, O my Lord God, for you are the Sav - ior of all.



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



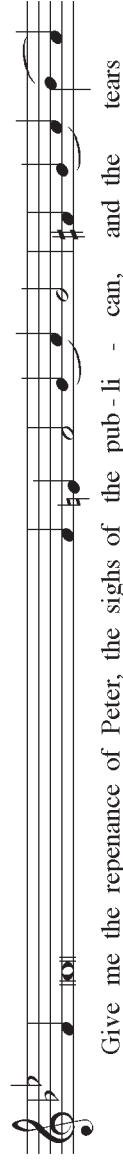
hu - mil - i - ty; for you alone are merci - ful and you love man - kind.

**Cantor:**  
(on 8)

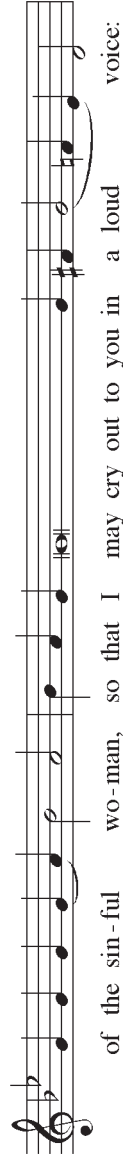
Out of the depths I cry to you, O Lord; **Psalm 129**  
Lord, hear my voice!



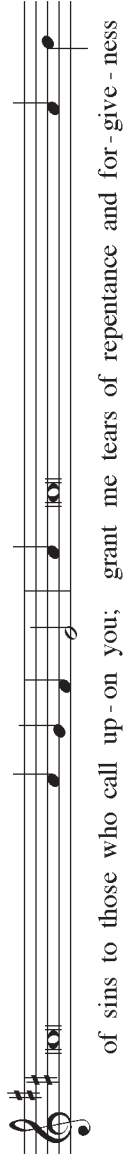
Col - lect my scat - tered spir - it, O Lord; re - move the thorns from my heart.



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:



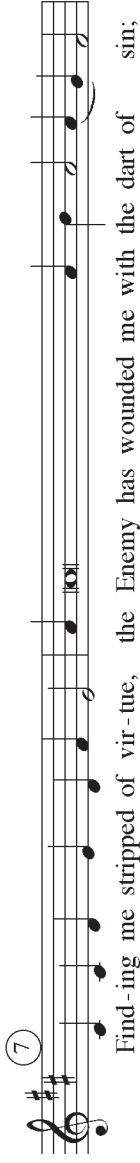
of sins to those who call up - on you; grant me tears of repentance and for - give - ness



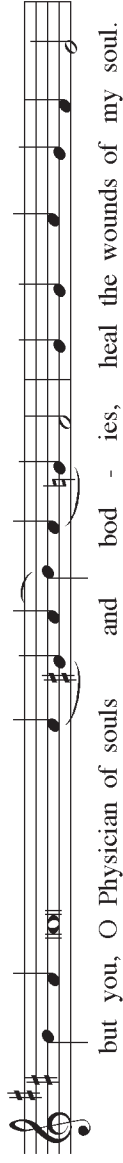
of my sins. O al - might - y Lord, have mer - cy on us.

**Cantor:**  
(on 7)

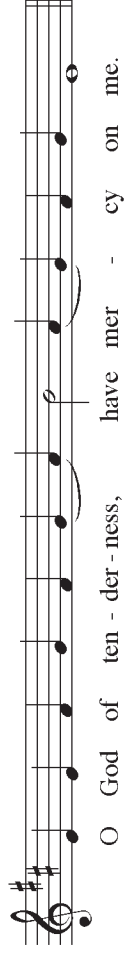
Let your ears be attentive  
to the voice of my pleading.



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.

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

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; **Psalm 129**  
 (on 8) Lord, hear my voice!

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

Save me, O my God, the Lover of Mankind and the on-ly com-pas-sion-ate Lord.

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

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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### Tone 4

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

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

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

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

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

To you, Lord God, my eyes are turned;  
in you I take refuge; spare *my* soul!

From the trap they have laid for me keep me safe;  
keep me from the snares of those who *do* evil.

Let the wicked fall into the traps they have set  
while I pursue my way *unharm*ed.

With all my voice I cry to the Lord,  
with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
On the way where I shall walk they have hidden a snare to *entrap* me.

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

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

I cry to you, O Lord.  
I have said: "You are my refuge, all I have in the land of *the* living."

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

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

**Cantor:**  
(on 10)

I have had nei - ther re - pent - ance nor tears! For this reason, I implore you

## Tone 6

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

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

Let not my heart be inclined to evil,  
 nor make excuses for sins I *commit*.

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

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

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

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

To you, Lord God, my eyes are turned;  
 in you I take refuge; spare *my* soul!

From the trap they have laid for me keep me safe;  
 keep me from the snares of those who *do* evil.

Let the wicked fall into the traps they have set  
 while I pursue my way *unharm*ed.

With all my voice I cry to the Lord,  
 with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
 I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
 On the way where I shall walk they have hidden a snare to *entrap* me.

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

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

I cry to you, O Lord.  
 I have said: "You are my refuge, all I have in the land of *the* living."

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

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

**Cantor:**  
 (on 10)  
 Bring my soul out of this prison  
 and then I shall praise your name.

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

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; **Psalm 129**  
(on 8) Lord, hear my voice!

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

once a - gain. Wel - come me like the Prod - i - gal and have mer - cy on me.

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

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 56*

*First Sunday - page 61*

*Second Sunday - page 65*

*Third Sunday - page 69*

*Fourth Sunday - page 73*

*Fifth Sunday - page 77*

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

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; **Psalm 129**  
(on 8) Lord, hear my voice!

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

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  
(on 7) to the voice of my pleading.

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.

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

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*Third Sunday - page 69*

*Fourth Sunday - page 73*

*Fifth Sunday - page 77*

## Tone 5

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.

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 *unharm*ed.

With all my voice I cry to the Lord,  
with all my voice I entreat *the* Lord.

I pour out my trouble before him;  
I tell him all my distress while my spirit faints *within* me.

But you, O Lord, know my path.  
On the way where I shall walk they have hidden a snare to *entrap* me.

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

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

I cry to you, O Lord.  
I have said: "You are my refuge, all I have in the land of *the* living."

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

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

**Cantor:**  
(on 10)  
Bring my soul out of this prison  
and then I shall praise your name.

O Lord, I have nev-er stopped sin-ning, I do not understand the need to