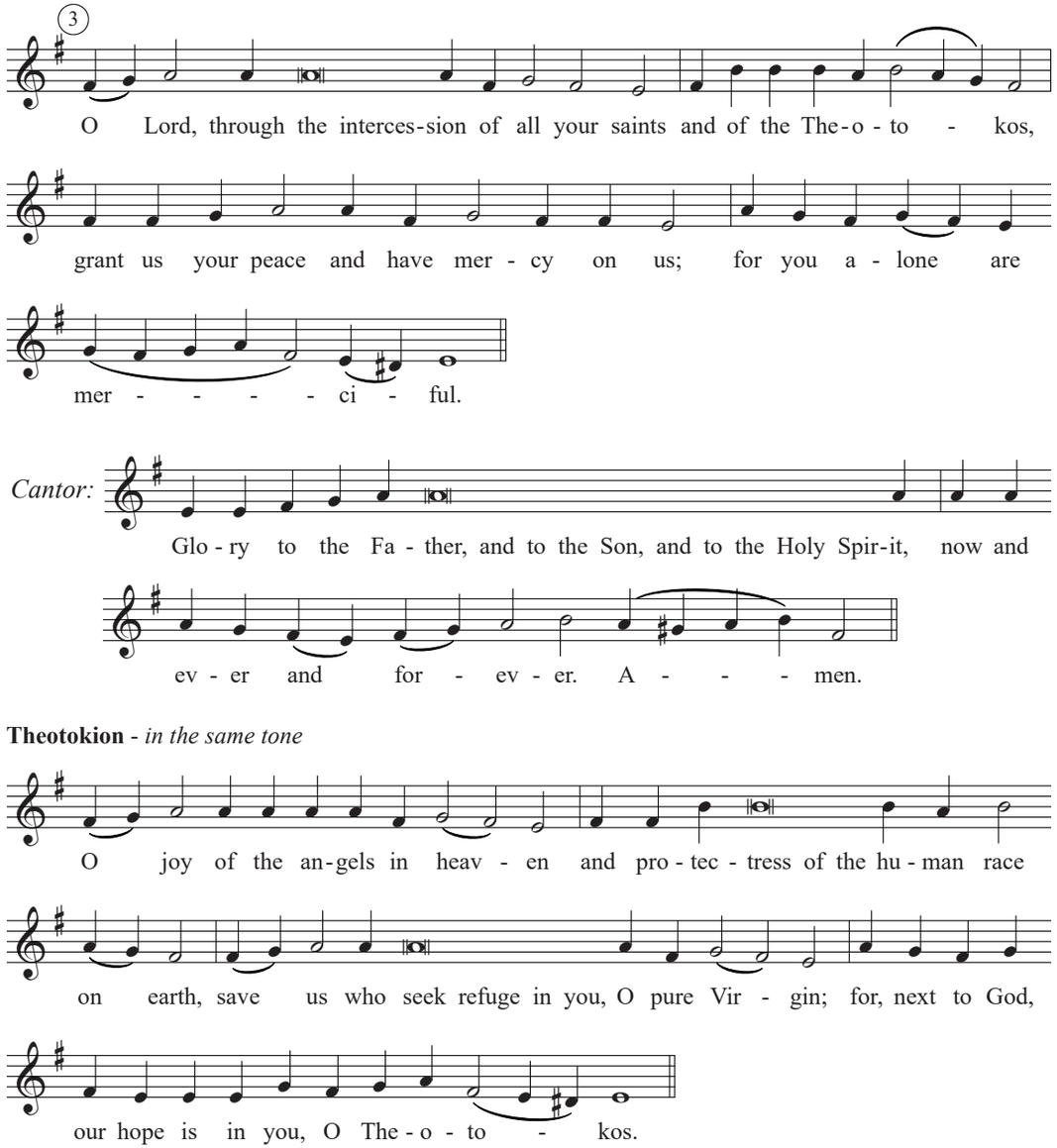

Theotokion - *in the same tone*

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

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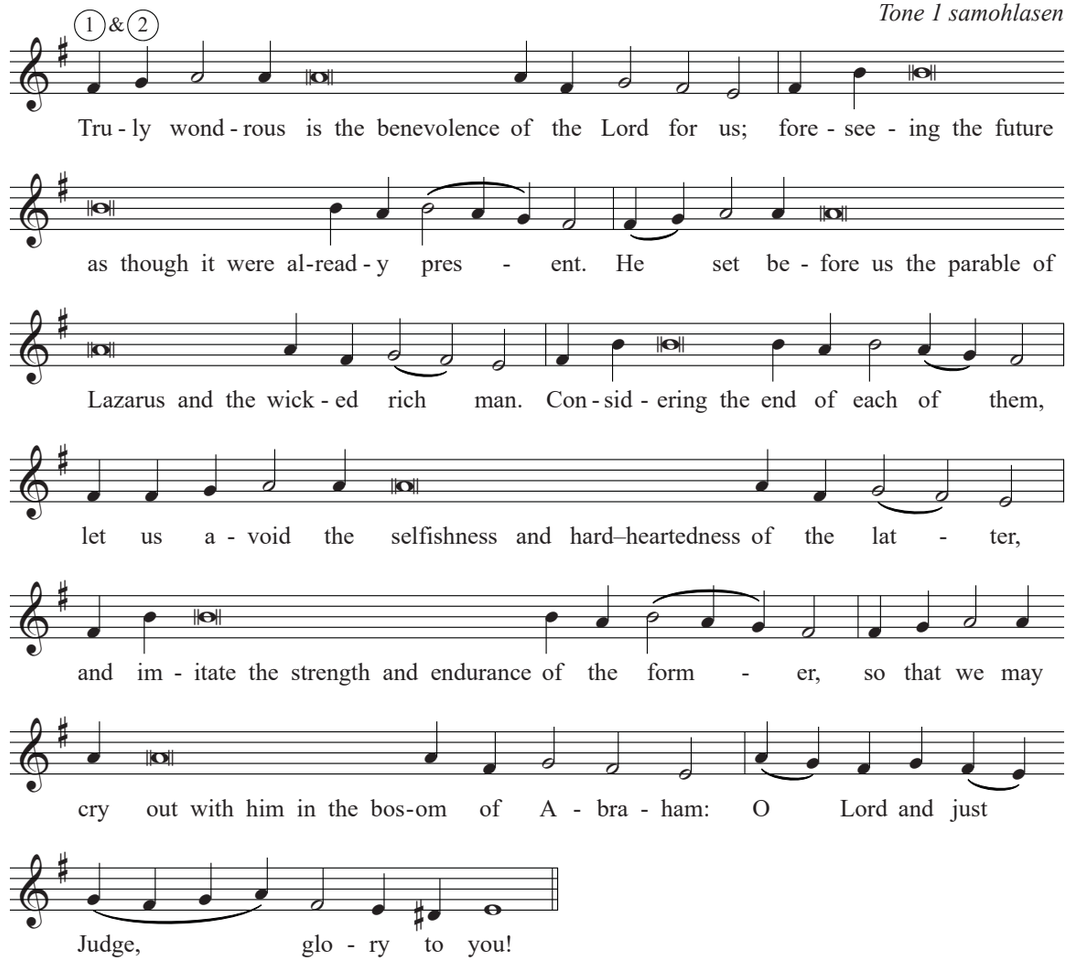
Previous editions of this booklet also gave a longer ending, which is only appropriate on weekday evenings (Monday through Thursday) in the Great Fast. This edition uses the correct conclusion for Sundays found in the official Slavonic liturgical books.

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

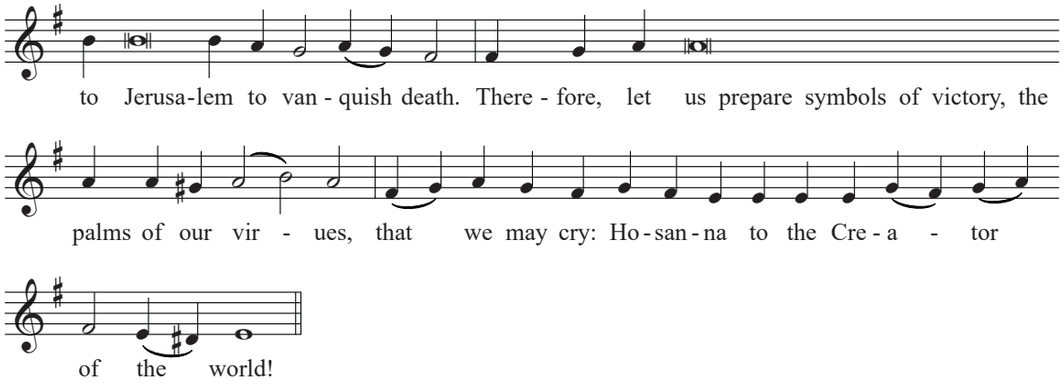
Aposticha

Tone 1 samohlasen



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.



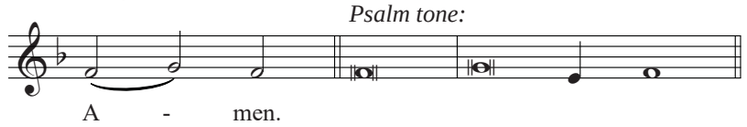
The stichera for the saint of the day are found in the insert.

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:



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 gra***cious*** 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. ***A***men.

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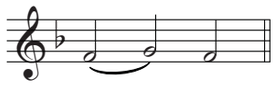
Lord, have mercy. Lord, have mercy.
Lord, ***have*** mercy.

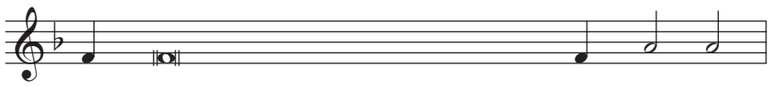
Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. ***A***men.

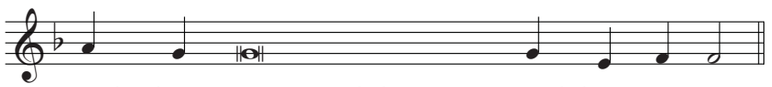
Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us ***from*** evil.

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

Response:







(sung twice)
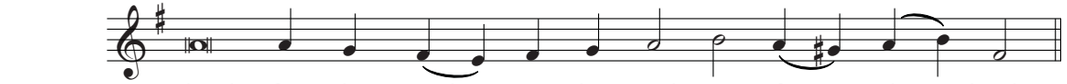
Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. ***A***men.
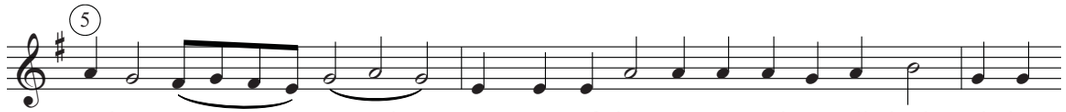
Call to Worship
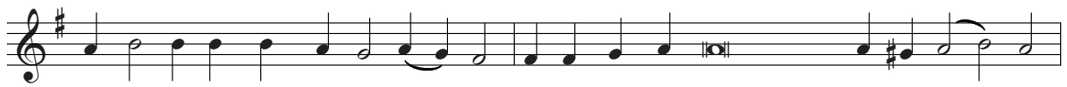
Come, let us worship our King and God. *(bow)*
Come, let us worship Christ, our King and God. *(bow)*
Come, let us bow before the only Lord Jesus Christ, *(bow)*
the King and ***our*** God.
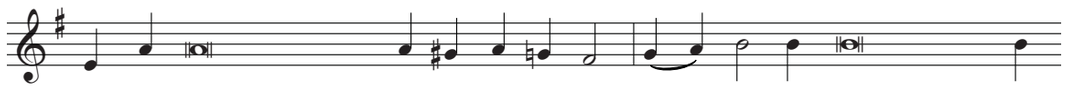
Psalm 103
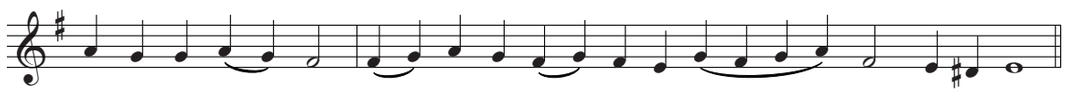
Bless the Lord, O my soul!
Lord my God, how great ***you*** are,
clothed in majesty and glory,
wrapped in light as in ***a*** robe.
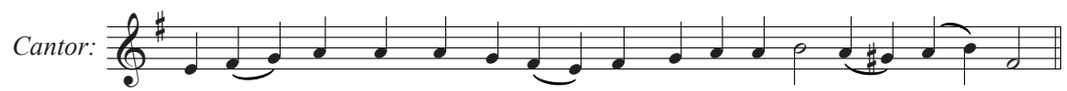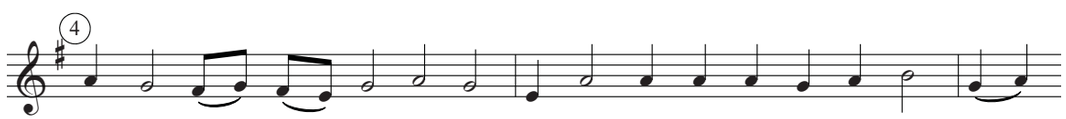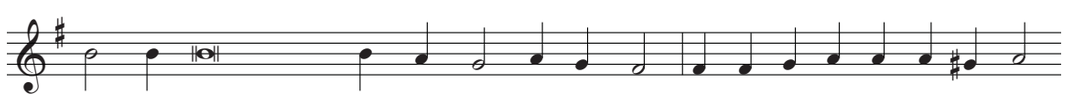






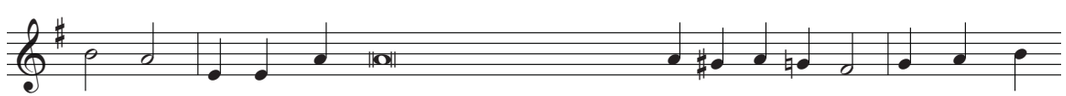








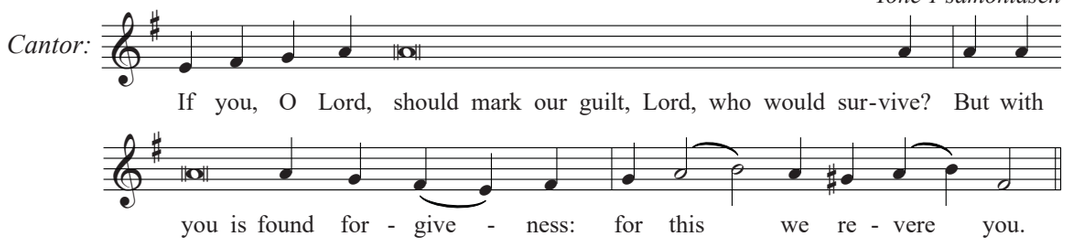




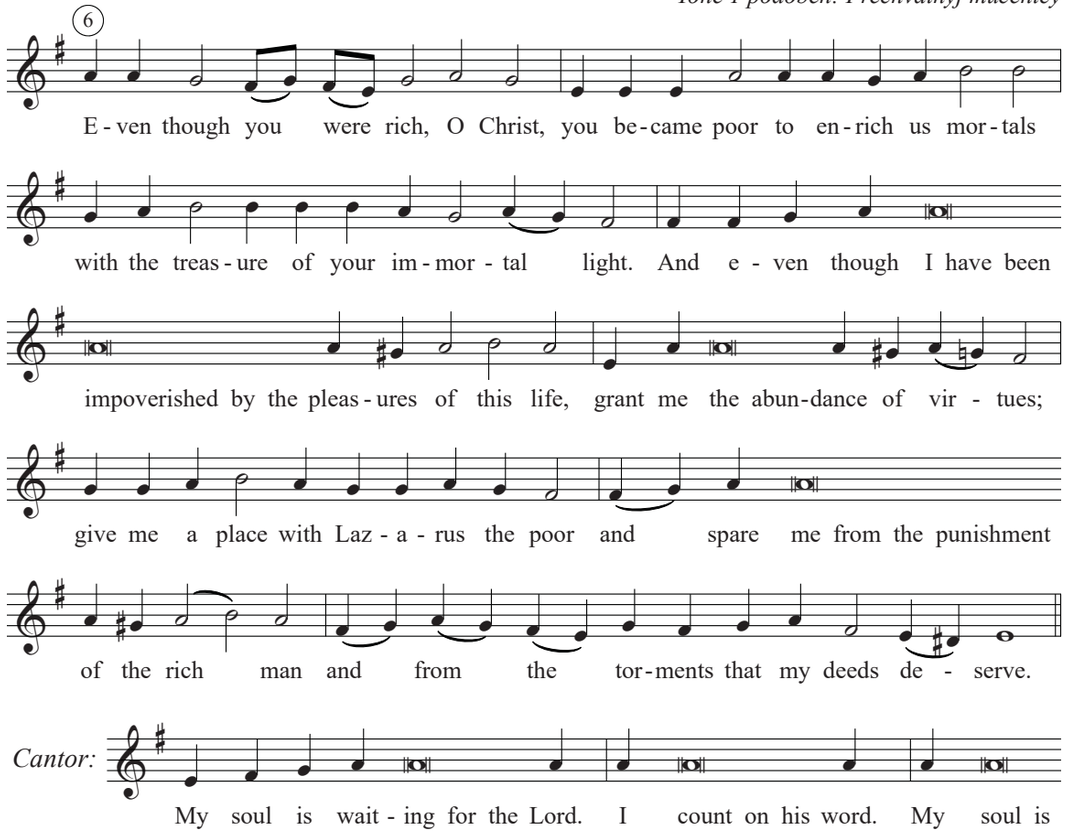
Fifth Sunday of the Great Fast

Stichera for Psalm 140

Tone 1 samohlasen



Tone 1 podoben: Prechvalnyj mučenicy



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 flam***ing*** 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 ***ap***pointed.
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.

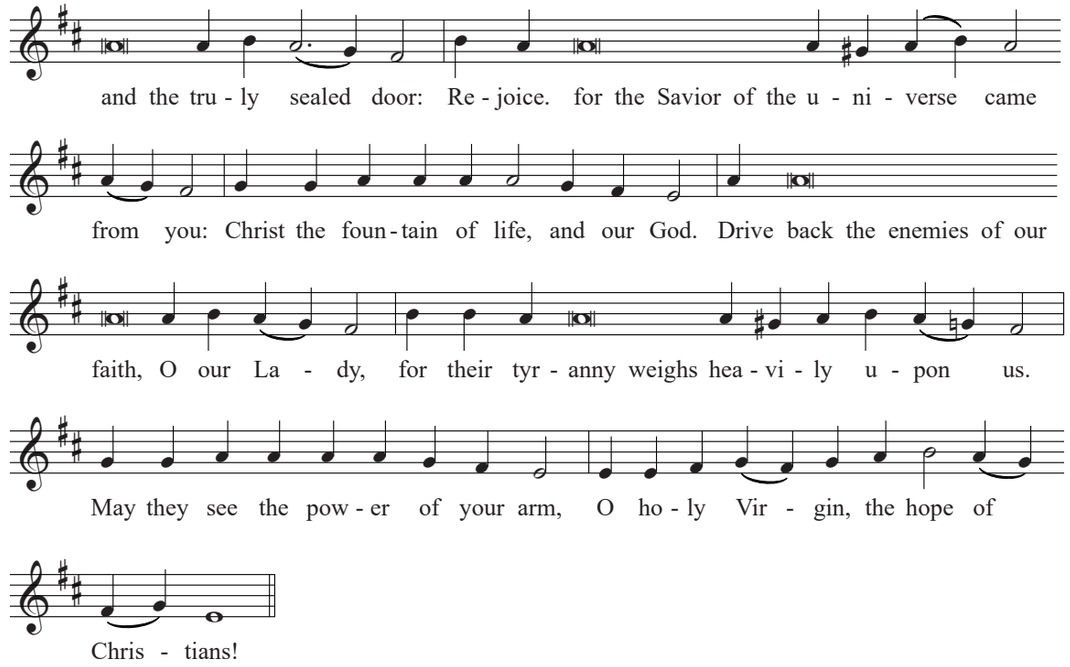
You made the moon to mark the months;
the sun knows the time for ***its*** setting.
When you spread the darkness it is night
and all the beasts of the forest ***creep*** forth.

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.

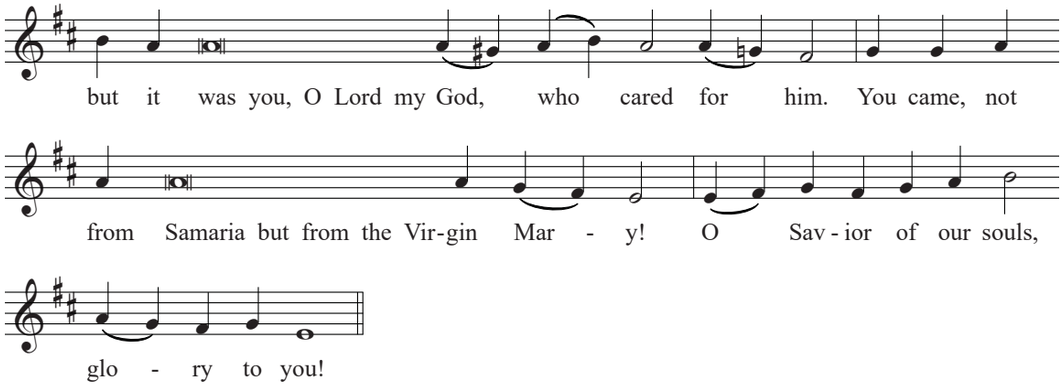
Man goes out to his work,
to labor till eve***ning*** falls.
How many are your works, O Lord!
In wisdom you have made them all.
The earth is full of ***your*** riches.

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.

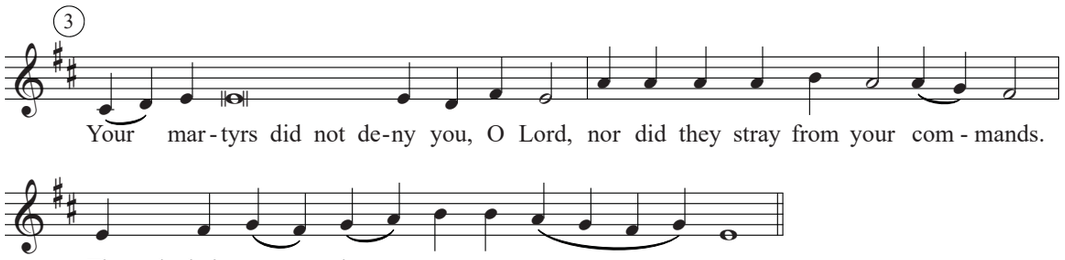
All of these look to you
to give them their food in ***due*** season.
You give it, they gather it up;
you open your hand, they have ***their*** fill.

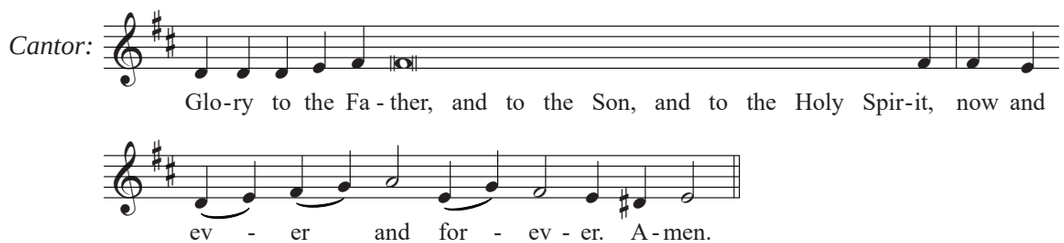


The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.

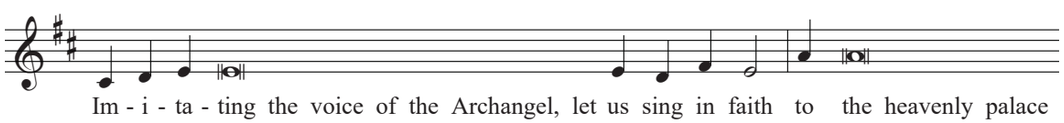


Cantor: Have mercy on us, Lord, have mercy. We are filled with contempt.
Indeed all too full is our soul with the scorn of the rich, with the proud man's disdain.





Theotokion - *in the same tone*



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.
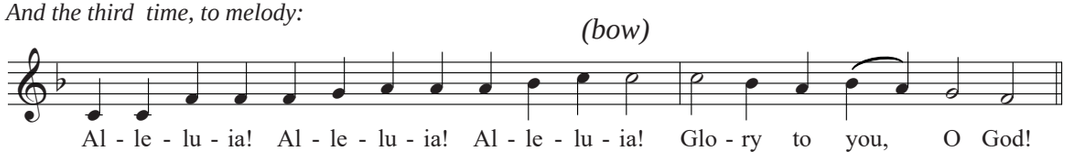
And again:
You made the moon to mark the months;
the sun knows the time for ***its*** setting.
How many are your works, O Lord!
In wisdom you have made ***them*** all.

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

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

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

And the third time, to melody:
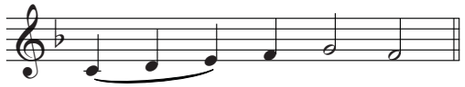


The faithful may SIT for the Litany of Peace.

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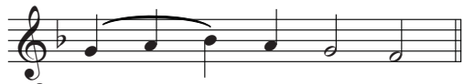
Deacon: In peace, let us pray to the Lord.

Response:



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

Response:



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)

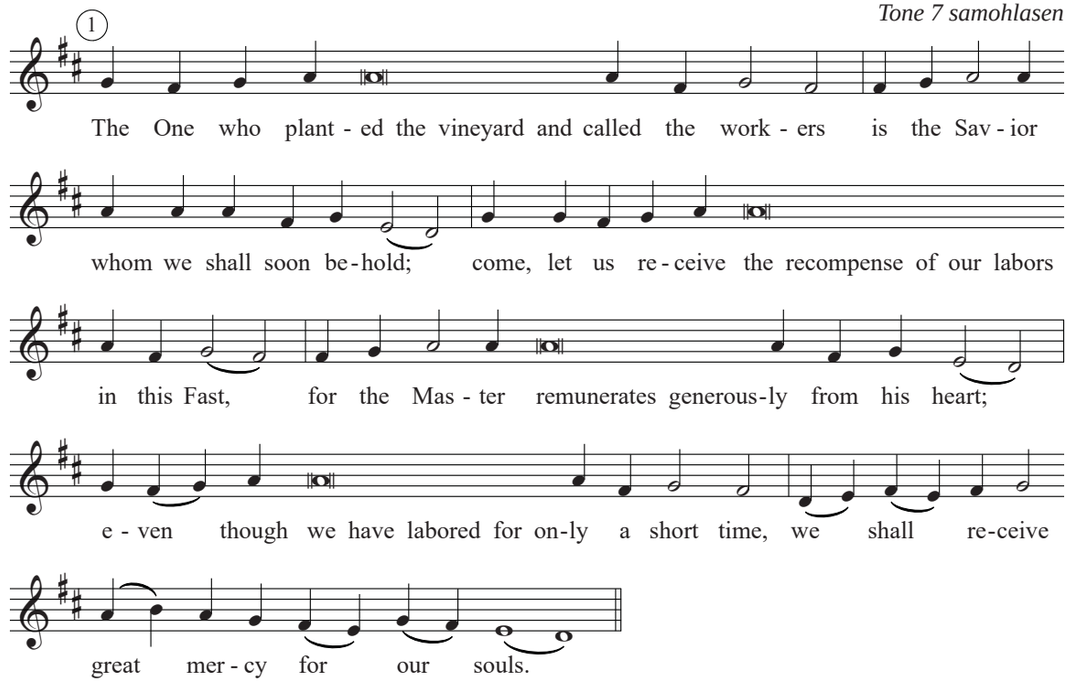
For this city, for every city, community, and for the faithful living in them, let us pray to the Lord. (2)

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

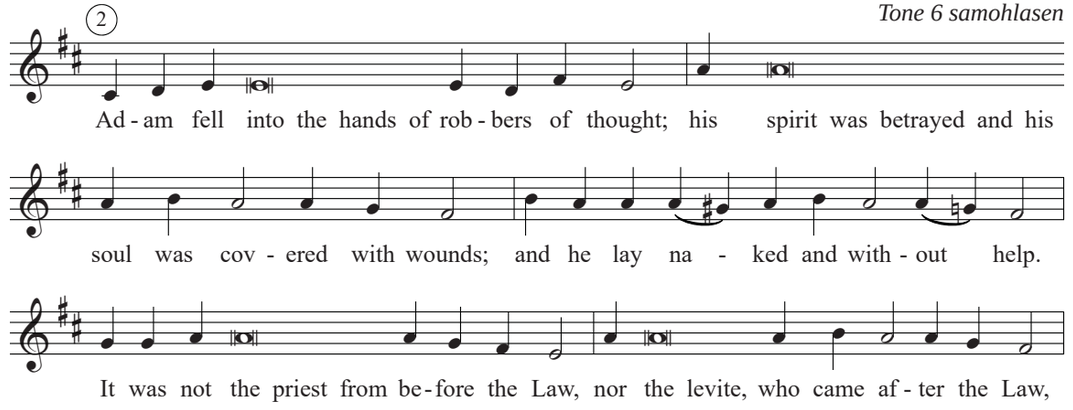
(1)

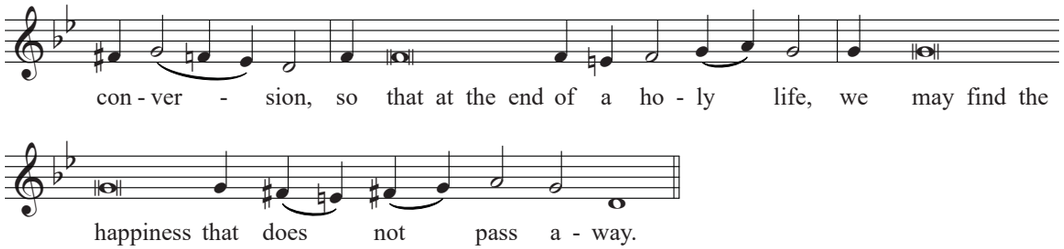


Cantor: To you have I lifted up my eyes, you who dwell in the heavens;
my eyes, like the eyes of slaves on the hand of their lords.
Like the eyes of a servant on the hand of her mistress,
so our eyes are on the Lord our God till he show us his mercy.

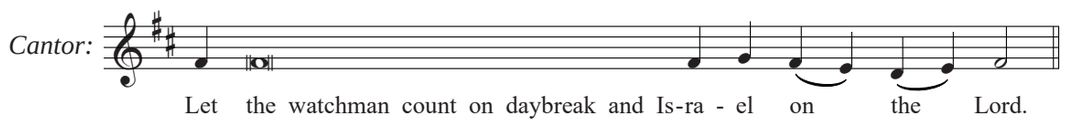
Tone 6 samohlasen

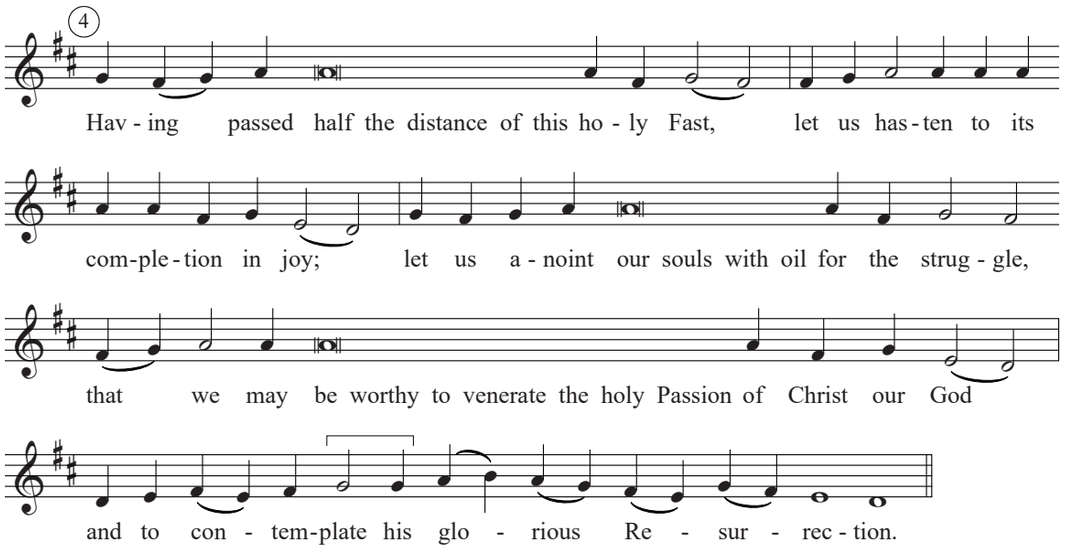
(2)





Tone 7 samohlasen





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)
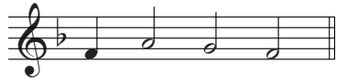
Special petitions may be added here.

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:
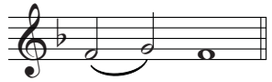


The faithful STAND.

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:



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 39
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:
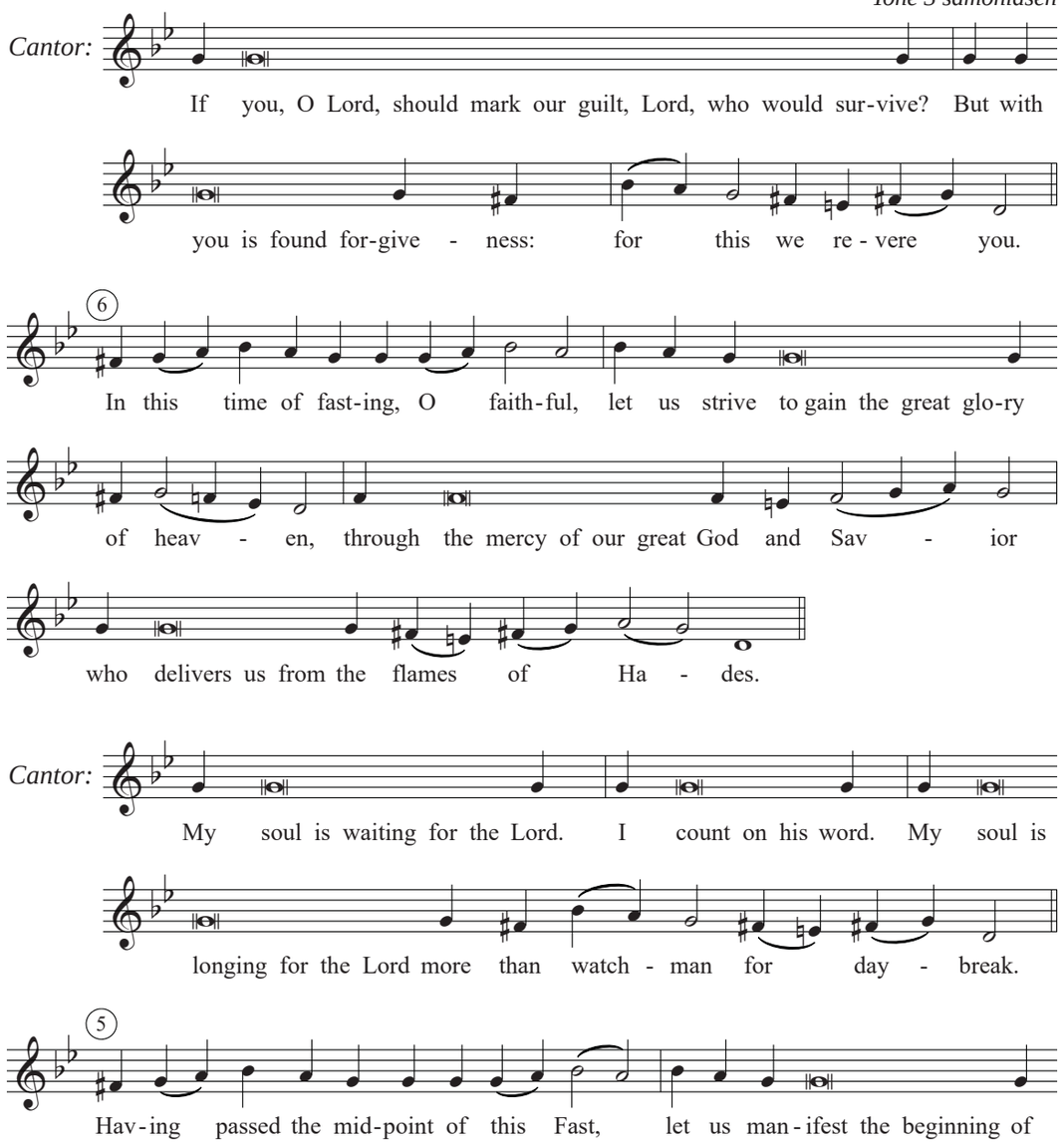
Glory to the Father, and to the Son, and to the Holy Spirit...

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.

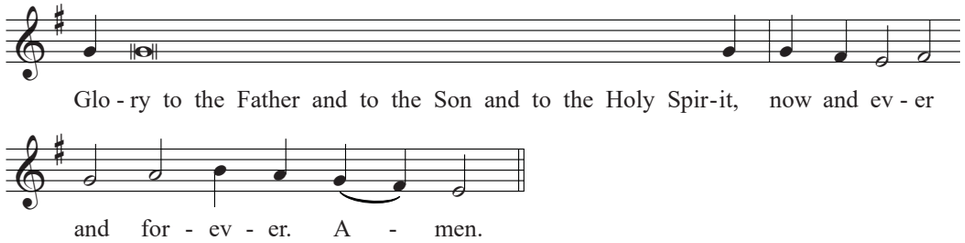
Fourth Sunday of the Great Fast

Stichera for Psalm 140

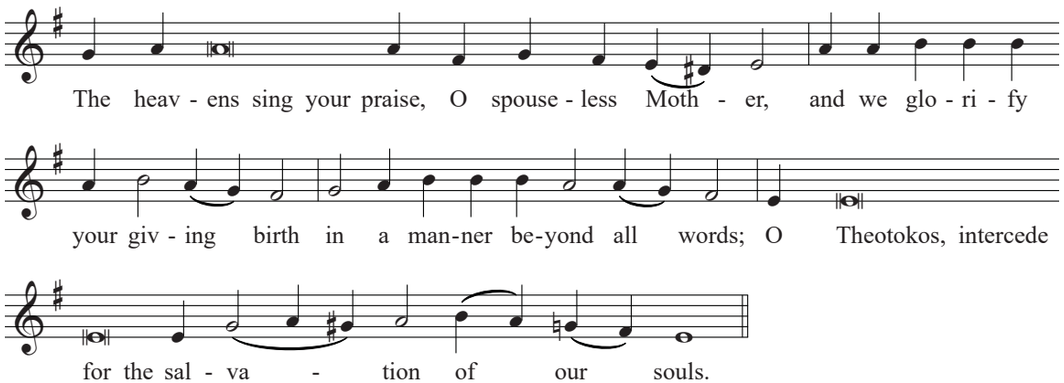
Tone 3 samohlasen



Cantor:



Theotokion - *in the same tone*
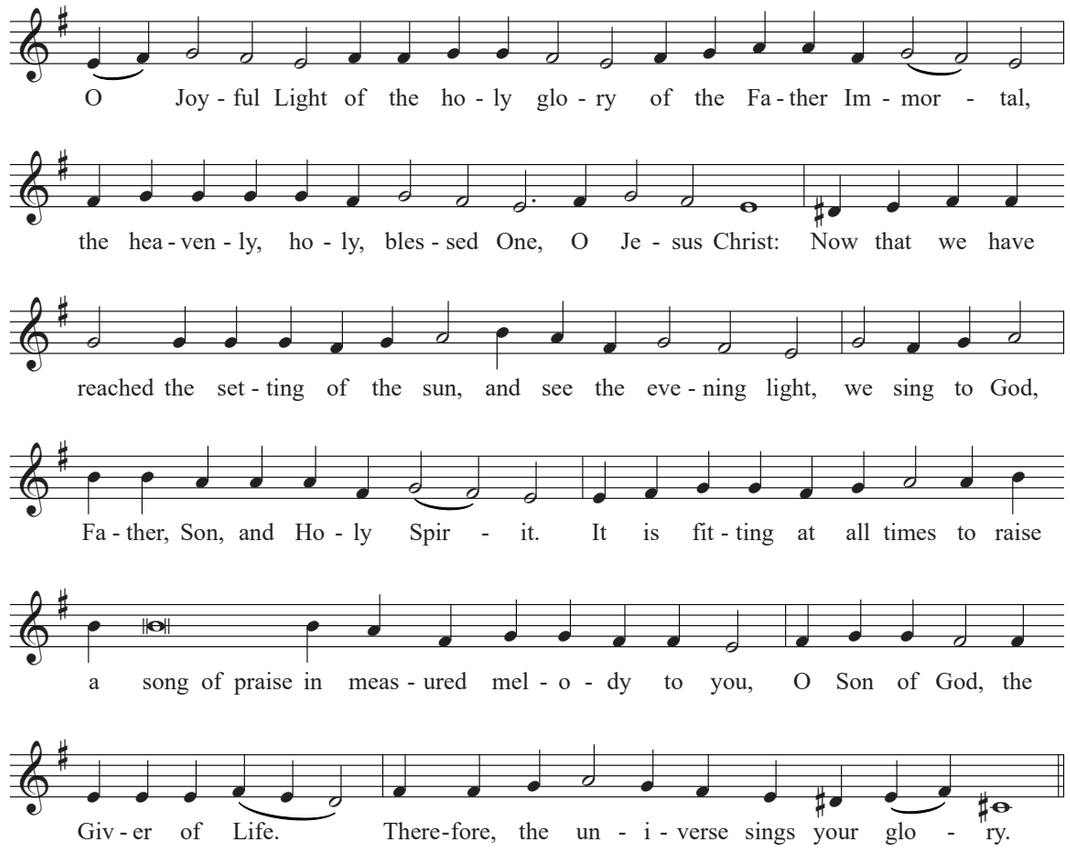


The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.

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



Deacon: Let us be attentive!

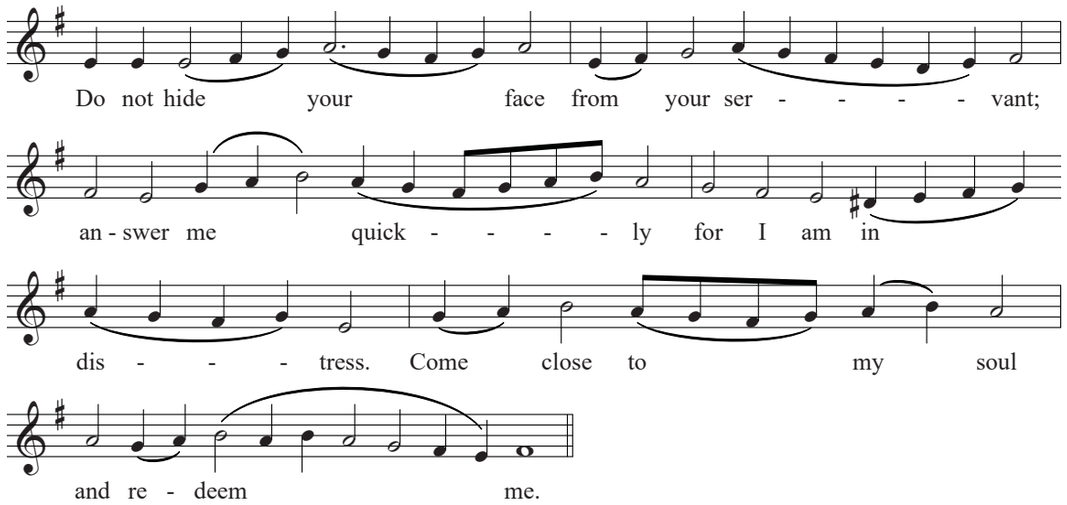
Priest: Peace be to all!

Deacon: Wisdom! Be attentive!

Evening Prokeimenon

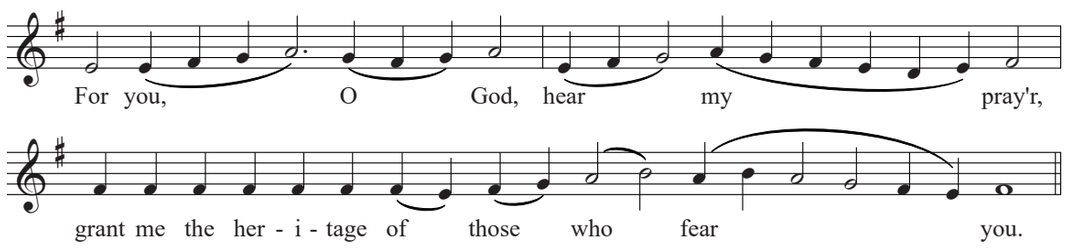
The verses of the prokeimenon are sung either by the deacon or by the priest.

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



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.

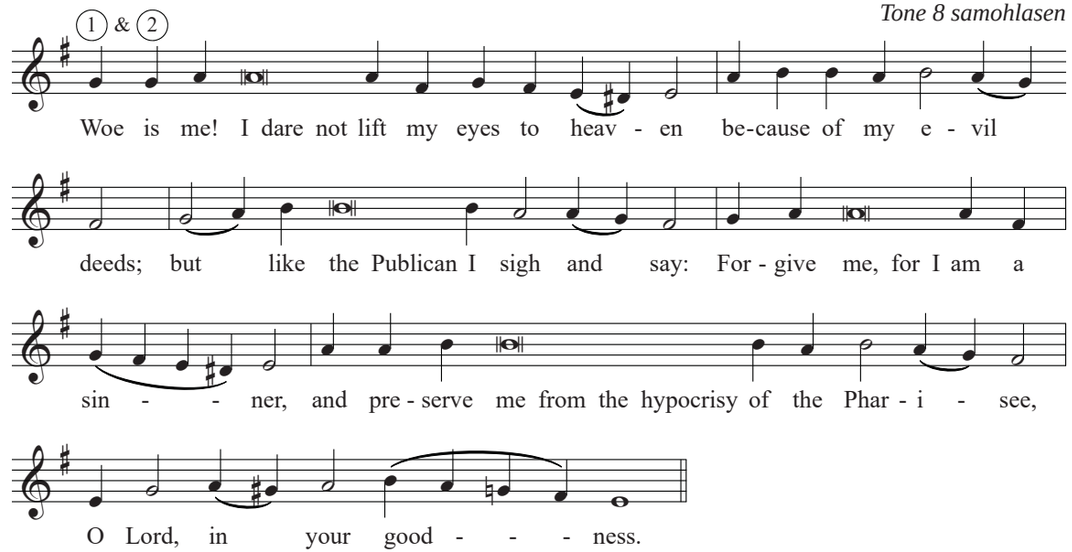
Prokeimenon for the First, Third, and Fifth Sundays of the Great Fast - *Special tone 8* (Psalm 60:6,3,5,9):



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.

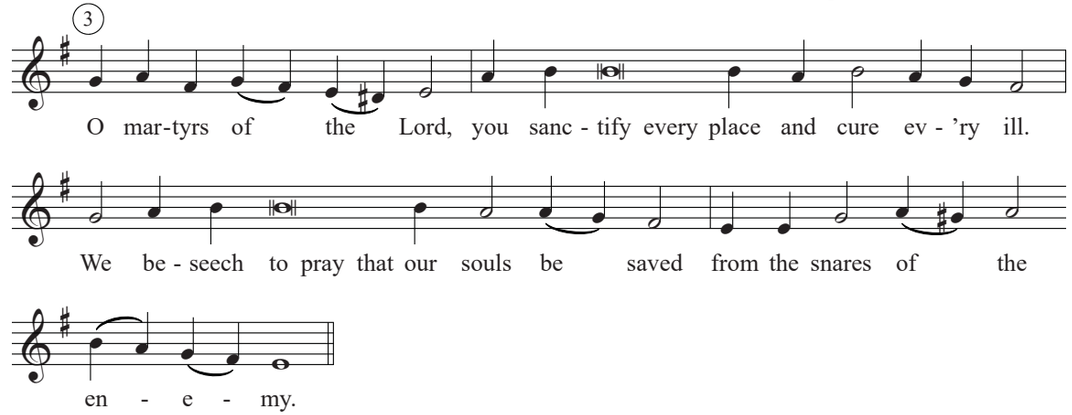
Aposticha
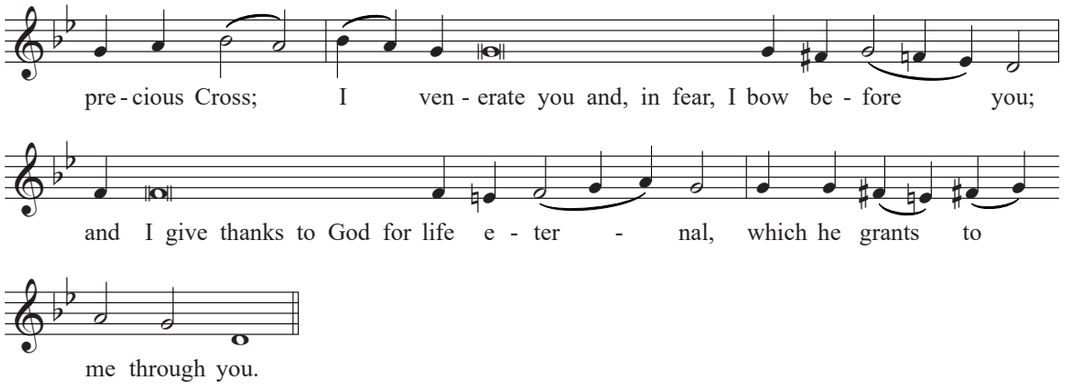
Tone 8 samohlasen



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.





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

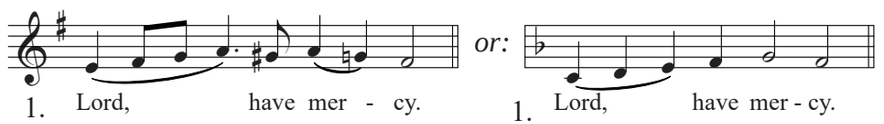
Make us worthy, O Lord,
to be kept sinless ***this*** evening.
Blessed are you, O Lord, the God of our fathers,
and praiseworthy and glorious is your name forever. ***A***men
May your mercy, O Lord, be upon us
because we have placed our hope ***in*** you.
Blessed are you, O Lord, *(bow)*
teach me your ***com***mandments.
Blessed are you, O Master, *(bow)*
make me understand your ***com***mandments.
Blessed are you, O Holy One, *(bow)*
enlighten me with your ***com***mandments.
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 glor***y*** due.
Father, Son, and Holy Spirit,
now and ever and forever. ***A***men.

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 Aposticha on page 14.)

Litany of Supplication

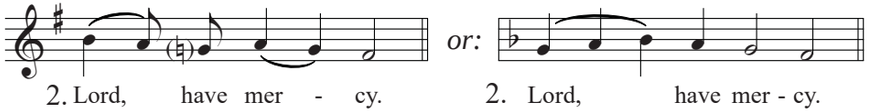
Deacon: Let us complete our evening prayer to the Lord

Response:
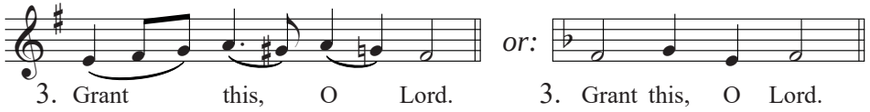


Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.

Response:



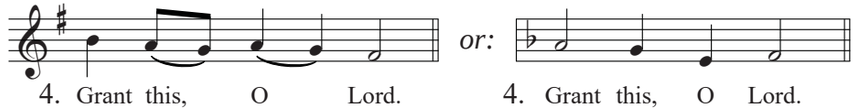
Deacon: That this whole evening be perfect, holy, peaceful, and without sin, let us beseech the Lord.

Response:



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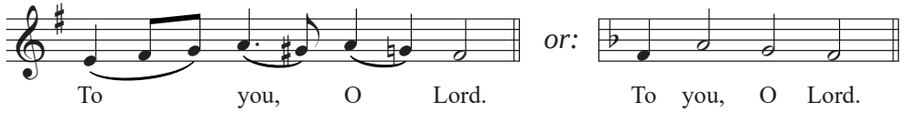
For what is good and beneficial to our souls and for peace in the world, let us beseech the Lord. (4)

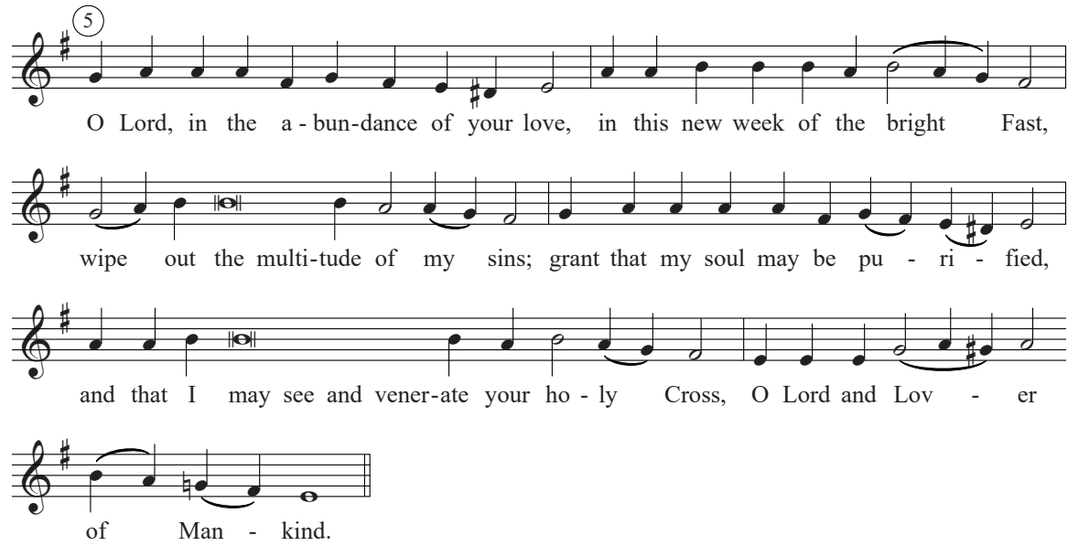
That we spend the rest of our life in peace and repentance, let us beseech the Lord. (3)

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)

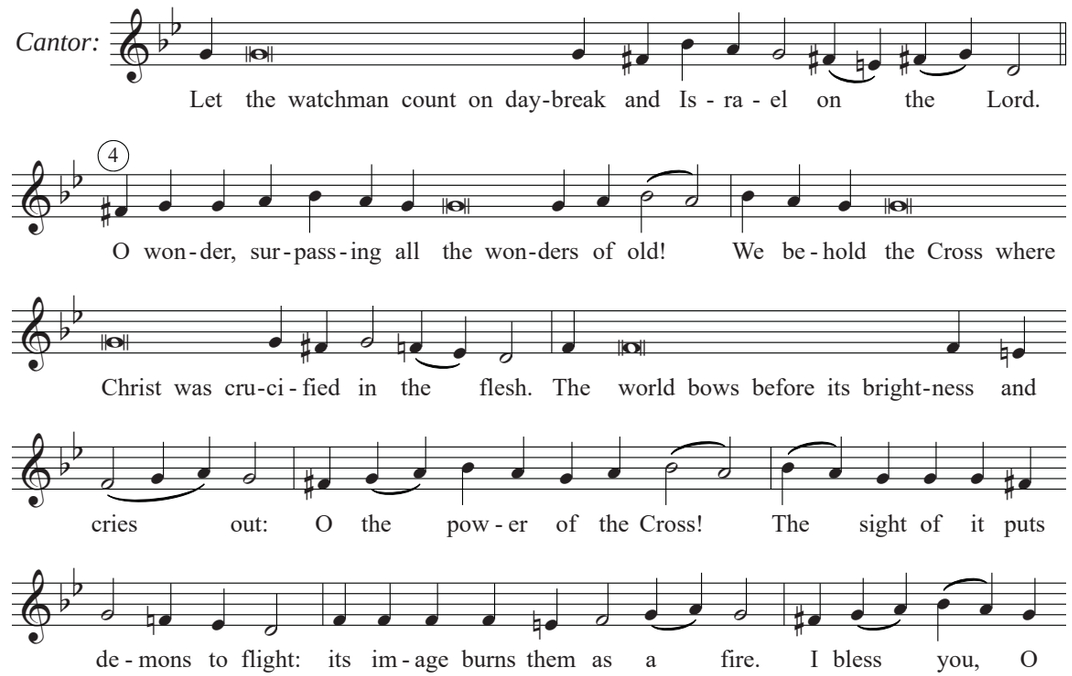
Commemorating our most holy, most pure, most blessed and glorious Lady, the Theotokos and ever-Virgin Mary with all the saints, let us commit ourselves and one another, and our whole life to Christ our God.

Response:
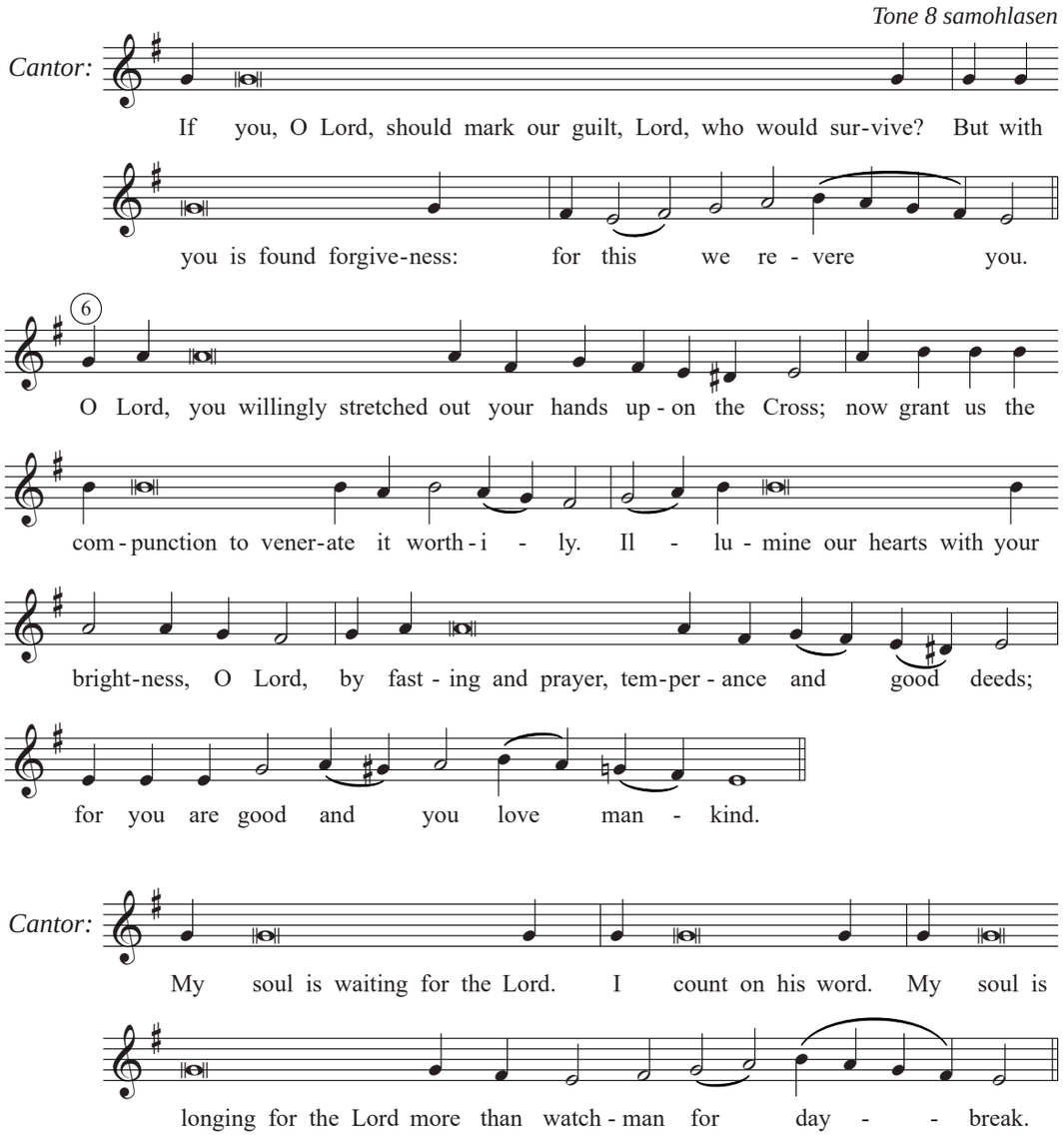




Tone 3 samohlasen



Third Sunday of the Great Fast

Stichera for Psalm 140
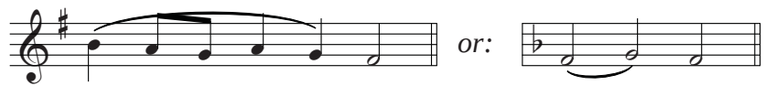
Tone 8 samohlasen



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:
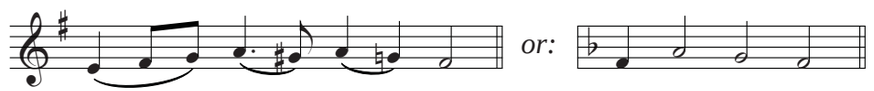


Priest: Peace be to all!

Response:



Deacon: Bow your heads to the Lord!

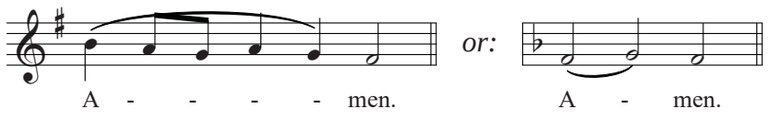
Response:



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:



Aposticha

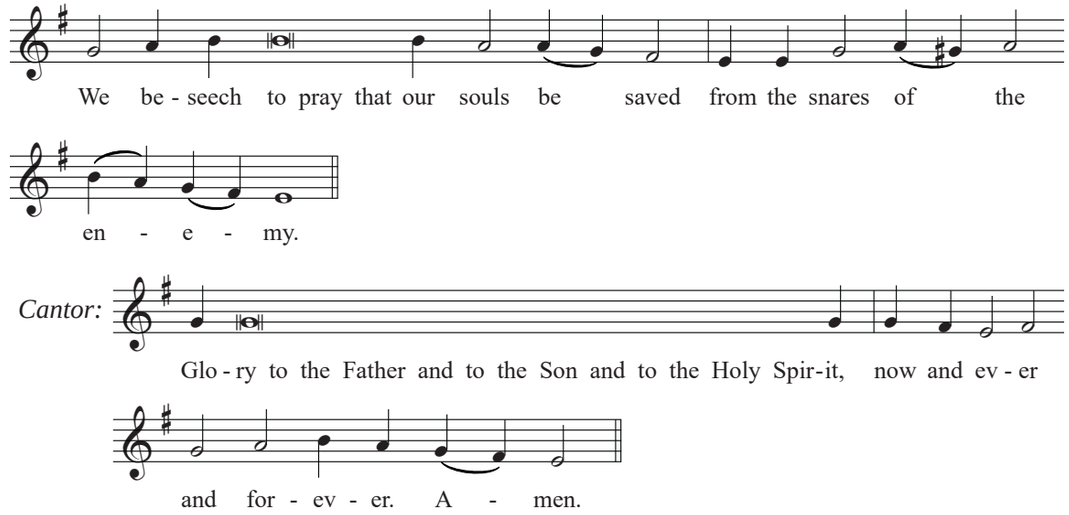
The Aposticha are found on the following pages:

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

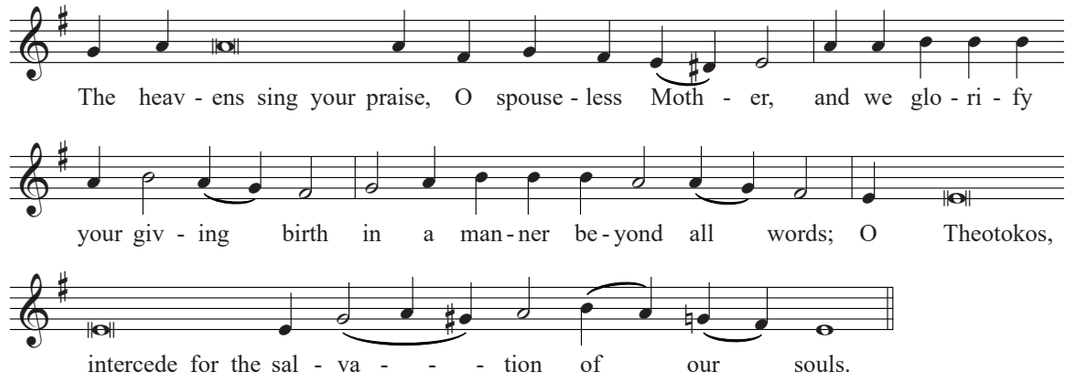
The Prayer of Holy Simeon the God-Bearer

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 peo***ple*** Israel.



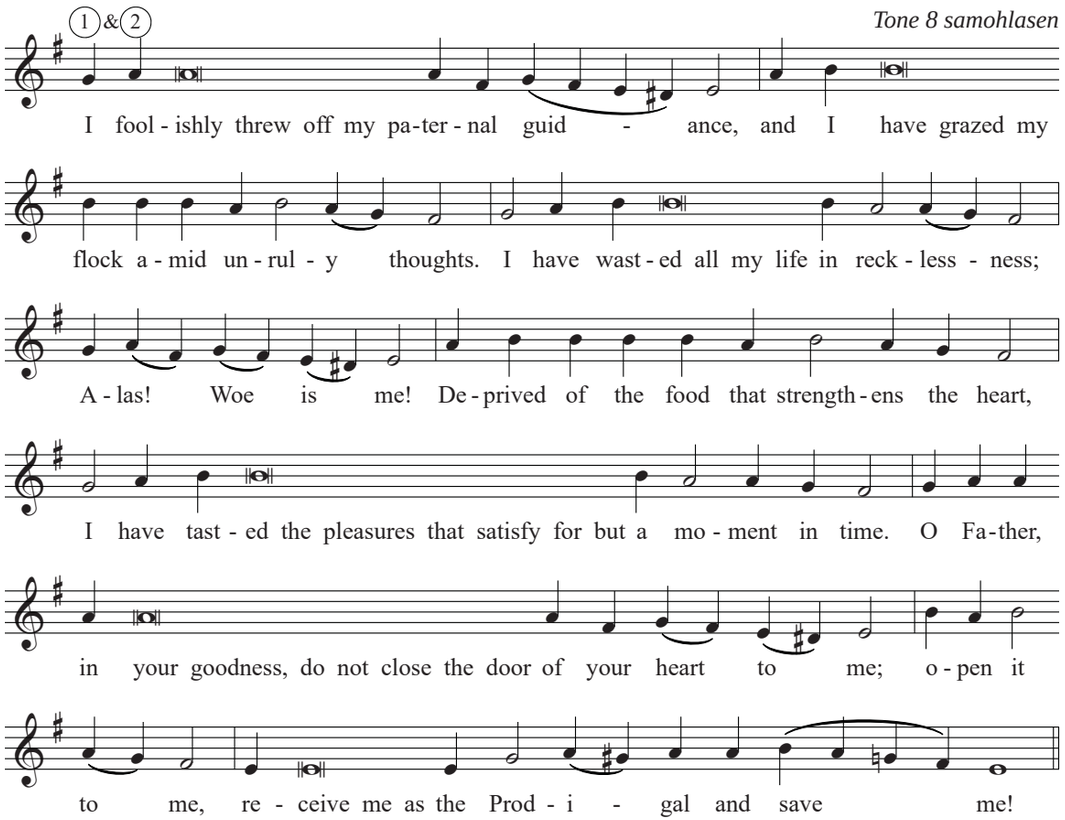
Theotokion - *in the same tone*



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

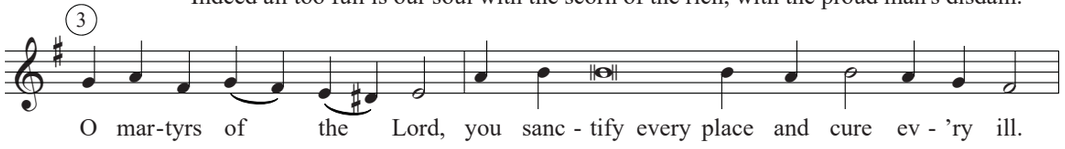
Aposticha

Tone 8 samohlasen



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.



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. ***A***men.

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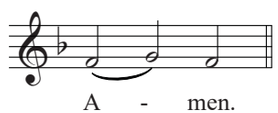
Lord, have mercy. Lord, have mercy.
Lord, ***have*** mercy.

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

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.

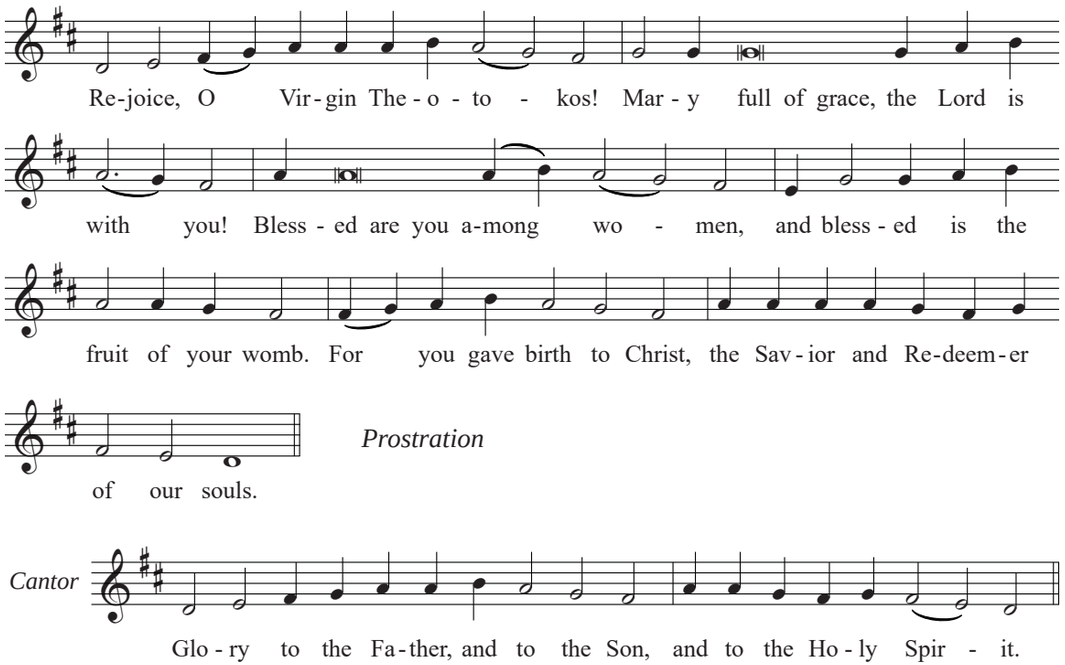
Priest: For thine is the kingdom and the power and glory,
Father, Son, and Holy Spirit, now and ever and forever.

Response:

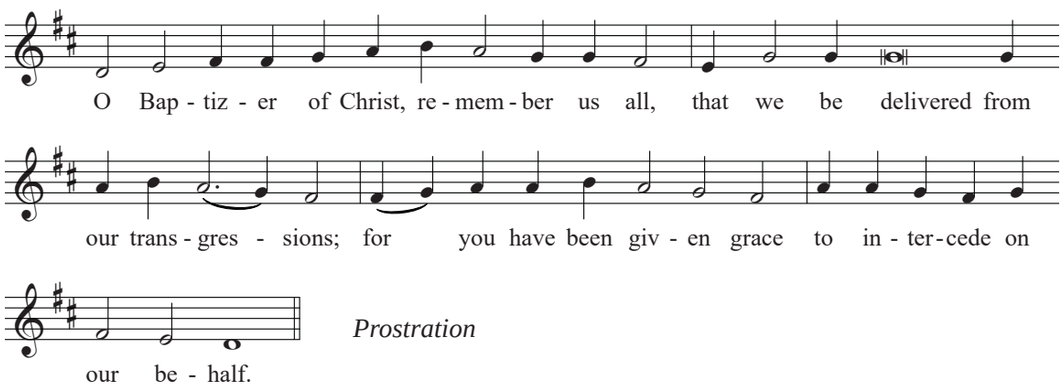


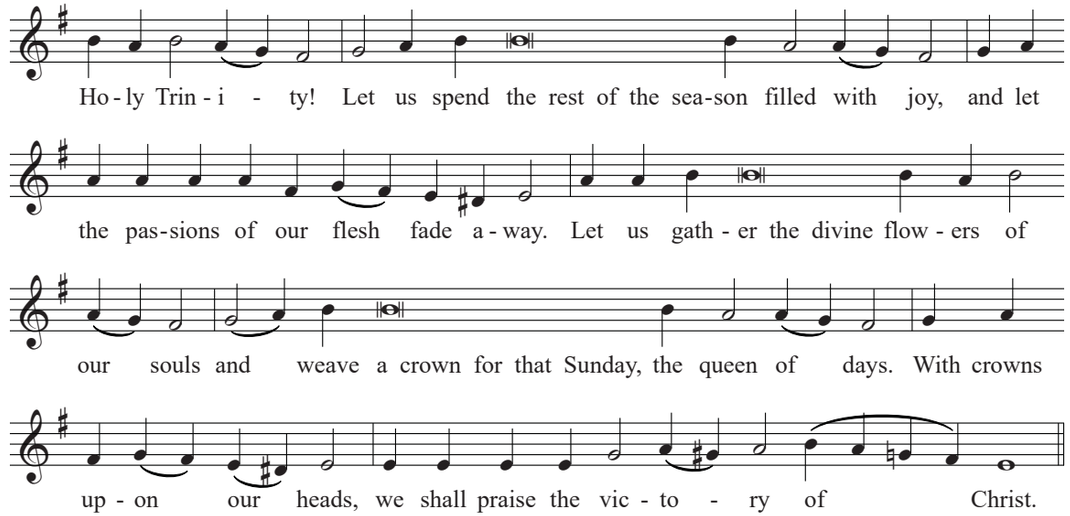
Dismissal for Fasts

Troparion to the Theotokos - *Tone 4*
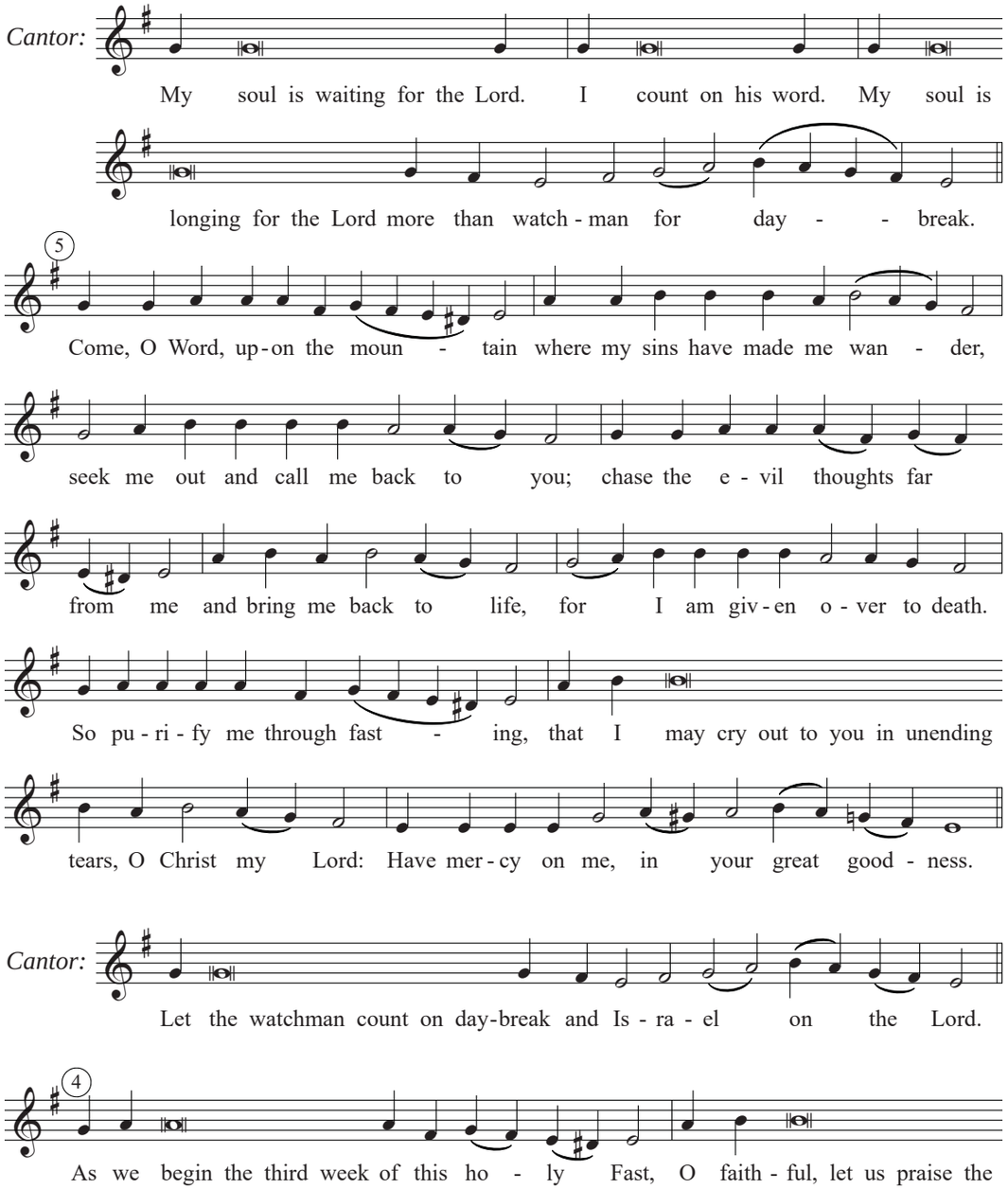


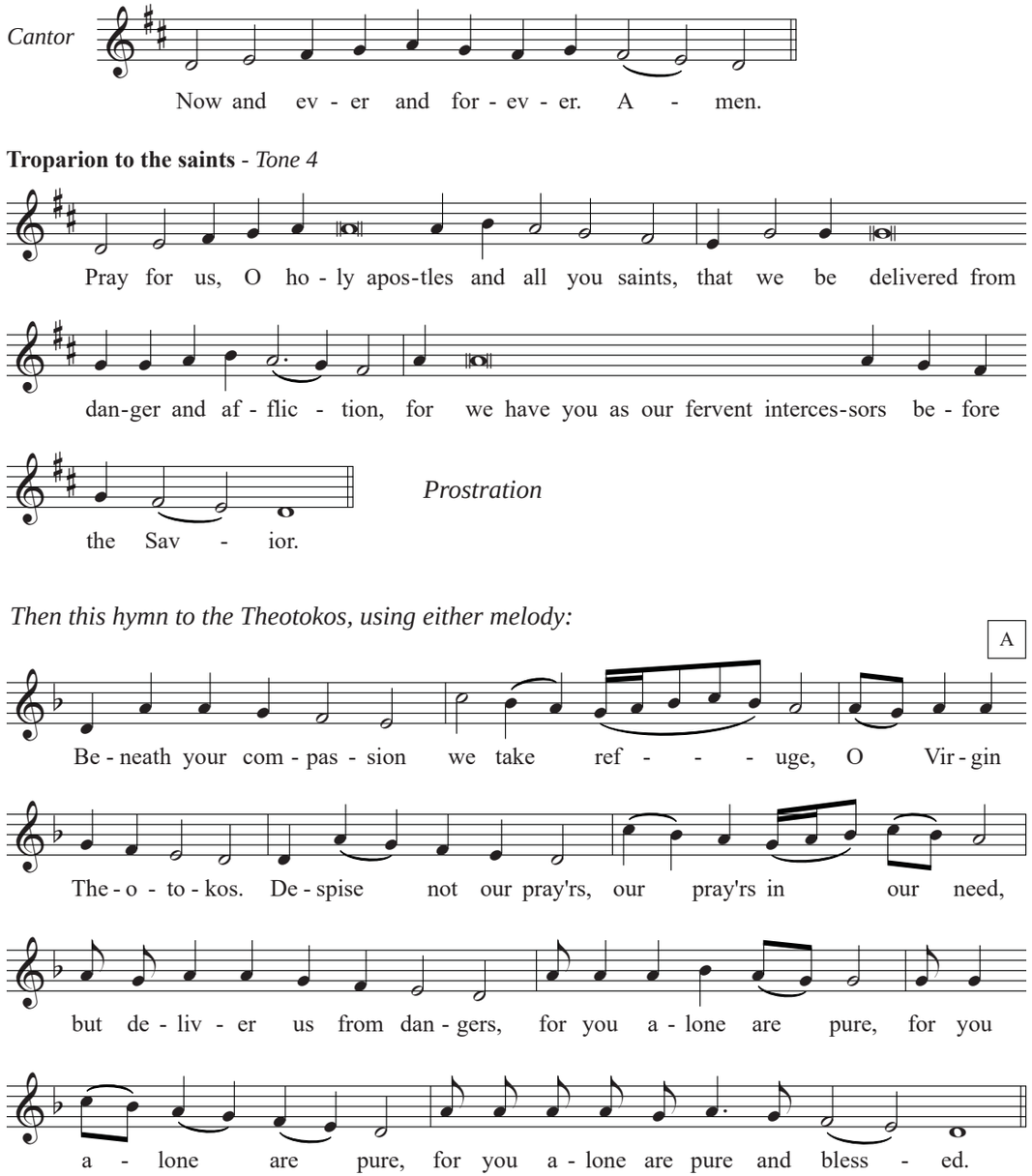
Troparion to John the Forerunner - *Tone 4*





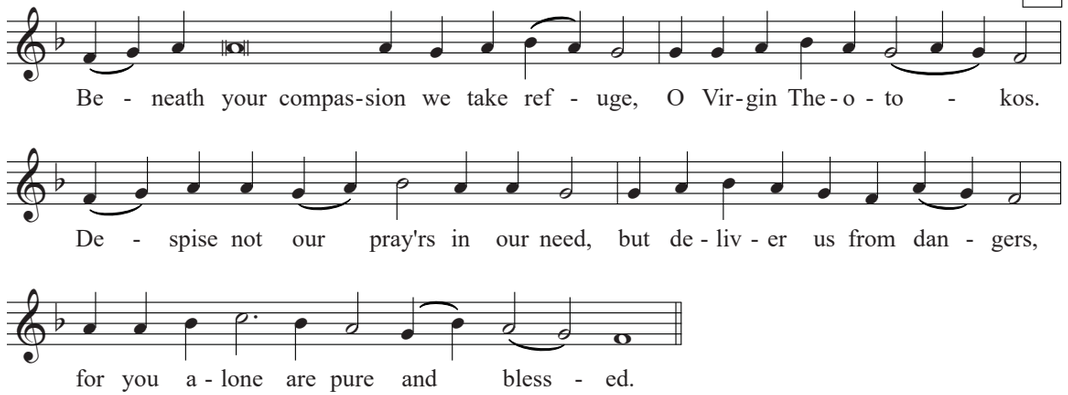
The stichera for the saint of the day are found in the insert.


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:
A
Be - neath your com - pas - sion we take ref - - - uge, O Vir - gin
The - o - to - kos. De - spise not our pray'rs, our pray'rs in our need,
but de - liv - er us from dan - gers, for you a - lone are pure, for you
a - lone are pure, for you a - lone are pure and bless - ed.

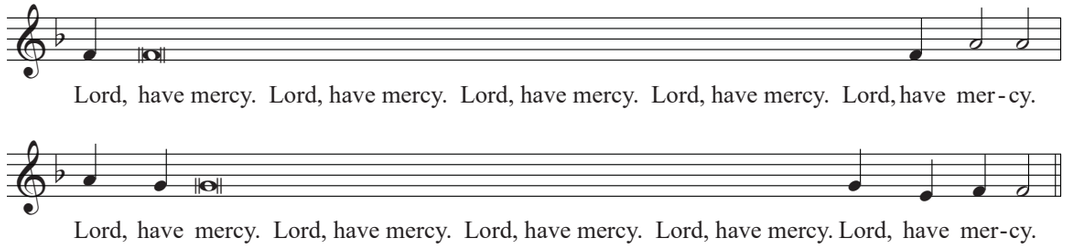
or:

B
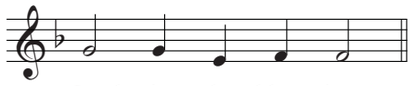


The following is sung four times:

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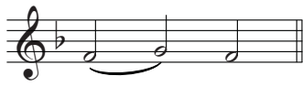


All:



If a priest leads the service:

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

Response:
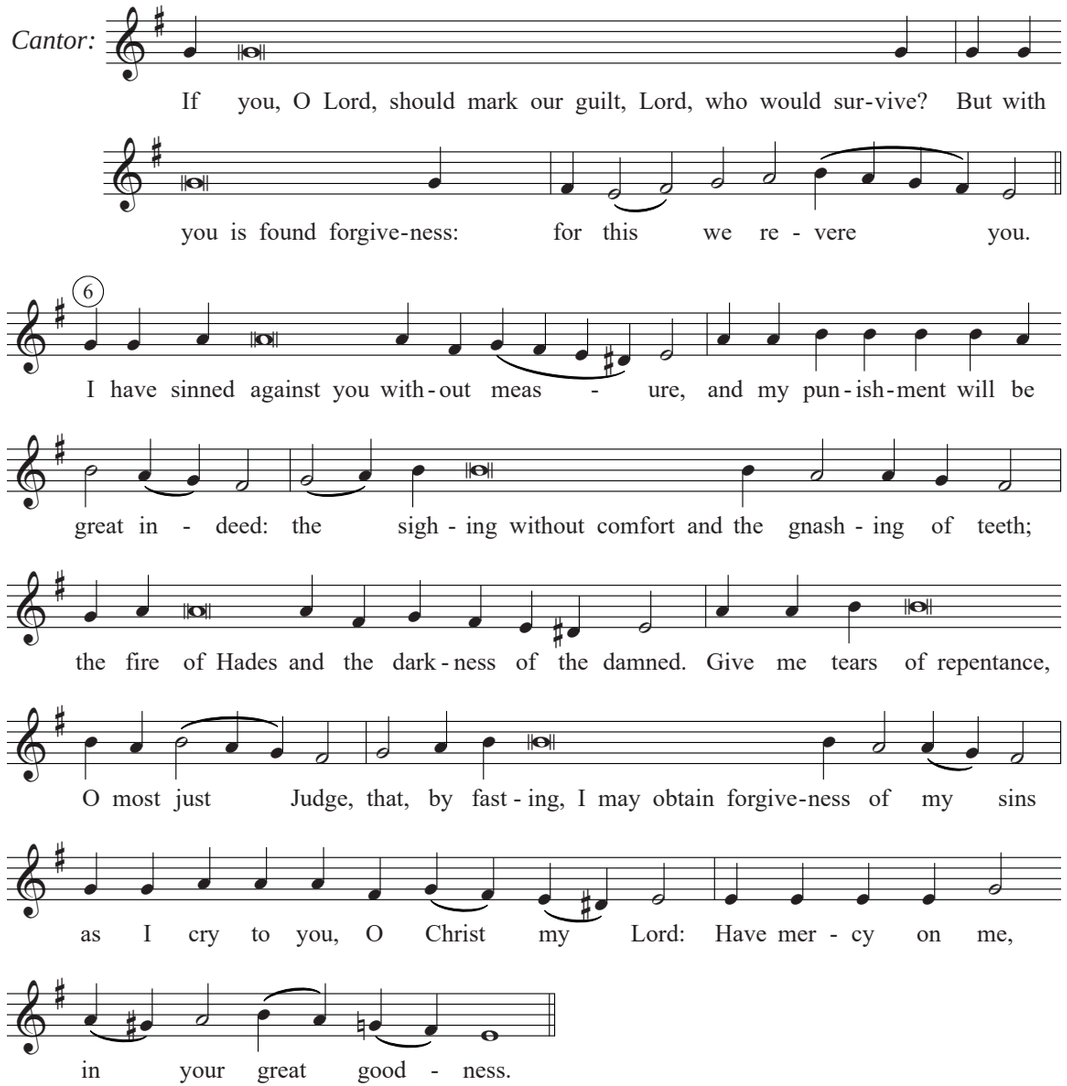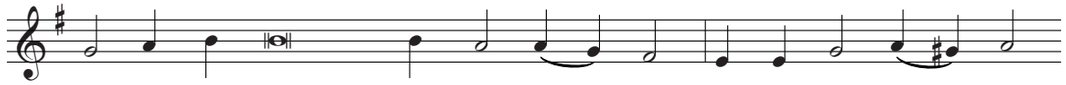


Second Sunday of the Great Fast
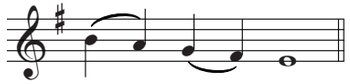
Stichera for Psalm 140

Tone 8 samohlasen

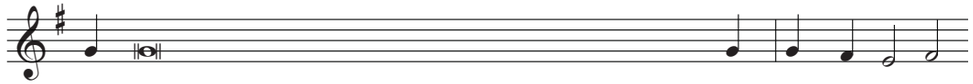
Cantor:
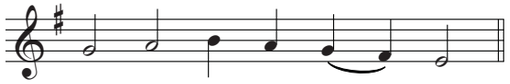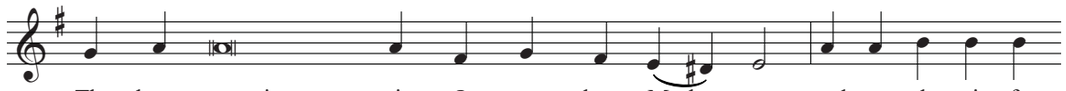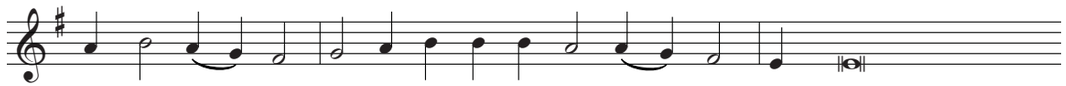






Cantor:
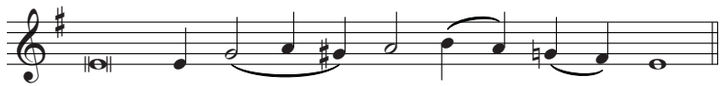




Theotokion - *in the same tone*
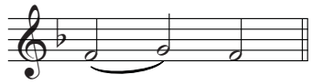






The service continues with the Prayer of Holy Simeon the God-Bearer on page 14.

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:



Lord, have mercy. Lord, have mercy.
Lord, ***have*** mercy.
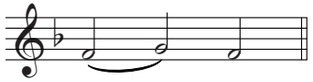
Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and forever. ***A***men.

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 mag***ni***fy.

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:



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
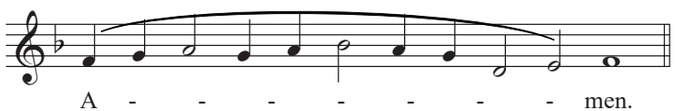
Priest: Glory to you, O Christ God, our hope, glory to you.

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

Lord, have mercy. Lord, have mercy. Lord, have mercy.
Give ***the*** blessing.
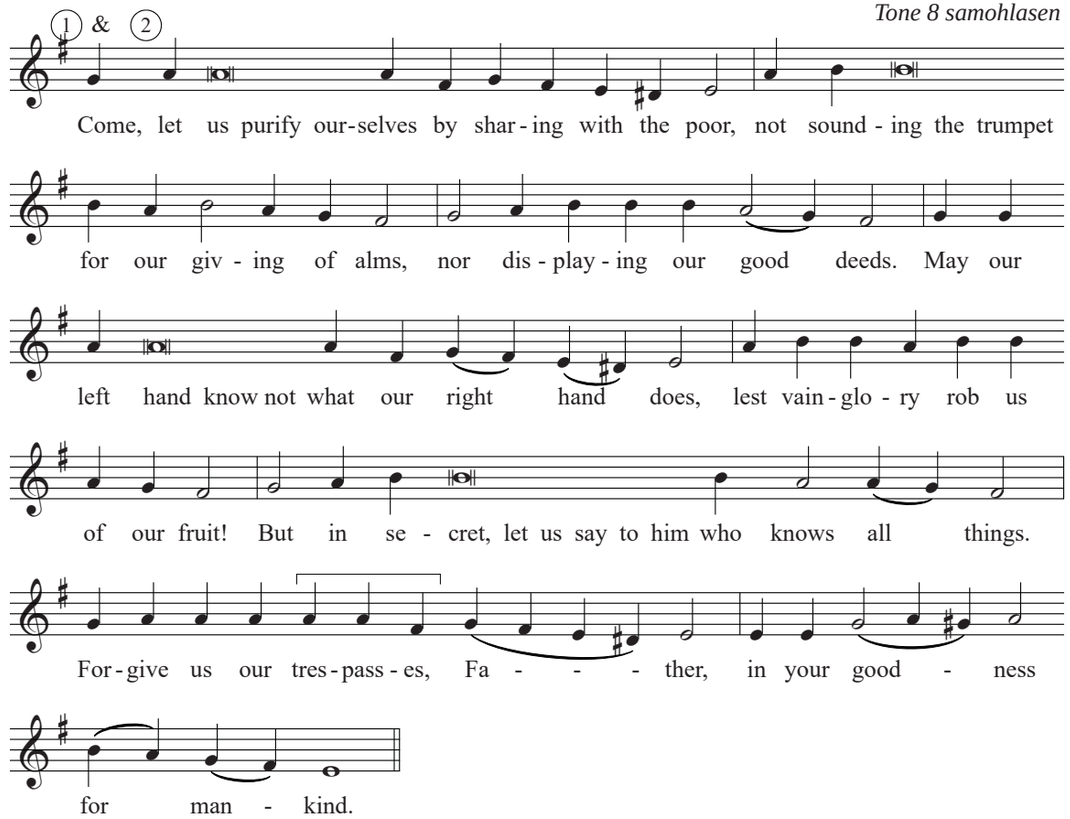
Priest: May Christ our true God have mercy on us and save us through the prayers of his most pure Mother, through the protection of the honorable and heavenly angelic powers; through the prayers of the holy, glorious, and illustrious apostles; of the holy *(Name)*, the patron[ess] of this church; of 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:



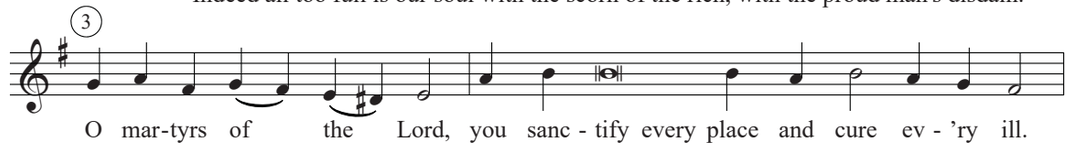
Aposticha

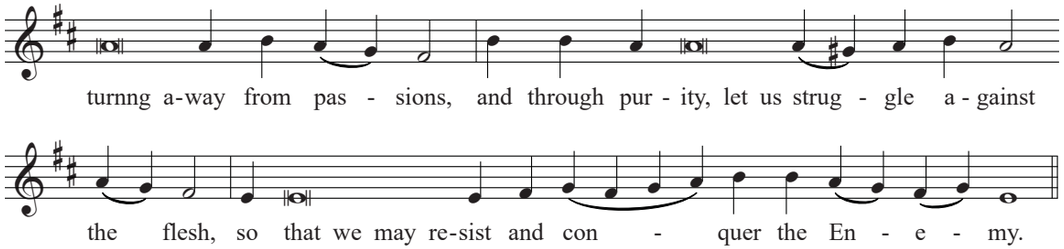
Tone 8 samohlasen



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.





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:

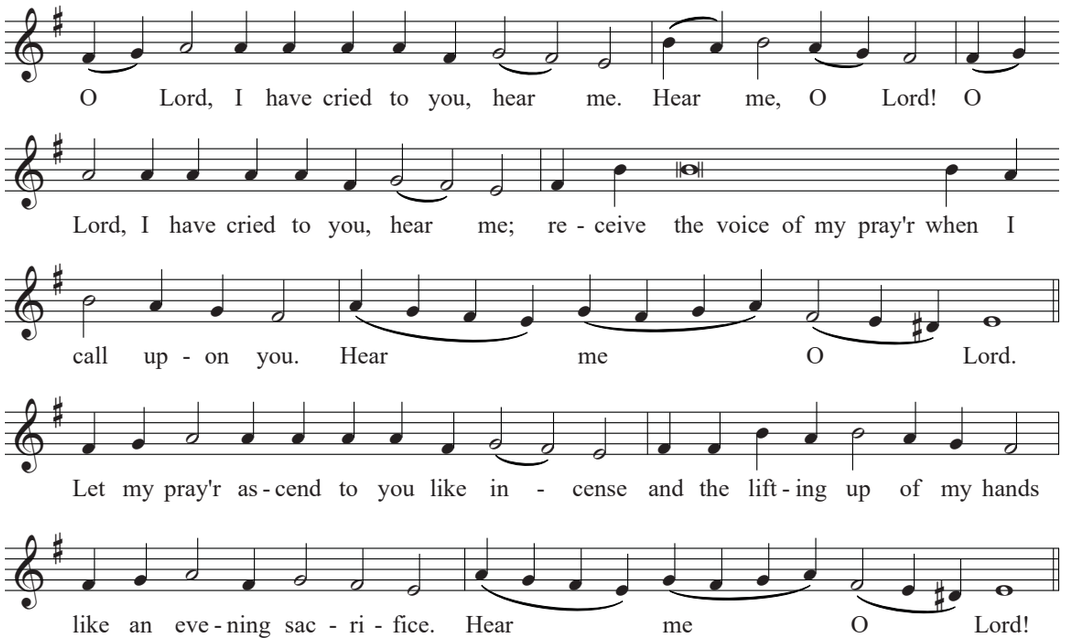
May God forgive you.

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*



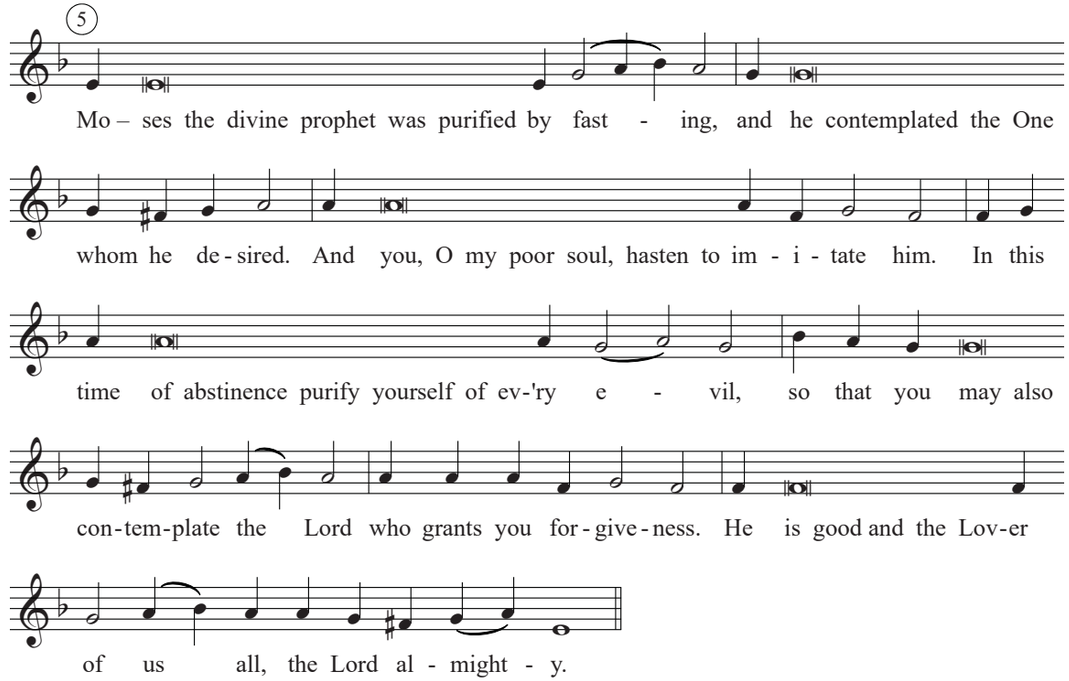
O Lord, set a guard before my mouth
and set a seal on the door of ***my*** lips.

Let not my heart be inclined to evil,
nor make excuse for the sins I ***com***mit.
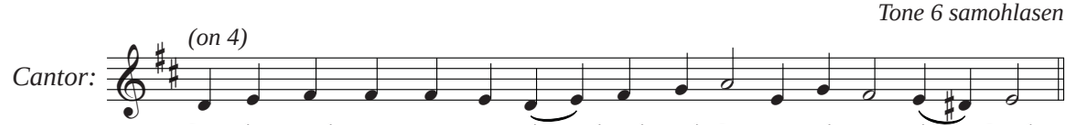
Let me never share in sinners' feasting.
If a just man strikes or reproves me it ***is*** kindness

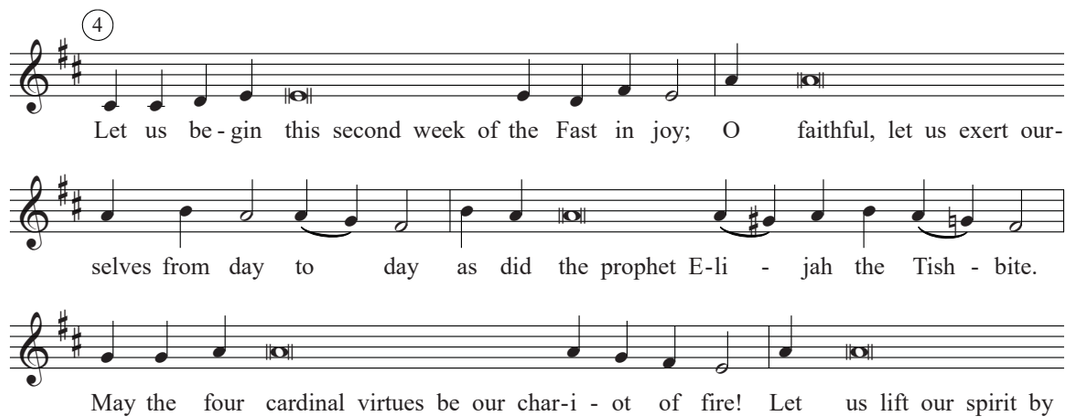
but let the oil of the wicked not anoint my head.
Let my prayer be ever against ***their*** malice.

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



Tone 6 samohlasen
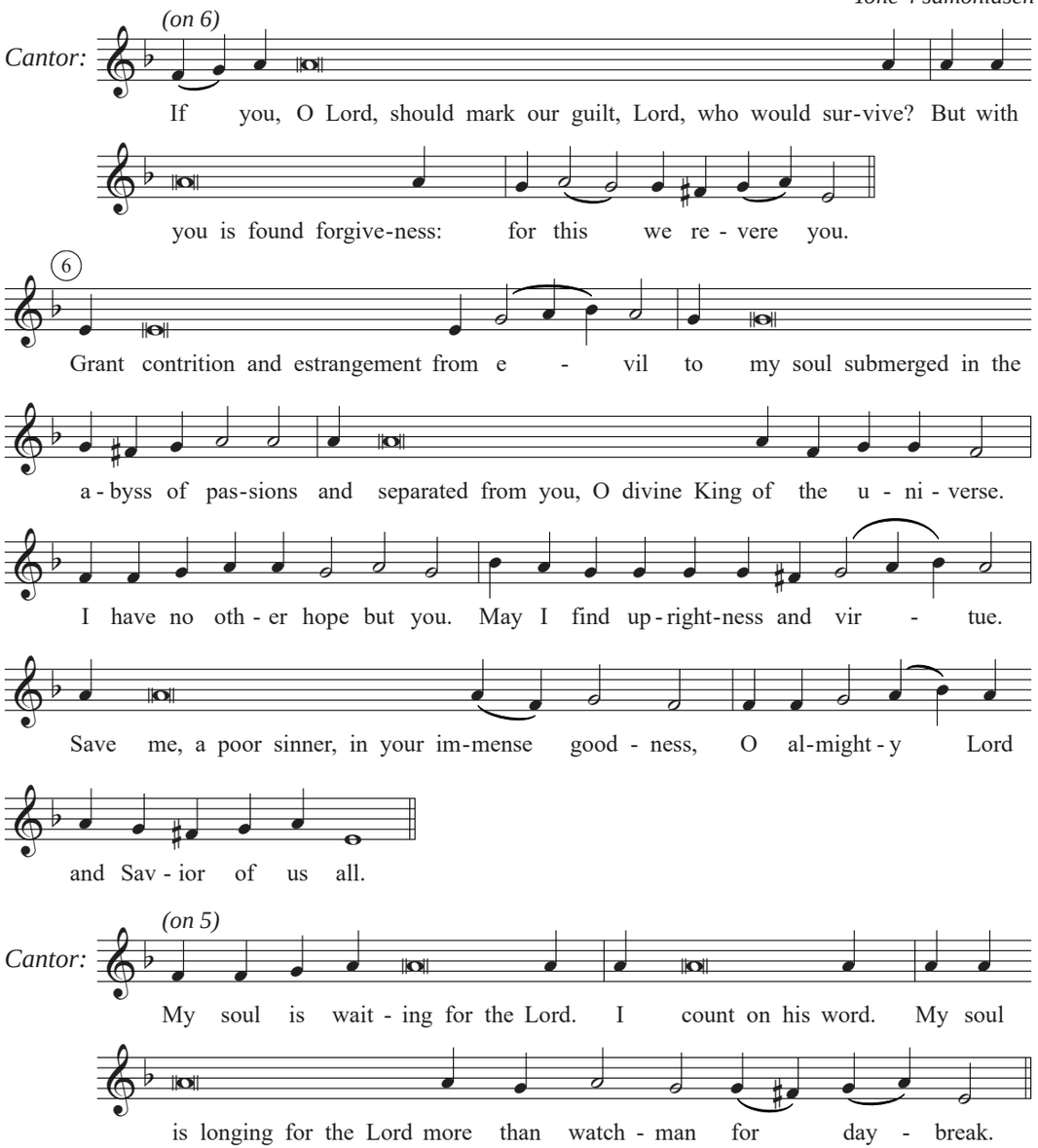




First Sunday of the Great Fast

Stichera for Psalm 140

Tone 4 samohlasen



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.

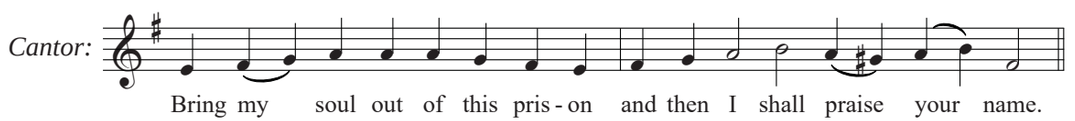
Look on my right and see:
there is no one who takes ***my*** part.
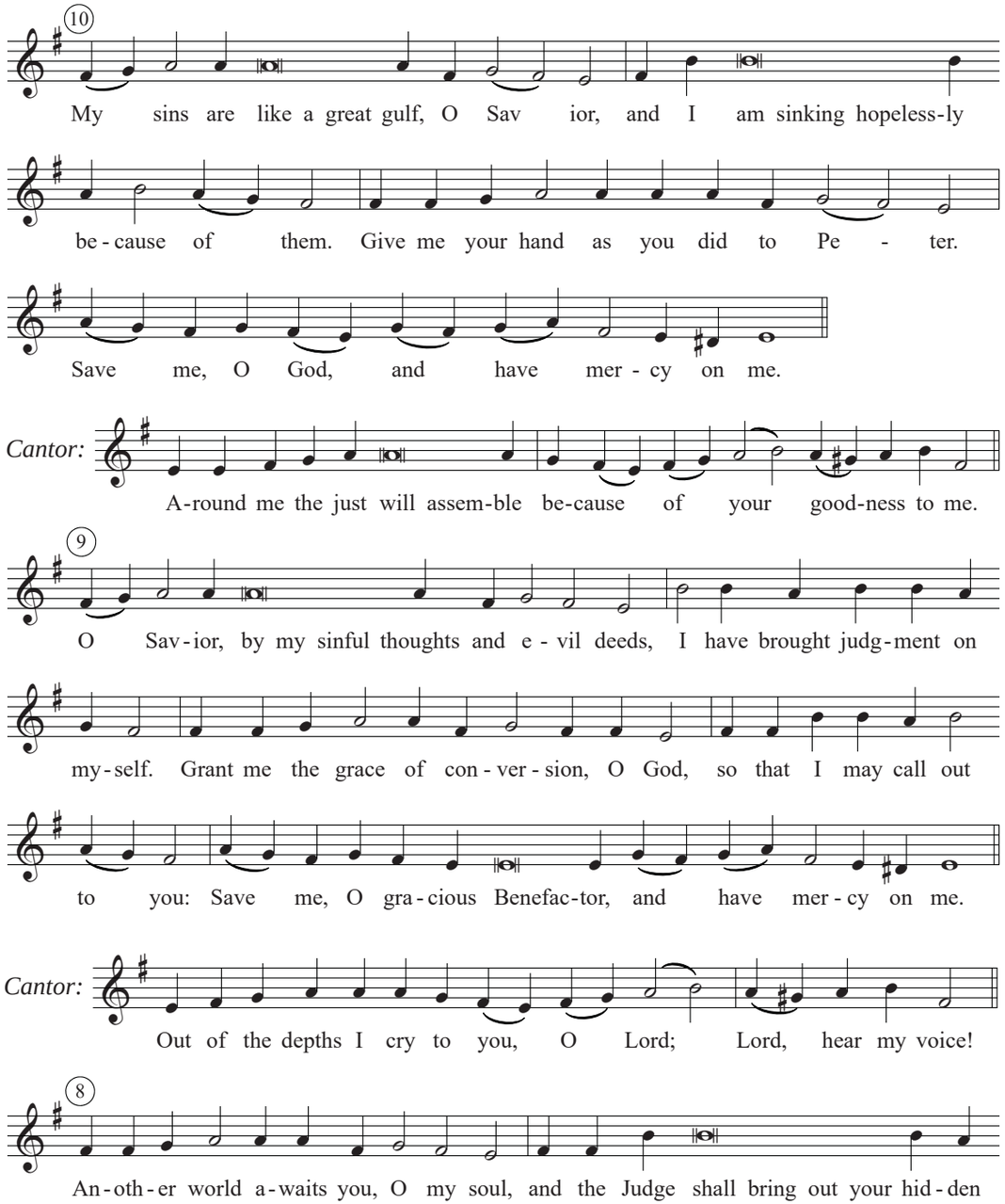
I have no means of escape,
not one who cares for ***my*** soul.

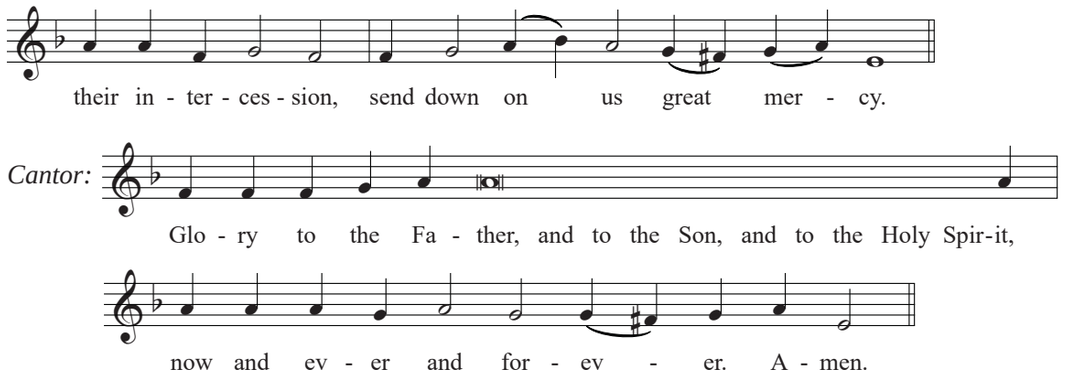
I cry to you, O Lord.
I have said: "You are my refuge, all I have in the land of ***the*** living."

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

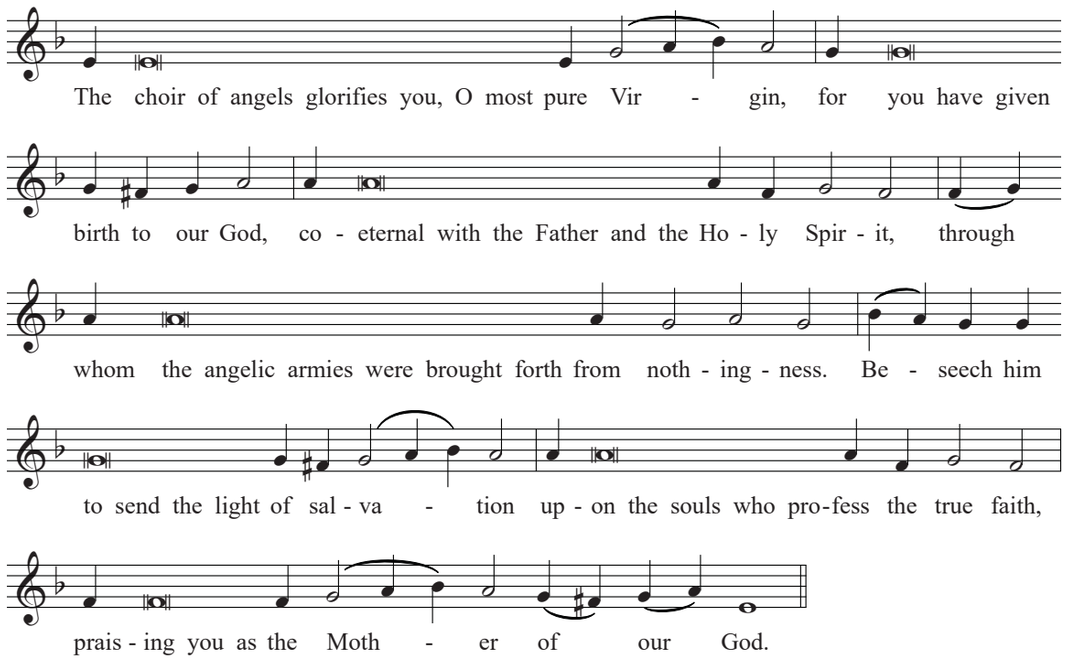
Rescue me from those who pursue me
for they are stronger ***than*** I.
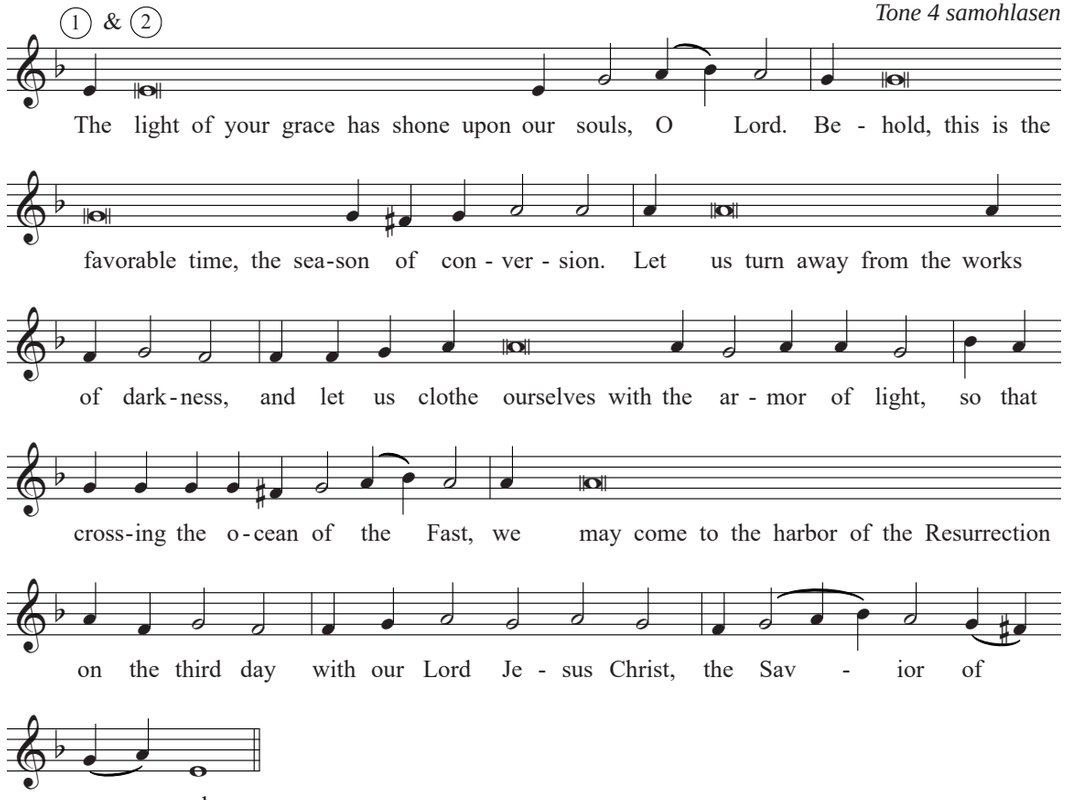






Theotokion - *in the same tone*



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

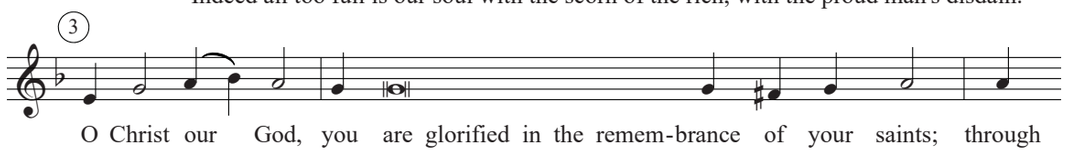
Aposticha
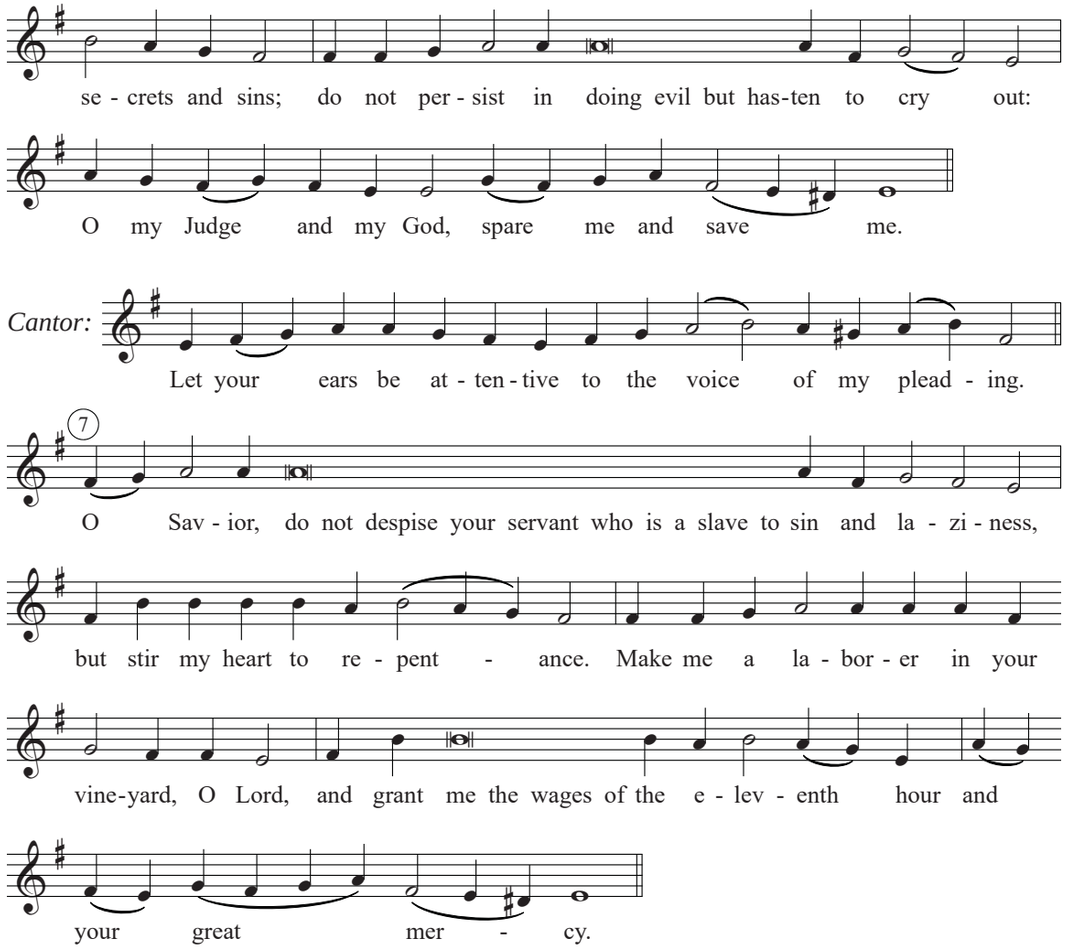
Tone 4 samohlasen



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.



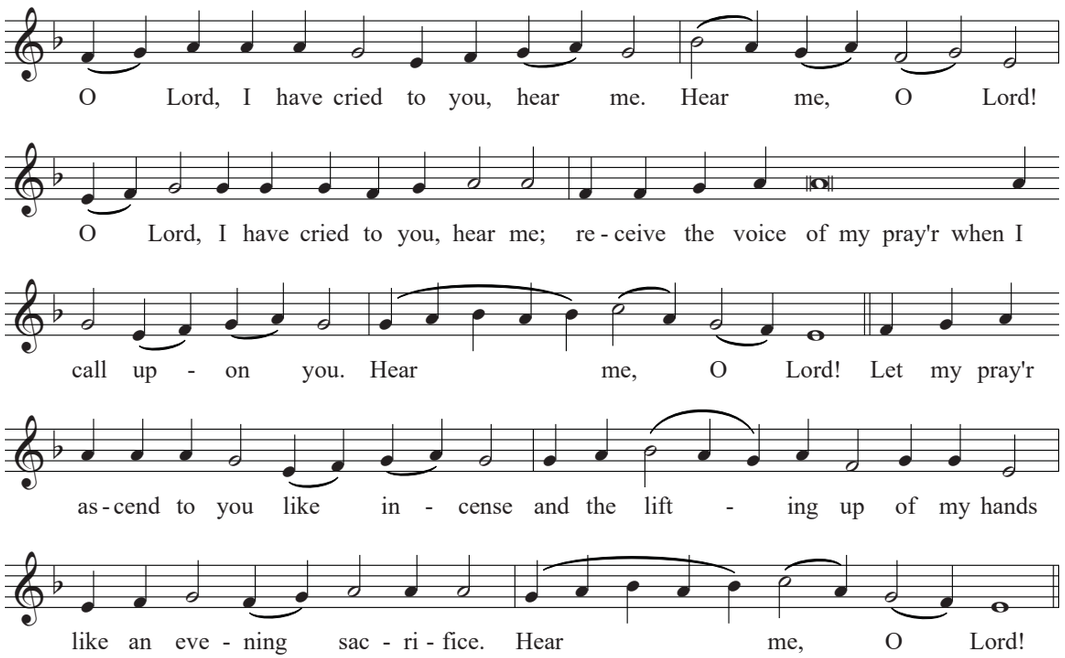


The stichera for the Sundays of the Great Fast are found on the following pages:

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*
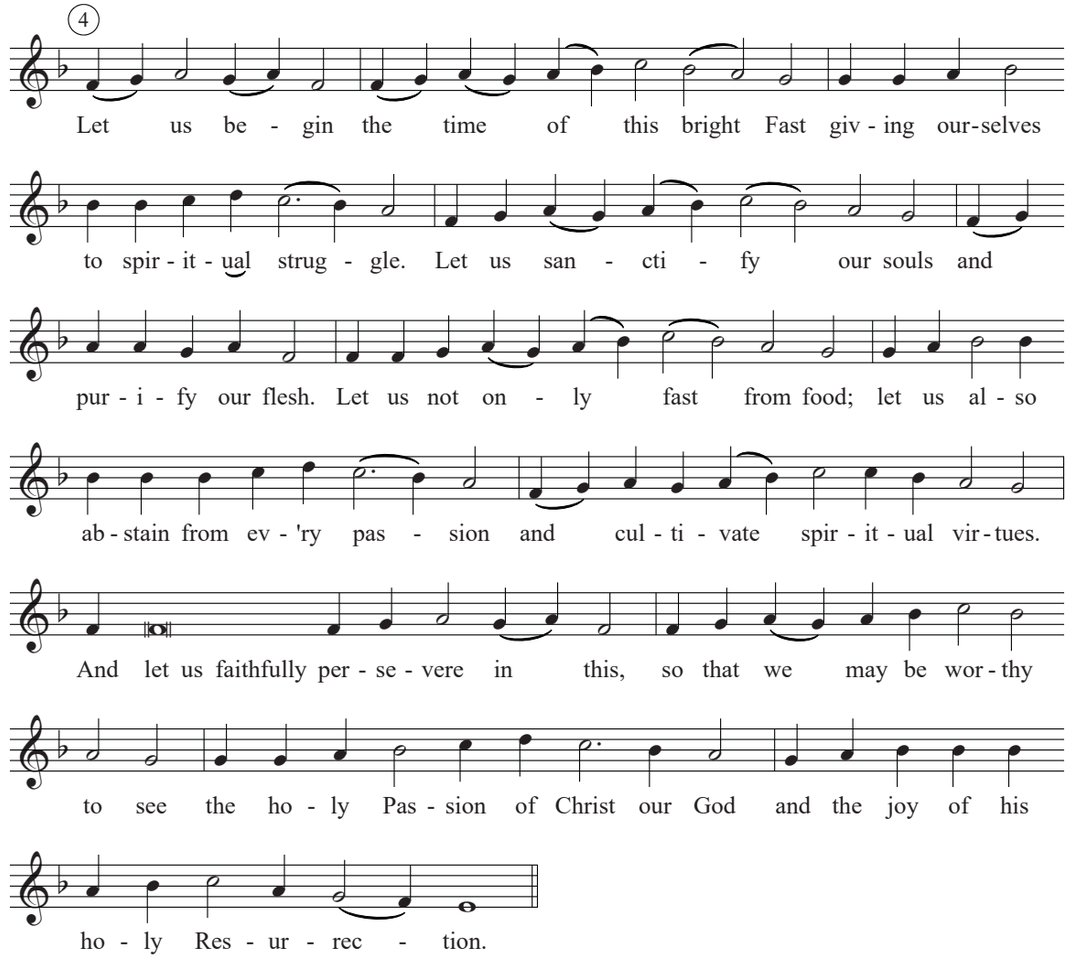


O Lord, set a guard before my mouth
and set a seal on the door of ***my*** lips.

Let not my heart be inclined to evil,
nor make excuse for the sins I ***com***mit.
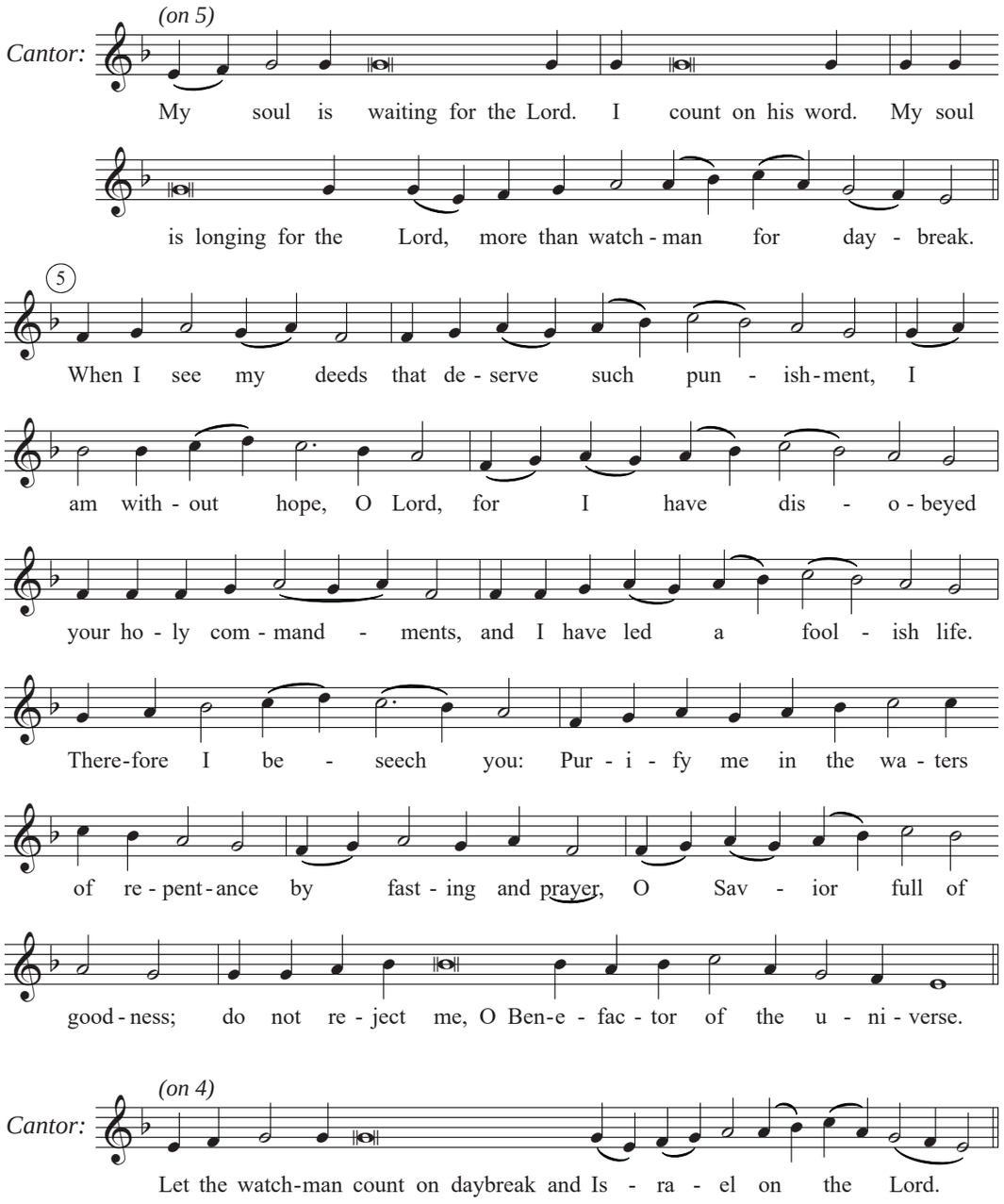
Let me never share in sinners' feasting.
If a just man strikes or reproves me it ***is*** kindness

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.



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



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.
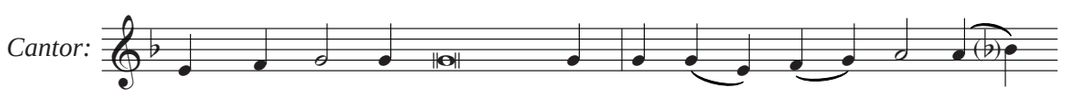
Look on my right and see:
there is no one who takes ***my*** part.
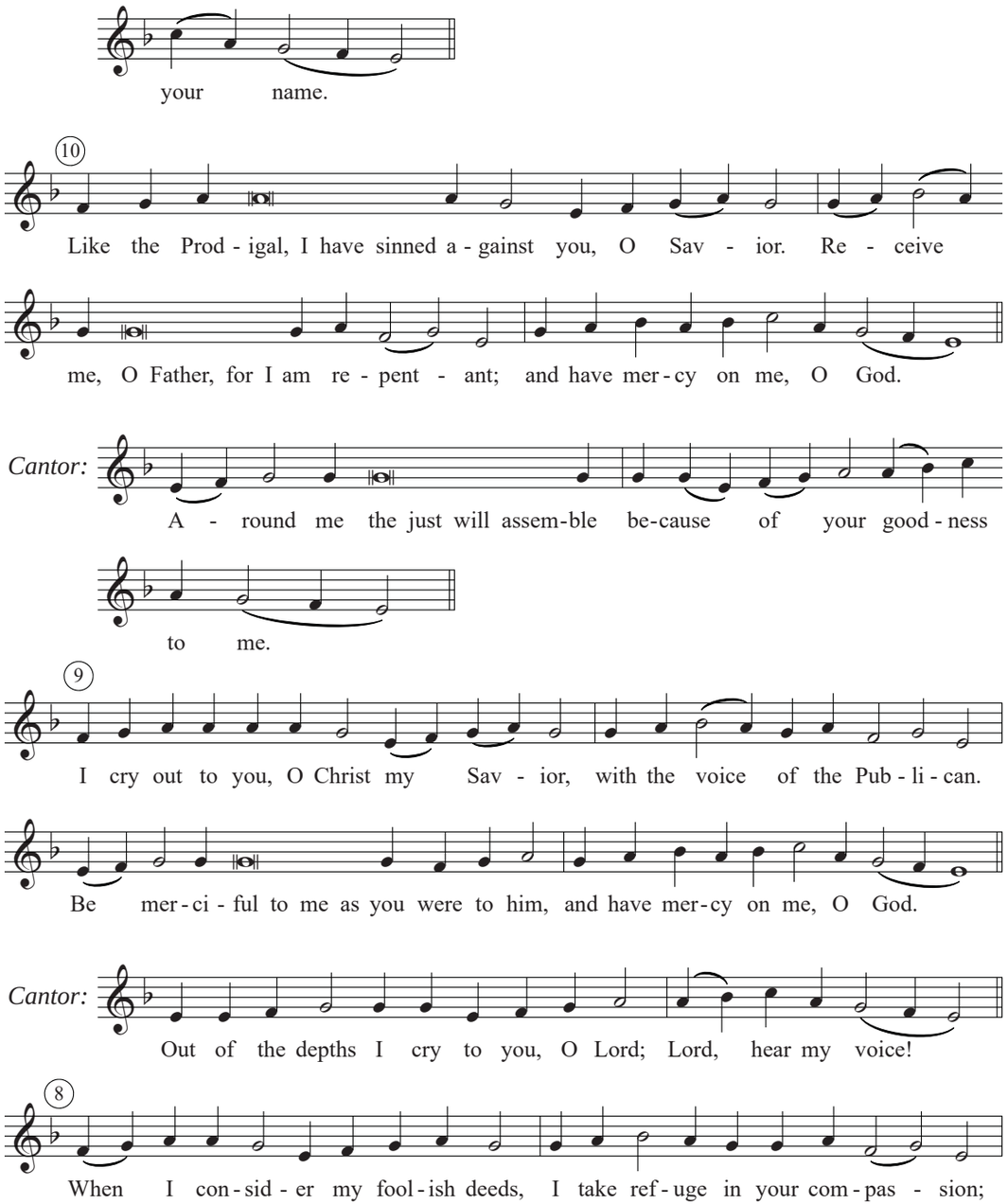
I have no means of escape,
not one who cares for ***my*** soul.

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.
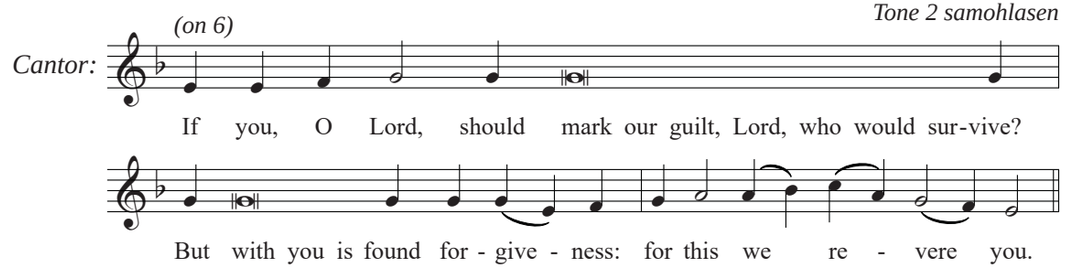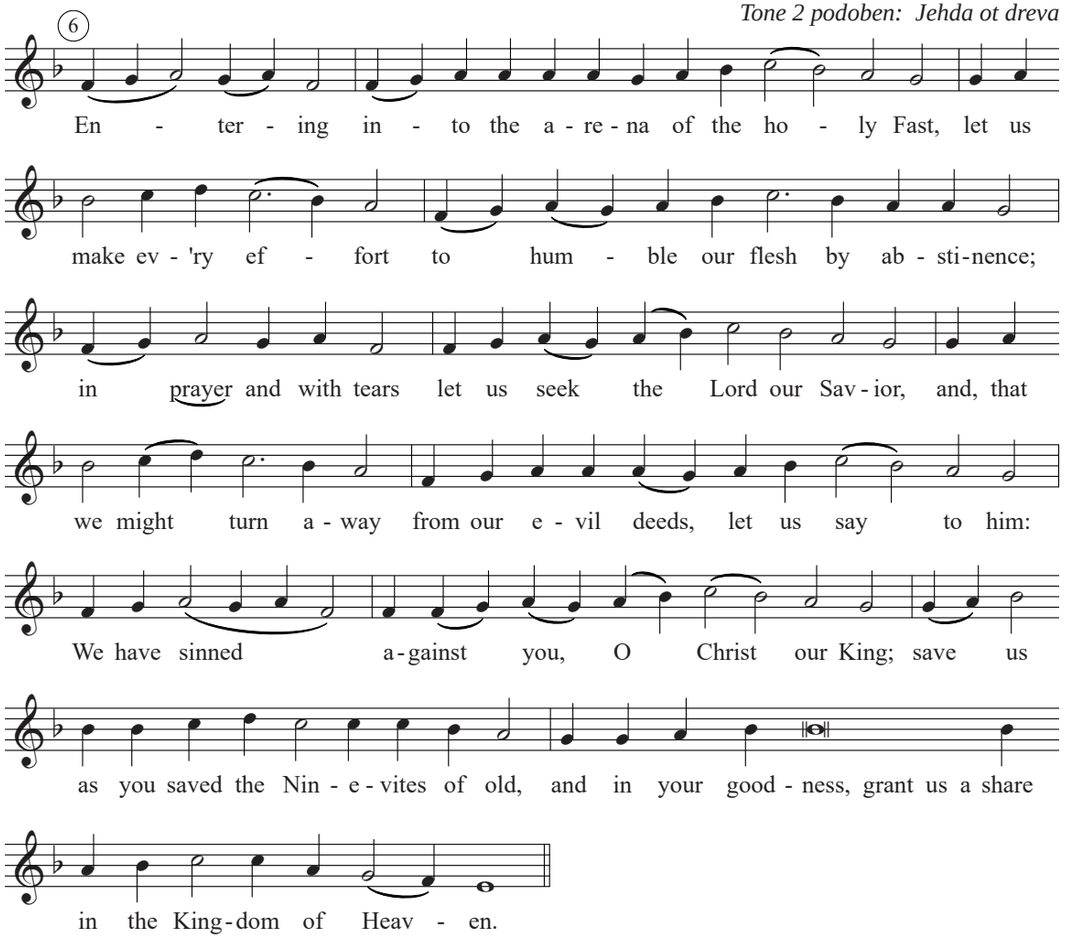




Cheesefare Sunday (Sunday of Forgiveness)

Stichera for Psalm 140

Tone 2 samohlasen
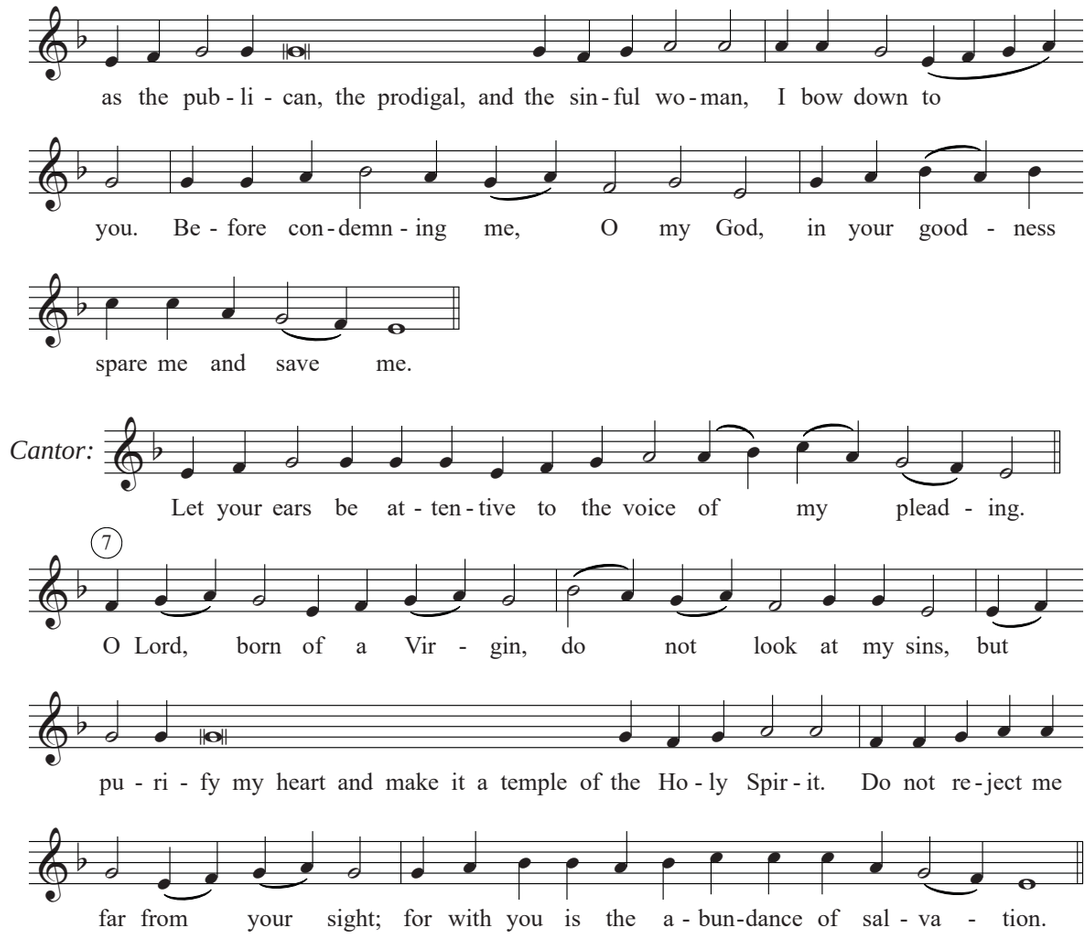


Tone 2 podoben: Jehda ot dreva



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

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First Sunday - page 62
Second Sunday - page 67
Third Sunday - page 72
Fourth Sunday - page 77
Fifth Sunday - page 82

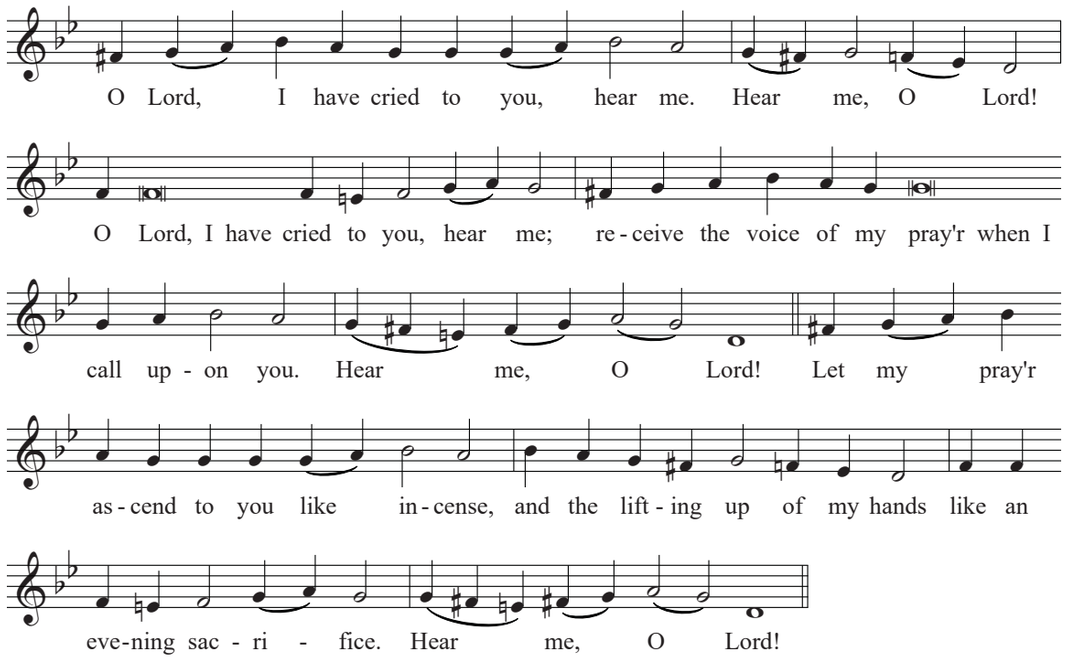


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Tone 3

Psalm 140 - *Tone 3 samohlasen*
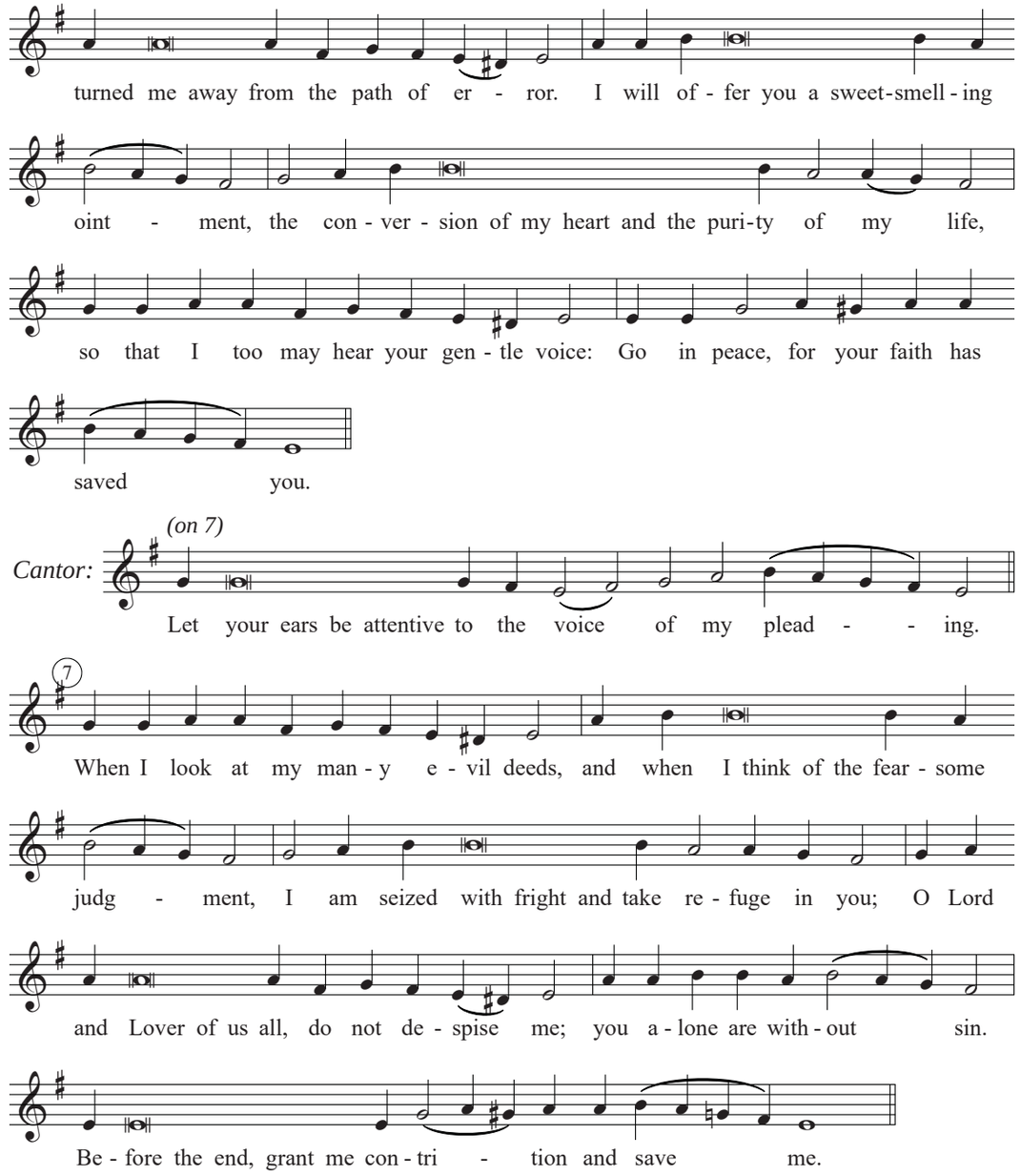


O Lord, set a guard before my mouth
and set a seal on the door of ***my*** lips.
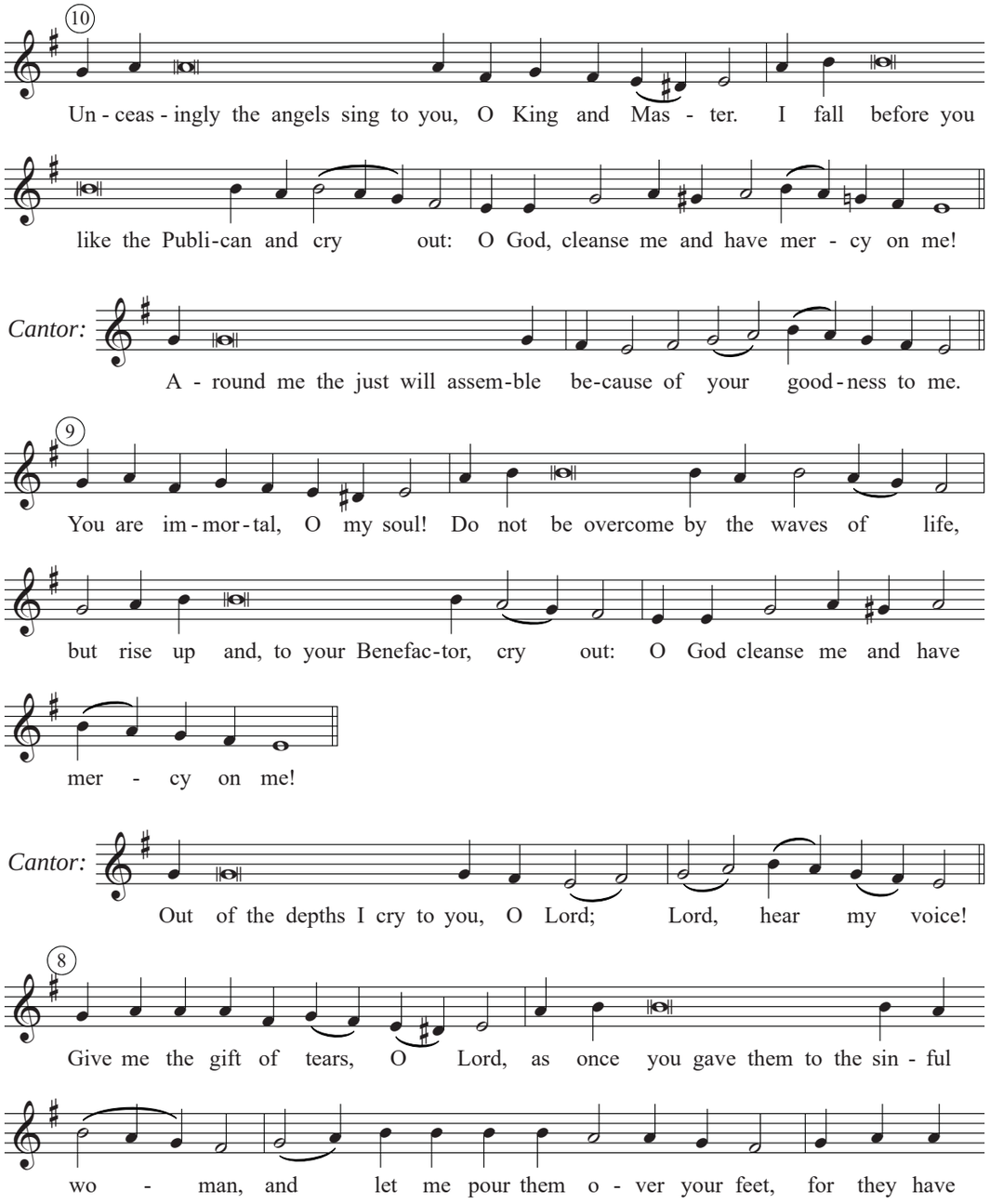
Let not my heart be inclined to evil,
nor make excuse for the sins I ***com***mit.

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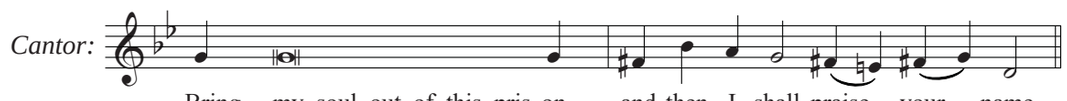
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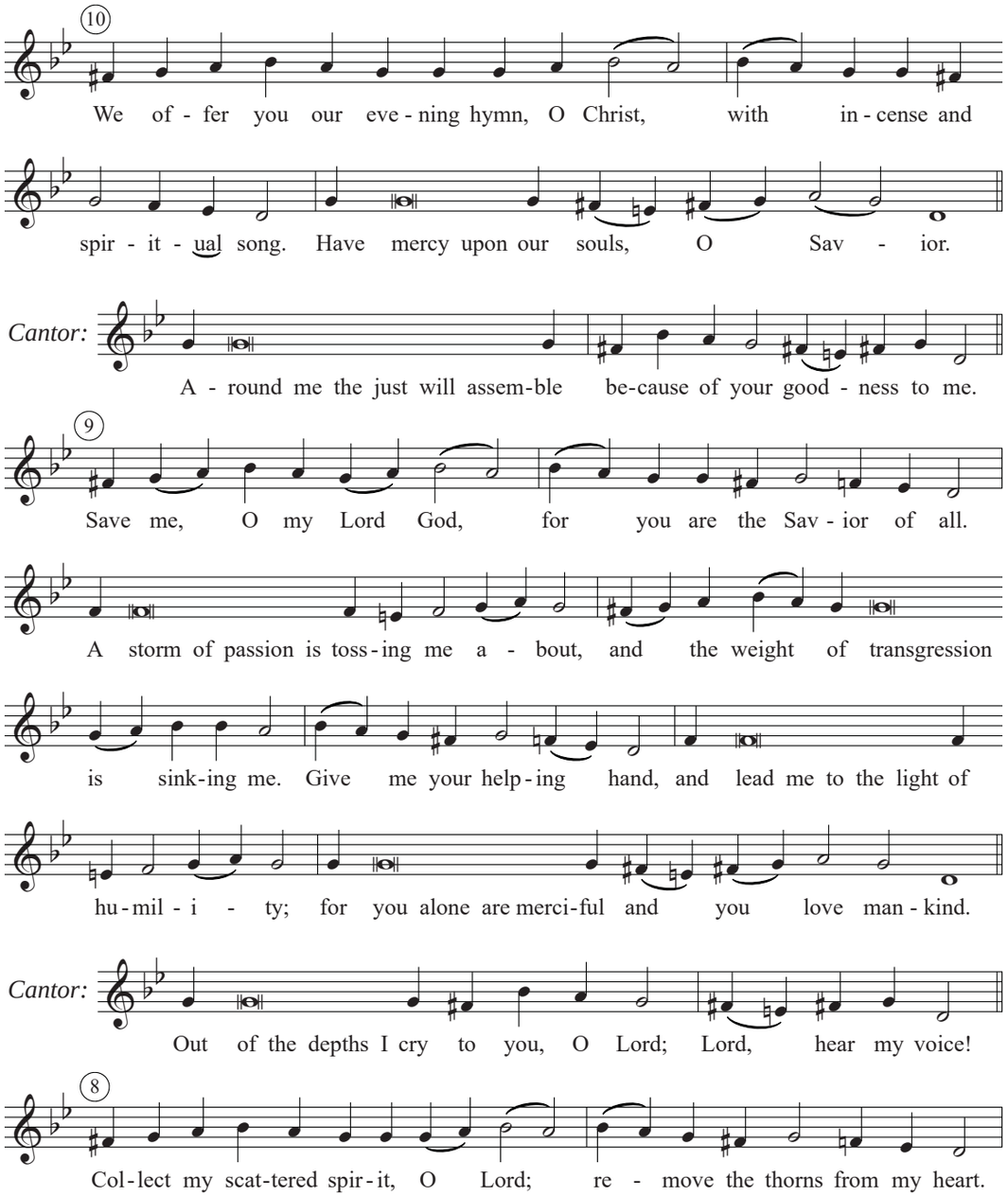
I have no means of escape,
not one who cares for ***my*** soul.

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 ***dis***tress.

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;
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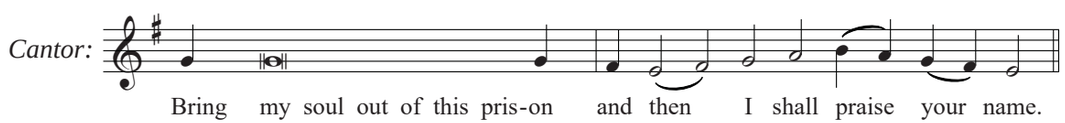
Look on my right and see:
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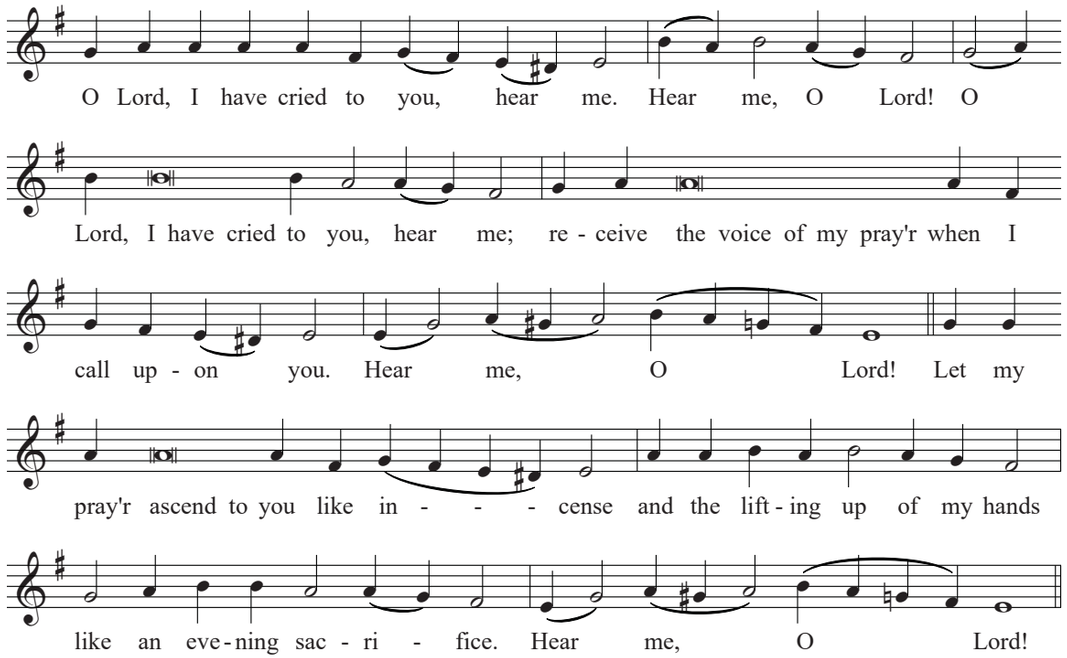
Listen, then, to my cry
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Rescue me from those who pursue me
for they are stronger ***than*** I.



Tone 8

Psalm 140 - *Tone 8 samohlasen*
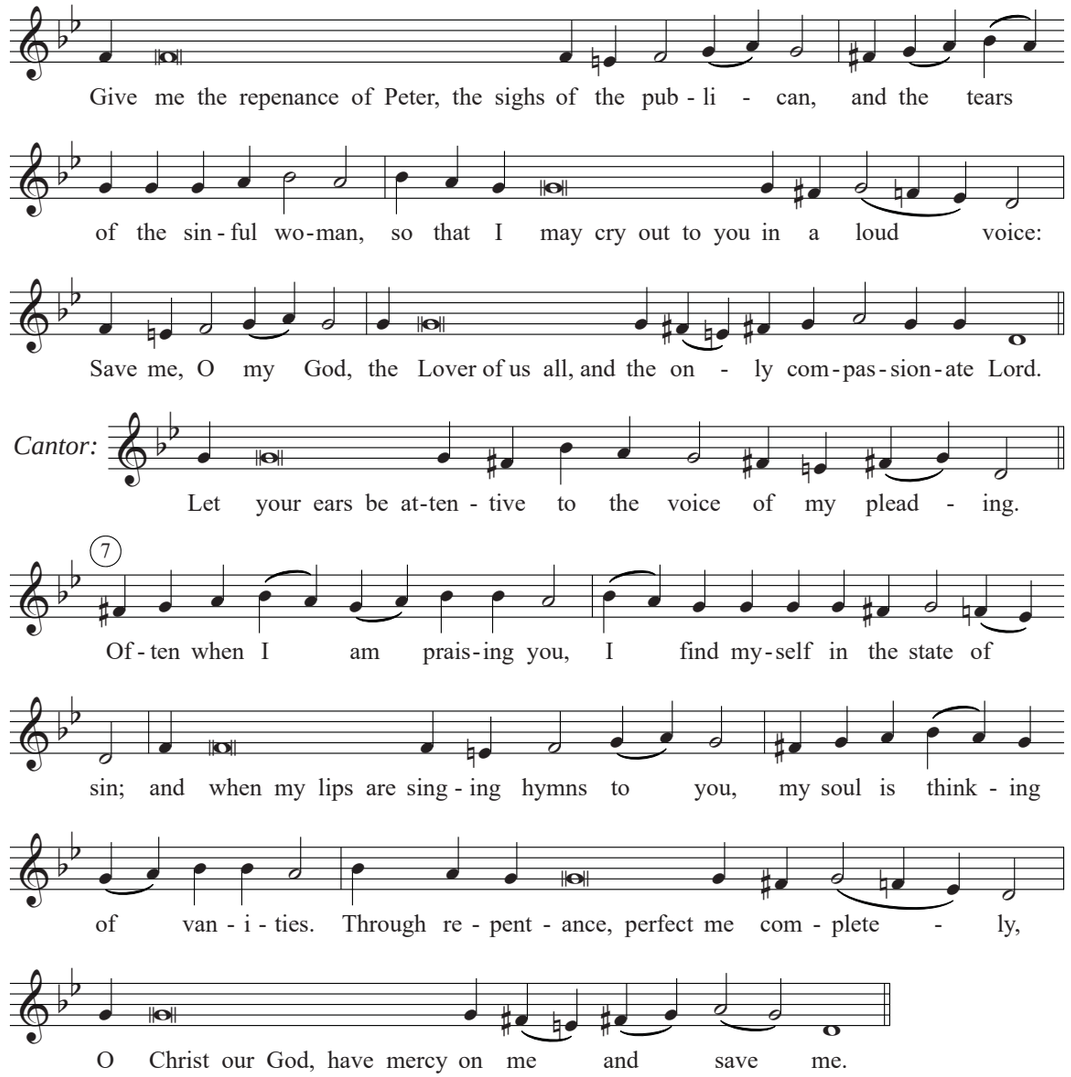


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If a just man strikes or reproves me it ***is*** kindness
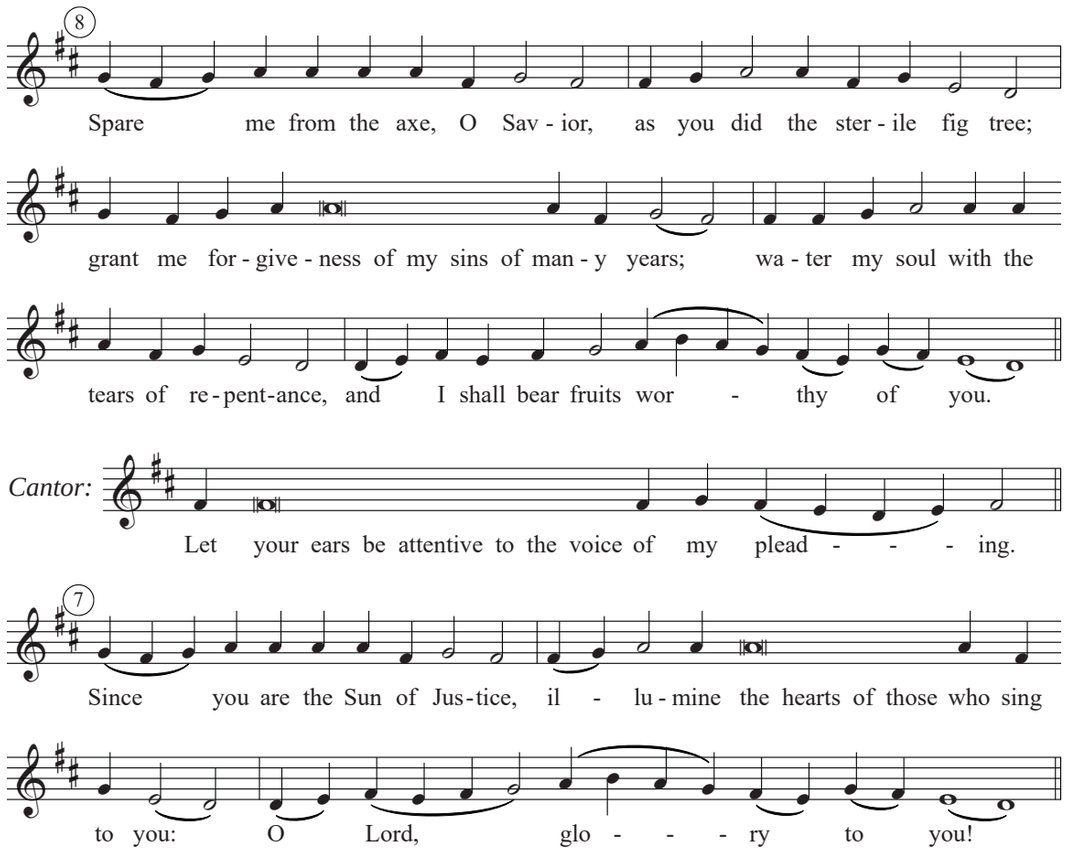
but let the oil of the wicked not anoint my head.
Let my prayer be ever against ***their*** malice.

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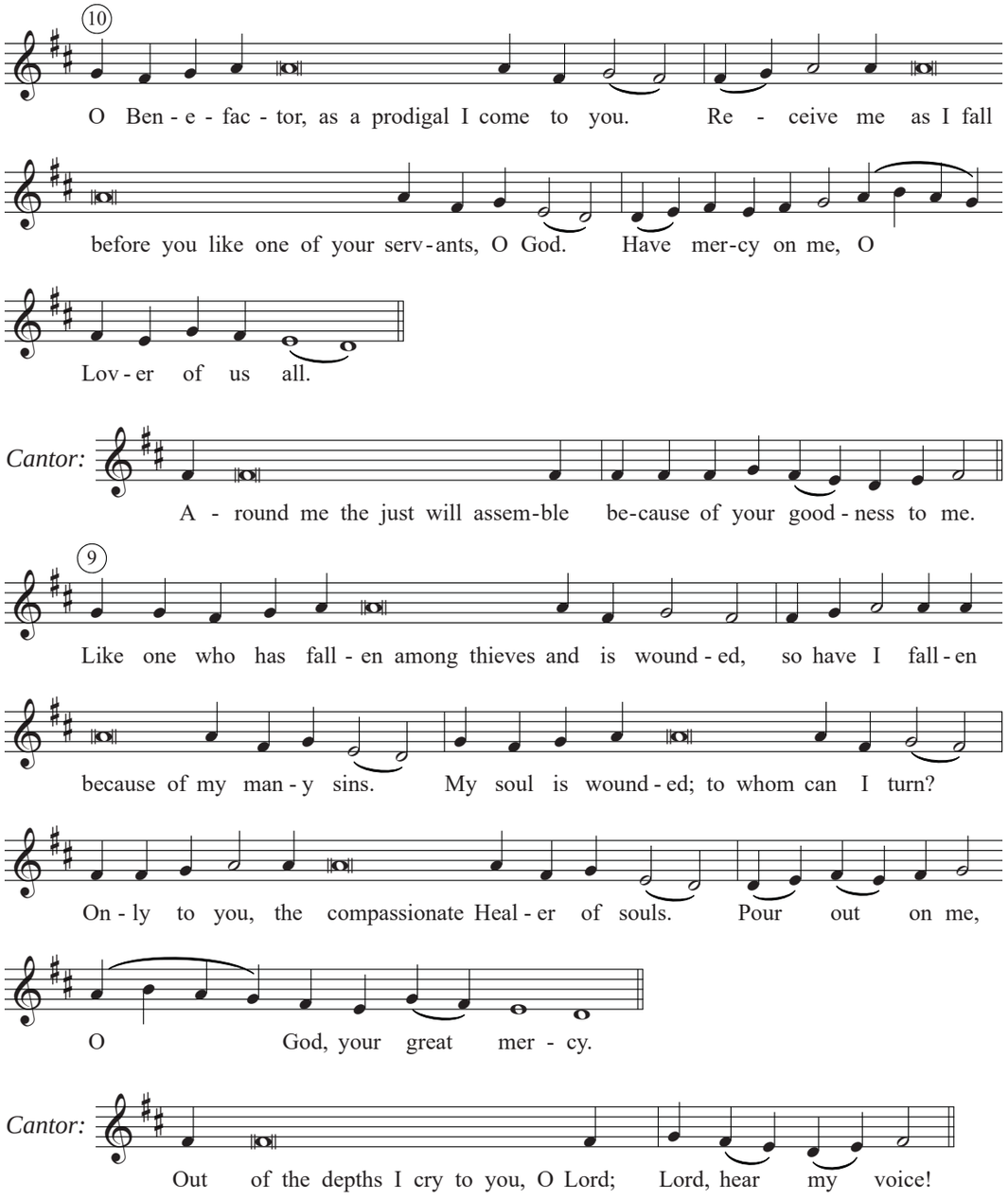


The stichera for the Sundays of the Great Fast are found on the following pages:

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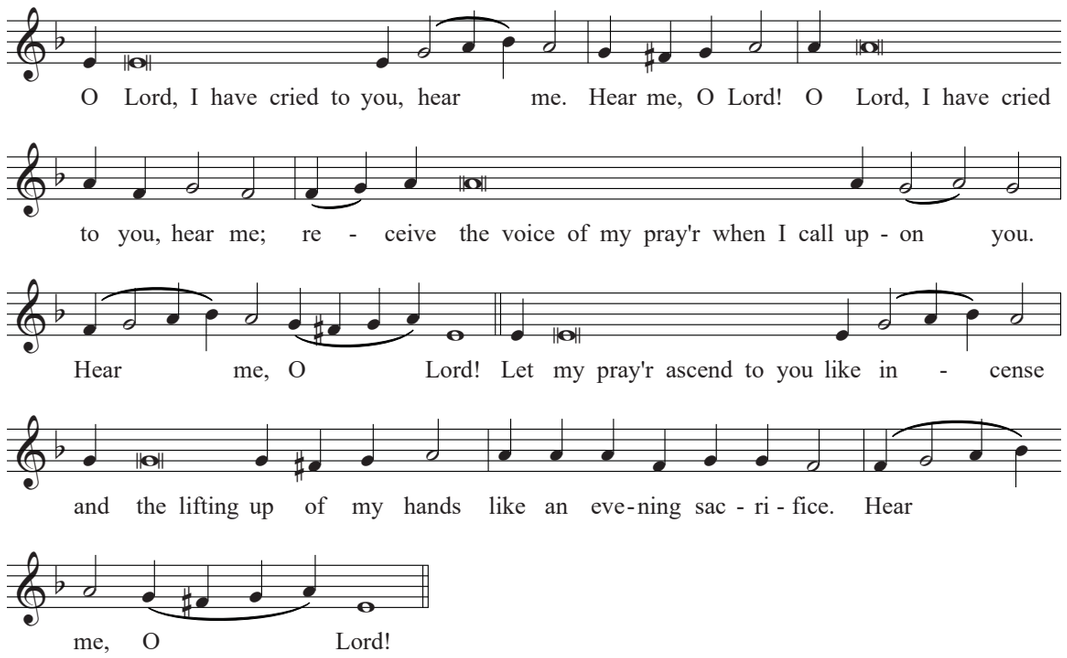
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Tone 4

Psalm 140 - *Tone 4 samohlasen*



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 ***com***mit.

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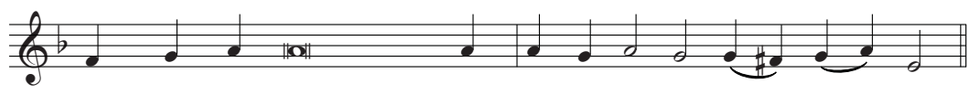
I have no means of escape,
not one who cares for ***my*** soul.

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 ***dis***tress.

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

Cantor:



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;
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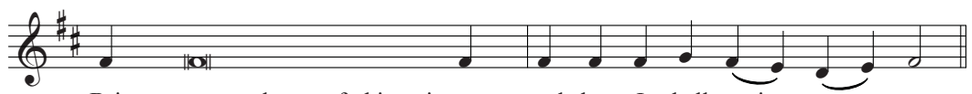
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I have said: "You are my refuge, all I have in the land of ***the*** living."

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

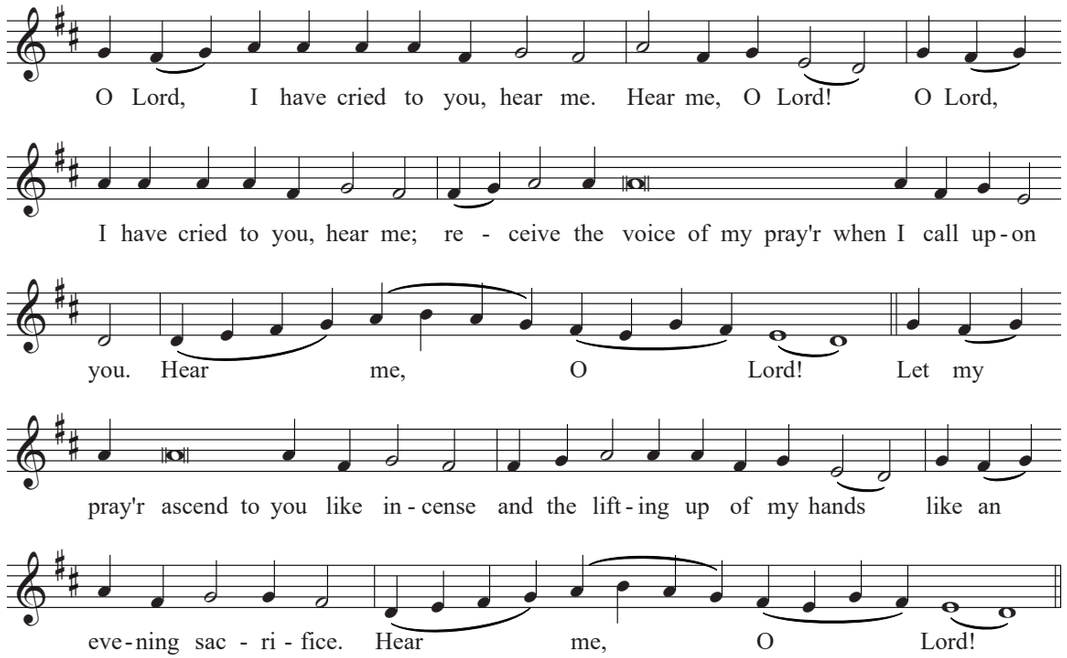
Rescue me from those who pursue me
for they are stronger ***than*** I.

Cantor:



Tone 7

Psalm 140 - *Tone 7 samohlasen*
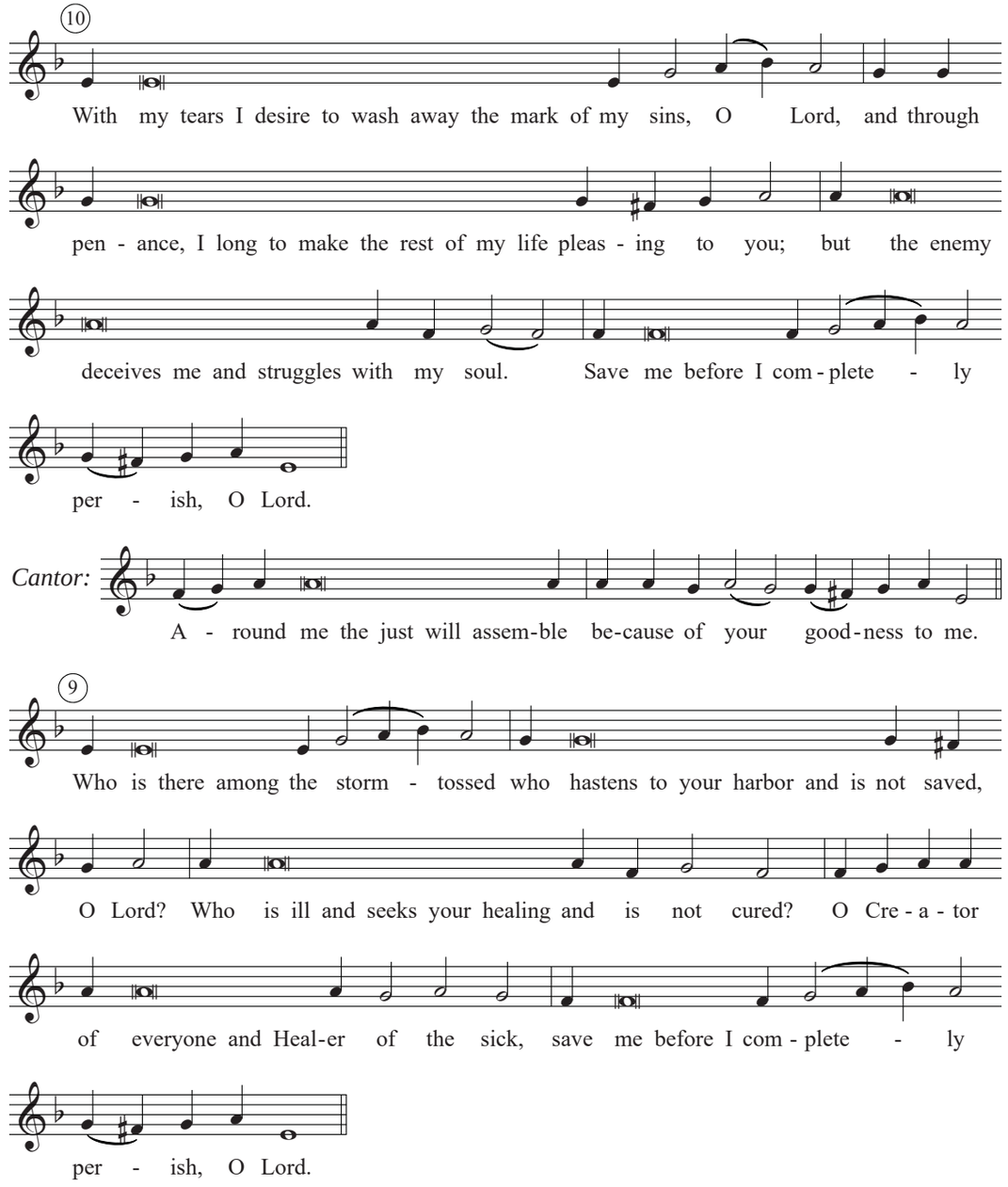


O Lord, set a guard before my mouth
and set a seal on the door of ***my*** lips.
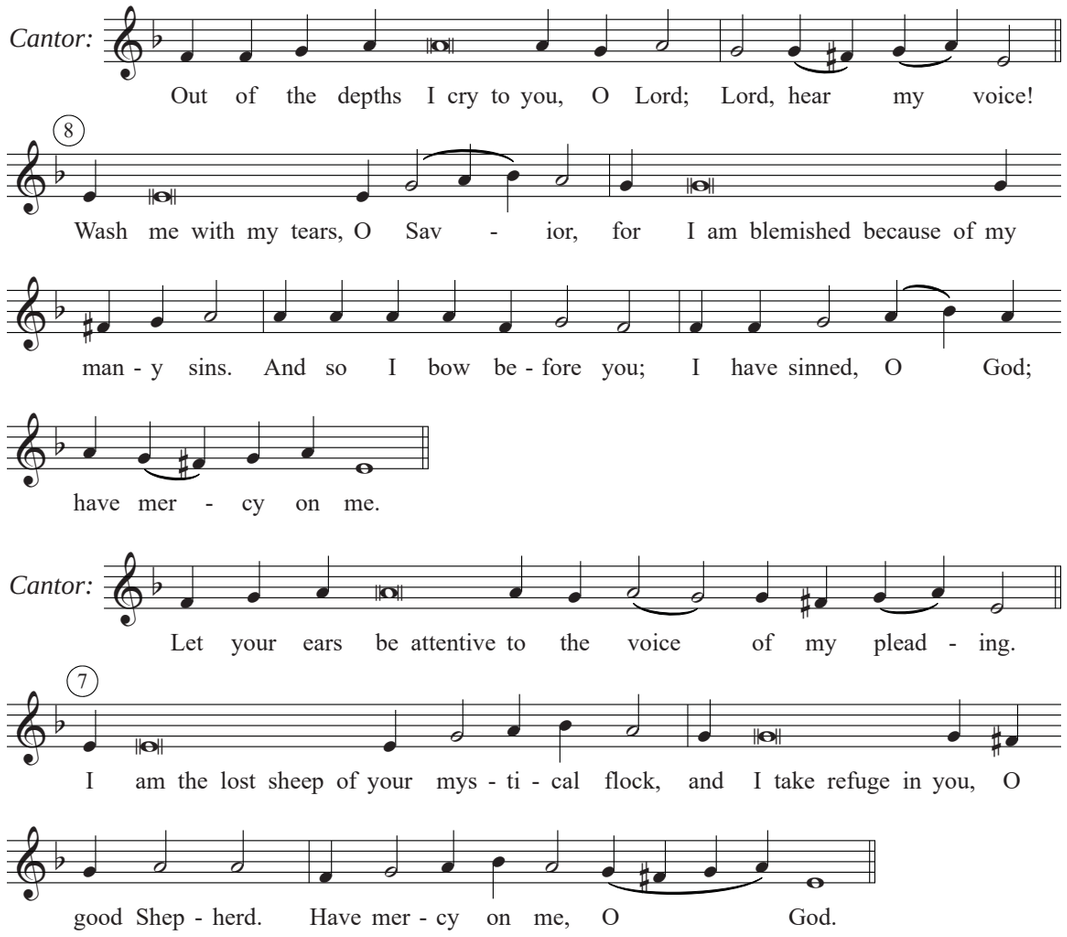
Let not my heart be inclined to evil,
nor make excuse for the sins I ***com***mit.

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.
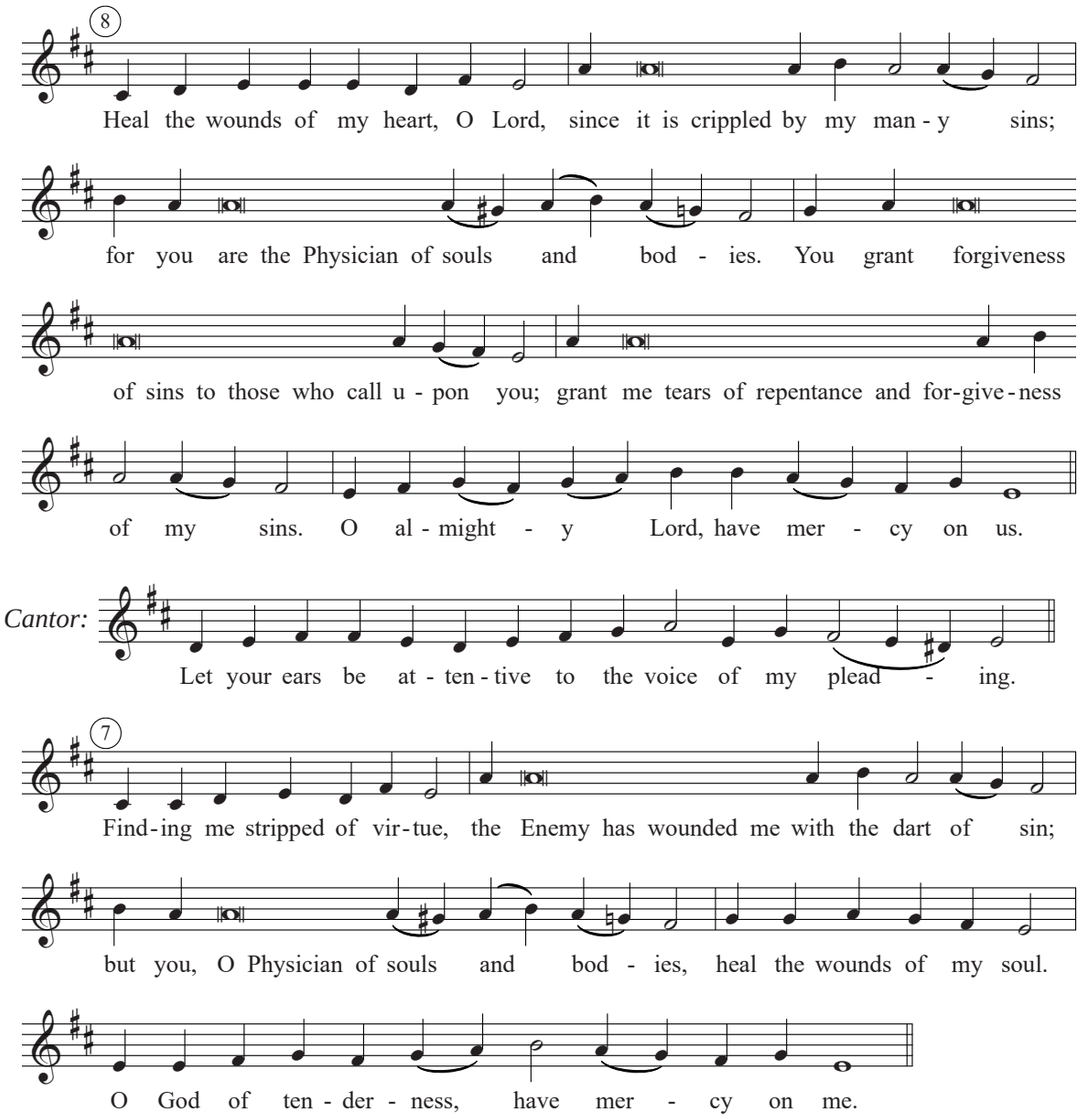




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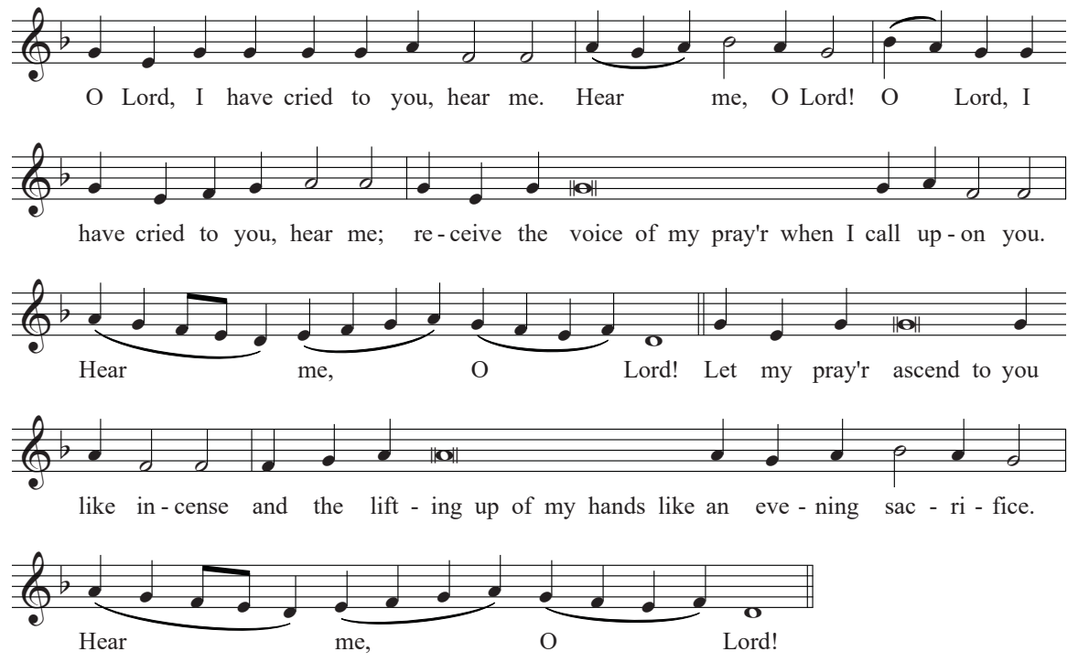
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Tone 5

Psalm 140 - *Tone 5 samohlasen*



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 ***com***mit.

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.
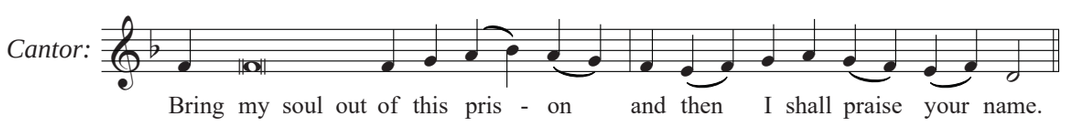
Look on my right and see:
there is no one who takes ***my*** part.
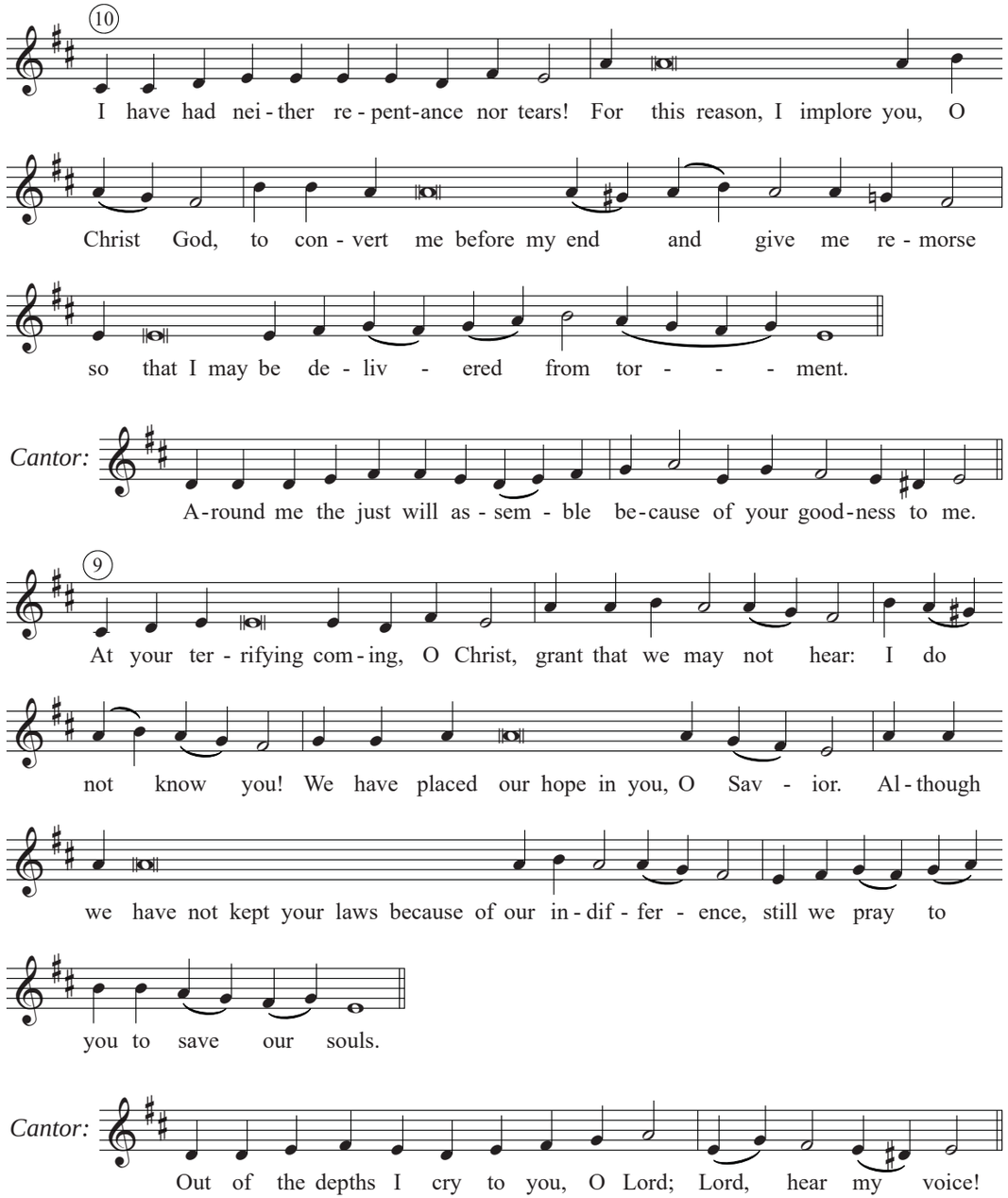
I have no means of escape,
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I cry to you, O Lord.
I have said: "You are my refuge, all I have in the land of ***the*** living."

Listen, then, to my cry
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Rescue me from those who pursue me
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while I pursue my way ***un***harmed.

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I tell him all my distress while my spirit faints ***with***in me.

But you, O Lord, know my path.
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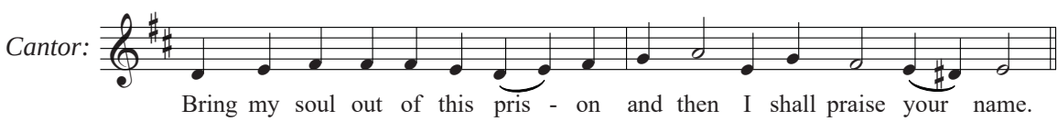
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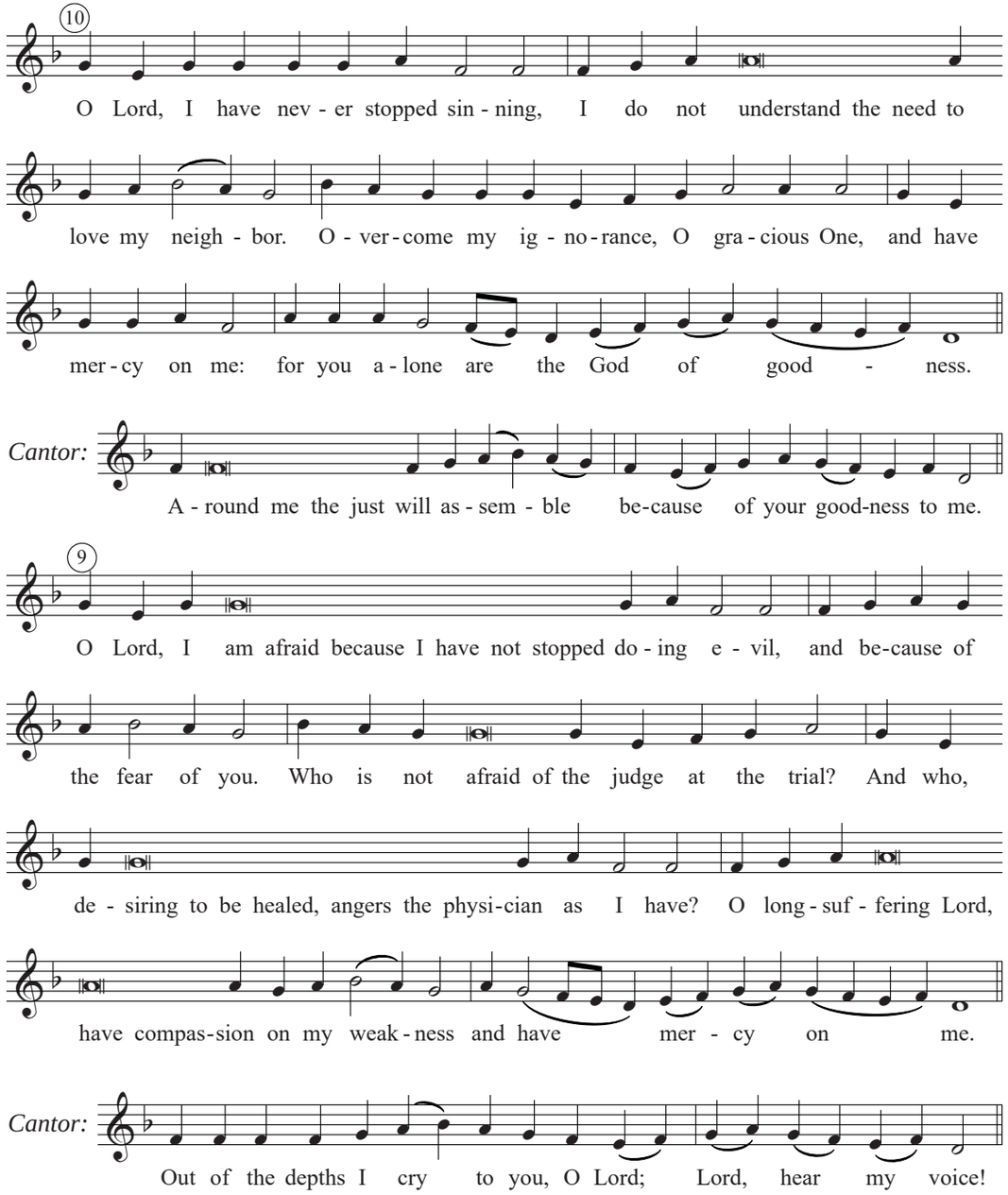
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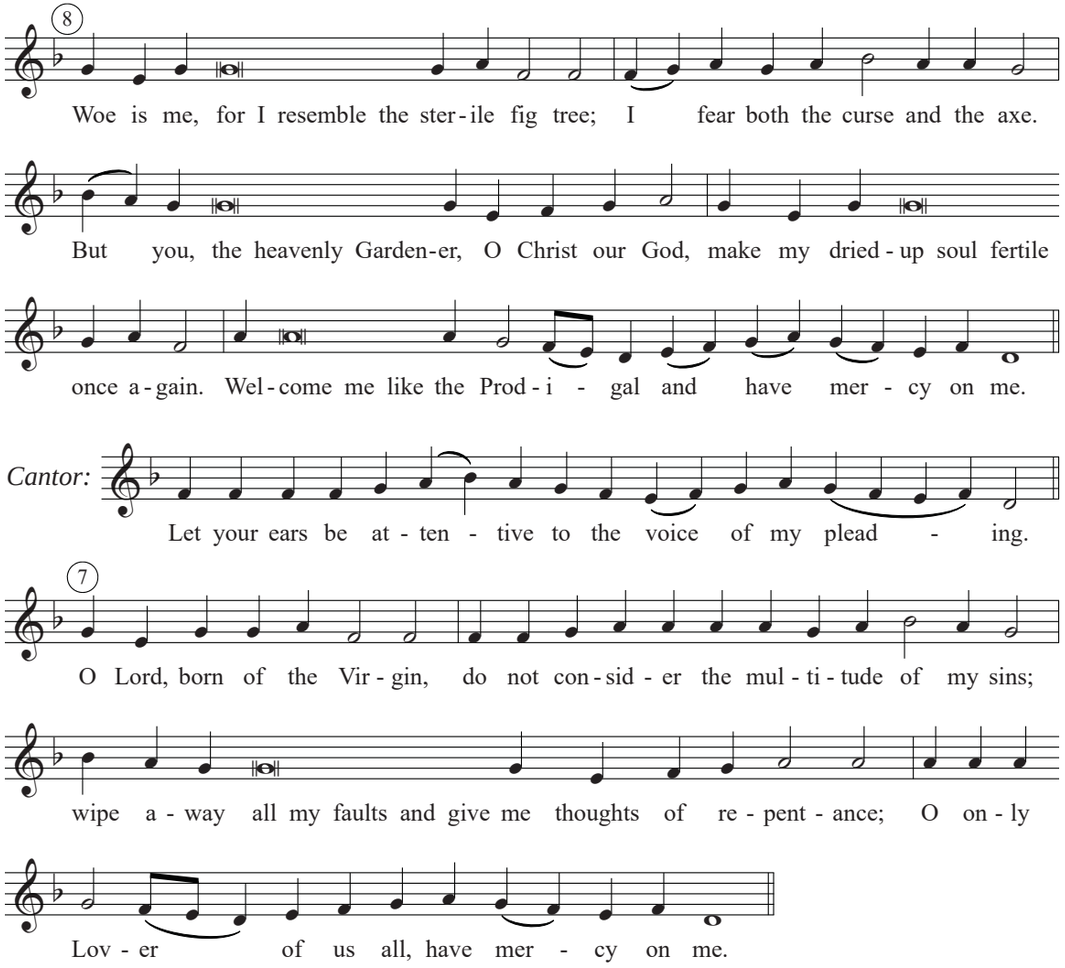
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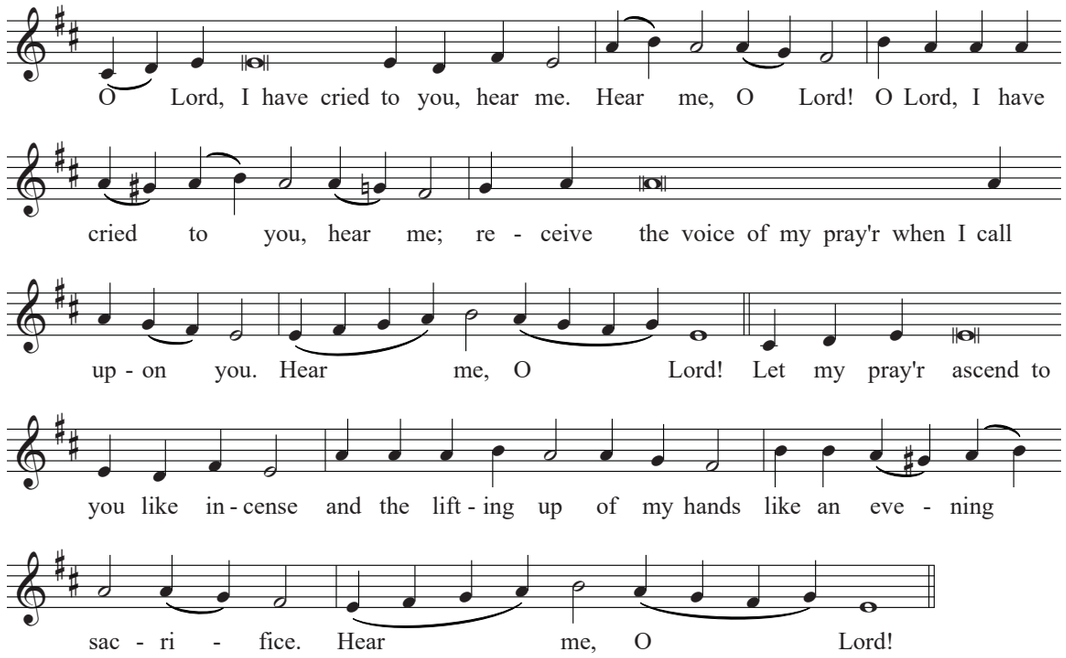


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Tone 6

Psalm 140 - *Tone 6 samohlasen*



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 ***com***mit.

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

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