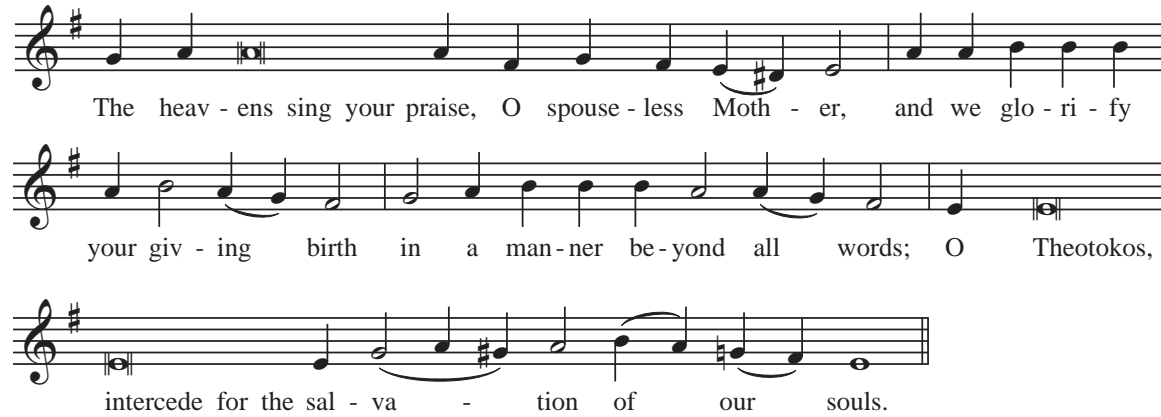




Vespers Propers on the Evening of the  
Third Sunday of the Great Fast  
March 11, 2012

Aposticha theotokion

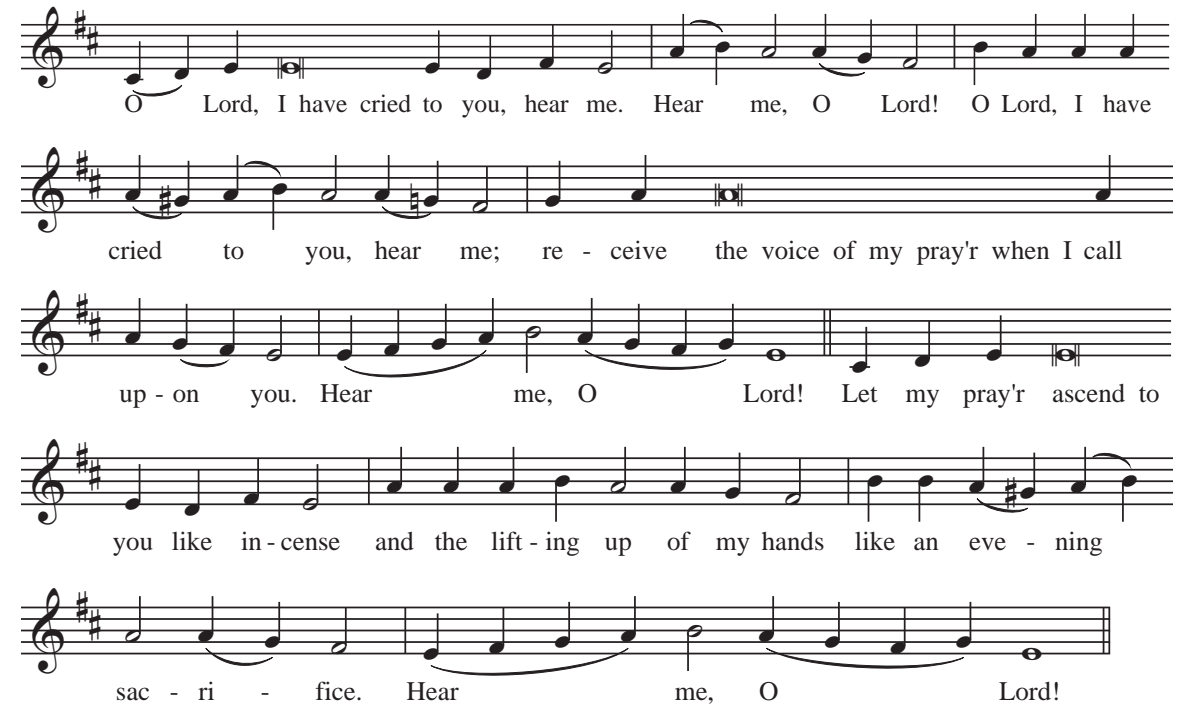


**Our venerable father and confessor Theophane of the Sygrian Mountain** in Bithynia in the monastery of Ager Magnus. He was called the Chronographer. Having been a very wealthy man, he became a poor monk. He was held in prison for two years by the emperor Leo the Armenian on account of his defense of the cult of holy icons. From there he was deported to Samothrace, where, consumed by his tribulations, he yielded up his spirit. (817)

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

Lamp-lighting Psalms

Psalm 140 - Tone 6 samohlasen



*The service continues with the Prayer of St. Simeon on page 13.*

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*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 *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.

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.

All repeat, "Woe is me! I dare not lift my eyes..."

*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-eases.

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

*Cantor*

Glo-ry to the Father and to the Son and to the Holy Spir-it, now and ev-er and

il - lu - min - ing the ends of the earth and en - light - en - ing them with his grace.

Re - joice, all - pure Lady, origin of sal - va - tion! Re - joice, good news and awe - some

tid - - - ings to those who trust in you.

*The service continues with the Hymn of the Evening, "O joyful light," on page 8.*

### Aposticha

#### Aposticha of the third Sunday of the Great Fast - Tone 8 samohlasen

① & ②  
Woe is me! I dare not lift my eyes to heav - en be-cause of my e - vil

deeds; but like the Publican I sigh and say: For - give me, for I am a

sin - - - ner, and pre - serve me from the hypocrisy of the Phar - i - see,

O Lord, in your good - - - ness.

*Cantor*

To you have I lifted up my eyes, you who dwell in the heavens; my eyes, like the

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

#### Stichera of Repentence - Tone 6 samohlasen

⑩  
I have had nei - ther re - pent - ance nor tears! For this reason, I implore you

O Christ God, to con - vert me before my end and give me re - morse

so that I may be de - liv - ered from tor - - - ment.

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

⑨  
At your ter - rifying com - ing, O Christ, grant that we may not hear: I do

not know you! We have placed our hope in you, O Sav - ior. Al - though

we have not kept your laws because of our in - dif - fer - ence, still we pray to

you to save our souls.

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

⑧   
Heal the wounds of my heart, O Lord, since it is crippled by my man - y sins;

for you are the Physician of souls and bod - ies. You grant forgiveness

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

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

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

⑦   
Find - ing me stripped of vir - tue, the Enemy has wounded me with the dart of sin;

but you, O Physician of souls and bod - ies, heal the wounds of my soul.

①   
All good comes to us from the Lord, who gen - erously rewarded you for your

suf - fer - ings, O bless - ed Fa - ther, by grant - ing you the power to expel

de - mons and heal dis - eas - es. We can - not even speak of the in - ef - fa - ble joy

which you mer - ited to ex - pe - ri - ence in the place where the an - gels re - joice

in their choirs, for you ceaselessly look upon the face of the all - pow - er - ful Lord.

*Cantor:*   
Glo - ry to the Father and to the Son and to the Holy Spir - it, now and ev - er and

for - ev - er. A - men.

**Theotokion - Tone 8 samohlasen**

Re - joice, bearer of the di - vine light, most bright star, taberna - cle of

ho - li - ness. From your all - pure womb, light shone forth up - on us,

u - nit - ed to God.

Cantor:

Praise the Lord, all you na-tions, ac-claim him all you peo - ples!

②

O Fa - ther Theophane, of di - vine thoughts, des - pite your phys - i - cal

frail - ty, you pa - tiently endured the bitterness of ex - ile.

When the mad - ness of Le - o caused your ban - ish - ment, O Fa - ther wor - thy

of all praise, you cared more for the ho - ly i - cons than for the con - di - tion

of your bod - y. But you frus - trated the plans of Le - o, his dark spir - it

and his vain thoughts, bring - ing them to de - ri - - - sion.

Cantor:

Strong is the love of the Lord for us; he is faith - ful for - ev - er.

O God of ten - der - ness, have mer - cy on me.

*Tone 8 samohlasen*

Cantor:

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

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

**Stichera of the third Sunday of the Great Fast - *Tone 8 samohlasen***

⑥

O Lord, you willingly stretched out your hands up - on the Cross; now grant us the

com - punction to vener - ate it worth - i - ly. Il - lu - mine our hearts with your

bright - ness, O Lord, by fast - ing and prayer, tem - per - ance and good deeds;

for you are good and you love us all.

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

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  
of us all.

*Tone 3 samohlasen*

Cantor:

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

4

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

*Tone 8 samohlasen*

Cantor:

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

**Stichera of our venerable father Theophane - Tone 8 samohlasen**

3

O Fa - ther Theophane, of di - vine thoughts, you were named for the  
The - o - pha - ny of Christ. You fol - lowed in his life-giv-ing foot - steps,  
a - ban-don-ing the pleas-ures of this life and turn - ing your gaze to the splen-dor  
for which you yearned. By your long-ing for it, you were per - fect - ly