

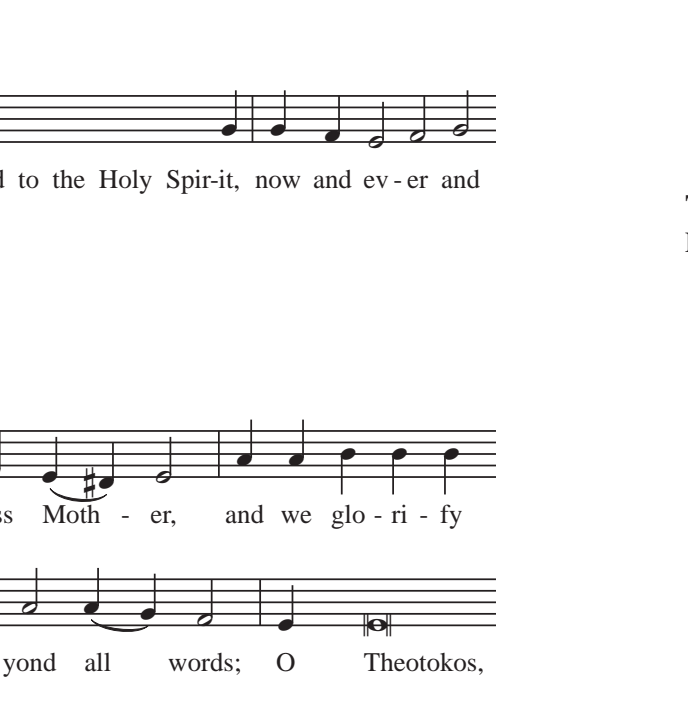


Vespers Propers on the Evening of the  
**First Sunday of the Great Fast**  
 March 5, 2017

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.

**Aposticha theotokion - Tone 8 samohlasen**



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.

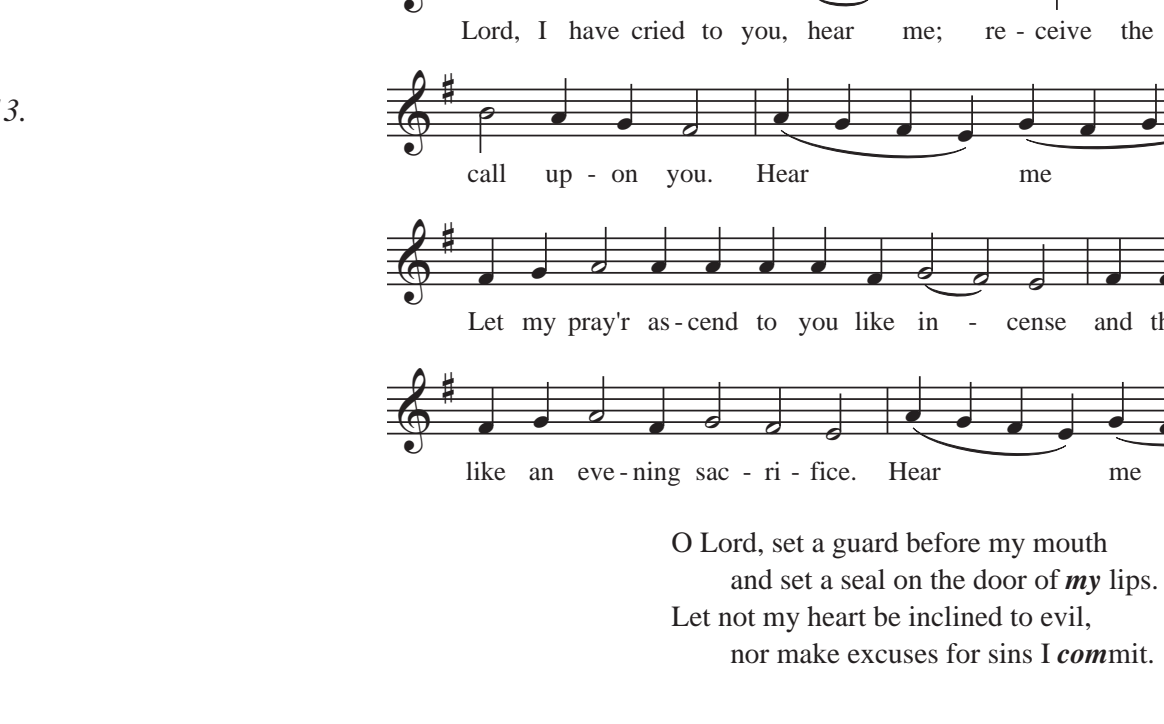
*The service continues with the Prayer of St. Simeon on page 13.*

**The holy forty-two martyrs of Ammorium in Syria.** Captured in Phrygia and taken to the Euphrates River, they seized the palm of martyrdom by their surpassing spiritual struggle. (848)

*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 1 samohlasen**



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

O Lord, set a guard before my mouth  
 and set a seal on the door of *my* lips.  
 Let not my heart be inclined to evil,  
 nor make 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 *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 *distress*.  
 Rescue me from those who pursue me  
 for they are stronger *than* I.

*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  
 mer - - - cy.

*All repeat, "Come, let us purify ourselves..."*

*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 dis - dain.

③  
 O mar-tyrs of the Lord, you sanc-tify all places and heal all dis-eas - es.

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

so that be-cause of the sins of my life, I will find myself hastening under  
your pro - tec - tion on the day of judg - - - ment.

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

### Aposticha

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

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

*(on 10)* Tone 1  
Cantor: Bring my soul out of this pris-on and then I shall praise your name.

#### Stichera of Repentance - Tone 1 samohlasen

⑩  
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.

*(on 9)*  
Cantor: A-round me the just will assem-ble be-cause of your good-ness to me.

⑨  
O Sav-ior, by my sinful thoughts and e - vil deeds, I have brought judg-ment on  
my-self. Grant me the grace of con-ver-sion, O God, so that I may call out  
to you: Save me, O gra - cious Benefac-tor, and have mer - cy on me.

Cantor: *(on 8)*

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

*(8)*

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

se - crets and sins; do not per - sist in doing evil but has-ten to cry out:

O my Judge and my God, spare me and save me.

Cantor: *(on 7)*

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

*(7)*

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

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

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

great mer - cy.

The - o - dore and the oth - er mar - tyrs, They preferred a joyous immolation

for the sake of the Life of all; and they found e - ter - nal rest in the Cit - y

of the liv - ing God. They con - tin - ual - ly pray for us, so that on the

day of judg - ment we might receive forgiveness of sins and per - fect

re - demp - tion.

*Tone 4*

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 4 samohlasen**

O Most Im - mac - u - late One, wheth - er I sail on the sea, travel on land, or rest at home,

give me grace and keep my mind a - lert. En - a - ble me to do God's will,

Cantor: 


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



Dragged a-way by force, O wit-ness-es of Christ, you were shackled and thrown



in-to a dun-geon. Cap-tives to-geth-er for man-y years, you were true guar-dians of



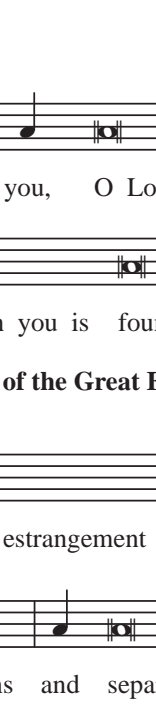
the Faith. In his savage fury, a tyrant ordered you put to death by the sword



for not having yielded to his wick-ed oaths. But, O far-famed for - ty - two



mar - tyrs, you have joyfully in - her - it - ed the King - dom on high.

Cantor: 

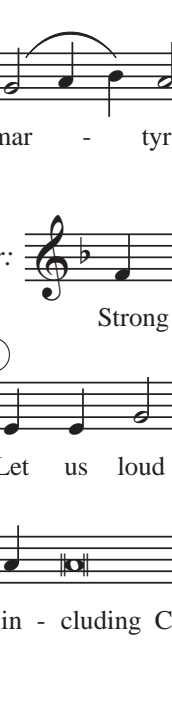
Strong is the love of the Lord for us; he is faith-ful for - ev - er.



Let us loud - ly ac - claim the divine assem-bly of com - bat - ants:



in - cluding Constantine and Cal - lis - tus, as well as Bas-soi, The - o - phi - lus,

Cantor: 

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

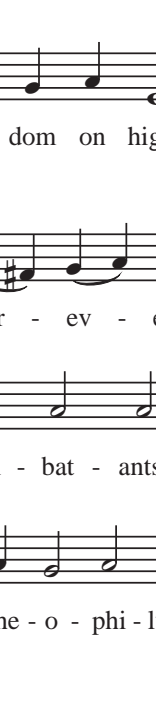


But with you is found forgive-ness: for this we re - vere you.

**Stichera of the First Sunday of the Great Fast - Tone 4 samohlasen**



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



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

5

Mo ses the di vine prophet was puri fied by fast - ing, and he con tem plated the One  
whom he de - sired. And you, O my poor soul, hasten to im - i - tate him.

In this time of abstinence purify yourself of ev - ry e - vil, so that you may also  
con - tem - plate the Lord who grants you for - give - ness. He is good and the Lov - er  
of us all, the Lord al - might - y.

*(on 4)* Tone 6

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

4

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.

Tone 4

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 the holy martyrs - Tone 4 samohlasen**

3

O vic - to - rious mar - tyrs, in these latter days, you have risen like un - set - ting stars  
in the firmament of the Church. With the splen - dor of your strug - gles, you have  
giv - en light to the world, scat - tering the shad - ows of er - ror. Now you have  
passed into the e - ter - nal Light. Thus, we the faithful celebrate your radiant and ho - ly  
ex - ploits, for we are always enriched by your watch - ful pro - tec - tion.