

Vespers Propers, February 3, 2008  
Cheesefare Sunday (Sunday of Forgiveness)

**Our venerable father Isidore of Pelusium**, in Egypt, priest, who, notable in his teaching, spurning the world and riches, preferred to imitate the life of John the Baptist in the desert, having taken up the monastic state, founded a monastery at Pelusium, and was held in much esteem as a theologian and a guide of souls. (c. 450)

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

Hymn

melody: Pod tvoj pokrov/We Hasten to Your Patronage



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



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



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



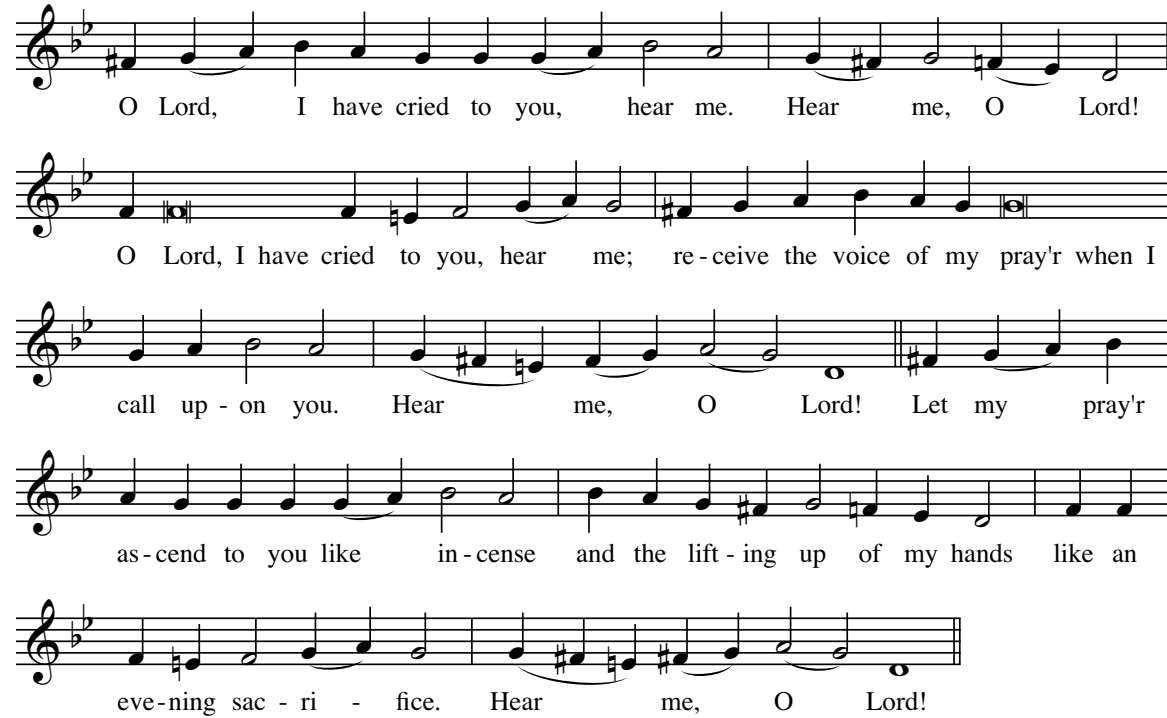
That broods on wrongs and will not let Old bit - ter - ness de - part?  
Then, bound to all in bonds of love, Our lives will spread Your peace.  
Let me not judge my neigh - bor's fault! Grant mer - cy from a - bove.

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

stanza three: J. Michael Thompson

## The Lamplighting Psalms

### Psalm 140 - Tone 3



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.

and your moth - er - ly prayer, free me because I am ruled by my pas - sions  
 be-yond all com-pre - hen-sion. Free me that I may serve your Son and God.

*The service continues on page 8.*

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.

**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 *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.

**Penitential Stichera - Tone 3**

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:** Around me the just will assemble  
(on 9) 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 us all.

**Cantor:** Out of the depths I cry to you, O Lord; **Psalm 129**  
(on 8) 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:

By your writings, your admonishing and your teach - ings, you spread your radiant

doc - trine ev - 'ry - where, O fa - ther Is - i - dore, wor - thy of our praise.

**Cantor:** Strong is the love of the Lord for us;  
(on 1) he is faithful forever.

By temperance, you mortified the arro - gance of the flesh, as you clothed yourself

in the life - giv - ing cru - ci - fix - ion. Ex - panding the dispositions of your soul, O

bless - ed Is - i - dore, you have been a - ble to receive the graces of the Ho - ly

Spir - it; and you have be - come a repository of divinely - in - spired

doc - trine, a treasury of wisdom which sur - pass - es our un - der - stand - ing.

**Cantor:** (Tone ) Glory...now and ever...

**Theotokion - Tone 3 samohlasen**

O Most Pure One, you reign over all crea - tures. By your warm intercession

**Stichera of the Venerable Father Isidore - Tone 4 samohlasen**

3  
 Lift-ing your-self up to God by con-tem-pla-tion and the prac-tice of the  
 vir - tues, O bless-ed fa - ther Is - i - dore, you led a ho - ly life,  
 ap - proach-ing the vision of God by the lad - der of your works and cherishing  
 the supreme Object of all your de-sires. Now, pos-sess-ing forever that which you  
 de-sired, you enjoy the blessedness and the light of the Tri-ple Ra - di-ance.

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

2  
 O ho-ly fa - ther, by the streams of grace and the rain of your sa-cred words,  
 you refresh all the faithful in the Lord. Ap - proach-ing the cup of Wis-dom  
 from on high, you drank from it in abun-dance, as from a well.

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

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


7  
 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.

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


**Stichera of Cheesefare Sunday**

*Tone 2 podoben: Jegda ot dreva*


6  
 En - ter - ing in - to the a - re - na of the ho - ly Fast, let us  
 make ev - 'ry ef - fort to hum - ble our flesh by ab - sti-nence;  
 in prayer and with tears let us seek the Lord our Sav - ior, and, that




we might turn a-way from our e - vil deeds, let us say to him:



We have sinned a - gainst you, O Christ our King, save us as




you saved the Nin - e - vites of old, and in your good - ness, grant us a share in the




King - dom of Heav - en.


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




When I see my deeds that de - serve such pun - ish - ment, I



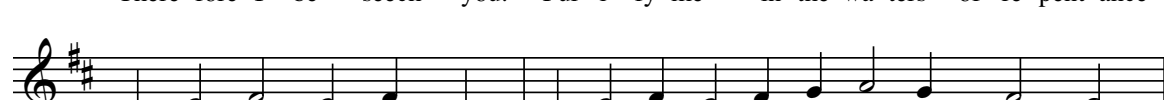
am with - out hope, O Lord, for I have dis - o - beyed



your ho - ly com - mand - ments, and I have led a fool - ish life.



There - fore I be - seech you: Pur - i - fy me in the wa - ters of re - pent - ance



by fast - ing and prayer, O Sav - ior full of good - ness;



do not re - ject me, O Ben - e - fac - tor of the u - ni - verse.

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



Let us be - gin the time of this bright Fast, giv - ing our - selves



to spir - it - ual strug - gle. Let us san - cti - fy our soul and



pur - i - fy our flesh. Let us not on - ly fast from food; let us al - so



ab - stain from ev - 'ry pas - sion and cul - ti - vate spir - it - ual vir - tues.



And let us faith - ful - ly per - se - vere in this,



so that we may be worthy to see the holy Pas - sion of Christ our God



and the joy of his ho - ly Res - ur - rec - tion.

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