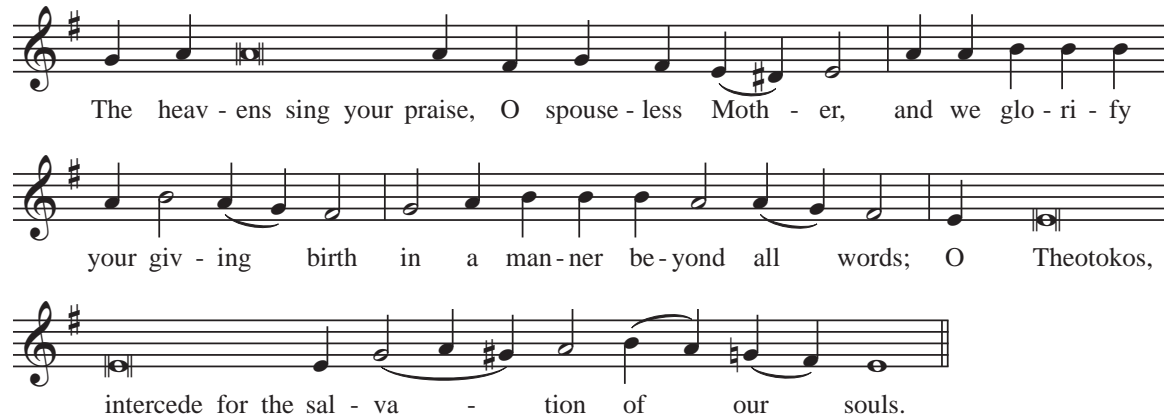


*Aposticha theotokion - Tone 8 samohlasen*



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.*

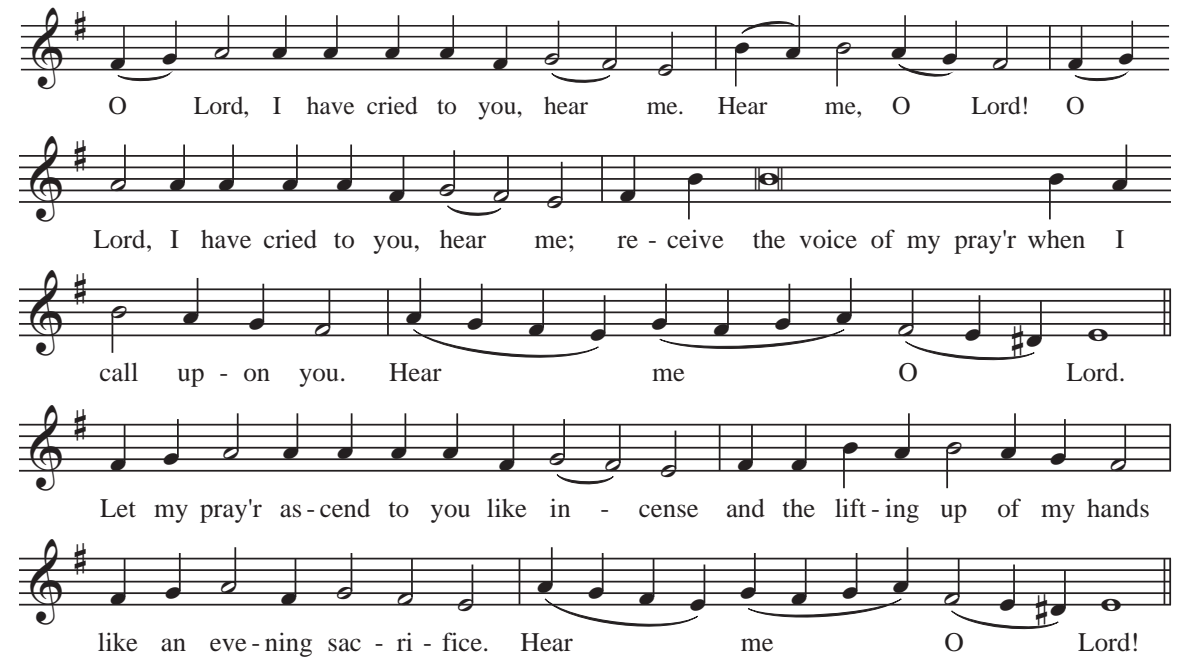
**Vespers Propers on the Evening of the  
First Sunday of the Great Fast  
February 22, 2015**

**The holy martyr Polycarp, bishop of Smyrna** who is honored as a disciple of blessed John and the final witness of the apostolic age. Under the emperors Marcus Antoninus and Lucius Aurelius Commodus, about the age of 90, he was given over to the flames in the amphitheater at Smyrna in Asia. Before the proconsul and the whole people, he gave thanks to God the Father because he had been deemed worthy to be numbered among the martyrs and to receive a portion from the cup of Christ. (c.155)

*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 4 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 *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.

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.

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

## 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.

*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

## Tone 1

*Cantor:*

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

## Stichera of Repentance - Tone 4 samohlasen

⑩

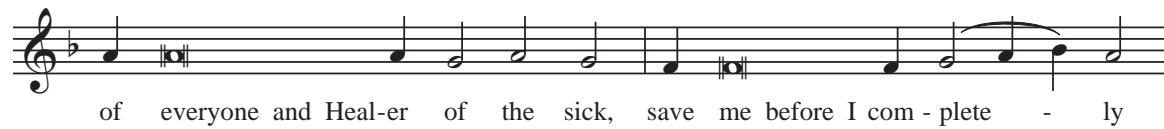
With my tears I desire to wash away the mark of my sins, O Lord, and through  
pen-ance, I long to make the rest of my life pleas-ing to you; but the enemy  
deceives me and struggles with my soul. Save me before I com-plete-ly  
per-ish, O Lord.

*Cantor:*

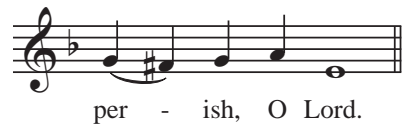
A-round me the just will assem-ble be-cause of your good-ness to me.

⑨

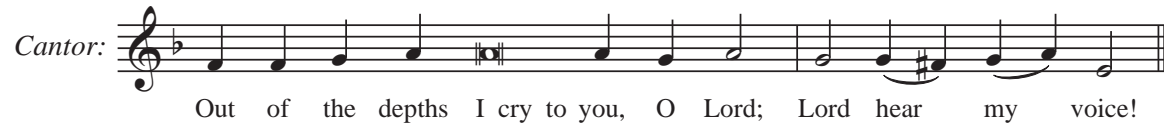
Who is there among the storm-tossed who hastens to your harbor and is not saved,  
O Lord? Who is ill and seeks your healing and is not cured? O Cre-a-tor



of everyone and Heal-er of the sick, save me before I com - plete - ly



per - ish, O Lord.

*Cantor:* 

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

⑧ 

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



man - y sins. And so I bow be - fore you; I have sinned, O God;



have mer - cy on me.

*Cantor:* 

Let your ears be attentive to the voice of my plead - ing.

⑦ 

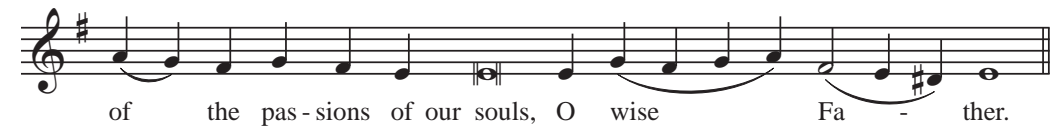
I am the lost sheep of your mys - ti - cal flock, and I take refuge in you, O



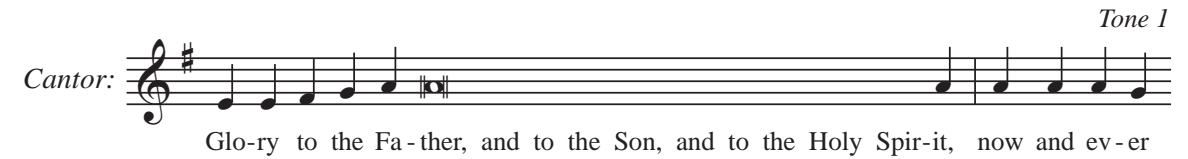
good Shep - herd. Have mer - cy on me, O God.



by your prayers, bring - ing light to the gloom - y night



of the pas - sions of our souls, O wise Fa - ther.

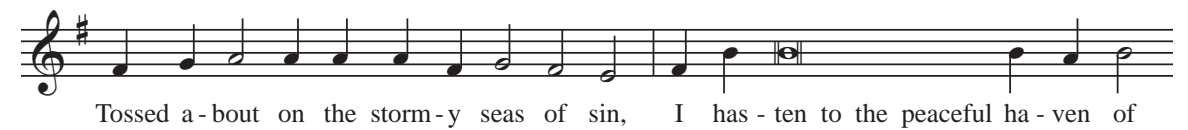
*Cantor:* 

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



and for - ev - er. A - - - men.

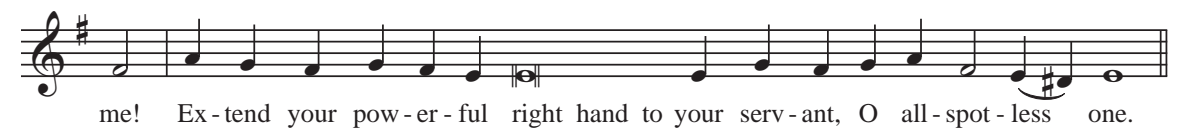
**Theotokion - Tone 1 samohlasen**



Tossed a-bout on the storm-y seas of sin, I has - ten to the peaceful ha - ven of





your prayer, O most pure The - o - to - kos; I cry out to you: Save




me! Ex - tend your pow - er - ful right hand to your serv - ant, O all - spot - less one.


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

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

 O God-bless-ed Fa - ther, you were re-vealed to be a branch

 of the ac - tion of Christ plant - ed by God. You put forth grapes of the

 di - vine Word, from which we draw forth pre - cious sweet - ness in faith,


 and with our whole heart we offer your teach - ing to the whole world.


Cantor:  Strong is the love of the Lord for us; he is faith - ful

 for - ev - - - er.

 Il - lu-mined with di - vine splen - dor, your bod - y consumed by ma - te - ri - al

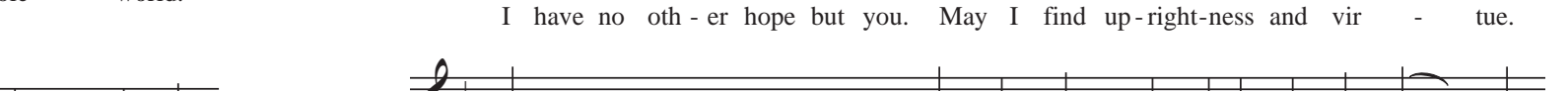
 fire, you passed o - ver to immaterial radi-ance, O Fa - ther. Grant us for-give-ness

Cantor:  *(on 6)* 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**

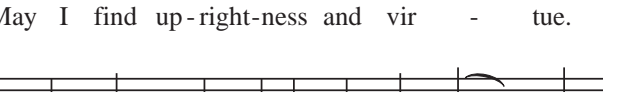
 Grant contrition and estrangement from e - vil to my soul submerged in the


 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:  *(on 5)* 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 1*

Cantor:

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

**Stichera of the holy martyr Polycarp - Tone 1 samohlasen**

3

O God - bless - ed Fa - ther, while still liv - ing on earth, you were joined  
with the bod - i - less an - gels, and with them you ministered to the Trin - i - ty.

There - fore, as you dwell always in the highest as a heav - en - ly man,  
you in - i - ti - ate those on earth into the mys - ter - ies of God.