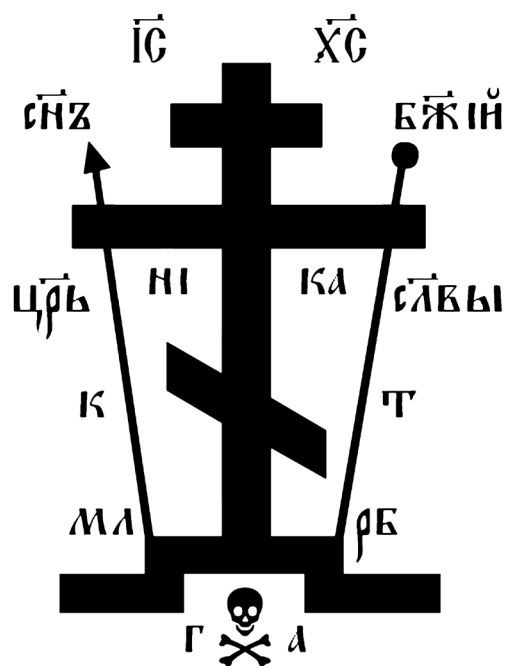


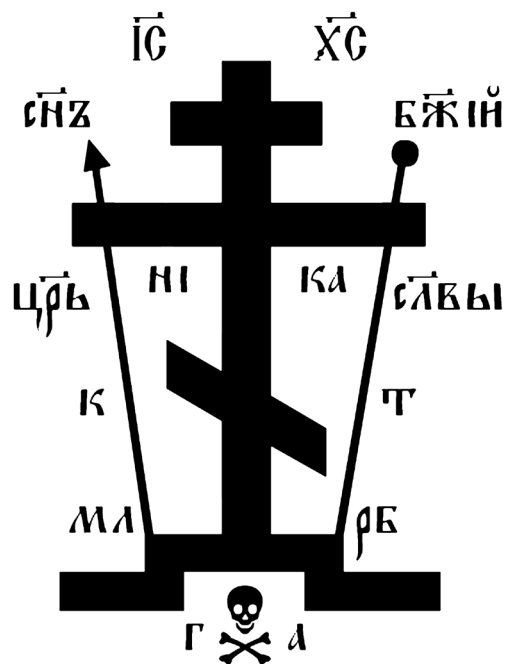


Music for Monday in the First Week of Great Lent **Matins, Hours, Typika and Vespers**

Δόμνι εἰκόνι жєни мѹроноєици
Holy Myrrh-bearers
 Ο Οἶκος τῶν Ἀγίων Μυροφόρων

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Music for Monday in the First Week of Great Lent

Matins, Hours, Typika and Vespers

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 MMXXV

The Lenten Triodion

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Choral arrangements from

Music for the Orders of Matins, First Hour, Third Hour, Sixth Hour, Ninth Hour, Typica, Vespers, the Divine Liturgy of the Presanctified Gifts, and the Commemorated of the Departed as used during the first week of Great Lent

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A.D. 2025 Saint Nina, Equal to the Apostles, Enlightener of the Georgians

2025 г. Св. равноапостольная Нины, просветительницы Грузии

Music for Monday in the First Week of Great Lent

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Matins

Priest: Blessed is our God, always now and ever, and unto the ages of ages.

Reader: Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Lord, have mercy. (*12 times*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Psalm 19

The Lord hear thee in the day of affliction; the name of the God of Jacob defend thee. Let Him send forth unto thee help from His sanctuary, and out of Sion let Him help thee. Let Him remember every sacrifice of thine, and thy whole-burnt offering let Him fatten. The Lord grant thee according to thy heart, and fulfill all thy purposes. We will rejoice in Thy salvation, and in the name of the Lord our God shall we be magnified. The Lord fulfill all thy requests. Now have I known that the Lord hath saved His anointed one; He will hearken unto him out of His holy heaven; in mighty deeds is the salvation of His right hand. Some trust in chariots, and some in horses, but we will call upon the name of the Lord our God. They have been fettered and have fallen, but we are risen and are set upright. O Lord, save the king, and hearken unto us in the day when we call upon Thee.

Psalm 20

O Lord, in Thy strength the king shall be glad, and in Thy salvation shall he rejoice exceedingly. The desire of his heart hast Thou granted unto him, and hast not denied him the requests of his lips. Thou wentest before him with the blessings of goodness, Thou hast set upon his head a crown of precious stone. He asked life of Thee, and Thou gavest him length of days unto ages of ages. Great is his glory in Thy salvation; glory and majesty shalt Thou lay upon him. For Thou shalt give him blessing for ever and ever, Thou shalt gladden him in joy

with Thy countenance. For the king hopeth in the Lord, and through the mercy of the Most High shall he not be shaken. Let Thy hand be found on all Thine enemies; let Thy right hand find all that hate Thee. For Thou wilt make them as an oven of fire in the time of Thy presence; the Lord in His wrath will trouble them sorely and fire shall devour them. Their fruit wilt Thou destroy from the earth, and their seed from the sons of men. For they have intended evil against Thee, they have devised counsels which they shall not be able to establish. For Thou shalt make them turn their backs; among those that are Thy remnant, Thou shalt make ready their countenance. Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy mighty acts.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Save, O Lord, Thy people, and bless Thine inheritance; grant Thou unto Orthodox Christians victory over enemies; and by the power of Thy Cross do Thou preserve Thy commonwealth.

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

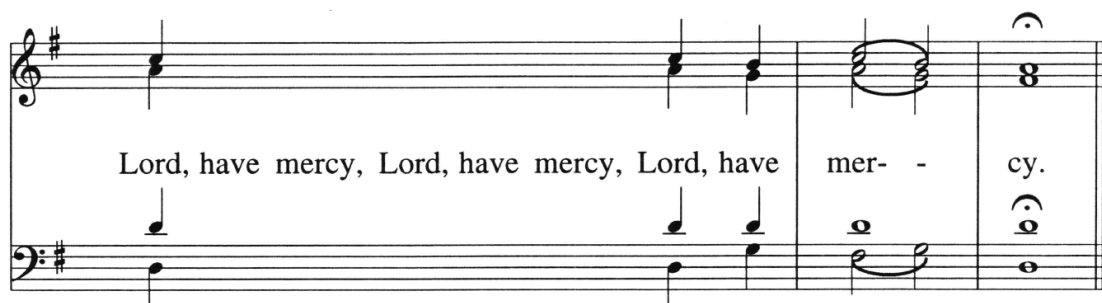
O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God; gladden with Thy power the Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

Both now and ever, and unto the ages of ages. Amen.

O awesome intercession that cannot be put to shame, O good one, disdain not our prayer; O all-hymned Theotokos, establish the commonwealth of the Orthodox, save the Orthodox Christians, and grant unto them victory from heaven, for thou didst bring forth God, O thou only blessed one.

Litany

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.



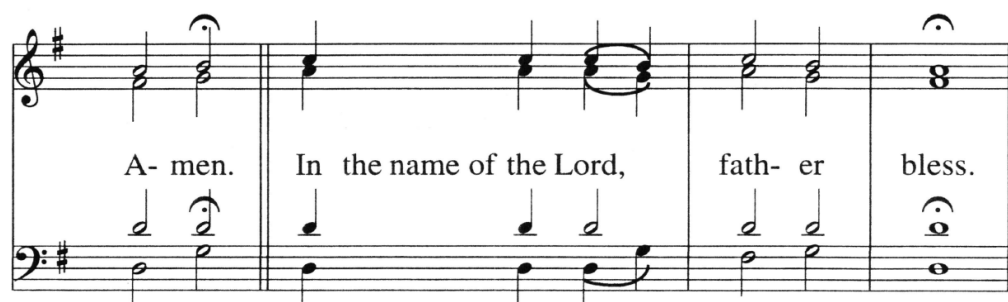
Priest: Again let us pray for our Archbishop *Name*.

Choir: Lord, have mercy. (*Thrice*)

Priest: Again we pray for all the brethren and for all Christians.

Choir: Lord, have mercy. (*Thrice*)

Priest: For a merciful God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Priest: Glory to the holy, and consubstantial, and life-creating, and indivisible Trinity, always, now and ever, and unto the ages of ages.



The Six Psalms

Reader: Glory to God in the highest, and on earth peace, good will among men. (Thrice)

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. *(Twice)*

Psalm 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

Psalm 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbours drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord, Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Psalm 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory, For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips of rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they

shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*) Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Psalm 87

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication. For filled with evils is my soul, and my life unto hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbour, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

Psalm 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his

sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

Psalm 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord, my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

Hearken unto me, O Lord, in Thy righteousness, and enter not into judgment with Thy servant. *(Twice)*

Thy good Spirit shall lead me in the land of uprightness.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *(Thrice)*

Great Litany

Deacon: In peace let us pray to the Lord.



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

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For our Archbishop *Name*; for the venerable priesthood, the diaconate in Christ, for all the clergy and people, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this land, its authorities and armed forces, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the suffering Russian Land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That He may deliver His people from enemies visible and invisible, and confirm in us oneness of mind, brotherly love, and piety, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city (*or town or holy monastery*), every city and country, and the faithful that dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For seasonable weather, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For travelers by sea, land, and air, for the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



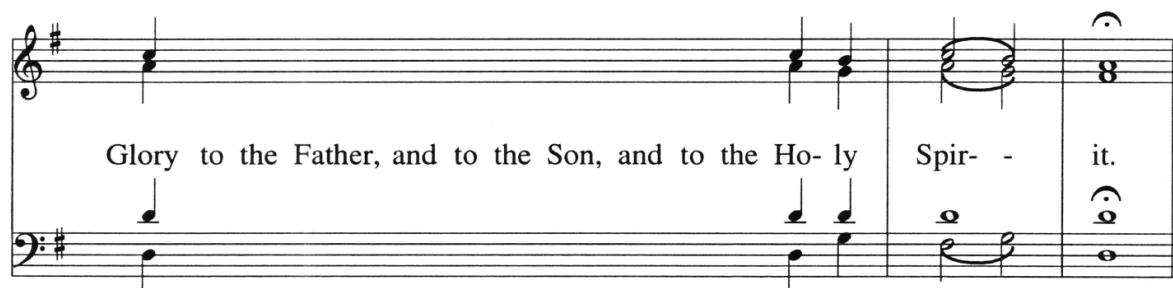
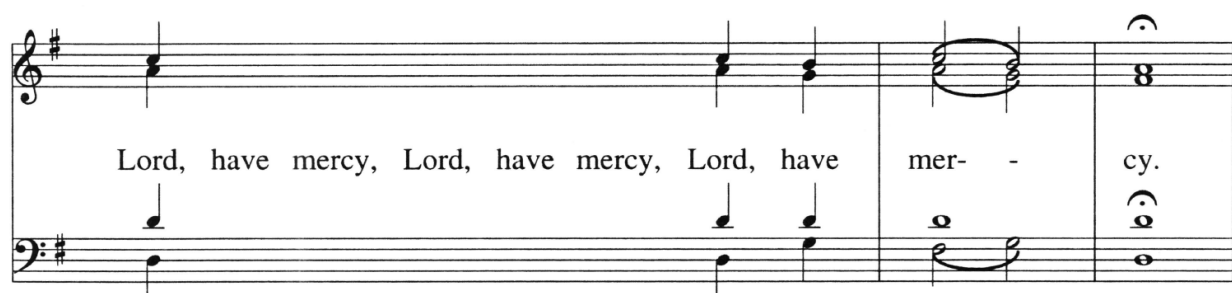
Priest: For unto Thee is due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Alleluia and Hymns to the Trinity

After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week. See Appendix I, Page 100.

First Kathisma



Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma IV, First Stasis

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

Monday in the First Week of Great Lent – Matins

Both now and ever, and unto the ages of a- ges. A- men.

This musical score is for a four-part setting of the Kyrie eleison. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, using half and quarter notes. The lyrics are: "Both now and ever, and unto the ages of a- ges. A- men." The piece concludes with a final Amen in both parts.

Thrice
Alleluia, alleluia, alleluia, glory to Thee, O God.

This musical score is for a three-part setting of the Alleluia. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, using half and quarter notes. The lyrics are: "Thrice Alleluia, alleluia, alleluia, glory to Thee, O God." The piece concludes with a final Amen in both parts.

Lord, have mercy, Lord, have mercy, Lord, have mer- - cy.

This musical score is for a four-part setting of the Kyrie eleison. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, using half and quarter notes. The lyrics are: "Lord, have mercy, Lord, have mercy, Lord, have mer- - cy." The piece concludes with a final Amen in both parts.

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

This musical score is for a four-part setting of the Kyrie eleison. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, using half and quarter notes. The lyrics are: "Glory to the Father, and to the Son, and to the Ho- ly Spir- - it." The piece concludes with a final Amen in both parts.

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma IV, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma IV, Third Stasis

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Sessional Hymns

After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week. See Appendix II, Page 122.

Second Kathisma

Choir: Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma V, First Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma V, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma V, Third Stasis

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Sessional Hymns

Tone II, by Joseph

As God-given first-fruits of the Fast, let us acquire compunction of soul, crying out: Accept our prayer as pure incense, Christ our Master, and deliver us, we entreat Thee, from the stench of corruption and from fearful torment, for Thou alone art ready to forgive.

Glory to the Father...

Repeat.

Both now...

Theotokion

Thou art a fountain of compassion, O Theotokos: count us worthy of thy loving-kindness.

Look upon thy people that have sinned; and now, as always, manifest thy power. For putting our trust in thee we cry unto thee, Rejoice! as once did Gabriel, the chief captain of the heavenly hosts.

Third Kathisma

Choir: Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VI, First Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VI, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VI, Third Stasis

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Sessional Hymns

Tone II, by Theodore

Let us joyfully begin the all-hallowed season of abstinence; and let us shine with the bright radiance of the holy commandments of Christ our God, with the brightness of love and the splendour of prayer, with the purity of holiness and the strength of good courage. So, clothed in raiment of light, let us hasten to the Holy Resurrection on the third day, that shines upon the world with the glory of eternal life.

Glory to the Father...

Repeat.

Both now...

Theotokion

Having obtained in my distress thine unconquerable intercession, O Mother of our God, I am set free wondrously and past all hope from everything that troubles me. For thou art always swift to help those who ask of thee in faith, and dost dispel the darkness of their many sins. Therefore with thanksgiving we cry unto thee: Accept, O Lady, this small offering of grateful praise, and be my help in all things.

Psalm 50

Reader: Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightiest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in

iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Save, O God, Thy People

Deacon: Save, O God, Thy people, and bless Thine inheritance; visit Thy world with mercy and compassions; exalt the horn of Orthodox Christians, and send down upon us Thine abundant mercies: through the intercessions of our immaculate Lady Theotokos and Ever-Virgin Mary; through the power of the precious and life-creating Cross; through the mediations of the honourable, heavenly Bodiless Hosts; of the honourable, glorious Prophet, Forerunner, and Baptist John; of the holy, glorious and all-praised Apostles (*if there be commemorated one of the Twelve Apostles or Evangelists, there is said:* of the holy Apostle and Evangelist *Name*, and the other holy, glorious and all-praised Apostles); of our fathers among the saints and great ecumenical teachers and hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom; of our father among the saints, Nicholas the Wonderworker, Archbishop of Myra in Lycia; of the holy Equals-of-the-Apostles Methodius and Cyril, Teachers of the Slavs; of the holy Right-believing and Equal-of-the-Apostles Great Prince Vladimir, and the Blessed Great Princess of Russia, Olga; of our fathers among the saints, the Wonderworkers of All Russia: Michael, Peter, Alexis, Jonah, Philip, Macarius, Demetrius, Metrophanes, Tikhon, Theodosius, Joasaph, Hermogenes, Pitirim, Innocent, and John; of the holy Hieromartyrs and Confessors: Tikhon, Patriarch of Moscow; Vladimir of Kiev, Benjamin and Joseph of Petrograd, Peter of Krutitsa, Cyril of Kazan, Agathangel of Yaroslavl, Andronicus of Perm, Hermogenes of Tobolsk, the priests John, John, Peter and Philosoph, and all the new hieromartyrs and confessors of the Russian Church; of the holy, glorious, and victorious martyrs: the holy, glorious Great-martyr, Trophy-bearer, and Wonderworker George; the holy Great-martyr and Healer Panteleimon; the holy Great-martyr Barbara; and the holy Right-believing Russian Princes and Passion-bearers Boris and Gleb, and Igor; and the holy Right-believing Passion-bearers: Tsar-Martyr Nicholas, Tsaritsa-Martyr Alexandra, the Martyred Crown Prince Alexis, and the Royal Martyrs Olga, Tatiana, Maria, and Anastasia; and the holy nun-martyrs: Grand Duchess Elizabeth and Nun Barbara, and all the New Martyrs of Russia; of our holy and God-bearing fathers: Anthony and Theodosius of the Kiev Caves; Sergius, the Abbot of Radonezh, and Seraphim of Sarov; Job, Abbot and Wonderworker of Pochaev; of the holy Righteous John of Kronstadt; of the holy Blessed Xenia of Saint Petersburg; of our holy and God-bearing Fathers: Herman, of Alaska, Paisius Velichkovsky, Theophilus of Kiev; Leo, Macarius, Ambrose, and the other Elders of Optina; the hierarchs Philaret and Innocent of

Moscow, Nicholas of Japan, and John the Wonderworker of Shanghai and San Francisco, Philaret of New York; and Saint *Name*, (*whose temple it is and whose day it is*) whose memory we celebrate today; of the holy and Righteous Ancestors of God, Joachim and Anna; and of all the saints; we pray Thee, O Lord plenteous in mercy, hearken unto us sinners that pray unto Thee, and have mercy on us.

Choir: Lord, have mercy. (12 times)

Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thy Most Holy and good and life-creating Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

The Canon

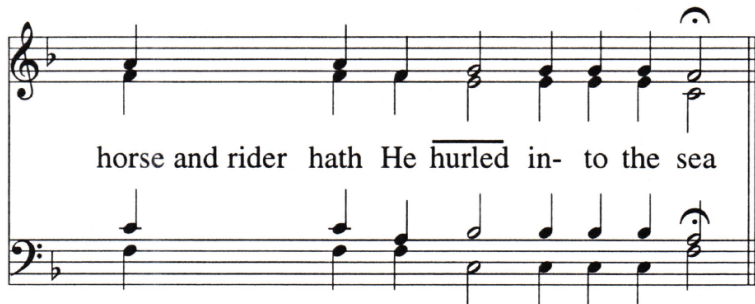
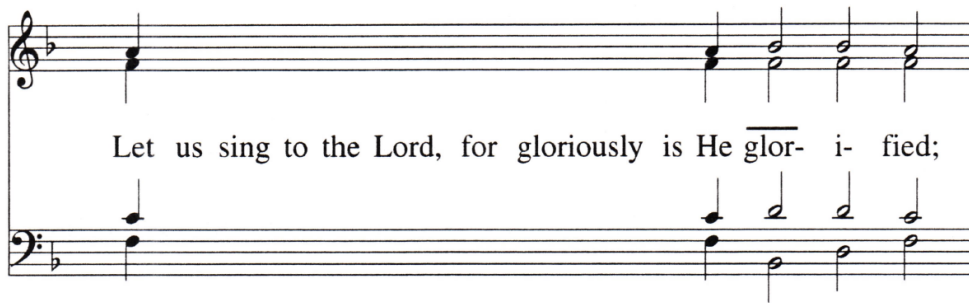
We use the Canon to the saint of the day from the Menaion, and the two three-canticle Canons from the Triodion.

Ode I

First Biblical Ode

An Ode of Moses

Exodus 15:1-19



A helper and protector was he unto me for salvation. This is my God, and I will glorify him;/ the God of my father, and I will exalt him.

The Lord quenching wars, Lord is his name./ The chariots of Pharaoh and his hosts he hurled into the sea;

The chosen mounted captains/ he plunged into the Red Sea.

With the open sea he covered them:/ they sank into the deep like a stone.

Thy right hand, O Lord, is glorified in strength; thy right hand, O Lord, hath shattered enemies./ And in the multitude of thy glory hast thou ground down the adversaries.

Thou sentest forth thy wrath; it consumed them like stubble./ And at the breath of thy wrath, the water parted asunder;

The waters were hardened like a wall,/ hardened also were the waves in the midst of the sea.

Irmos of the Canon of the Menaion

The enemy said: I will pursue, I will overtake, I will divide the spoil, I will satisfy my soul, I will destroy with my sword;/ my right hand shall have dominion.

Troparion from the Canon of the Menaion

Thou sentest forth thy breath; the sea covered them;/ they sank like lead in the turbulent water.

Troparion from the Canon of the Menaion

Who is like unto thee among the gods, O Lord? Who is like unto thee?/ Glorified in holies, wonderful in glories, doing marvels.

Troparion from the Canon of the Menaion

Thou hast stretched forth thy right hand; the earth swallowed them up./ Thou hast guided by thy righteousness this thy people whom thou hast redeemed;

Troparion from the Canon of the Menaion

Thou hast called them by thy strength into thy holy habitation./ The nations heard and waxed wroth; pangs took hold of them that dwell in Philistia.

Theotokion from the Canon of the Menaion

Then did the rulers of Edom hasten, and the princes of the Moabites;/ trembling took hold of them, all the dwellers in Canaan melted away.

Triodion, Canon I, Tone II
by Joseph

How shall I now lament my fall? Where shall I begin the work of my salvation? I have lived as the Prodigal: O compassionate Lord, in the ways that are Thine own, do Thou save me.

Let fear and trembling fall upon them; by the greatness of thine arm,/ let them be made like unto stone,

Behold, the appointed time; behold, the day of salvation, the entrance to the Fast. O my soul, be watchful, close all the doors through which the passions enter, and look up towards the Lord.

Until thy people pass over, O Lord, until they pass over,/ even this thy people which thou didst take for thine own.

Storm-tossed by the tempest of sin, I am dragged down into the depths of despair; but I flee to the wide sea of Thy mercy. Save me, O Lord.

Bring them in and plant them in the mountain of thine inheritance,/ in thy prepared habitation which thou hast fashioned, O Lord, even the sanctuary which thy hands have prepared.

I alone have become a slave to sin; I alone have opened the door to the passions, O Word who art ready to forgive. But in Thy tender mercy turn me back and save me.

The Lord is king of the ages, yea, for ever and evermore./ For the horse of Pharaoh with chariots and riders went into the sea,

Triodion, Canon II
by Theodore

Come, O ye people, and today let us accept the grace of the Fast as a gift from God and as a time for repentance, in which we may find mercy with the Saviour.

And the Lord brought upon them the water of the sea;/ but the sons of Israel walked through dry land in the midst of the sea.

The time for combat is at hand and has begun already; let all of us set forth eagerly upon the course of the Fast, offering our virtues as gifts to the Lord.

Glory to the Father, and to the Son,/ and to the Holy Spirit.

O simple unity of threefold Light, sovereign Oneness, omnipotent and source of all life, God and Lord, almighty father, Son and Spirit, save those who honour Thee.

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion

Let us sing the praises of the holy mountain of God, Mary undefiled. From her has shone forth upon those in darkness the Sun of righteousness, Christ the life of all.

Glory to Thee, our God, glory to Thee.

Armed with fasting, Elijah the wonderful was taken up in a chariot of fire; through fasting Moses received a vision of secret mysteries; and if we also fast like them, we shall see Christ.

Glory to Thee, our God, glory to Thee.

Adam ate the food and his greed banished him from Paradise. But may the keeping of the Fast lead us to true repentance, O Lord who lovest mankind.

Katavasia – Ode I
Tone II

Come, O ye peo- - ple, let us sing a hymn to Christ our God,

The first system of musical notation for the Katavasia. It consists of two staves, a treble staff and a bass staff, both in G-clef and F-clef positions. The melody is written in a simple, homophonic style with a mix of eighth and quarter notes. The lyrics are written below the staves, with hyphens indicating syllables that span across measures.

Who di- vi- ded the sea and guided the people whom He brought

The second system of musical notation. It continues the melody from the first system. The treble staff has a few measures of rest in the second half, while the bass staff continues the accompaniment. The lyrics are aligned with the notes.

out of the bondage of E- gypt, for He is glor- i- fied.

The third and final system of musical notation. It concludes the piece with a final cadence. The treble staff ends with a whole note chord, and the bass staff ends with a whole note chord. The lyrics are aligned with the notes.

Ode III

The Lord hath gone up into the heavens and hath thundered;/ he will judge the ends of the earth, for he is righteous.

Troparion from the Canon of the Menaion

And he will give strength to our kings,/ and he will lift up the horn of his anointed one.

Troparion from the Canon of the Menaion

Glory to the Father, and to the Son,/ and to the Holy Spirit.

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Small Litany

Deacon: Again and again, in peace let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Sessional Hymn

Sessional Hymn from the Menaion, if there be one.

Ode IV

Irmos of the Canon from the Menaion

The Lord is my God and my might,/ and he will instruct my feet unto perfection.

Troparion from the Canon of the Menaion

He mounteth me on high,/ that I might be victor with his song.

Troparion from the Canon of the Menaion

Glory to the Father, and to the Son,/ and to the Holy Spirit.

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Ode V

Irmos of the Canon from the Menaion

The dead shall rise, and they that are in the tombs shall awake, and they that be in the earth shall rejoice.

Troparion from the Canon of the Menaion

For the dew which thou sendest is healing for them, but the land of the ungodly shall perish.

Troparion from the Canon of the Menaion

Glory to the Father, and to the Son,/ and to the Holy Spirit.

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Ode VI

They that observe vain and false things/ have abandoned mercy for themselves.

Troparion from the Canon of the Menaion

But as for me, with the voice of praise and thanksgiving will I sacrifice unto thee;/ whatsoever I have vowed for my salvation, I will pay unto thee, O Lord.

Troparion from the Canon of the Menaion

Glory to the Father, and to the Son,/ and to the Holy Spirit.

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Katavasia – Ode VI

Irmos of the Canon from the Menaion

Small Litany

Deacon: Again and again, in peace let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art the King of Peace, and the Saviour of our souls, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Kontakion or Sessional Hymn

If there is no Kontakion for the saint of the day in the Menaion, the Sessional Hymn to the Martyrs for Monday, in the Tone of the week, is said. See Appendix II, Page 122.

Ode VII

Irmos of the Canon from the Menaion

Blessed art thou upon the throne of the glory of thy kingdom,/ thou who art supremely praised and supremely exalted unto the ages.

Troparion from the Canon of the Menaion

Blessed art thou in the firmament of the heaven,/ thou who art supremely praised and supremely exalted unto the ages.

Troparion from the Canon of the Menaion

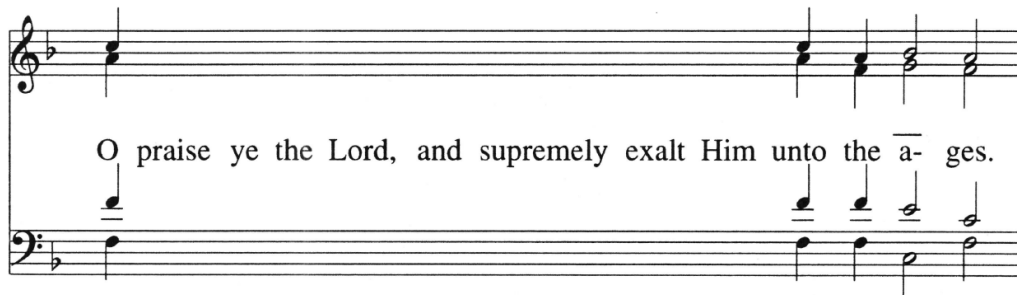
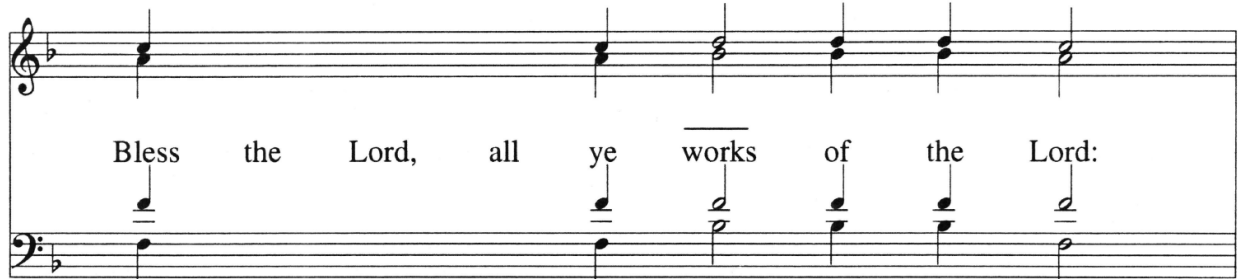
Glory to the Father, and to the Son,/ and to the Holy Spirit.

Troparion from the Canon of the Menaion

Both now and ever,/ and unto the ages of ages. Amen.

Theotokion from the Canon of the Menaion

Ode VIII
Eighth Biblical Ode
Hymn of the Three Youths
Daniel 3:57-88



Bless the Lord, ye angels of the Lord,/ and ye heavens of the Lord: O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, all ye waters above the heavens, and all ye powers of the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, O sun and moon, and ye stars of heaven:/ O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, every rain and dew, and all ye winds:/ O praise ye the Lord and supremely exalt him unto the ages.

Bless the Lord, fire and heat of burning, winter cold and summer heat:/ O praise ye the Lord and supremely exalt him unto the ages.

Irmos of the Canon from the Menaion

Bless the Lord, O falls of dew and snow, O ice and cold:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O hoar frosts and snows, O lightnings and clouds:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O light and darkness, O nights and days:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O earth, mountains and hills, and all things that spring up therein:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, O fountains, seas and rivers, O monsters of the sea, and all things that move in the waters:/ O praise ye the Lord and supremely exalt him unto the ages.

Troparion from the Canon of the Menaion

Bless the Lord, all ye winged creatures of the sky, O beasts and all cattle:/ O praise ye the Lord and supremely exalt him unto the ages.

Triodion, Canon I

In the fire of Thy fear, O Christ, Thou hast renewed the eyes of my soul that were inflamed and darkened by lust. Shine upon me with the light of salvation, that I may glorify Thee for ever.

Bless the Lord, ye sons of men; let Israel bless the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Hating the surfeit of the passions, O my humble soul, feast rather upon the rich food of God's blessings. Take thy delight in the pleasures of the Fast, turn away from the bitterness of lust, and thou shalt live for ever.

Bless the Lord, ye priests of the Lord, ye servants of the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Hardened in soul and darkened by the drunkenness of the passions, I cannot look at all on Thee, the only God. Therefore take pity on me, grant me light, and open to me the gates of repentance.

Bless the Lord, ye spirits and ye souls of the righteous, ye saints, and ye that be humble of heart:/ O praise ye the Lord and supremely exalt him unto the ages.

Theotokion

O pure Virgin, through thee our earthly and corruptible nature is made heavenly: with thy fervent intercession bring our prayers and our petitions before the God and King of thee and all men.

Bless the Lord, O Ananias, Azarias, and Misael:/ O praise ye the Lord and supremely exalt him unto the ages.

Triodion, Canon II

O ye faithful, with joy let us enter upon the beginning of the Fast. Let us not be of sad countenance but let us wash our faces in the water of dispassion; and let us bless and exalt Christ above all for ever.

Bless the Lord, ye Apostles, Prophets and Martyrs of the Lord:/ O praise ye the Lord and supremely exalt him unto the ages.

Let us anoint the head of our soul with the oil of loving compassion, and let us not use vain repetitions when praying to our Father in heaven; and let us bless and exalt Him above all for ever.

We bless Father, Son, and Holy Spirit, the Lord.

O ye faithful, let us sing in praise to the Father, eternal and without beginning, and to His coeternal Son, and to the Spirit that shines forth from the Father, three consubstantial Persons but one in sovereign power and rule.

Both now and ever, and unto the ages of ages. Amen.

Theotokion

O Mary, called by God, truly thou art the mercy seat of the faithful: for through thee forgiveness is freely bestowed upon all. Cease not to intercede before thy Son and Lord, gaining His gracious favour for us who sing thy praises.

Glory to Thee, our God, glory to Thee.

Fasting for the space of forty days, the Lord consecrated and made holy this present Fast. As we start upon it, brethren, we cry out: Bless and exalt Christ above all for ever.

We praise, bless and worship the Lord:/ praising and supremely exalting Him unto the ages.

Katavasia – Ode VIII
Tone II

By a strange mir-a-cle the Lord of old

The first line of musical notation for the Katavasia. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are: "By a strange mir-a-cle the Lord of old".

re-freshed with dew the He-brew chil-dren in the flames,

The second line of musical notation. It continues the melody from the first line. The lyrics are: "re-freshed with dew the He-brew chil-dren in the flames,".

yet burnt the Chal-de-ans. Let us glorify Him, say-ing:

The third line of musical notation. It continues the melody. The lyrics are: "yet burnt the Chal-de-ans. Let us glorify Him, say-ing:".

Bless, and supremely exalt Him un-to the a-ges.

The fourth line of musical notation. It concludes the Katavasia with a final cadence. The lyrics are: "Bless, and supremely exalt Him un-to the a-ges.".

The Song of the Most-Holy Theotokos

Deacon: The Theotokos and Mother of the Light let us magnify in song.

My soul doth mag- ni- fy the Lord,

This musical system consists of a treble and bass staff in G major (one sharp). The melody is written in a simple, homophonic style. The lyrics are: "My soul doth mag- ni- fy the Lord,". The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (half).

and my spirit hath rejoiced in God my Sav- iour.

This musical system continues the melody from the first line. The notes are: E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half).

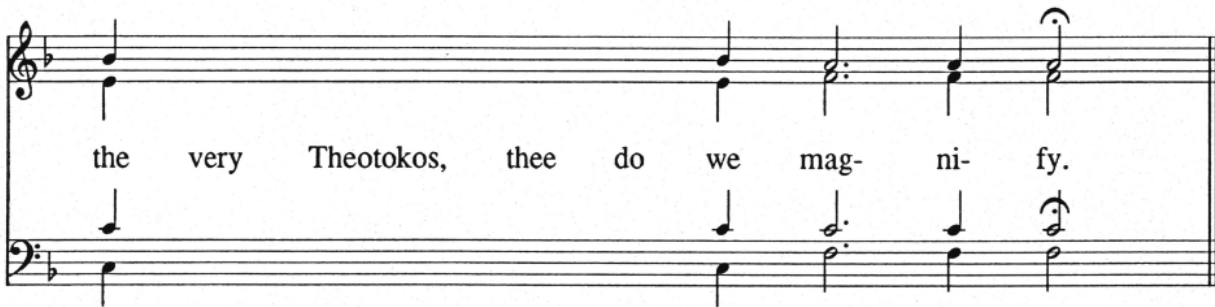
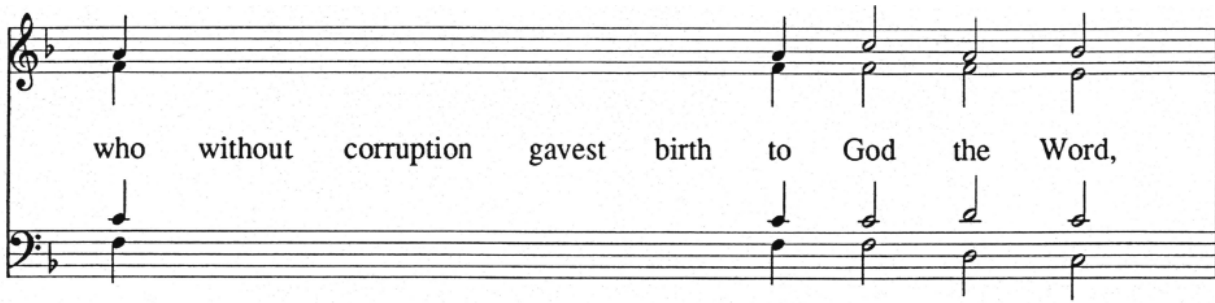
Refrain

More honorable than the Cher- u- bim,

This musical system begins the refrain. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (half).

and beyond compare more glorious than the Ser- a- phim.

This musical system continues the refrain. The notes are: E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F#3 (half).



For He hath looked upon the lowliness of His handmaiden;/ for behold, from henceforth all generations shall call me blessed.

More honorable than the Cherubim...

For the Mighty One hath done great things to me, and holy is His name;/ and His mercy is on them that fear Him unto generation and generation.

More honorable than the Cherubim...

He hath showed strength with His arm,/ and He hath scattered the proud in the imagination of their heart.

More honorable than the Cherubim...

He hath put down the mighty from their seat, and exalted them of low degree;/ He hath filled the hungry with good things, and the rich He hath sent empty away.

More honorable than the Cherubim...

He hath holpen His servant Israel in remembrance of His mercy,/ as He spake to our fathers, to Abraham and his seed forever.

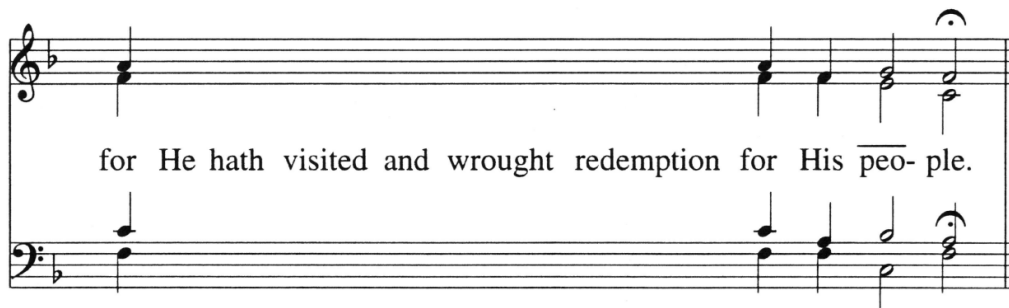
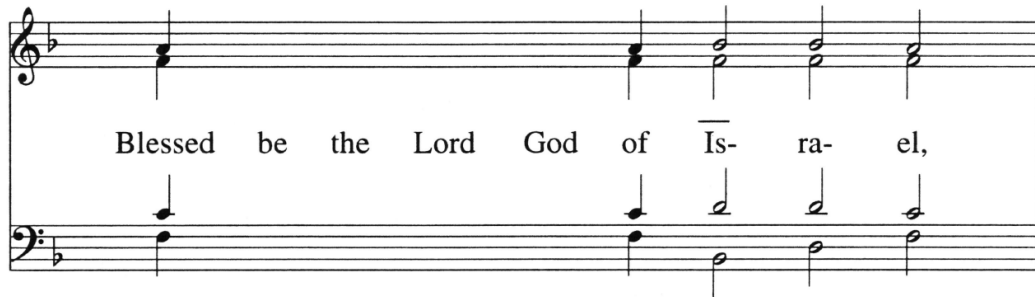
More honorable than the Cherubim...

Ode IX

Irmos of the Canon from the Menaion

Ninth Biblical Ode

*Prayer of Zacharias, the Father of the Forerunner
Luke 1:68-79*



And hath raised up a horn of salvation for us/ in the house of his servant David,
Troparion from the Canon of the Menaion

As he spake by the mouth of his holy ones,/ the prophets of old,

Troparion from the Canon of the Menaion

That we should be saved from our enemies,/ and from the hand of all that hate us.

Troparion from the Canon of the Menaion

To deal mercifully with our fathers,/ and to remember his holy covenant,

Troparion from the Canon of the Menaion

The oath which he swore to our father Abraham,/ that he would grant unto us that we be delivered out of the hand of our enemies,

Triodion, Canon I

May this the first day of the Fast be for thee, my soul, a time of abstinence from sin, of turning towards God and drawing near to Him. Do thou flee from all the pits of evil and seek only the paths that lead to the eternal rest of the Age to come.

That we might serve him without fear,/ in holiness and righteousness before him all the days of our life.

I have fallen in my thoughts and sinned in the flesh, and groaning I lament and cry aloud: Save me, O Lord, for Thou alone art long-suffering; save me and, deserving though I be of condemnation, send me not to the fire of Gehenna.

And thou, O child, shalt be called the prophet of the Most High;/ for thou shalt go before the face of the Lord, to prepare his ways,

Clothing ourselves in the shining raiment of the Fast, let us cast off the dark and hateful garment of drunkenness; and illumined by the divine virtues, we shall gaze with faith upon the radiance of the Saviour's Passion.

To give knowledge of salvation unto his people, by the remission of their sins,/ through the bowels of the mercy of our God,

Theotokion

O undefiled Lady, heal my miserable soul that is weakened by all the assaults of the evil demons; for thou hast borne Christ our Physician and Redeemer, and we acknowledge thee, O Maiden, to be a virgin inviolate.

Whereby the dayspring from on high hath visited us,/ to give light to them that sit in darkness and in the shadow of death,

Triodion, Canon II

The season of the holy Fast is now at hand. Let us begin it with good actions; for it is said, fast not for strife and debate.

To guide our feet/ into the way of peace.

On Mount Horeb Elijah was cleansed by fasting and saw God. Let us also cleanse our hearts by fasting and we shall see Christ.

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

I worship one Nature, I sing the praises of three Persons, one God of all, Father, Son and Holy Spirit, sovereignty eternal.

Both now and ever, and unto the ages of ages. Amen.

Theotokion

Though a pure maiden, thou hearest child, and though_ a virgin thou givest suck. How can these things be found together? How dost thou give birth and yet remain virgin? 'It is God who has brought this to pass: ask me not how.'

Glory to Thee, our God, glory to Thee.

All mortal life is but one day, so it is said, to those who labour with love.

There are forty days in the Fast: let us keep them all with joy.

Katavasia – Ode IX
Tone II

Her who in ways bey- ond nature conceived with- in the womb,

The first system of musical notation for the Katavasia. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a style typical of Orthodox chant, with notes often beamed together. The lyrics are written below the staves.

ac- cor- ding to the flesh,

The second system of musical notation. It continues the melody from the first system. The lyrics are written below the staves.

the Word that shone forth timelessly from the Fath- er,

The third system of musical notation. It continues the melody. The lyrics are written below the staves.

O ye faith- ful, with never- si- lent hymns let us mag- ni- fy.

The fourth system of musical notation, which is the final line of the Katavasia. It ends with a double bar line. The lyrics are written below the staves.

It is Truly Meet
Tone II

It is truly meet to bless thee, the The- o- tok- - os,

The first line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The text is: "It is truly meet to bless thee, the The- o- tok- - os,". The word "The-" is split across the bar line, and "o-" is split across the next bar line. The word "tok-" is split across the next bar line, and "os," is split across the next bar line.

ev- er- bles- sed and most blameless and Moth- er of our God.

The second line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The text is: "ev- er- bles- sed and most blameless and Moth- er of our God.". The word "ev-" is split across the bar line, and "er-" is split across the next bar line. The word "bles-" is split across the next bar line, and "sed" is split across the next bar line. The word "and" is split across the next bar line, and "most" is split across the next bar line. The word "blameless" is split across the next bar line, and "and" is split across the next bar line. The word "Moth-" is split across the next bar line, and "er" is split across the next bar line. The word "of" is split across the next bar line, and "our" is split across the next bar line. The word "God." is split across the next bar line.

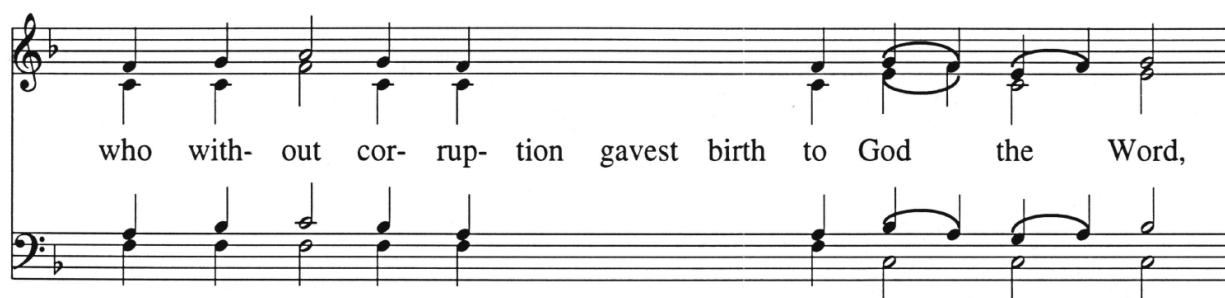
More honorable than the Cher- u- bim

The third line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The text is: "More honorable than the Cher- u- bim". The word "More" is split across the bar line, and "honorable" is split across the next bar line. The word "than" is split across the next bar line, and "the" is split across the next bar line. The word "Cher-" is split across the next bar line, and "u-" is split across the next bar line. The word "bim" is split across the next bar line.

and beyond compare more glorious than the Ser- a- phim,

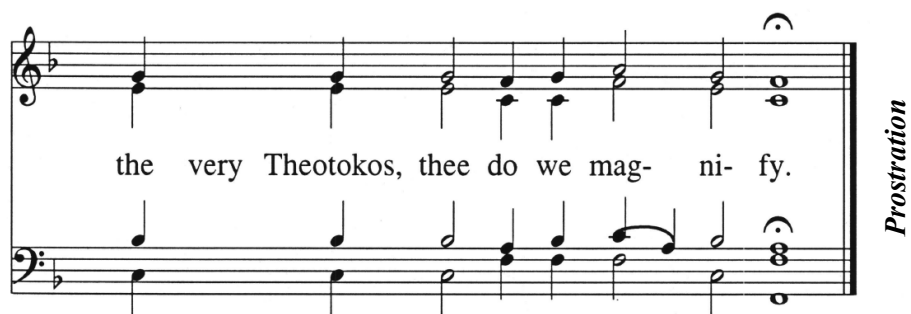
The fourth line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, homophonic style. The lyrics are written below the notes. The text is: "and beyond compare more glorious than the Ser- a- phim,". The word "and" is split across the bar line, and "beyond" is split across the next bar line. The word "compare" is split across the next bar line, and "more" is split across the next bar line. The word "glorious" is split across the next bar line, and "than" is split across the next bar line. The word "the" is split across the next bar line, and "Ser-" is split across the next bar line. The word "a-" is split across the next bar line, and "phim," is split across the next bar line.

Monday in the First Week of Great Lent – Matins



who with- out cor- rup- tion gavest birth to God the Word,

This musical score is for the first line of the hymn. It consists of two staves, a treble staff and a bass staff, both in G major (one sharp). The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are written below the notes.



the very Theotokos, thee do we mag- ni- fy.

Prostration

This musical score is for the second line of the hymn. It also consists of two staves, treble and bass, in G major. The melody concludes with a final cadence. To the right of the staves, the word "Prostration" is written vertically, indicating the end of the musical phrase.

Small Litany

Deacon: Again and again, in peace let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For all the Hosts of Heaven praise Thee, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Exapostilarion (Photagogicon)

Hymn of Light in the Tone of the week. See Appendix III, Page 130.

Psalms of Praise

Reader: Praise the Lord from the heavens; to Thee is due praise, O God. Praise the Lord from the heavens, praise Him in the highest. To Thee is due praise, O God.

Praise Him, all ye His angels; praise Him, all ye His hosts. To Thee is due praise, O God.

Praise Him, O sun and moon; praise Him, all ye stars and light.

Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; for He spake, and they came to be; He commanded, and they were created.

He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons, and all ye abysses,
Fire, hail, snow, ice, blast of tempest, which perform His word,
The mountains and all the hills, fruitful trees, and all cedars,
The beasts and all the cattle, creeping things and winged birds,
Kings of the earth, and all peoples, princes and all the judges of the earth,
Young men and virgins, elders with the younger; let them praise the name of the Lord,
for exalted is the name of Him alone.

His praise is above the earth and Heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their King.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.

The high praise of God shall be in their throat, and two-edged swords shall be in their hands,

To do vengeance among the heathen, punishments among the peoples,

To bind their kings with fetters, and their nobles with manacles of iron.

To do among them the judgement that is written. This glory shall be to all His saints.

Praise ye God in His saints, praise Him in the firmament of His power.

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Praise Him with the sound of trumpet, praise Him with the psaltery and harp.

Praise Him with timbrel and dance, praise him with strings and flute.

Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Priest: To Thee is due glory, O Lord our God, and unto Thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Priest: Glory to Thee Who hast showed us the light.

Small Doxology

Reader: Glory to God in the highest, and on earth peace, good will among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord, Heavenly King, God the Father Almighty; O Lord, the Only-begotten Son, Jesus Christ; and O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us; Thou that takest away the sins of the world, receive our prayer; Thou that sittest at the right hand of the Father, have mercy on us. For Thou only art holy, Thou only art the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy name for ever, yea, for ever and ever.

Lord, Thou hast been our refuge in generation and generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. O Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God; for in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee.

Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth for ever; disdain not the work of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Litany of Fervent Supplication

Deacon: Let us complete our morning prayer to the Lord.

Choir: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: That the whole day may be perfect, holy, peaceful, and sinless, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Pardon and remission of our sins and offences, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Things good and profitable for our souls, and peace for the world, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: That we may complete the remaining time of our life in peace and repentance, let us

ask of the Lord.

Choir: Grant this, O Lord.

Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the dread judgment seat of Christ, let us ask.

Choir: Grant this, O Lord.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art a God of mercy, compassion, and love for mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Priest: Peace be unto all.

Choir: And to thy spirit.

Deacon: Let us bow our heads unto the Lord.

Choir: To Thee, O Lord.

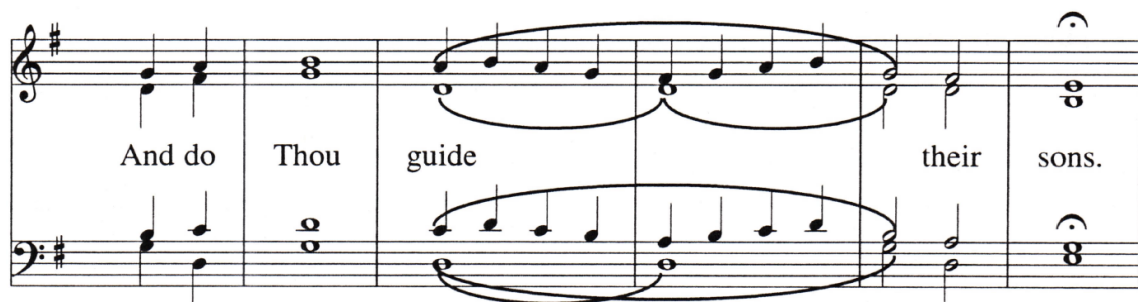
Priest: For Thine it is to show mercy and to save us, O our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages.

Choir: Amen.

Aposticha Tone V

The Fast has come, mother of chastity,/ accuser of sins, advocate of repentance,/ life of the angels and salvation of men./ Let us cry out, ye faithful:// O God, have mercy upon us.

Stichos: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works,



The Fast has come, mother of chastity,/ accuser of sins, advocate of repentance,/ life of the angels and salvation of men./ Let us cry out, ye faithful:// O God, have mercy upon us.

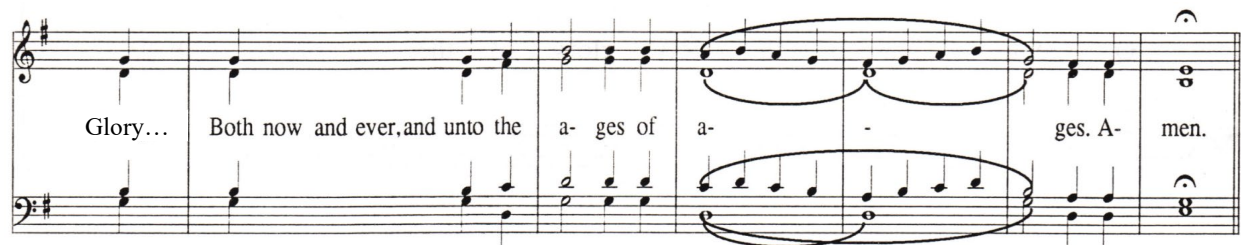
Stichos: And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us,



To the Martyrs

Blessed is the army of the heavenly King:/ for though the victorious martyrs were born of this earth,/ yet despising their bodies they made haste to attain to the angelic estate;/ and through their sufferings they were counted worthy of the honour of the bodiless angels.// At their prayers, O Lord, save our souls.

**Glory, Both Now, Theotokion
Tone V**



We magnify thee in song,/ O Mother of God and pure Virgin,/ more holy than the cherubim:/ we confess thee to be Theotokos in both soul and body,/ for in very truth thou hast borne God incarnate.// All-pure Lady, offer intercession for our souls.

It is Good to Give Praise

Reader: It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. (*Thrice*)

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparion

Standing in the temple of thy glory, we seem to stand in heaven; O Theotokos, gate of heaven, open to us the door of thy mercy.

Lord, have mercy. (*Forty times*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father bless.

Priest: He that is is blessed, Christ our God, always, now and ever, and unto the ages of ages.

Reader: Amen.

O Heavenly King, strengthen Orthodox Christians, establish the faith, subdue the nations, give peace to the world, keep well this city (*or town, or holy habitation*); settle our departed fathers and brethren in the tabernacles of the righteous, and receive us in penitence and confession, for Thou art good and the Lover of mankind.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

The First Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 5

Unto my words give ear, O Lord; hear my cry. Attend unto the voice of my supplication, O my King and my God; for unto Thee will I pray, O Lord. In the morning Thou shalt hear my voice. In the morning shall I stand before Thee, and Thou shalt look upon me; for not a God that willest iniquity art Thou. He that worketh evil shall not dwell near Thee, nor shall transgressors abide before Thine eyes. Thou hast hated all those who work iniquity; Thou shalt destroy all those who speak a lie. A man that is bloody and deceitful shall the Lord abhor. But as for me, in the multitude of Thy mercy shall I go into Thy house; I shall worship toward Thy holy temple in fear of Thee. O Lord, guide me in the way of Thy righteousness; because of mine enemies, make straight my way before Thee, for in their mouth there is no truth; their heart is vain. Their throat is an open sepulchre, with their tongues have they spoken deceitfully; judge them, O God. Let them fall down on account of their own devisings; according to the multitude of their ungodliness, cast them out, for they have embittered Thee, O Lord. And let all them be glad that hope in Thee; they shall ever rejoice, and Thou shalt dwell among them. And all shall glory in Thee that love Thy name, for Thou shalt bless the righteous. O Lord, as with a shield of Thy good pleasure hast Thou crowned us.

Psalm 2

Why have the heathen raged, and the peoples meditated empty things? The kings of the earth were aroused, and the rulers were assembled together, against the Lord, and against His Christ. Let us break their bonds asunder, and let us cast away their yoke from us. He that dwelleth in the heavens shall laugh them to scorn, and the Lord shall deride them. Then shall He speak unto them in His wrath, and in His anger shall He trouble them. But as for Me, I was established as king by Him, upon Sion His holy mountain, proclaiming the commandment of the Lord. The Lord said unto Me: Thou art My Son, this day have I begotten Thee. Ask of Me, and I will give Thee the nations for Thine inheritance, and the uttermost parts of the earth for Thy possession. Thou shalt herd them with a rod of iron; Thou shalt shatter them like a potter's vessels. And now, O ye kings, understand; be instructed, all ye that judge the earth. Serve ye the Lord with fear, and rejoice in Him with trembling. Lay hold of instruction, lest at any time the Lord be angry, and ye perish from the righteous way. When quickly His wrath be kindled, blessed are all that have put their trust in Him.

Psalm 21

O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions. My God, I will cry by day, and wilt Thou not hearken? and by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. In Thee have our fathers hoped; they hoped, and Thou didst deliver them. Unto Thee they cried, and were saved; in Thee they hoped, and were not brought to shame. But as for me, I am a worm, and not a man, a reproach of men, and the outcast of the people. All that look upon me have laughed me to scorn; they have spoken with their lips and have wagged their heads: He hoped in the Lord; let Him deliver him, let Him save him, for He desireth him. For Thou art He that drewest me forth from the womb; my hope from the breasts of my mother. On Thee was I cast from the womb; from my mother's womb, Thou art my God. Depart not from me, for tribulation is nigh, for there is none to help me. Many bullocks

have encircled me, fat bulls have surrounded me. They have opened their mouth against me, as might a lion ravenous and roaring. I have been poured out like water, and scattered are all my bones; my heart is become like wax melting in the midst of my bowels. My strength is dried up like a potsherd, and my tongue hath cleaved to my throat, and into the dust of death hast Thou brought me down. For many dogs have encircled me, the congregation of evil doers hath surrounded me; they have pierced my hands and my feet. They have numbered all my bones, and they themselves have looked and stared upon me. They have parted my garments amongst themselves, and for my vesture have they cast lots. But Thou, O Lord, remove not Thy help far from me; attend unto mine aid. Rescue my soul from the sword, even this only-begotten one of mine from the hand of the dog. Save me from the mouth of the lion, and my lowliness from the horns of the unicorns. I will declare Thy name unto my brethren, in the midst of the church will I hymn Thee. Ye that fear the Lord, praise Him; all ye that are of the seed of Jacob, glorify Him; let all fear Him that are of the seed of Israel. For He hath not set at naught nor abhorred the supplications of the pauper, nor hath He turned His face from me; and when I cried unto Him, He hearkened unto me. From Thee is my praise; in the great church will I confess Thee; my vows will I pay before them that fear Thee. The poor shall eat and be filled, and they that seek the Lord shall praise Him; their hearts shall live for ever and ever. All the ends of the earth shall remember and shall turn unto the Lord, and all the kindreds of the nations shall worship before Him. For the kingdom is the Lord's and He Himself is sovereign of the nations. All they that be fat upon the earth have eaten and worshipped; all they that go down into the earth shall fall down before Him. Yea, my soul liveth for Him, and my seed shall serve Him. The generation that cometh shall be told of the Lord, and they shall proclaim His righteousness to a people that shall be born, which the Lord hath made.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

Kathisma

There is no reading from the Psalter on Monday.

In the Morning, Hearken Unto My Voice
Tone VI

Priest: In the morning, hearken unto my voice, O my King and my God.

Chanted three times, with a prostration after each.

Thrice

In the morning, hearken un- to my voice, O my
King and my God. *Prostration*

Stichos: Unto my words, give ear, O Lord, hear my cry.

Stichos: For unto Thee will I pray, O Lord.

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

Reader: Both now and ever, and unto the ages of ages. Amen.

What shall we call thee, O thou that art full of grace? Heaven: for thou hast dawned forth the Sun of Righteousness. Paradise: for thou hast blossomed forth the Flower of Immortality. Virgin: for thou hast remained incorrupt. Pure Mother: for thou hast held in thy holy embrace the Son, the God of all. Do thou entreat Him to save our souls.

My Steps Do Thou Direct

Twice

My steps do Thou direct according to Thy say- ing,

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff begins with a G4 quarter note, followed by a whole rest, then a G4 quarter note, an A4 quarter note, and a G4 quarter note. The bass staff begins with a G3 quarter note, followed by a whole rest, then a G3 quarter note, an A3 quarter note, and a G3 quarter note. The lyrics are aligned under the notes.

and let no iniquity have do- min- ion ov- er me.

This musical system continues the melody. The treble staff has a G4 quarter note, followed by a whole rest, then a G4 quarter note, an A4 quarter note, a B4 quarter note, and a G4 quarter note. The bass staff has a G3 quarter note, followed by a whole rest, then a G3 quarter note, an A3 quarter note, a B3 quarter note, and a G3 quarter note. The system ends with a double bar line and repeat dots.

Twice

Deliver me from the false ac- cu- sa- tion of men,

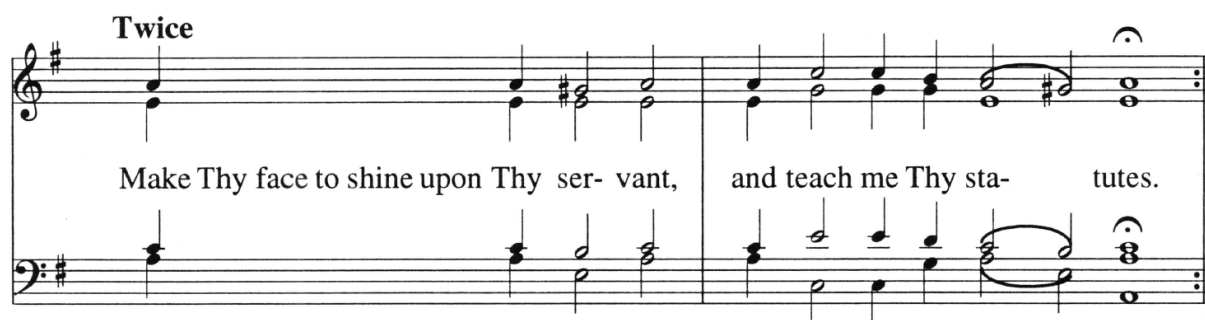
This musical system continues the melody. The treble staff has a G4 quarter note, followed by a whole rest, then a G4 quarter note, an A4 quarter note, a B4 quarter note, and a G4 quarter note. The bass staff has a G3 quarter note, followed by a whole rest, then a G3 quarter note, an A3 quarter note, a B3 quarter note, and a G3 quarter note. The system ends with a double bar line and repeat dots.

and I will keep Thy com- mand- ments.

This musical system continues the melody. The treble staff has a G4 quarter note, followed by a whole rest, then a G4 quarter note, an A4 quarter note, a B4 quarter note, and a G4 quarter note. The bass staff has a G3 quarter note, followed by a whole rest, then a G3 quarter note, an A3 quarter note, a B3 quarter note, and a G3 quarter note. The system ends with a double bar line and repeat dots.

Monday in the First Week of Great Lent – First Hour

Twice

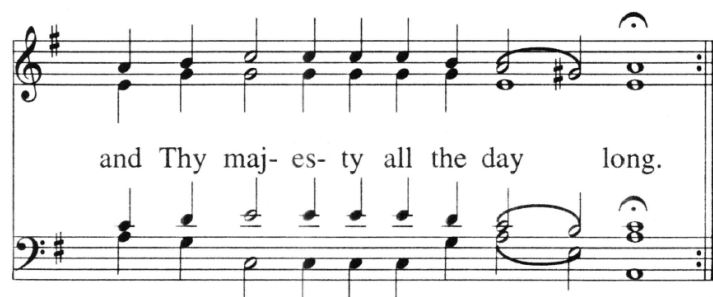


Make Thy face to shine upon Thy ser- vant, and teach me Thy sta- tutes.

Thrice



Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glo- - ry



and Thy maj- es- ty all the day long.

Trisagion

Reader: Holy God, Holy Mighty, Holy Immortal, have mercy on us. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Kontakion

Reader: The most glorious Mother of God, more holy than the holy angels, let us hymn unceasingly with our hearts and mouths, confessing her to be the Theotokos, for truly she gave birth to God incarnate for us, and prayeth unceasingly for our souls.

Lord, have mercy. (Forty times)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (Thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (Prostration)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (Prostration)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Lord, have mercy. (*12 times*)

Prayer of the First Hour

Priest: O Christ the True Light, Who enlightenest and sanctifiest every man that cometh into the world: Let the light of Thy countenance be signed upon us, that in it we may see the Unapproachable Light, and guide our steps in the doing of Thy commandments, through the intercessions of Thy most pure Mother and of all Thy saints. Amen.

To Thee the Champion Leader
Tone VIII

To thee, the Cham- pion Leader, we thy ser- vants ded- i- cate

The first line of musical notation for the hymn. It consists of a treble and a bass staff. The treble staff has a key signature of one flat (B-flat) and a common time signature. The melody is written in a simple, hymn-like style with quarter and half notes. The lyrics are written below the notes.

a feast of vic- t'ry, and of thanks- giv- ing

The second line of musical notation. It continues the melody from the first line. The lyrics are written below the notes.

as ones res- cued out of sufferings, O The- o- tok- os,

The third line of musical notation. It continues the melody. The lyrics are written below the notes.

but as thou art one with might which is in- vin- ci- ble

The fourth line of musical notation. It continues the melody. The lyrics are written below the notes.

Monday in the First Week of Great Lent – First Hour

from all dan- gers that can be do thou de- liv- er us

This musical system consists of two staves, treble and bass, in a key signature of one flat (B-flat). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the staves, with hyphens indicating syllables that span across notes. The system ends with a double bar line.

that we may cry to thee: Rejoice, thou Bride un- wed- ded!

This musical system continues the hymn on two staves. It features a repeat sign at the beginning and ends with a double bar line. The lyrics are written below the staves, with hyphens indicating syllables that span across notes. The system concludes with a final cadence.

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

Choir: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Father, bless.

Dismissal

Priest: May Christ our true God, through the intercession of His most pure Mother; through the mediations of the honourable, heavenly, Bodiless hosts; of the holy, glorious and all-praised Apostles; of the holy and righteous Ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Choir: Amen.

Lord, have mercy. (*Thrice*)

The Third Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 16

Hearken, O Lord, unto my righteousness, attend unto my supplication. Give ear unto my prayer, which cometh not from deceitful lips. From before Thy face let my judgment come forth, let mine eyes behold uprightness. Thou hast proved my heart, Thou hast visited it in the night, Thou hast tried me by fire, and unrighteousness was not found in me. That my mouth might not speak of the works of men, for the sake of the words of Thy lips have I kept the ways that are hard. Set my footsteps in Thy paths, that my steps may not be shaken. I have cried for Thou hast hearkened unto me, O God. Incline Thine ear unto me, and hearken unto my words. Let Thy mercies be made wonderful, O Thou that savest them that hope in Thee. From them that have resisted Thy right hand, keep me, O Lord, as the apple of Thine eye. In the shelter of Thy wings wilt Thou shelter me from the face of the ungodly which have oppressed me. Mine enemies have surrounded my soul, they have enclosed themselves with their own fat, their mouth hath spoken pride. They that cast me out have now encircled me, they have set their eyes to look askance on the earth. They have taken me as might a lion ready for his prey, and as might a lion's whelp that dwelleth in hiding. Arise, O Lord, overtake them and trip their heels; deliver my soul from ungodly men, Thy sword from the enemies of Thy hand. O Lord, from Thy few do Thou separate them from the earth in their life; yea, with Thy hidden treasures hath their belly been filled. They have satisfied themselves with swine and have left the remnants to their babes. But as for me, in righteousness shall I appear before Thy face; I shall be filled when Thy glory is made manifest to me.

Psalm 24

Unto Thee, O Lord, have I lifted up my soul. O my God, in Thee have I trusted; let me never be put to shame, nor let mine enemies laugh me to scorn. Yea, let none that wait on Thee be put to shame; let them be ashamed which are lawless without a cause. Make Thy ways, O Lord, known unto me and teach me Thy paths. Lead me in Thy truth and teach me, for Thou art God my Saviour; for on Thee have I waited all the day long. Remember Thy compassions, O Lord, and Thy mercies, for they are from everlasting. The sins of my youth and mine ignorances remember not; according to Thy mercy remember Thou me, for the sake of Thy goodness, O Lord. Good and upright is the Lord; therefore will He set a law for them that sin in the way. He will guide the meek in judgment, He will teach the meek His ways. All the ways of the Lord are mercy and truth, unto them that seek after His covenant and His testimonies. For the sake of Thy name, O Lord, be gracious unto my sin; for it is great. Who is the man that feareth the Lord? He will set him a law in the way which He hath chosen. His soul shall dwell among good things, and his seed shall inherit the earth. The Lord is the strength of them that fear Him, and His covenant shall be manifested unto them. Mine eyes are ever toward the Lord, for He it is that will draw my feet out of the snare. Look upon me, and have mercy on me; for I am one only-begotten and poor. The afflictions of my heart are multiplied; bring me out from my necessities. Behold my lowliness and my toil, and forgive all my sins. Look upon mine enemies, for they are multiplied, and with an unjust hatred have they hated me. Keep my soul and rescue me; let me not be put to shame, for I have hoped in Thee. The innocent and the upright have cleaved unto me, for I waited on Thee, O Lord. Redeem Israel, O God, out of all his afflictions.

Psalm 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

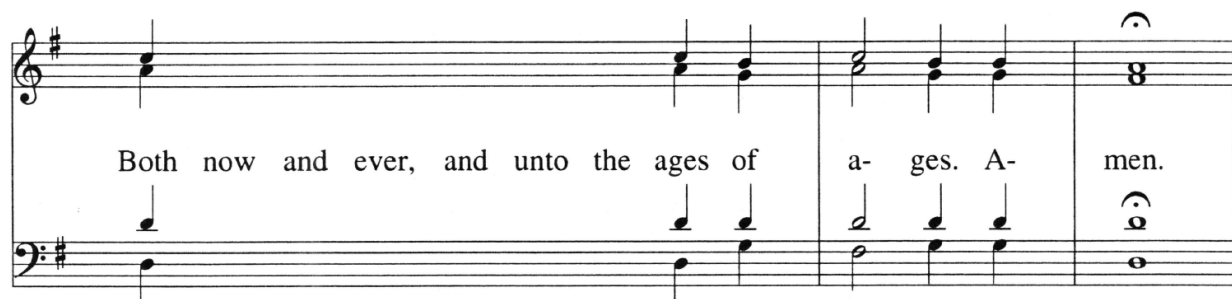
Lord, have mercy. (*Thrice*)

Kathisma

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Kathisma VII, First Stasis

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



Thrice

Alleluia, alleluia, alleluia, glory to Thee, O God.

Lord, have mercy, Lord, have mercy, Lord, have mer- - cy.

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VII, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VII, Third Stasis

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

O Lord, Who Didst Send Down Thy Holy Spirit
Tone VI

Priest: O Lord, who didst send down Thy Most-holy Spirit at the third hour upon Thine apostles: Take Him not from us, O Good One, but renew Him in us who pray unto Thee.

O Lord, Who didst send down Thy Most-Holy Spir- it,

The first line of musical notation is in G major (one sharp) and 4/4 time. It consists of a treble and bass staff. The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are written below the staves.

at the third hour upon Thine a- pos- tles:

The second line of musical notation continues the melody. It features a melisma on the word 'apos-' with a long horizontal line above the note. The lyrics are written below the staves.

take Him not from us, O Good One,

The third line of musical notation continues the melody. It features a melisma on the word 'Good' with a long horizontal line above the note. The lyrics are written below the staves.

but renew Him in us who pray un- to Thee.

Prostration

The fourth line of musical notation concludes the piece. It features a final cadence with a fermata over the final note. The lyrics are written below the staves. The word 'Prostration' is written to the right of the final line of music.

Stichos: Create in me a clean heart, O God, and renew a right spirit within me.

Choir: O Lord, Who didst send down Thy Most-holy Spirit/ at the third hour upon Thine apostles:/ Take Him not from us, O Good One,// but renew Him in us who pray unto Thee. (*Prostration*)

Stichos: Cast me not away from Thy presence, and take not Thy Holy Spirit from me.

Choir: O Lord, who didst send down Thy Most-holy Spirit/ at the third hour upon Thine apostles:/ Take Him not from us, O Good One,// but renew Him in us who pray unto Thee. (*Prostration*)

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

Reader: Both now and ever, and unto the ages of ages.

O Theotokos, thou art the true vine that hast blossomed forth for us the Fruit of life. Thee do we supplicate: Intercede, O Lady, together with the holy apostles, that our souls find mercy.

Blessed be the Lord God, blessed be the Lord from day to day, and may the God of our salvation prosper us, for He is our God, the God of salvation.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparia of the Triodion

Blessed art Thou, O Christ our God, Who hast shown forth the fishermen as supremely wise, by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. O Lover of mankind, glory be to Thee.

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

Grant speedy and steadfast consolation unto Thy servants, O Jesus, when our spirits are become despondent. Depart not from our souls when they be in afflictions, nor be Thou afar from our minds when they be in tribulations, but do Thou ever go before us. Draw nigh unto us, draw nigh, O Thou Who art everywhere present: even as Thou wast ever with Thine apostles, so also do Thou unite Thyself to them that long for Thee, O Compassionate One, that, being one with Thee, we may praise and glorify Thine All-holy Spirit.

Both now and ever, and unto the ages of ages. Amen.

The hope and protection and refuge of Christians, the unassailable battlement, the storm-free haven of the weary art thou, O immaculate Theotokos. But as thou art one that savest the world by thine unceasing intercession, remember us also, O all-hymned Virgin.

Lord, have mercy. (*Forty times*)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Prayer of Saint Madarius

O Sovereign God, the Father Almighty, O Lord, the Only-begotten Son, Jesus Christ, and Thou, O Holy Spirit, one Godhead, one Power: Have mercy on me a sinner, and by the judgments which Thou knowest, save me, Thine unworthy servant; for blessed art Thou unto the ages of ages. Amen.

The Sixth Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 53

O God, in Thy name save me, and in Thy strength do Thou judge me. O God, hearken unto my prayer, give ear unto the words of my mouth. For strangers are risen up against me, and mighty men have sought after my soul and have not set God before themselves. For behold, God helpeth me, and the Lord is the protector of my soul. He will bring evils upon mine enemies. Utterly destroy them by Thy truth. Willingly shall I sacrifice unto Thee; I will confess Thy name, O Lord, for it is good. For out of every affliction hast Thou delivered me, and mine eye hath looked down upon mine enemies.

Psalm 54

Give ear, O God, unto my prayer, and disdain not my supplications; attend unto me, and hear me. I was grieved in my meditation, and I was troubled at the voice of the enemy and at the oppression of the sinner; Because they have turned iniquity upon me, and with wrath were they angry against me. My heart is troubled within me, and the terror of death is fallen upon me. Fear and trembling are come upon me, and darkness hath covered me. And I said: Who will give me wings like a dove? And I will fly, and be at rest. Lo, I have fled afar off and have dwelt in the wilderness. I waited for God that saveth me from faint-heartedness and from tempest. Plunge them into the depths, O Lord, and divide their tongues, for I have seen iniquity and gainsaying in the city. Day and night they go round about her upon her walls; iniquity and toil and unrighteousness are in the midst of her. And usury and deceit have not departed from her streets. For if mine enemy had reviled me, I might have endured it. And if he that hateth me had spoken boastful words against me, I might have hid myself from him. But thou it was, O man of like soul with me, my guide and my familiar friend, Thou who together with me didst sweeten my repasts; in the house of God I walked with thee in oneness of mind. Let death come upon such ones, and let them go down alive into hades. For wickedness is in their dwellings, and in the midst of them. As for me, unto God have I cried, and the Lord hearkened unto me. Evening, morning, and noonday will I tell of it and will declare it, and He will hear my voice. He will redeem my soul in peace from them that draw nigh unto me, for they among many were with me. God will hear, and He will humble them, He that is before the ages. For to them there is no requital, because they have not feared God; He hath stretched forth His hand in retribution. They have defiled His covenant; they were scattered by the wrath of His countenance, and their hearts have convened. Their words were smoother than oil, and yet they are darts. Cast thy care upon the Lord, and He will nourish thee; He will never permit the righteous to be shaken. But Thou, O God, shall bring those men down into the pit of destruction. Bloody and deceitful men shall not live out half their days; but as for me, O Lord, I will hope in Thee.

Psalm 90

He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders shall He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the thing that walketh in darkness,

nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, but unto thee shall it not come nigh. Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; no evils shall come nigh thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample upon the lion and dragon. For he hath set his hope on Me, and I will deliver him; I will shelter him because he hath known My name. He shall cry unto Me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him, and I will show him My salvation.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

Kathisma

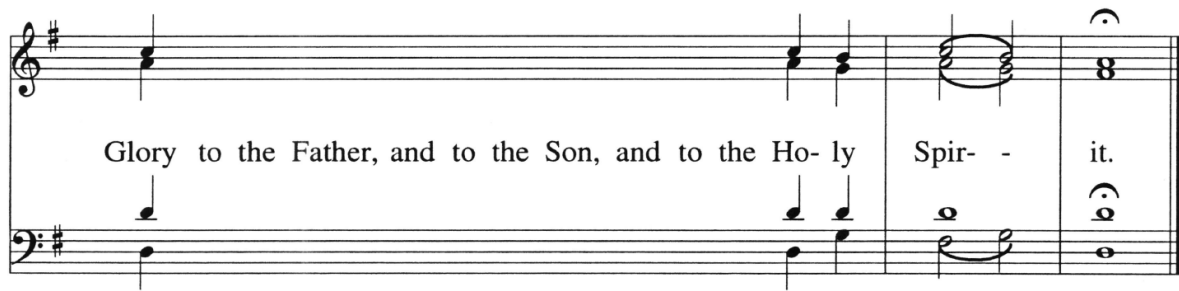
Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Kathisma VIII, First Stasis

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

Both now and ever, and unto the ages of a- ges. A- men.

Thrice
Alleluia, alleluia, alleluia, glory to Thee, O God.



Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VIII, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma VIII, Third Stasis

Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

O Lord, Who on the Sixth Day and in the Sixth Hour
Tone II

Priest: O Thou Who on the sixth day and in the sixth hour didst nail to the Cross Adam's daring sin in Paradise, tear asunder also the handwriting of our sins, O Christ God, and save us.

O Thou Who on the sixth day and in the sixth hour

This musical system consists of a treble and bass staff in G major (one sharp). The melody is written in a simple, homophonic style with many chords. The lyrics are written below the notes.

didst nail to the Cross Adam's daring sin in Par-a-dise,

This musical system continues the melody from the first line. The lyrics are written below the notes.

tear a-sun-der al-so the hand-wri-ting of our sins,

This musical system continues the melody. The lyrics are written below the notes.

O Christ God, and save us.

This musical system concludes the hymn with a final cadence. The lyrics are written below the notes.

Prostration

Stichos: Give ear, O God, unto my prayer, and disdain not my supplication.

Choir: O Thou Who on the sixth day and in the sixth hour/ didst nail to the Cross Adam's daring sin in Paradise,/ tear asunder also the handwriting of our sins,/ O Christ God, and save us. (*Prostration*)

Stichos: As for me, unto God have I cried, and the Lord hearkened unto me.

Choir: O Thou Who on the sixth day and in the sixth hour/ didst nail to the Cross Adam's daring sin in Paradise,/ tear asunder also the handwriting of our sins,/ O Christ God, and save us. (*Prostration*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion

Seeing that we have no boldness on account of our many sins, do thou beseech Him that was born of thee, O Virgin Theotokos; for the supplication of a mother availeth much to win the Master's favour. Disdain not the prayers of sinners, O all-pure one, for merciful and mighty to save is He, Who deigned also to suffer for our sake.

Troparion of the Prophecy

Reader: Lord, O Lord, at the presence of Thy power all things fear and tremble. We fall down before Thee, O Immortal One, and we pray to Thee, O Holy One: save our souls at the intercessions of Thy saints.

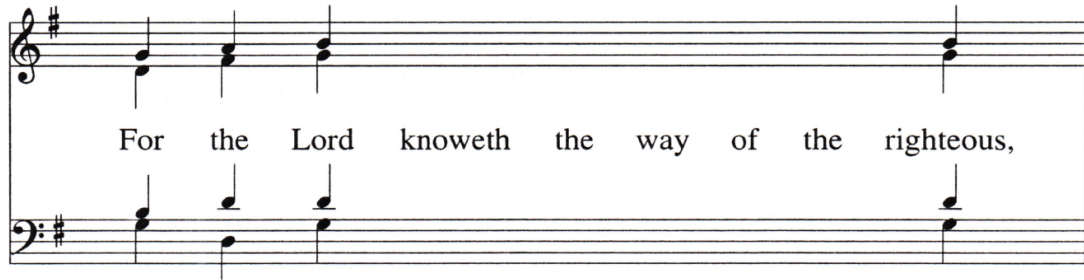
Choir: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Tone V

Lord, O Lord, at the presence of Thy power all things fear and tremble./ We fall down before Thee, O Immortal One,/ and we pray to Thee, O Holy One: save our souls// at the intercessions of Thy saints.

Prokimenon
Tone IV

For the Lord knoweth the way of the righteous, and the way of the ungodly shall perish.



Stichos: Blessed is the man that has not walked in the counsel of the ungodly, nor stood in the way of sinners.

Paroemia

Prophecy of Esaias 1:1-20

1 The vision which Esaias the son of Amos saw, which he saw against Juda, and against Jerusalem, in the reign of Ozias, and Joatham, and Achaz, and Ezekias, who reigned over Judea.

2 Hear, O heaven, and hearken, O earth: for the Lord has spoken, *saying*, I have begotten and reared up children, but they have rebelled against me. 3 The ox knows his owner, and the ass his master's crib: but Israel does not know me, and the people has not regarded me.

4 Ah sinful nation, a people full of sins, an evil seed, lawless children: ye have forsaken the Lord, and provoked the Holy One of Israel. 5 Why should ye be smitten *any* more, transgressing more and more? the whole head is pained, and the whole heart sad. 6 From the feet to the head, there is no soundness in them; neither wound, nor bruise, nor festering ulcer *are healed*: it is not possible to apply a plaister, nor oil, nor bandages. 7 Your land is desolate, your cities burned with fire: your land, strangers devour it in your presence, and it is made desolate, overthrown by strange nations. 8 The daughter of Sion shall be deserted as a tent in a vineyard, and as a storehouse of fruits in a garden of cucumbers, as a besieged city. 9 And if the Lord of Sabaoth had not left us a seed, we should have been as Sodom, and we should have been made like Gomorrha.

10 Hear the word of the Lord, ye rulers of Sodoma; attend to the law of God, thou people of Gomorrha. 11 Of what *value* to me is the abundance of your sacrifices? saith the Lord: I am full of whole-burnt-offerings of rams; and I delight not in the fat of lambs, and the blood of bulls and goats: 12 neither shall ye come *with these* to appear before me; for who has required these things at your hands? Ye shall no more tread my court. 13 Though ye bring fine flour, *it is vain*; incense is an abomination to me; I cannot bear your new moons, and your sabbaths, and the great day; 14 *your* fasting, and rest from work, your new moons also, and your feasts my soul hates: ye have become loathsome to me; I will no more pardon your sins. 15 When ye stretch forth your hands, I will turn away mine eyes from you: and though ye make many supplications, I will not hearken to you; for your hands are full of blood.

16 Wash you, be clean; remove your iniquities from your souls before mine eyes; cease from your iniquities; 17 learn to do well; diligently seek judgement, deliver him that is suffering wrong, plead for the orphan, and obtain justice for the widow. 18 And come, let us reason together, saith the Lord: and though your sins be as purple, I will make them white as snow; and though they be as scarlet, I will make *them* white as wool. 19 And if ye be willing, and hearken to me, ye shall eat the good of the land: 20 but if ye be not willing, nor hearken to me, a sword shall devour you: for the mouth of the Lord has spoken this.

Prokimenon
Tone VII

Serve ye the Lord with fear, and rejoice in Him with trembling.

The musical notation is written on a grand staff with a treble clef and a bass clef, both with a key signature of one sharp (F#). The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are written below the notes. The first measure of the treble staff contains the notes G4, A4, B4, C5, and B4, corresponding to the words "Serve ye the Lord with fear,". The second measure contains the notes G4, A4, B4, C5, and B4, corresponding to the words "and re-joice in Him with trem-". The third measure contains the notes G4, A4, B4, C5, and B4, corresponding to the words "bling.". The notation includes various musical symbols such as stems, beams, and a final double bar line.

Serve ye the Lord with fear, and re-joice in Him with trembling.

Stichos: Why have the heathen raged and the peoples meditated empty things?

Let Thy Companions Quickly Go Before Us

Reader: Let Thy compassions quickly go before us, O Lord, for we are become exceedingly poor. Help us, O God our Saviour, for the sake of the glory of Thy name; O Lord, deliver us and be gracious unto our sins for Thy name's sake.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparia

Thou hast wrought salvation in the midst of the earth, O Christ God; Thou didst stretch out Thine immaculate hands upon the Cross, thereby gathering all the nations that cry to Thee; O Lord, glory be to Thee.

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

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

Both now and ever, and unto the ages of ages. Amen.

Theotokion

As thou art a well-spring of pity, count us worthy of compassion, O Theotokos. Look upon a sinful people; show forth, as always, thy power. For hoping in thee, we cry Rejoice to thee, as once did Gabriel, the Supreme Commander of the Bodiless Hosts.

Lord, have mercy. (*Forty times*)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto

the ages of ages. Amen.

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Prayer of Saint Basil the Great

O God and Lord of hosts, and Maker of all creation, Who by the tender compassion of Thy mercy which transcendeth comprehension, didst send down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His precious Cross didst tear asunder the handwriting of our sins, and thereby didst triumph over the principalities and powers of darkness: Do Thou Thyself, O Master, Lover of mankind, accept also from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression, and from all enemies, both visible and invisible, that seek to do us evil. Nail down our flesh with the fear of Thee, and incline not our hearts unto words or thoughts of evil, but pierce our souls with longing for Thee, so that ever looking to Thee, and being guided by Thy light as we behold Thee, the Unapproachable and Everlasting Light, we may send up unceasing praise and thanksgiving unto Thee, the unoriginate Father, with Thine only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

The Ninth Hour

Reader: O Come let us worship God, our King!

O Come, let us worship and fall down before Christ, our King and our God!

O Come, let us worship and fall down before Christ Himself, our King and our God!

Psalm 83

How beloved are Thy dwellings, O Lord of hosts; my soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtledove a nest for herself where she may lay her young, Even Thine altars, O Lord of hosts, my King and my God. Blessed are they that dwell in Thy house; unto ages of ages shall they praise Thee. Blessed is the man whose help is from Thee; he hath made ascents in his heart, in the vale of weeping, in the place which he hath appointed. Yea, for the lawgiver will give blessings; they shall go from strength to strength, the God of gods shall be seen in Sion. O Lord of hosts, hearken unto my prayer; give ear, O God of Jacob. O God, our defender, behold, and look upon the face of Thine anointed one. For better is one day in Thy courts than thousands elsewhere. I have chosen rather to be an outcast in the house of my God than to dwell in the tents of sinners. For the Lord loveth mercy and truth, God will give grace and glory; the Lord will not withhold good things from them that walk in innocence. O Lord God of hosts, blessed is the man that hopeth in Thee.

Psalm 84

Thou hast been gracious, O Lord, unto Thy land; Thou hast turned back the captivity of Jacob. Thou hast forgiven the iniquities of Thy people, Thou hast covered all their sins. Thou hast made all Thy wrath to cease, Thou hast turned back from the wrath of Thine anger. Turn us back, O God of our salvation, and turn away Thine anger from us. Wilt Thou be wroth with us unto the ages? Or wilt Thou draw out Thy wrath from generation to generation? O God, Thou wilt turn and quicken us, and Thy people shall be glad in Thee. Show us, O Lord, Thy mercy, and Thy salvation do Thou give unto us. I will hear what the Lord God will speak in me; for He will speak peace to His people and to His saints and to them that turn their heart unto Him. Surely nigh unto them that fear Him is His salvation, that glory may dwell in our land. Mercy and truth are met together, righteousness and peace have kissed each other. Truth is sprung out of the earth, and righteousness hath looked down from heaven. Yea, for the Lord will give goodness, and our land shall yield her fruit. Righteousness shall go before Him and shall set His footsteps in the way.

Psalm 85

Bow down Thine ear, O Lord, and hearken unto me, for poor and needy am I. Preserve my soul, for I am holy; save Thy servant, O my God, that hopeth in Thee. Have mercy on me, O Lord, for unto Thee will I cry all the day long; make glad the soul of Thy servant, for unto Thee have I lifted up my soul. For Thou, O Lord, art good and gentle, and plenteous in mercy unto all those who call upon Thee. Give ear, O Lord, unto my prayer, and attend unto the voice of my supplication. In the day of mine affliction have I cried unto Thee, for Thou hast heard me. There is none like unto Thee among the gods, O Lord, nor are there any works like unto Thy works. All the nations whom Thou hast made shall come and shall worship before Thee, O Lord, and shall glorify Thy name. For Thou art great and workest wonders; Thou alone art God. Guide me, O Lord, in Thy way, and I will walk in Thy truth; let my heart rejoice that I may fear Thy name. I will confess Thee, O Lord my God, with all my heart, and I will glorify Thy name forever. For great is Thy mercy upon me, and Thou hast delivered my soul from the nethermost hades. O God, transgressors have risen up against me, and the assembly

of the mighty hath sought after my soul, and they have not set Thee before them. But Thou, O Lord my God, art compassionate and merciful, long-suffering and plenteous in mercy, and true. Look upon me and have mercy upon me; give Thy strength unto Thy servant, and save the son of Thy handmaiden. Work in me a sign unto good, and let those who hate me behold and be put to shame; for Thou, O Lord, hast holpen me and comforted me.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

Kathisma

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

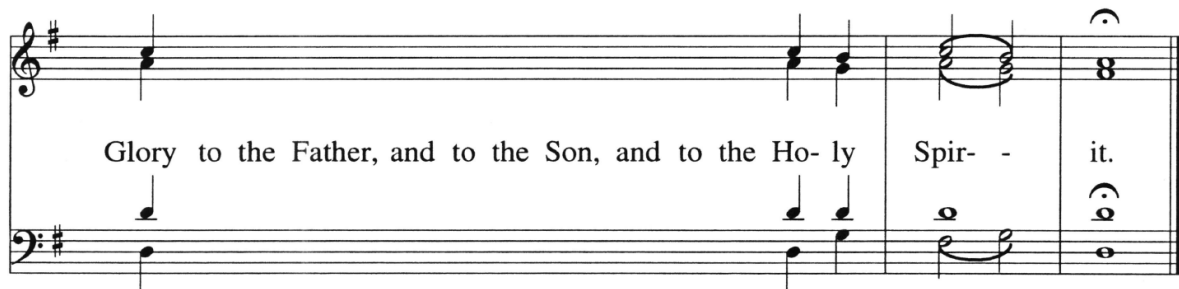
Kathisma IX, First Stasis

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

Both now and ever, and unto the ages of a- ges. A- men.

Thrice

Alleluia, alleluia, alleluia, glory to Thee, O God.



Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma IX, Second Stasis

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Kathisma IX, Third Stasis

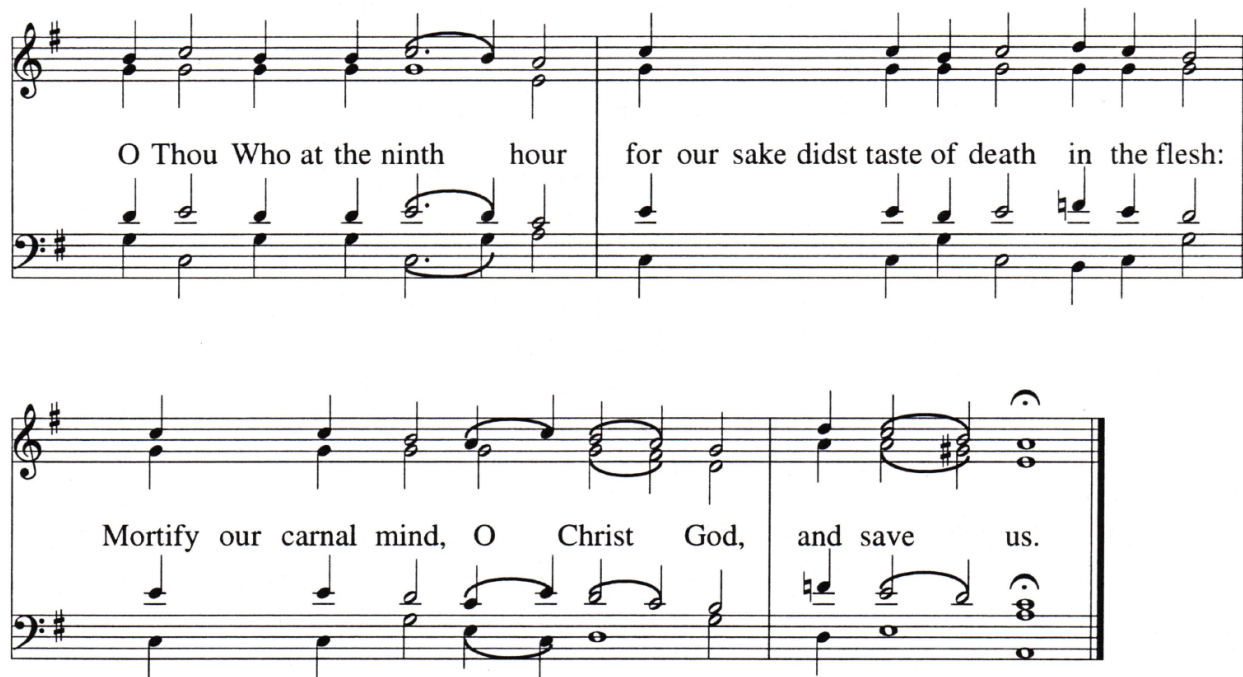
Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord, have mercy. (*Thrice*)

O Thou, Who at the Ninth Hour
Tone VIII

Priest: O Thou Who at the ninth hour for our sake didst taste of death in the flesh, mortify our carnal mind, O Christ God, and save us



Stichos: Let my supplication draw nigh before Thee, O Lord; according to Thine oracle give me understanding.

Choir: O Thou Who at the ninth hour/ for our sake didst taste of death in the flesh,/ mortify our carnal mind,/ O Christ God, and save us. (*Prostration*)

Stichos: Let my petition come before Thee, O Lord; according to Thine oracle deliver me.

Choir: O Thou Who at the ninth hour/ for our sake didst taste of death in the flesh,/ mortify our carnal mind,/ O Christ God, and save us. (*Prostration*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion

O Thou Who for our sake wast born of a Virgin, and didst suffer crucifixion, O Good One, and didst despoil death by death, and, as God, didst reveal the resurrection: Disdain not them which Thou hast fashioned with Thy hand; show forth Thy love for mankind, O Merciful One; accept the Theotokos who gave Thee birth, who intercedeth for us; and do Thou, our Saviour, save a despairing people.

Deliver us not up utterly, for Thy holy name's sake, neither disannul Thou Thy covenant, and cause not Thy mercy to depart from us, for Abraham's sake, Thy beloved, and for Isaac's sake, Thy servant, and for Israel's, Thy holy one.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Troparia of the Triodion

Seeing the Author of life hanging on the Cross, the thief said: Were it not God incarnate Who is crucified with us, the sun would not have hid its rays, nor would the earth have quaked and trembled. But do Thou Who endurest all things remember me, O Lord, in Thy kingdom.

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

In the midst of two thieves, Thy Cross was found to be a balance of justice; for the one was borne down to hades by the weight of his blasphemy; the other was raised up from his sins to the knowledge of theology. O Christ God, glory be to Thee.

Both now and ever, and unto the ages of ages. Amen.

Stavrotheotokion

When she who bare the Lamb and Shepherd and Saviour of the world beheld Him on the Cross, she said with tears: The world rejoiceth at receiving redemption, but my bowels burn as I see Thy crucifixion which Thou endurest for all, O my Son and my God.

Lord, have mercy! (*Forty times*)

Prayer of the Hours

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy! (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless!

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us, and have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

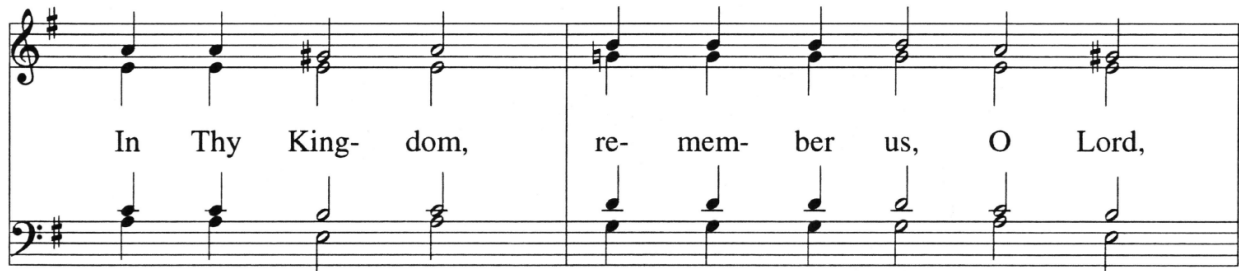
Prayer of Saint Basil the Great

O Master, Lord Jesus Christ, our God, Who art long-suffering in the face of our transgressions, and Who hast brought us even unto this present hour, wherein Thou didst hang upon the life-giving Tree, and didst make a way into paradise for the wise thief, and by death didst destroy death: Be gracious unto us sinners and Thine unworthy servants; for we have sinned and committed iniquity, and are not worthy to lift up our eyes and behold the height of heaven, for we have abandoned the way of Thy righteousness, and have walked in the desires of our hearts. But we beseech Thy boundless goodness: Spare us, O Lord, according to the multitude of Thy mercy and save us for Thy holy name's sake; for our days were consumed in vanity. Rescue us from the hand of the adversary, and forgive us our sins, and mortify our carnal mind; that, putting aside the old man, we may be clad with the new, and live for Thee, our Master and Benefactor; and that thus by following in Thy commandments, we may attain to rest everlasting, wherein is the dwelling-place of all them that rejoice. For Thou art indeed the true joy and gladness of them that love Thee, O Christ our God, and unto Thee we send up glory, with Thine unoriginate Father, and Thy Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

The Typika

The Beatitudes

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.



Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are they that mourn, for they shall be comforted.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the meek, for they shall inherit the earth.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are they that hunger and thirst after righteousness, for they shall be filled.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the merciful, for they shall obtain mercy.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the pure in heart, for they shall see God.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are the peacemakers, for they shall be called sons of God.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are they that are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Blessed are ye when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for My sake.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Rejoice and be exceeding glad, for great is your reward in the heavens.
Remember us, O Lord,/ when Thou comest in Thy kingdom.
Glory to the Father, and to the Son, and to the Holy Spirit.

Remember us, O Lord,/ when Thou comest in Thy kingdom.
Both now and ever, and unto the ages of ages. Amen.
Remember us, O Lord,/ when Thou comest in Thy kingdom.

Remember Us, O Lord

Re- - mem- ber us, O Lord

The first line of the musical score is written on a grand staff (treble and bass clefs). The melody is in the treble clef, featuring a series of eighth and sixteenth notes, with a prominent octave leap on the word 'O'. The lyrics are placed below the notes.

when Thou com- est in Thy King- - dom

Prostration

The second line continues the melody. It ends with a double bar line and a fermata over the final note. The word 'Prostration' is written vertically to the right of the staff.

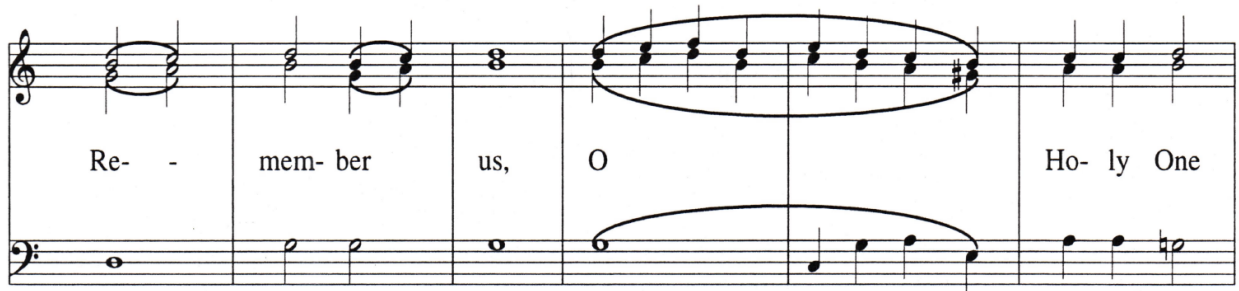
Re- - mem- ber us, O Mas- ter

The third line of the musical score follows the same melodic pattern as the first line, with an octave leap on the word 'O'. The lyrics are placed below the notes.

when Thou com- est in Thy King- - dom

Prostration

The fourth line continues the melody and ends with a double bar line and a fermata. The word 'Prostration' is written vertically to the right of the staff.



The Heavenly Choir

Reader: The Heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Stichos: Come unto Him, and be enlightened, and your faces shall not be ashamed.

The Heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

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

The choir of holy Angels and Archangels, with all the Heavenly Hosts, praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Both now and ever, and unto the ages of ages. Amen.

Symbol of the Faith

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages: Light of Light, true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made; Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; and was crucified under Pontius Pilate, and suffered, and was buried; and arose again on the third day according to the Scriptures; and ascended into the heavens, and sitteth at the right hand of the Father; and shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord and Giver of life, Who proceedeth from the Father; Who with the Father and the Son is worshipped and glorified; Who spake by the prophets. In One, Holy, Catholic and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead and the life of the age to come. Amen.

Remit, Pardon, Forgive, O God

Remit, pardon, forgive, O God, our offences, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all

things, for Thou art good and the Lover of mankind.

Our Father

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Kontakion

Supreme Commanders of God and ministers of the divine glory, guides of men and leaders of angels. Ask for what is to our profit and for great mercy, sine ye are the Supreme Commanders of the Bodiless hosts.

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

Kontakion for the Departed

With the saints give rest, O Christ, to the souls of Thy servants, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

Both now and ever, and unto the ages of ages. Amen.

Kontakion to the Theotokos

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; Hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

Lord, have mercy! (*Forty times*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless.

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Vespers

Reader: O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Psalm 103

Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire, Who establisheth the earth in the sureness thereof; it shall not be turned back for ever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid. The mountains rise up and the plains sink down, unto the place where Thou hast established them. Thou appointedst a bound that they shall not pass, neither return to cover the earth. He sendeth forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst. Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice. He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and green herb for the service of men, To bring forth bread out of the earth; and wine maketh glad the heart of man. To make his face cheerful with oil; and bread strengtheneth man's heart. The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for the harts, and so is the rock for the hares. He hath made the moon for seasons; the sun knoweth his going down. Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad. Young lions roaring after their prey, and seeking their food from God. The sun ariseth, and they are gathered together, and they lay them down in their dens. But man shall go forth unto his work, and to his labor until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all; the earth is filled with Thy creation. So is this great and spacious sea, therein are things creeping innumerable, small living creatures with the great. There go the ships; there this dragon, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled. Thou wilt take their spirit, and they shall cease; and unto their dust shall they return. Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth. Let the glory of the Lord be unto the ages; the Lord will rejoice in His works. Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being. May my words be sweet unto Him, and I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul.

The sun knoweth his going down, Thou appointedst the darkness, and there was the night. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Great Litany

Deacon: In peace let us pray to the Lord.



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

Choir: Lord, have mercy.

Deacon: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord

Choir: Lord, have mercy.

Deacon: For our Archbishop *Name*; for the venerable priesthood, the deaconate in Christ, for all the clergy and people, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this land, its authorities and armed forces, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For the suffering Russian land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: That He may deliver His people from enemies both visible and invisible, and confirm in us oneness of mind, brotherly love and piety, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For this city, for every city and country, and the faithful that dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For seasonable weather, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: For travelers by sea, land and air; for the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

Choir: Lord, have mercy.

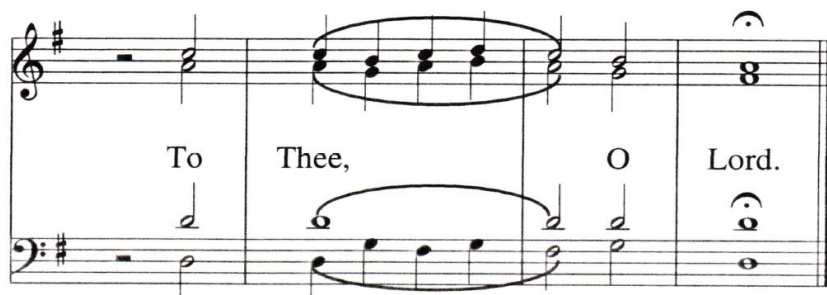
Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Choir: Lord, have mercy.

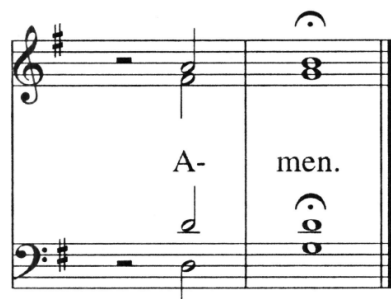
Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

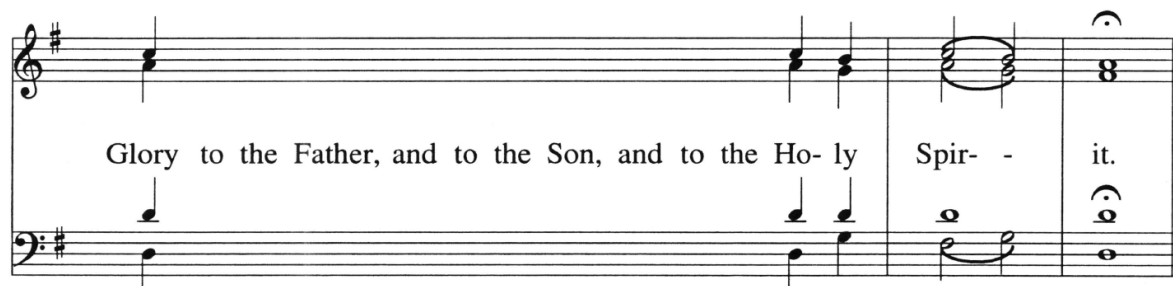
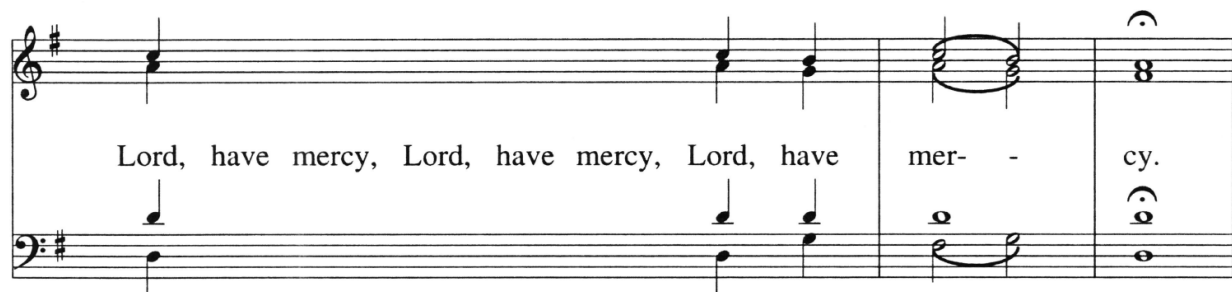
Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



Priest: For unto Thee is due all glory, honor and worship; to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Eighteenth Kathisma



Reader: Both now and ever, and unto the ages of ages. Amen.

Psalm 119

Unto the Lord in mine affliction have I cried, and He heard me. O Lord, deliver my soul from unrighteous lips and from a crafty tongue. What shall be given unto thee and what shall be added unto thee for thy crafty tongue? The arrows of the mighty one, sharpened with coals of the desert. Woe is me, for my sojourning is prolonged; I have tented with the tentings of Kedar, my soul hath long been a sojourner. With them that hate peace I was peaceable; when I spake unto them, they warred against me without a cause.

Psalm 120

I have lifted up mine eyes to the mountains, from whence cometh my help. My help cometh from the Lord, Who hath made heaven and the earth. Give not thy foot unto moving, and may He not slumber that keepeth thee. Behold, He shall not slumber nor shall He sleep, He that keepeth Israel. The Lord shall keep thee; the Lord is thy shelter at thy right hand. The sun shall not burn thee by day, nor the moon by night. The Lord shall keep thee from all evil, the Lord shall guard thy soul. The Lord shall keep thy coming in and thy going out, from henceforth and for evermore.

Psalm 121

I was glad because of them that said unto me: Let us go into the house of the Lord. Our feet have stood in thy courts, O Jerusalem. Jerusalem is builded as a city which its dwellers share in concord. For there the tribes went up, the tribes of the Lord, as a testimony for Israel, to give thanks to the name of the Lord. For there are set thrones unto judgement, thrones over the house of David. Ask now for the things which are for the peace of Jerusalem, and for the prosperity of them that love thee. Let peace be now in thy strength, and prosperity in thy palaces. For the sake of my brethren and my neighbours, I spake peace concerning thee. Because of the house of the Lord our God, I have sought good things for thee.

Psalm 122

Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God, until He take pity on us. Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled there-with; let reproach come upon them that prosper, and abasement on the proud.

Psalm 123

Had it not been that the Lord was with us, let Israel now say, had it not been that the Lord was with us, when men rose up against us, then had they swallowed us up alive. When their wrath raged against us, then had the water overwhelmed us. Our soul hath passed through a torrent; then had our soul passed through the water that is irresistible. Blessed be the Lord Who hath not given us to be a prey to their teeth. Our soul like a sparrow was delivered out of the snare of the hunters. The snare is broken, and we are delivered. Our help is in the name of the Lord, Who hath made heaven and the earth.

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

Monday in the First Week of Great Lent – Vespers

Both now and ever, and unto the ages of a- ges. A- men.

This musical score is for a four-measure phrase. The treble staff begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes: F#4, A4, B4, and C5. The bass staff begins with a bass clef and a key signature of one sharp (F#). The bass line consists of quarter notes: F#2, A2, B2, and C3. The lyrics are written below the staves, with hyphens indicating syllables that span across measures.

Thrice
Alleluia, alleluia, alleluia, glory to Thee, O God.

This musical score is for a four-measure phrase, marked with a repeat sign at the beginning. The treble staff begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes: F#4, A4, B4, and C5. The bass staff begins with a bass clef and a key signature of one sharp (F#). The bass line consists of quarter notes: F#2, A2, B2, and C3. The lyrics are written below the staves, with hyphens indicating syllables that span across measures.

Lord, have mercy, Lord, have mercy, Lord, have mer- - cy.

This musical score is for a four-measure phrase. The treble staff begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes: F#4, A4, B4, and C5. The bass staff begins with a bass clef and a key signature of one sharp (F#). The bass line consists of quarter notes: F#2, A2, B2, and C3. The lyrics are written below the staves, with hyphens indicating syllables that span across measures.

Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.

This musical score is for a four-measure phrase. The treble staff begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter notes: F#4, A4, B4, and C5. The bass staff begins with a bass clef and a key signature of one sharp (F#). The bass line consists of quarter notes: F#2, A2, B2, and C3. The lyrics are written below the staves, with hyphens indicating syllables that span across measures.

Reader: Both now and ever, and unto the ages of ages. Amen.

Psalm 124

They that trust in the Lord shall be as Mount Sion; he that dwelleth at Jerusalem, nevermore shall he be shaken. Mountains are round about her, and the Lord is round about His people from henceforth and for evermore. For the Lord will not permit the rod of sinners to be upon the lot of the righteous, lest the righteous stretch forth their hands unto iniquities. Do good, O Lord, unto them that are good and unto the upright of heart. But them that turn aside unto crooked ways shall the Lord lead away with the workers of iniquity; peace be upon Israel.

Psalm 125

When the Lord turned again the captivity of Sion, we became as men that are comforted. Then was our mouth filled with joy, and our tongue with rejoicing. Then shall they say among the nations: The Lord hath done great things unto them. The Lord hath done great things among us, and we are become glad. Turn again, O Lord, our captivity, like streams in the south. They that sow with tears shall reap with rejoicing. In their going they went, and they wept as they cast their seeds. But in their coming shall they come with rejoicing, bearing their sheaves.

Psalm 126

Except the Lord build the house, in vain do they labour that build it. Except the Lord guard the city, in vain doth he watch that guardeth her; it is vain for you to rise at dawn. Ye that eat the bread of sorrow, rouse yourselves after resting, when He hath given sleep to His beloved. Lo, sons are the heritage of the Lord, the reward of the fruit of the womb. Like arrows in the hand of a mighty man, so are the sons of them that were outcasts. Blessed is he that shall fulfil his desires with them; they shall not be put to shame when they speak to their enemies in the gates.

Psalm 127

Blessed are all they that fear the Lord, that walk in His ways. Thou shalt eat the fruit of thy labours; blessed art thou, and well shall it be with thee. Thy wife shall be as a fruitful vine on the sides of thy house, Thy sons like young olive trees round about thy table. Behold, so shall the man be blessed that feareth the Lord. The Lord bless thee out of Sion, and mayest thou see the good things of Jerusalem all the days of thy life. And mayest thou see thy children's children; peace be upon Israel.

Psalm 128

Many a time have they warred against me from my youth, let Israel now say, many a time have they warred against me from my youth, and yet they have not prevailed against me. The sinners wrought upon my back, they lengthened out their iniquity. The Lord is righteous; He hath cut asunder the necks of sinners. Let them be put to shame and turned back, all they that hate Sion. Let them be as the grass upon the housetops, which before it is plucked up is withered away. Wherefore the reaper filleth not his hand, nor he that gathereth sheaves his bosom. Nor have they that passed by said: The blessing of the Lord come upon you; we have blessed you in the name of the Lord.

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

Choir: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Lord have mercy. (*Thrice*)

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Psalm 129

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice. Let Thine ears be attentive to the voice of my supplication. If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness. For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word, my soul hath hoped in the Lord. From the morning watch until night, from the morning watch let Israel hope in the Lord. For with the Lord there is mercy, and with Him is plenteous redemption; and He shall redeem Israel out of all his iniquities.

Psalm 130

O Lord, my heart is not exalted, nor are mine eyes become lofty. Nor have I walked in things too great or too marvelous for me. If I were not humble-minded but exalted my soul, as one weaned from his mother, so wouldst Thou requite my soul. Let Israel hope in the Lord, from henceforth and for evermore.

Psalm 131

Remember, O Lord, David and all his meekness. How he made an oath unto the Lord, and vowed unto the God of Jacob: I shall not go into the dwelling of my house, I shall not ascend upon the bed of my couch, I shall not give sleep to mine eyes, nor slumber to mine eyelids, nor rest to my temples, until I find a place for the Lord, a habitation for the God of Jacob. Lo, we have heard of it in Ephratha, we have found it in the plains of the wood. Let us go forth into His tabernacles, let us worship at the place where His feet have stood. Arise, O Lord, into Thy rest, Thou and the ark of Thy holiness. Thy priests shall be clothed with righteousness, and Thy righteous shall rejoice. For the sake of David Thy servant, turn not Thy face away from Thine anointed one. The Lord hath sworn in truth unto David, and He will not annul it: Of the fruit of thy loins will I set upon thy throne. If thy sons keep My covenant and these testimonies which I will teach them, their sons also shall sit for ever on thy throne. For the Lord hath elected Sion, He hath chosen her to be a habitation for Himself. This is My rest for ever and ever; here will I dwell, for I have chosen her. Blessing, I will bless her pursuit; her beggars will I satisfy with bread. Her priests will I clothe with salvation, and her saints with rejoicing shall rejoice. There will I make to spring forth a horn for David, I have prepared a lamp for My Christ. His enemies will I clothe with shame, but upon Him shall My sanctification flourish.

Psalm 132

Behold now, what is so good or so joyous as for brethren to dwell together in unity? It is like the oil of myrrh upon the head, which runneth down upon the beard, upon the beard of Aaron, which runneth down to the fringe of his raiment. It is like the dew of Aermion, which cometh down upon the mountains of Sion. For there the Lord commanded the blessing, life for evermore.

Psalm 133

Behold now, bless ye the Lord, all ye servants of the Lord. Ye that stand in the house of the Lord, in the courts of the house of our God, in the nights lift up your hands unto the holies, and bless the Lord. The Lord bless thee out of Sion, He that made heaven and the earth.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

Small Litany

Deacon: Again and again, in peace let us pray to the Lord.



Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



Priest: For Thine is the dominion, and Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.



Lord, I Have Cried
Tone II

Lord, I have cried unto Thee, hear- ken un- to me.

This system consists of a treble and bass staff in G major (one sharp). The melody is primarily in the treble staff, featuring a series of half notes and some chords. The lyrics are written below the notes.

Hear- ken unto me, O Lord. Lord, I have cried unto Thee, hear- ken un- to me;

This system continues the melody. It includes a measure rest in the treble staff for the first part of the phrase. The bass staff provides a steady accompaniment of half notes.

attend to the voice of my sup- pli- ca- - tion when I cry un- to Thee.

This system continues the melody. The treble staff has a measure rest for the first part of the phrase. The bass staff continues with half notes.

Hear- ken un- to me, O Lord.

This system concludes the piece. It features a final cadence with a fermata over the last note in both staves. The lyrics are written below the notes.

Monday in the First Week of Great Lent – Vespers

Let my prayer be set forth as incense be- fore Thee,

This musical system consists of two staves, treble and bass, in the key of D major. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the staves. The first measure contains the words 'Let my prayer be set forth' and the second measure contains 'as incense be- fore Thee,'.

the lift- ing up of my hands as an evening sac- ri- fice.

This musical system continues the melody from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are written below the staves. The first measure contains the words 'the lift- ing up of my hands' and the second measure contains 'as an evening sac- ri- fice.'.

Hear-ken un- to me, O Lord.

This musical system concludes the piece. It consists of two staves, treble and bass, in the key of D major. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the staves. The first measure contains the words 'Hear-ken un- to me, O Lord.' and the second measure contains a final cadence.

Verses of Lord, I Have Cried

Reader: Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity; and I will not join with their chosen.

The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto hades.

For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made supplication.

I will pour out before Him my supplication, mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way wherein I have walked they hid for me a snare.

I looked upon my right hand, and beheld, and there was none that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.

I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me, for they are stronger than I.

Bring my soul out of prison, that I may confess Thy name.

The righteous shall wait patiently for me until Thou shalt reward me.

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

Tone II

Stichos: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

For with Thee there is for-give- - ness.

The musical notation is for a two-part setting in G major (one sharp). The treble staff begins with a G4 quarter note, followed by a half note G4-A4, and then a half note G4-F#4. The bass staff begins with a G3 quarter note, followed by a half note G3-A3, and then a half note G3-F#3. The melody continues with a half note E5 (marked with a fermata) and a half note D5. The bass line continues with a half note E4 (marked with a fermata) and a half note D4. The piece concludes with a final G4 quarter note in the treble and a final G3 quarter note in the bass.

by Joseph

I have committed every sin;/ more than all men I have lived as the Prodigal./ When I try to repent, I have no tears to shed;/ if I live always in my present sloth,/ I shall be condemned to torment./ Grant me amendment and have mercy on me, O God, for Thou alone art good.

Stichos: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word:

My soul hath hoped in the Lord.

The musical notation is for a two-part setting in G major (one sharp). The treble staff begins with a G4 quarter note, followed by a half note G4-A4, and then a half note G4-F#4. The bass staff begins with a G3 quarter note, followed by a half note G3-A3, and then a half note G3-F#3. The melody continues with a half note E5 (marked with a fermata) and a half note D5. The bass line continues with a half note E4 (marked with a fermata) and a half note D4. The piece concludes with a final G4 quarter note in the treble and a final G3 quarter note in the bass.

Grant me tears falling as the rain from heaven, O Christ,/ as I keep this joyful day of the Fast./ Let me mourn, O Lord,/ and wash away the filth that comes from lustful pleasures,/ that I may appear before Thee purified,/ when Thou, the only righteous Judge, shalt come from heaven to judge all mortal men.

Tone V

Stichos: From the morning watch until night, from the morning watch:



by Theodore

Come eagerly, all ye faithful,/ and taking as shield the strong armour of the Fast,/ let us repel every delusion of the enemy./ Let us not be led astray by the lusts of passion,/ let us not flinch before the fire of temptation;/ and Christ in His love will reward us with crowns for our patient endurance./ Offering, then, our prayers with boldness,/ we fall down and cry aloud, asking for peace// and His great mercy on our souls.

Then three stichera to the saint of the day from the Menaion.

Stichos: For with the Lord there is mercy, and with Him is plenteous redemption,/ and He shall redeem Israel out of all his iniquities.

Sticheron from the Menaion

Stichos: O praise the Lord, all ye nations;/ praise Him all ye peoples.

Sticheron from the Menaion

Stichos: For He hath made His mercy to prevail over us,/ and the truth of the Lord abideth forever.

Sticheron from the Menaion

Glory to the Father...

Doxastichon from the Menaion, if there be one

Both now...

Theotokion from the Menaion

Vesper Hymn to the Son of God

Without the Entrance.

Deacon: Wisdom! Aright!

Reader: O Gentle Light of the holy glory of the immortal, heavenly, holy, blessed Father, O Jesus Christ: having come to the setting of the sun, having beheld the evening light, we praise the Father, the Son, and the Holy Spirit: God. Meet it is for Thee at all times to be hymned with reverent voices, O Son of God, Giver of life. Wherefore, the world doth glorify Thee.

Prokimenon
Tone VI

Salvation is of the Lord, and Thy blessing is upon Thy people.



Stichos: O Lord, why are they multiplied that afflict me?

Paroemia
Book of Genesis 1:1-13

In the beginning God made the heaven and the earth. 2 But the earth was unsightly and unfurnished, and darkness was over the deep, and the Spirit of God moved over the water. 3 And God said, Let there be light, and there was light. 4 And God saw the light that it was good, and God divided between the light and the darkness. 5 And God called the light Day, and the darkness he called Night, and there was evening and there was morning, the first day.

6 And God said, Let there be a firmament in the midst of the water, and let it be a division between water and water, and it was so. 7 And God made the firmament, and God divided between the water which was under the firmament and the water which was above the firmament. 8 And God called the firmament Heaven, and God saw that it was good, and there was evening and there was morning, the second day.

9 And God said, Let the water which is under the heaven be collected into one place, and let the dry land appear, and it was so. And the water which was under the heaven was collected into its places, and the dry land appeared. 10 And God called the dry land Earth, and the gatherings of the waters he called Seas, and God saw that it was good. 11 And God said, Let the earth bring forth the herb of grass bearing seed according to its kind and according to its likeness, and the fruit-tree bearing fruit whose seed is in it, according to its kind on the earth, and it was so. 12 And the earth brought forth the herb of grass bearing seed according to its kind and according to its likeness, and the fruit tree bearing fruit whose seed is in it, according to its kind on the earth, and God saw that it was good. 13 And there was evening and there was morning, the third day.

Prokimenon
Tone V

The Lord will hearken unto me when I cry unto Him.



Stichos: When I called upon Thee, O God of my righteousness, Thou didst hearken unto me.

Paroemia

Book of Proverbs 1:1-20

The Proverbs of Solomon son of David, who reigned in Israel; 2 to know wisdom and instruction, and to perceive words of understanding; 3 to receive also hard saying, and to understand true justice, and *how* to direct judgement; 4 that he might give subtlety to the simple, and to the young man discernment and understanding. 5 For by the hearing of these a wise man will be wiser, and man of understanding will gain direction; 6 and will understand a parable, and a dark speech; the saying of the wise also, and riddles.

7 The fear of the Lord is the beginning of wisdom; and *there is* good understanding to all that practise it: and piety toward God is the beginning of discernment; but the ungodly will set at nought wisdom and instruction. 8 Hear, *my son*, the instruction of thy father, and reject not the rules of thy mother. 9 For thou shalt receive for thine head a crown of graces, and a chain of gold round thy neck.

10 *My son*, let not ungodly men lead thee astray, neither consent thou *to them*. 11 If they should exhort thee, saying, Come with us, partake in blood, and let us unjustly hide the just man in the earth: 12 and let us swallow him alive, as Hades *would*, and remove the memorial of him from the earth: 13 let us seize on his valuable property, and let us fill our houses with spoils: 14 but do thou cast in thy lot with us, and let us all provide a common purse, and let us have one pouch: 15 go not in the way with them, but turn aside thy foot from their paths: 16 17 for nets are not without cause spread for birds. 18 For they that are concerned in murder store up evils for themselves; and the overthrow of transgressors is evil. 19 These are the ways of all that perform lawless deeds; for by ungodliness they destroy their own life.

20 Wisdom sings aloud in passages, and in the broad places speaks boldly.

Prayer at the Coming of Evening

Reader: Vouchsafe, O Lord, to keep us this evening without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth forever; disdain not the work of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Litany of Fervent Supplication

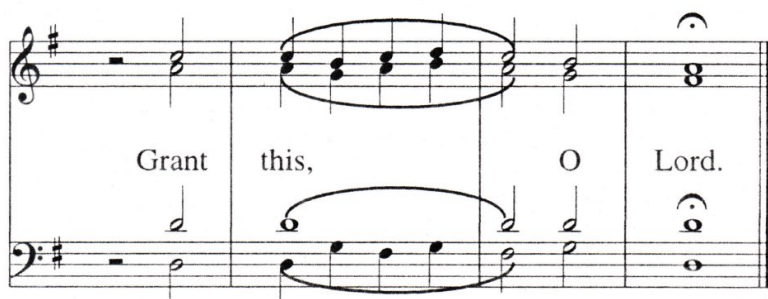
Deacon: Let us complete our evening prayer to the Lord.



Deacon: Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: That the whole evening may be perfect, holy, peaceful, and sinless, let us ask of the Lord.



Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Pardon and remission of our sins and offences, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Things good and profitable for our souls, and peace for the world, let us ask of the Lord.

Choir: Grant this, O Lord.

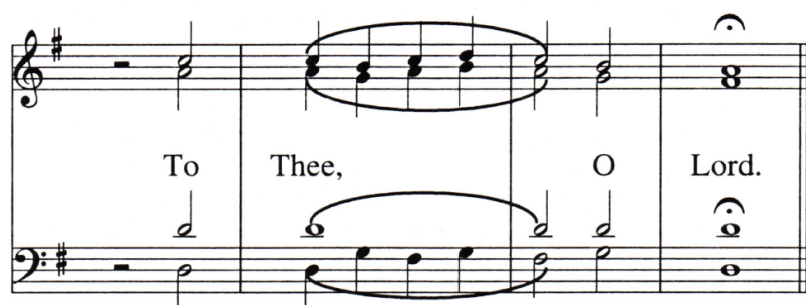
Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the dread judgment seat of Christ, let us ask.

Choir: Grant this, O Lord.

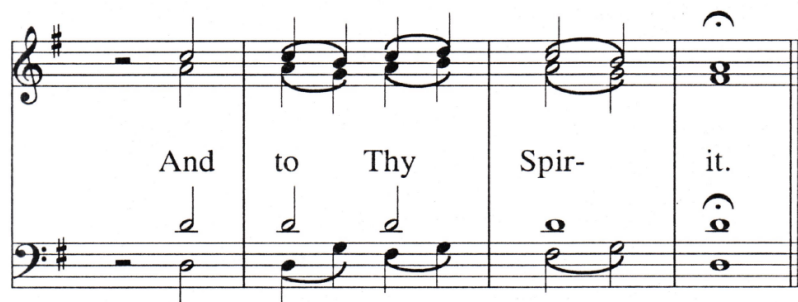
Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



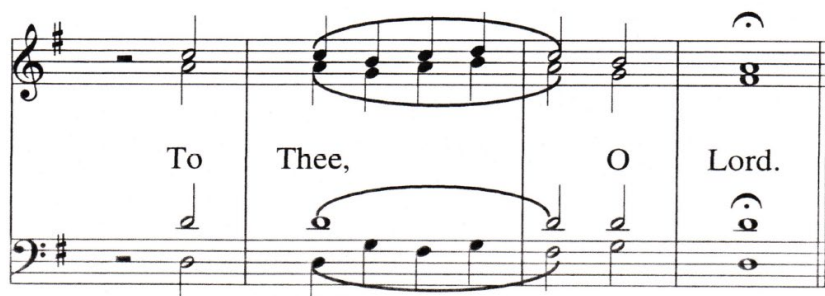
Priest: For a good God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



Priest: Peace be unto all.



Deacon: Let us bow our heads unto the Lord.



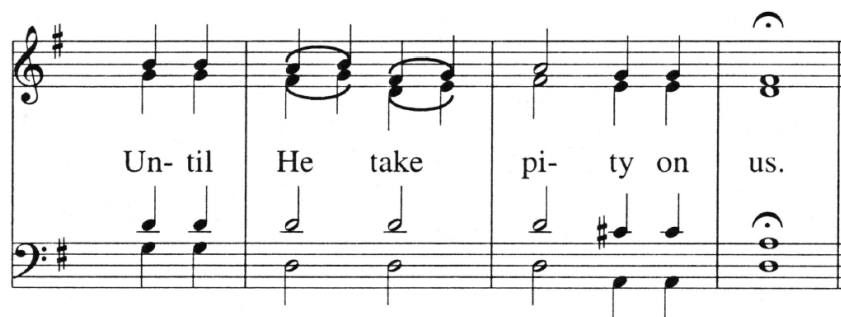
Priest: Blessed and most glorified be the dominion of Thy kingdom: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.



Aposticha Tone III

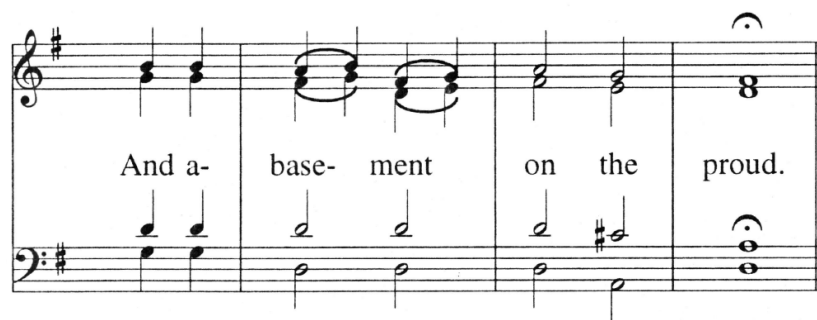
Let us observe a fast acceptable and pleasing to the Lord./ True fasting is to put away all evil,/ to control the tongue, to forbear from anger,/ to abstain from lust, slander, falsehood and perjury./ If we renounce these things, then is our fasting true// and acceptable to God.

Stichos: Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God:



Let us observe a fast acceptable and pleasing to the Lord./ True fasting is to put away all evil,/ to control the tongue, to forbear from anger,/ to abstain from lust, slander, falsehood and perjury./ If we renounce these things, then is our fasting true// and acceptable to God.

Stichos: Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled therewith; let reproach come upon them that prosper:



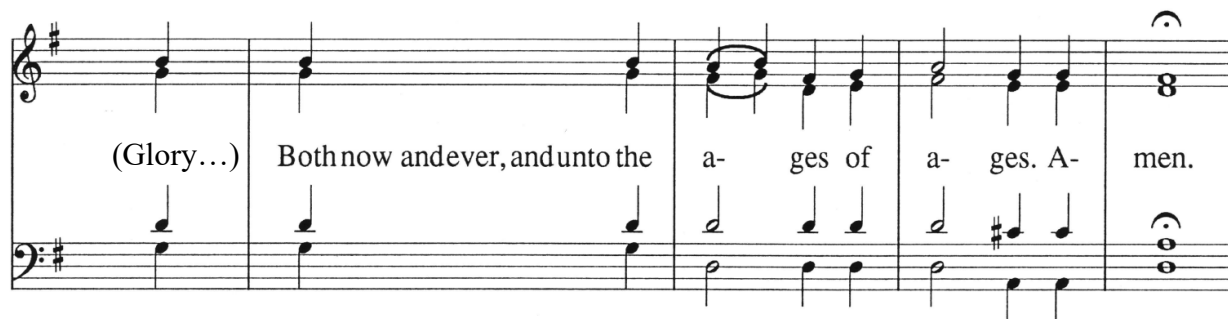
To the Martyrs

Great is the power of Thy martyrs, O Christ/ I Though they lie in their tombs, they drive out evil spirits/ and fight in the defence of true devotion, subduing the dominion of the enemy// through faith in the Trinity.

Glory to the Father...

Doxastichon from the Menaion, if there be one

**(Glory) Both Now, Theotokion
Tone III**



O Theotokos, the protection of all who ask thy prayers,/ in thee we trust, in thee we boast,/ in thee is all our hope:// pray to thy Son for thine unprofitable servants.

Prayer of Saint Symeon the God-receiver

Canonarch: Now lettest thou Thy servant depart in peace, O Master, according to Thy word, for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples; a light of revelation for the Gentiles, and the glory of Thy people Israel.

Trisagion

Reader: Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

O Theotokos Virgin, Rejoice!

A- men. O The- o- tok- os and Virgin, rejoice! O Mary, full of

The first system of musical notation is in G major, 4/4 time. It begins with a treble and bass staff. The treble staff has a whole note chord of G4 and B4, followed by a double bar line and then a series of eighth notes: G4, A4, B4, A4, G4. The bass staff has a whole note chord of G3 and B2, followed by a double bar line and then a series of eighth notes: G3, A3, B3, A3, G3. The lyrics 'A- men.' are under the first measure, and 'O The- o- tok- os and Virgin, rejoice! O Mary, full of' are under the subsequent measures.

grace, the Lord is with thee;

The second system of musical notation continues the melody. The treble staff has a whole note chord of G4 and B4, followed by a series of eighth notes: G4, A4, B4, A4, G4. The bass staff has a whole note chord of G3 and B2, followed by a series of eighth notes: G3, A3, B3, A3, G3. The lyrics 'grace, the Lord is with thee;' are under the measures.

bles- sed art thou among women, and blessed is the fruit of thy womb;

The third system of musical notation continues the melody. The treble staff has a whole note chord of G4 and B4, followed by a series of eighth notes: G4, A4, B4, A4, G4. The bass staff has a whole note chord of G3 and B2, followed by a series of eighth notes: G3, A3, B3, A3, G3. The lyrics 'bles- sed art thou among women, and blessed is the fruit of thy womb;' are under the measures.

for thou hast borne the Sav- iour of our souls.

Prostration

The fourth system of musical notation concludes the piece. The treble staff has a whole note chord of G4 and B4, followed by a series of eighth notes: G4, A4, B4, A4, G4. The bass staff has a whole note chord of G3 and B2, followed by a series of eighth notes: G3, A3, B3, A3, G3. The lyrics 'for thou hast borne the Sav- iour of our souls.' are under the measures. The word 'Prostration' is written vertically on the right side of the system.

Monday in the First Week of Great Lent – Vespers

Glo- ry to the Father, and to the Son, and to the Holy Spir- it.

The first line of the hymn is written on a grand staff (treble and bass clefs). The melody is in a simple, hymn-like style with a key signature of one flat (B-flat). The lyrics are: "Glo- ry to the Father, and to the Son, and to the Holy Spir- it." The music consists of a series of chords and single notes, with a final cadence on a whole note.

O Bap- ti- zer of Christ, keep us all in re- mem- brance,

The second line of the hymn continues the melody. The lyrics are: "O Bap- ti- zer of Christ, keep us all in re- mem- brance,". The musical notation follows the same style as the first line, with a key signature of one flat.

that we may be delivered from our in- i- qui- ties;

The third line of the hymn continues the melody. The lyrics are: "that we may be delivered from our in- i- qui- ties;". The musical notation follows the same style as the previous lines, with a key signature of one flat.

for to thee was given grace to in- ter- cede for us.

The fourth line of the hymn concludes the melody. The lyrics are: "for to thee was given grace to in- ter- cede for us." The musical notation follows the same style as the previous lines, with a key signature of one flat. The final note is a whole note, indicating the end of the phrase.

Prostration

Monday in the First Week of Great Lent – Vespers

Both now and ever, and unto the ages of a- ges. A- men.

This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly triads, with a final half note and a fermata. The bass staff contains a series of chords, mostly dyads, with a final half note and a fermata. The lyrics are written below the staves.

Plead in our be- half, O holy apostles and all saints,

This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly triads, with a final half note and a fermata. The bass staff contains a series of chords, mostly dyads, with a final half note and a fermata. The lyrics are written below the staves.

that we may be delivered from perils and af- flic- tions;

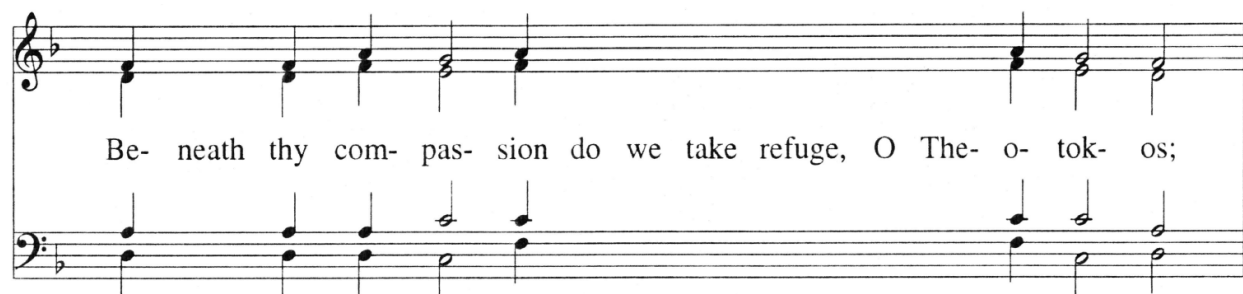
This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly triads, with a final half note and a fermata. The bass staff contains a series of chords, mostly dyads, with a final half note and a fermata. The lyrics are written below the staves.

for we have acquired you as fervent mediators be- fore the Sav- - iour.

This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly triads, with a final half note and a fermata. The bass staff contains a series of chords, mostly dyads, with a final half note and a fermata. The lyrics are written below the staves.

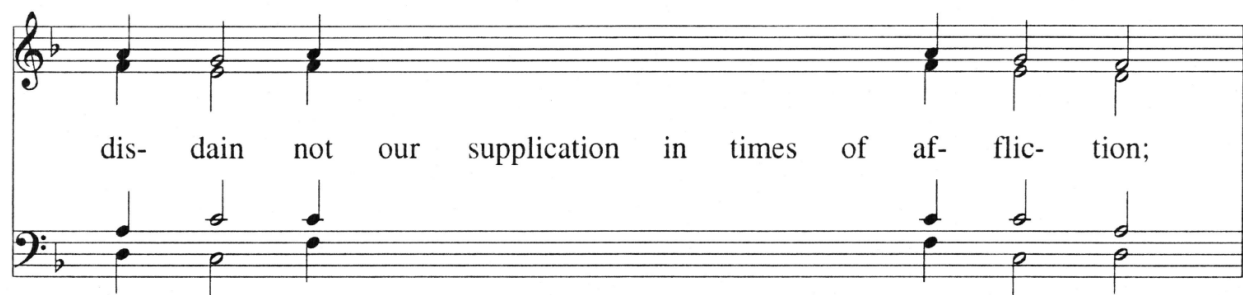
Prostration

Monday in the First Week of Great Lent – Vespers



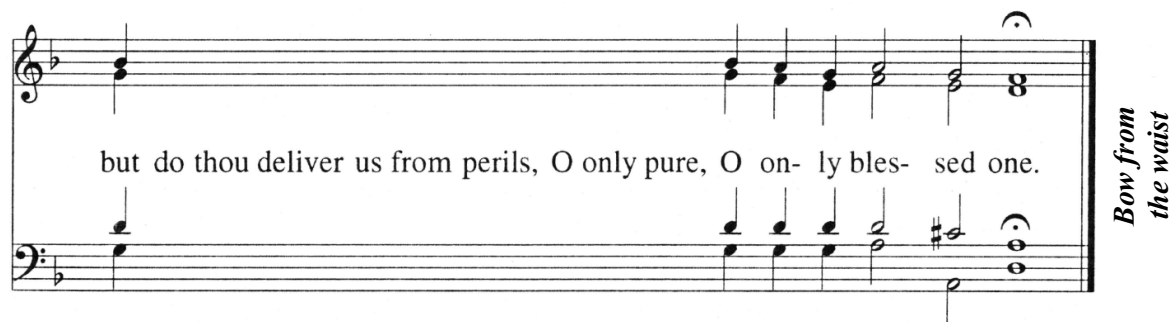
Be- neath thy com- pas- sion do we take refuge, O The- o- tok- os;

This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly dyads, with some triplets. The bass staff contains a series of chords, mostly dyads, with some triplets. The lyrics are written below the staves.



dis- dain not our supplication in times of af- flic- tion;

This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly dyads, with some triplets. The bass staff contains a series of chords, mostly dyads, with some triplets. The lyrics are written below the staves.



but do thou deliver us from perils, O only pure, O on- ly bles- sed one.

*Bow from
the waist*

This musical system consists of a treble and a bass staff. The treble staff contains a series of chords, mostly dyads, with some triplets. The bass staff contains a series of chords, mostly dyads, with some triplets. The lyrics are written below the staves. The system ends with a double bar line. To the right of the double bar line, the instruction "Bow from the waist" is written vertically.

Reader: Lord, have mercy. (*Forty times*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, Father, bless.

Priest: He that is is blessed, Christ our God, always, now and ever, and unto the ages of ages.

Reader: Amen.

O Heavenly King, strengthen Orthodox Christians, establish the Faith, subdue the nations, give peace to the world, keep well this city (*or town, or holy habitation*); settle our departed fathers and brethren in the tabernacles of the righteous, and receive us coming in penitence and confession, for Thou art good and the Lover of mankind.

Prayer of Saint Ephraim the Syrian

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. (*Prostration*)

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. (*Prostration*)

Yea, O Lord King, grant me to see my own failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. (*Prostration*)

Then twelve bows. With each reverence, we say quietly: O God, cleanse me a sinner.

Priest: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience and love bestow on me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. (*Prostration*)

Reader: Amen.

Trisagion

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Our Father, Who art in the heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

Priest: For Thine is the kingdom, and the power, and the glory of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

O All-Holy Trinity, the Consubstantial Dominion, the Indivisible Kingdom, and Cause of every good: Show Thy good will even unto me, the sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say: One is Holy, One is Lord, Jesus Christ, to the glory of God the Father. Amen.

Thrice

Bles-sed be the name of the Lord from hence-forth and for-ev-er-more.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

I Will Bless the Lord at All Times
Psalm 33

I will bless the Lord at all times, His praise shall continually be in my mouth.

In the Lord shall my soul be praised; Let the meek hear and be glad.

O magnify the Lord with me,/ and let us exalt His name together.
I sought the Lord, and He heard me,/ and delivered me from all my tribulations.
Come unto Him, and be enlightened,/ and your faces shall not be ashamed.
This poor man cried, and the Lord heard him,/ and saved him out of all his tribulations.
The angel of the Lord will encamp round about them that fear Him,/ and will deliver them.

O taste and see that the Lord is good;/ blessed is the man that hopeth in Him.
O fear the Lord, all ye His saints;/ for there is no want to them that fear Him.
Rich men have turned poor and gone hungry;/ but they that seek the Lord shall not be deprived of any good thing.

Come ye children, hearken unto me;/ I will teach you the fear of the Lord.

What man is there that desireth life,/ who loveth to see good days?

Keep thy tongue from evil,/ and thy lips from speaking guile.

Turn away from evil, and do good;/ seek peace, and pursue it.

The eyes of the Lord are upon the righteous,/ and His ears are opened unto their supplication.

The face of the Lord is against them that do evil,/ utterly to destroy the remembrance of them from the earth.

The righteous cried, and the Lord heard them,/ and He delivered them out of all their tribulations.

The Lord is nigh unto them that are of a contrite heart,/ and He will save the humble of spirit.

Many are the tribulations of the righteous,/ and the Lord shall deliver them out of them all.

The Lord keepeth all their bones,/ not one of them shall be broken.

The death of sinners is evil,/ and they that hate the righteous shall do wrong.

The Lord will redeem the souls of His servants,/ and none of them will do wrong that hope in Him.

It is Truly Meet

Deacon: Wisdom!

Choir: It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless, and Mother of our God. (*Prostration*)

Priest: O most holy Theotokos, save us.

Choir: More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

Choir: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Father, bless.

Dismissal

Priest: May Christ our true God, through the intercession of His most pure Mother; through the mediations of the honourable, heavenly, Bodiless hosts; of the holy, glorious and all-praised Apostles; of the holy and righteous Ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Choir: Amen.

Lord, have mercy. (*Thrice*)

Appendix I – Alleluia and Hymns to the Trinity in the Eight Tones

After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.

Tone I

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Through bodily images let us ascend to the spiritual and immaterial understanding of the bodiless powers; singing the Thrice-Holy Hymn and awaiting the illumination of the God-head in three Persons, let us cry aloud as the cherubim to the one and only God: Holy, holy, holy art Thou, our God;

Monday

Through the med-i-a-tions of Thy Bod-i-less

This musical system consists of two staves, treble and bass, in the key of D major. The melody is primarily composed of half notes and quarter notes, with some chords. The lyrics are: "Through the med-i-a-tions of Thy Bod-i-less".

Ones have mer-cy on us.

This musical system continues the melody from the first system. It ends with a double bar line. The lyrics are: "Ones have mer-cy on us.".

Glory to the Father, and to the Son, and to the Holy Spirit.
With all the heavenly hosts, let us offer the Thrice-Holy Hymn of praise and cry aloud as the cherubim to Him who dwells on high: Holy, holy, holy art Thou, our God;

Through the in-ter-ces-sions of all Thy

This musical system continues the melody. It features some chords and half notes. The lyrics are: "Through the in-ter-ces-sions of all Thy".

saints, have mer-cy on us.

This musical system concludes the Alleluia. It ends with a double bar line. The lyrics are: "saints, have mer-cy on us.".

Both now and ever, and unto the ages of ages. Amen.

Rising from sleep, we fall down before Thee, loving Lord, and with the angels' song we cry to Thee, All-powerful: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have

mer-cy on us.

Tone II

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Doing as the powers on high, we on earth offer Thee, O loving Lord, a hymn of victory:
Holy, holy, holy art Thou our God;

Monday

Through the med- i- a- tions of Thy Bod- i- less Ones, have

mer- cy on us.

Glory to the Father, and to the Son, and to the Holy Spirit.
 O uncreated Nature, Maker of all things, open our lips that we may proclaim Thy praises,
 crying: Holy, holy, holy art Thou, our God;

Through the in- ter- ces- sions all of Thy saints, have mer-

cy on us.

Both now and ever, and unto the ages of ages. Amen.

Thou, O Lord, hast raised me from my bed and sleep; enlighten my mind and my heart,
and open my lips that I may praise Thee, Holy Trinity: Holy, holy, holy art Thou, our God;

Through the The- o- tok - os, have mer-

The first system of the musical score consists of two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the words "Through the The- o-". The second measure contains "tok - os, have". The third measure contains "mer-". The notes are mostly quarter and eighth notes, with some rests. There are some ties and slurs over the notes.

cy on us.

The second system of the musical score continues the melody and bass line from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are "cy on us.". The notes are mostly quarter and eighth notes, with some rests. There are some ties and slurs over the notes. The system ends with a double bar line.

Tone III

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

The musical score is written for two staves, Treble and Bass, in the key of D major (one sharp). The first system contains three measures of music. The lyrics are: "Al- le- lu- ia, Al- le- lu- ia, Al- - - le-". The second system contains three measures of music. The lyrics are: "lu- - - i- - a." The music is a simple, homophonic setting of the Alleluia.

Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

O Trinity, one in Essence and undivided, Unity in three co- eternal Persons, to Thee as God we sing the angels' hymn: Holy, holy, holy art Thou, our God;

Monday

Through the mediations of Thy Bod- i- less Ones, have mer-

- cy on us.

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

Daring to give glory to the one Godhead, to the eternal Father, the coeternal Son, and the timeless Spirit, as the cherubim we say: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy Saints, have

mer- - cy on us.

Both now and ever, and unto the ages of ages. Amen.

Suddenly the Judge will come, and the acts of every man will be laid bare. But at midnight let us cry with fear: Holy, holy, holy art Thou, our God;

Through the The- o- tok- - os, have mer-

The first system of the musical score consists of two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the notes. The first measure contains the words "Through the The- o-". The second measure contains "tok- - os, have". The third measure contains "mer-". The notes are mostly quarter and eighth notes, with some rests. There are some ties and slurs in the melody.

cy on us.

The second system of the musical score continues the melody and bass line from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are "cy on us.". The notes are mostly quarter and eighth notes, with some rests. There are some ties and slurs in the melody.

Tone IV

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

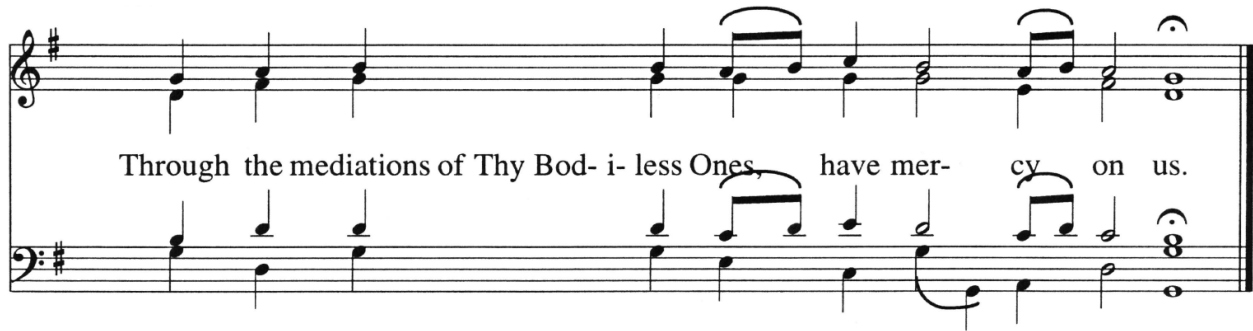
Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Daring, mortal though we are, to offer unto Thee the hymn of Thine angelic ministers, we say: Holy, holy, holy art Thou, our God;

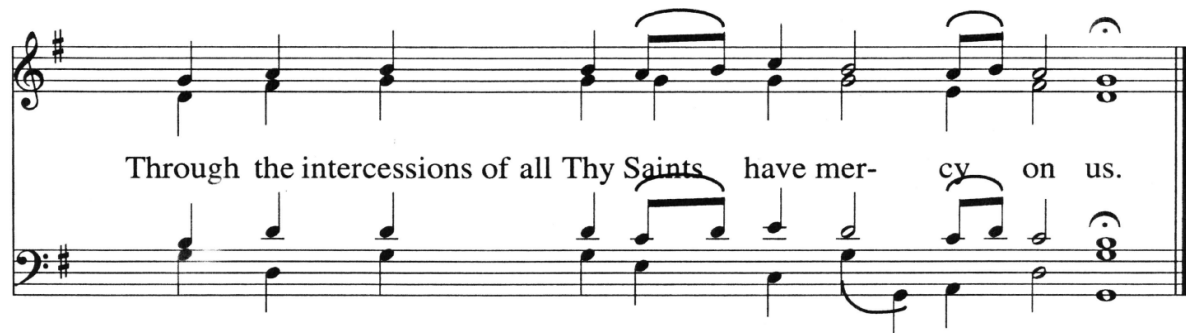
Monday



Through the mediations of Thy Bod- i- less Ones, have mer- cy on us.

This musical system is for Monday. It features a treble and bass staff in G major (one sharp). The melody is in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are: "Through the mediations of Thy Bod- i- less Ones, have mer- cy on us." The music concludes with a final cadence.

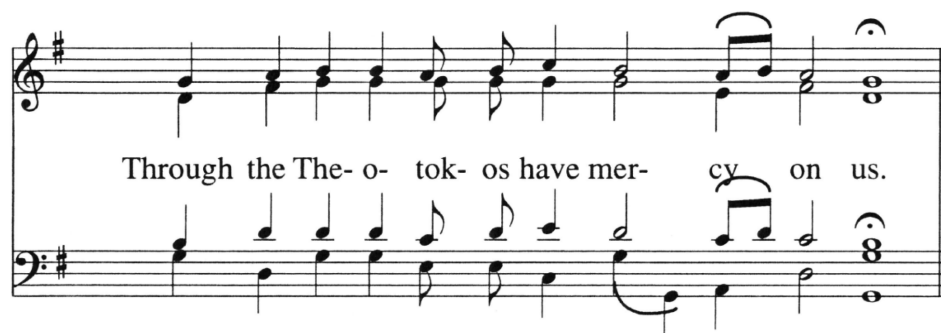
Glory to the Father, and to the Son, and to the Holy Spirit.
As the angelic hosts in heaven, we men on earth, standing now with fear, offer unto Thee,
O loving Lord, a hymn of victory: Holy, holy, holy art Thou, our God;



Through the intercessions of all Thy Saints have mer- cy on us.

This musical system continues the melody from the first system. The lyrics are: "Through the intercessions of all Thy Saints have mer- cy on us." The music concludes with a final cadence.

Both now and ever, and unto the ages of ages. Amen.
Daring to give glory to Thine eternal Father, and to Thee, O Christ our God, and to Thy
Most Holy Spirit, as the cherubim we say: Holy, holy, holy art Thou, our God;



Through the The- o- tok- os have mer- cy on us.

This musical system continues the melody from the second system. The lyrics are: "Through the The- o- tok- os have mer- cy on us." The music concludes with a final cadence.

Tone V

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Now is the hour for praise and prayer; let us cry fervently to the one and only God: Holy, holy, holy art Thou, our God;

Monday

Through the mediations of Thy Bod- i- less

This musical system consists of two staves, treble and bass, in the key of D major. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are placed below the notes. The first measure contains the words 'Through the mediations of Thy' and the second measure contains 'Bod- i- less'. The melody features a half note 'D' on 'Through', a half note 'F#' on 'the', a half note 'A' on 'mediations', a half note 'B' on 'of', a half note 'D' on 'Thy', a half note 'B' on 'Bod-', a half note 'F#' on 'i-', and a half note 'A' on 'less'. The bass line provides a simple accompaniment with half notes.

Ones, have mer- cy on us.

This musical system continues the melody from the first system. It consists of two staves. The lyrics are 'Ones, have mer- cy on us.' The melody features a half note 'D' on 'Ones,', a half note 'F#' on 'have', a half note 'A' on 'mer-', a half note 'B' on 'cy', a half note 'D' on 'on', and a half note 'A' on 'us.'. The system ends with a double bar line.

Glory to the Father, and to the Son, and to the Holy Spirit.
We dare to act as ikons of Thy spiritual hosts, and with our un- worthy mouths we cry to
Thee, O Trinity without beginning: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy saints, have

This musical system consists of two staves. The lyrics are 'Through the intercessions of all Thy saints, have'. The melody features a half note 'D' on 'Through', a half note 'F#' on 'the', a half note 'A' on 'intercessions', a half note 'B' on 'of', a half note 'D' on 'all', a half note 'B' on 'Thy', a half note 'F#' on 'saints,', and a half note 'A' on 'have'. The system ends with a double bar line.

mer- cy on us.

This musical system continues the melody from the third system. It consists of two staves. The lyrics are 'mer- cy on us.' The melody features a half note 'D' on 'mer-', a half note 'F#' on 'cy', a half note 'A' on 'on', and a half note 'A' on 'us.'. The system ends with a double bar line.

Both now and ever, and unto the ages of ages. Amen.

O Christ our God, who though contained within a virgin womb wast not divided from the Father, accept us as we call upon Thee with the angels: Holy, holy, holy art Thou, our God;



Tone VI

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

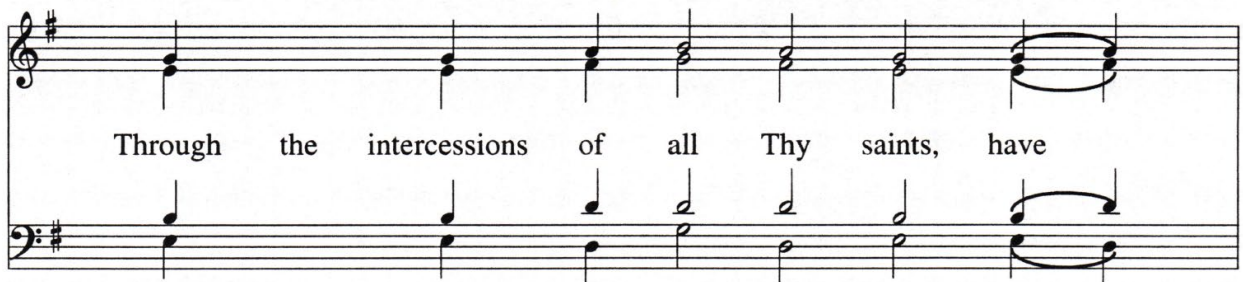
Hymns to the Trinity

With fear and trembling standing in Thy presence, the cherubim and seraphim offer the Thrice-Holy Hymn with voices that are never still. And with them we sinners also cry aloud: Holy, holy, holy art Thou, our God;

Monday



Glory to the Father, and to the Son, and to the Holy Spirit.
In never-silent hymns of glory, with their bodiless mouths the six-winged seraphim sing to Thee our God the Thrice-Holy Hymn; and we on earth offer praise to Thee from our unworthy lips: Holy, holy, holy art Thou, our God;



Both now and ever, and unto the ages of ages. Amen.

Let us glorify the Godhead, three in one, united and yet unconfused, and let us sing the angels' hymn: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have mer- cy on

us. us.

Tone VII

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.



Stichos: Learn righteousness, ye that dwell upon the earth.

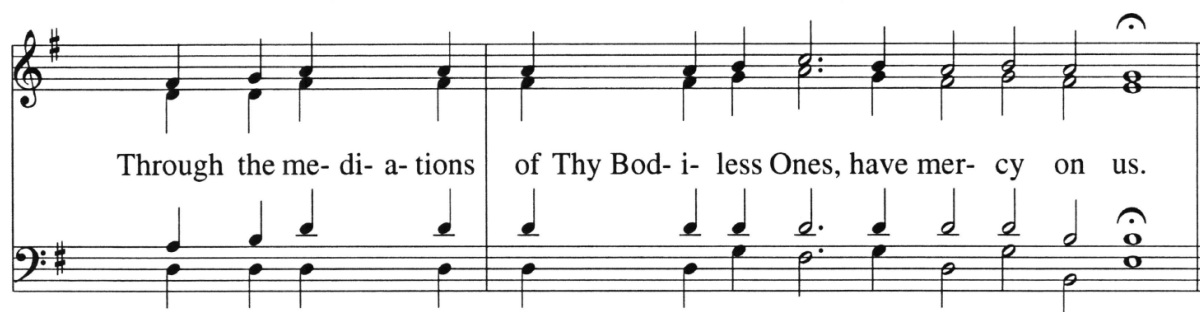
Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Praised by the cherubim in Thine almighty power, and worshipped by the angels in Thy divine glory, do Thou accept us sinners also who, unworthy, dare to cry to Thee: Holy, holy, holy art Thou, our God;

Monday

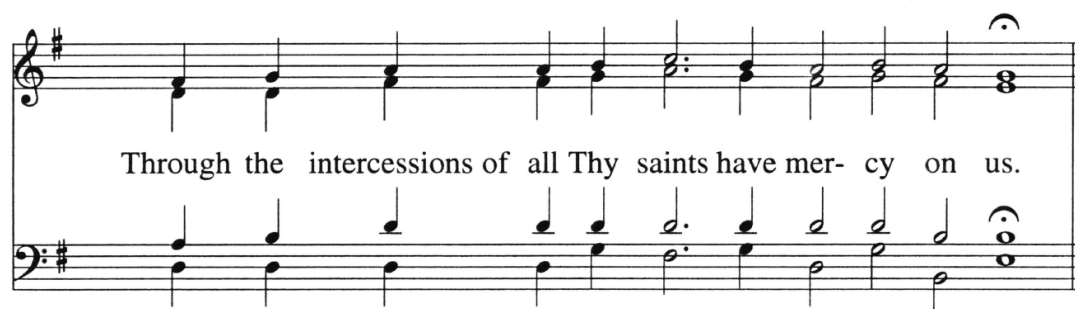


Through the me- di- a- tions of Thy Bod- i- less Ones, have mer- cy on us.

This musical score is for a hymn in G major (one sharp) and 4/4 time. It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are written below the staves, with syllables aligned to the notes. The piece concludes with a final cadence in the treble staff.

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

Casting off both sleep and slothfulness, my soul, bring to the Judge more fervent hymns of praise, and cry aloud with fear: Holy, holy, holy art Thou, our God;

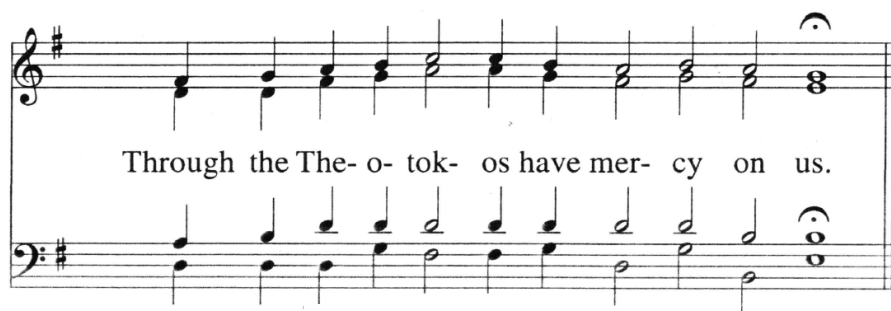


Through the intercessions of all Thy saints have mer- cy on us.

This musical score is for a hymn in G major (one sharp) and 4/4 time. It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are written below the staves, with syllables aligned to the notes. The piece concludes with a final cadence in the treble staff.

Both now and ever, and unto the ages of ages. Amen.

To the Godhead that no man can approach, to the Trinity in Unity, let us offer the Thrice-Holy Hymn of the seraphim, and cry aloud with fear: Holy, holy, holy art Thou, our God;



Through the The- o- tok- os have mer- cy on us.

This musical score is for a hymn in G major (one sharp) and 4/4 time. It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing a harmonic accompaniment. The lyrics are written below the staves, with syllables aligned to the notes. The piece concludes with a final cadence in the treble staff.

Tone VIII

Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- - - ia, Al- le-

lu- - - i- a.

Stichos: Learn righteousness, ye that dwell upon the earth.

Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

Lifting up our hearts to heaven, let us imitate the hierarchy of angels. Let us fall down with fear before the righteous Judge, singing a triumphal hymn of praise: Holy, holy, holy art Thou, our God;

Monday

Through the me- di- a- tions of Thy Bo- di- less Ones, have

mer- - cy on us.

Glory to the Father, and to the Son, and to the Holy Spirit.
Daring not to gaze upon Thee, the winged cherubim cry out in the words of the Thrice-Holy Hymn inspired by God; and with them we sinners also cry to Thee: Holy, holy, holy art Thou, our God;

Through the in- ter- ces- sions of all Thy Saints, have

mer- - cy on us.

Both now and ever, and unto the ages of ages. Amen.

Bent beneath the multitude of our iniquities, we dare not look up at the height of heaven;
but, bowing down in soul and body, with the angels we sing unto Thee: Holy, holy, holy art
Thou, our God;

Through the The- o- tok- os, have

This musical system consists of two staves, treble and bass, in the key of D major (indicated by two sharps). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are placed below the notes. The first measure contains the words 'Through the'. The second measure contains 'The-'. The third measure contains 'o-'. The fourth measure contains 'tok-'. The fifth measure contains 'os,'. The sixth measure contains 'have'.

mer- - cy on us.

This musical system continues the melody from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are placed below the notes. The first measure contains 'mer-'. The second measure contains '-'. The third measure contains 'cy'. The fourth measure contains 'on'. The fifth measure contains 'us.'.

Appendix II – Sessional Hymns in the Eight Tones

After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.

Tone I

Monday

Sessional Hymns of Repentance

I am the prodigal: conceived in sin, I dare not look up to the height of heaven. But trusting in Thy love for man, I cry: God be merciful to me and save me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

If the righteous scarcely shall be saved, how will it be with me a sinner? I have not borne the heat and burden of the day: yet, O God, number me with those who came at the eleventh hour, and save me.

Glory to the Father... Both now...

Theotokion

O full of grace, beholding in thee the wonder of all wonders, the creation rejoices. For without seed thou hast conceived, and ineffably hast borne as child Him upon whom the leaders of the angelic hosts dare not gaze. O Theotokos, pray to Him for the salvation of our souls.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

The victorious martyrs clothed themselves in Thee, O Lord: Thou wast their glory in their sufferings, their crown and their reward. Steadfastly enduring torment, they overthrew the wicked; and through the power of God they were granted victory from heaven. At their prayers, O God, give us Thy great mercy.

Tone II

Monday

Sessional Hymns of Repentance

As the waves of the sea my transgressions have risen up against me, and as a boat alone in the deep, I am tossed by the storm of many sins. But guide me through repentance to a fair haven, O Lord, and save me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

I am a barren tree, O Lord, for I do not bear at all the fruit of compunction. I fear the axe and the fire that never shall be quenched, Therefore I pray Thee before I am condemned to torment: cause me to turn back and save me.

Glory to the Father... Both now....

Theotokion

Thou art a fountain of compassion, O Theotokos: count us worthy of thy loving-kindness. Look upon thy people that has sinned; and now, as always, manifest thy power. For putting our trust in thee we cry unto thee, Rejoice! as once did Gabriel, the chief captain of the heavenly hosts.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

O Thou who coverest the heaven with clouds, the saints on earth had Thee as their covering and protection: patiently they endured the torments lawless men inflicted on them, and they brought to nothing the error of idolatry. At their prayers, O Saviour, set us free from the invisible enemy and save us.

Tone III

Monday

Sessional Hymns of Repentance

At the dread Judgement I shall be convicted without accusers, and condemned without witnesses; for the book of my conscience will be opened and my hidden works revealed. O God, before Thou shalt examine mine actions in the presence of the whole creation, be merciful to me and save me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

How long, my soul, wilt thou continue in sin? How long wilt thou delay repentance? Call to mind the coming Judgement and cry unto the Lord: I have sinned, O sinless Lord, do Thou save me.

Glory to the Father... Both now...

Theotokion

With good reason each man turns to the place where he can find salvation. And what other refuge have we such as thee, O Theotokos, the protection of our souls?

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Who does not marvel at the victorious struggles of the holy martyrs? Who is not astonished that they remained for ever undefeated? Burnt with fire and scourged, cast to the wild beasts and slaughtered, they were victorious over the opposing enemy. With loathing they rejected the flattery of kings, and they scorned the tyrants' threats; therefore they received crowns from Christ our God, who grants great mercy to the world.

Tone IV

Monday

Sessional Hymns of Repentance

Make my humble soul turn back, O Lord, for I have wasted all my life in sin; receive me as the harlot and save me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Sailing across the sea of this present life, I lay to heart the depth of my many sins; and lacking spiritual wisdom to guide me on my course, I cry to Thee like Peter: Save me, Christ my God, save me in Thy love for mankind.

Glory to the Father... Both now...

Theotokion

To thee who wast brought up in the temple, within the Holy of Holies, to thee who wast clothed with faith and wisdom and blameless virginity, the Archangel Gabriel brought greetings from heaven, and he cried: 'Rejoice, All-blessed; Rejoice, All-glorified, the Lord is with thee.'

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Today the angelic hosts are present at the memorial of the martyrs; they enlighten the minds of the faithful and make the inhabited earth bright with grace. O God, accept their intercessions, and grant us Thy great mercy.

Tone V

Monday

Sessional Hymns of Repentance

When the Judge takes his seat and the angels stand beside Him, when the trumpet sounds and the flames are burning, what wilt thou do, my soul, as thou art led to judgement? For then all thine evil actions will be brought before thee, thy secret faults will be reproved. Therefore, before the end comes, cry unto Christ our God: O Knower of men's hearts, I have sinned, have mercy upon me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

All things here will pass away, my soul, but the things there are eternal. I see the judgement-seat and the Judge upon His throne, and I tremble at the condemnation He will pass. Therefore turn back, my soul, for the sentence cannot be remitted.

Glory to the Father... Both now...

Theotokion

With the angels in heaven and with men on earth, we cry to thee with joyful voices, O Theotokos: Rejoice, gateway wider than the heavens; Rejoice, the only salvation of those born on earth; Rejoice, pure and full of grace; Rejoice, for thou hast given birth to God incarnate.'

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Thy martyrs, O Lord, longed to drink from the cup of Thy sufferings; they forsook the pleasures of this world and shared in the life of the angels. At their intercessions, grant our souls forgiveness and great mercy.

Tone VI

Monday

Sessional Hymns of Repentance

I think upon the fearful day and lament my evil acts. What answer shall I give to the immortal King? And with what boldness shall I the Prodigal gaze upon the Judge? O compassionate father, only-begotten Son and Holy Spirit, have mercy upon me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

In the valley of lamentation, in the place Thou hast appointed, when Thou shalt sit, O merciful Lord, to execute just judgement, publish not my secret sins; condemn me not before the angels; but spare me, O God, and have mercy upon me.

Glory to the Father... Both now...

Theotokion

With all our heart and never-silent mouths let us praise the most glorious Mother of God, more holy than the holy angels. Let us confess her as Theotokos, for in very truth she gave birth to God made flesh, and without ceasing she prays for our souls.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

There is light at all times for the righteous. For, illumined by Thee, the saints shine always as the stars of heaven, quenching the lamp of the godless. At their prayers, O my Lord and Saviour, make my lamp shine and save me.

Tone VII

Monday

Sessional Hymns of Repentance

Since repentance will cure thee from all sickness, O my soul, draw near with tears and sighing to this house of healing, and cry to the Physician of our souls and bodies: 'Free me from my sins, O Lord who lovest man, and number me with the Harlot, the Thief and the Publican; grant me, O God, the forgiveness of my trespasses and save me.'

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

I have not emulated the repentance of the Publican; I have not gained the tears of the Harlot. In my blindness I cannot understand how to amend my life as they did. But in Thy compassion, O God, save me, for Thou lovest mankind.

Glory to the Father... Both now...

Theotokion

All-holy Virgin, thou art greater in honour than the glorious cherubim. Unable to endure the divine splendour, they veil their faces with their wings as they perform their ministry; but thou dost gaze with thine own eyes upon the Incarnate Word. Without ceasing pray to Him for our souls.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

Thy saints, O Lord, fought bravely on this earth: they trampled underfoot the enemy and overthrew the error of idolatry. Therefore they received crowns from Thee, O loving Master, God of all compassion, who grantest us great mercy.

Tone VIII

Monday

Sessional Hymns of Repentance

Look, O Lord, with a compassionate eye upon my lowliness, for my life, is soon spent and there is no salvation for me in my deeds. And so I cry: Look, O Lord, with a compassionate eye upon my lowliness and save me.

Stichos: O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Be full of anxious fear, my soul, as though standing in the presence of the Judge, and call to mind that dreadful day and hour. Merciless shall be the judgement for those that showed no mercy. Therefore spare me, Saviour, for Thou alone lovest mankind.

Glory to the Father... Both now....

Theotokion

Most pure Theotokos, spiritual gateway of our life, with faith we run to thee: deliver us from danger, that we may glorify thy holy childbearing for the salvation of our souls.

Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:

Stichos: Wondrous is God in His saints, the God of Israel.

To the Martyrs

O holy martyrs, God has made you into spiritual torches. By the power of faith ye have dispersed the dark mist of error; ye have made the lamp of your soul to burn brightly, and in the company of the Bridegroom ye have entered with glory into the heavenly bridal chamber. And now, we entreat you, intercede for the salvation of our souls.

Appendix III – Exapostilaria in the Eight Tones

At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times. The ending of these Hymns varies according to the day of the week.

Tone I

O Christ who makest light to shine, cleanse my soul from every sin;

Monday

Through the med-i-a-tions of Thy Bod-i-less

Ones and save me.

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

O Christ who makest light to shine, cleanse my soul from every sin;

Through the in-ter-ces-sions of Thy Saints, O

Lord, and save me.

Both now and ever, and unto the ages of ages. Amen.

O Christ who makest light to shine, cleanse my soul from every sin;

Through the in-ter-ces-sions of the The-o-tok-os, O

Lord, and save me.

Tone II

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Monday

Through the med- i- a- tions of Thy Bod- i- less Ones, and

save me.

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

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Through the in-ter-ces-sions of Thy saints, O Lord, and

save me.

Both now and ever, and unto the ages of ages. Amen.

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Through the The-o-tok - os, have mer-

cy on us.

Tone III

Send forth Thy light, O Christ my God, and illumine my heart;

Monday

Through the mediations of Thy Bod- i- less Ones, and save

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are placed below the notes. The system ends with a double bar line.

me.

This musical system continues the melody from the first system. It also consists of two staves, treble and bass, in the key of D major. The lyrics 'me.' are placed below the notes. The system ends with a double bar line.

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

Send forth Thy light, O Christ my God, and illumine my heart;

Through the intercessions of Thy Saints, O Lord,

and save me.

Both now and ever, and unto the ages of ages. Amen.

Send forth Thy light, O Christ my God, and illumine my heart;

Through the intercessions of the The- o- tok- - - os, O

Lord, and save me.

Tone IV

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Monday

Through the mediations of Thy Bod- i- less Ones, and save me.

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

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Through the intercessions of Thy Saints, O Lord, and save me.

Both now and ever, and unto the ages of ages. Amen.

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Through the intercessions of the Theotokos, O Lord, and save me.

Tone V

O Lord the Giver of Light, send down Thy light and illumine my heart;

Monday

Through the mediations of Thy Bod- i- less

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the notes. The first measure contains the words "Through the mediations of Thy" and the second measure contains "Bod- i- less". The melody features a series of eighth and quarter notes, with a final cadence in the second measure.

Ones, and save me.

This musical system continues the melody from the first system. It consists of two staves, treble and bass, in the key of D major. The lyrics are "Ones, and save me." The melody is written in the treble clef, and the bass line is in the bass clef. The system ends with a double bar line and a repeat sign.

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

O Lord the Giver of Light, send down Thy light and illumine my heart;

Through the intercessions of Thy saints, O

Lord, and save me.

Both now and ever, and unto the ages of ages. Amen.

O Lord the Giver of Light, send down Thy light and illumine my heart;

Through the intercessions of the The- o- tok- os, O

Lord, and save me.

Tone VI

Send down upon our souls Thine everlasting light;

Monday

Through the mediations of Thy Bodiless Ones, O Lord, send down

This musical system consists of a treble and a bass staff, both with a key signature of one sharp (F#). The melody is written in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are written below the staves.

up- on our souls Thy light ev- er- last- ing.

This musical system continues the melody and accompaniment from the first line. It features more complex rhythmic patterns, including eighth and sixteenth notes, and rests. The lyrics are written below the staves.

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

Send down upon our souls Thine everlasting light;

Through the intercessions of Thy Saints, O Lord, send down

This musical system consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is composed of two half notes: D4 (quarter rest) and E4 (quarter rest). The lyrics are written below the staff.

up- on our souls Thy light ev- er- last- ing.

This musical system continues the melody from the first system. It consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is composed of two half notes: D4 (quarter rest) and E4 (quarter rest). The lyrics are written below the staff.

Both now and ever, and unto the ages of ages. Amen.

Send down upon our souls Thine everlasting light;

Through the intercessions of the Theotokos, O Lord, send down

This musical system consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is composed of two half notes: D4 (quarter rest) and E4 (quarter rest). The lyrics are written below the staff.

up- on our souls Thy light ev- er- last- ing.

This musical system continues the melody from the first system. It consists of a single staff with a treble clef and a key signature of one sharp (F#). The melody is composed of two half notes: D4 (quarter rest) and E4 (quarter rest). The lyrics are written below the staff.

Tone VII

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Monday

Through the me- di- a- tions of Thy Bod- i- less Ones, and save me.

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

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Through the intercessions of Thy Saints, O Lord, and save me.

Both now and ever, and unto the ages of ages. Amen.

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Through the intercessions of the Theotokos, O Lord, and save me.

Tone VIII

Thou art the Light, O Christ, fill me with Thy radiance;

Monday

Through the me-di-a-tions of Thy Bo-di-less Ones, and

save me.

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

Thou art the Light, O Christ, fill me with Thy radiance;

Through the in-ter-ces-sions of Thy Saints, O

Lord, and save me.

Both now and ever, and unto the ages of ages. Amen.

Thou art the Light, O Christ, fill me with Thy radiance;

Through the in-ter-ces-sions of the The-o-tok-os, O

Lord, and save me.

Κοίνιζ, ἡ βῆδ ἡλῡημῶ ελῡκα.
The end, and to our God be the glory!

Δόμῃ ἐγγίχῃ ἡείνῃ μῦροφόεινῃ

Holy Myrrh-bearers

Ὁ Οἶκος τῶν Ἀγίων Μυροφόρων

www.myrrh-bearers.org

ϠΒΚϢ.
MMXXV