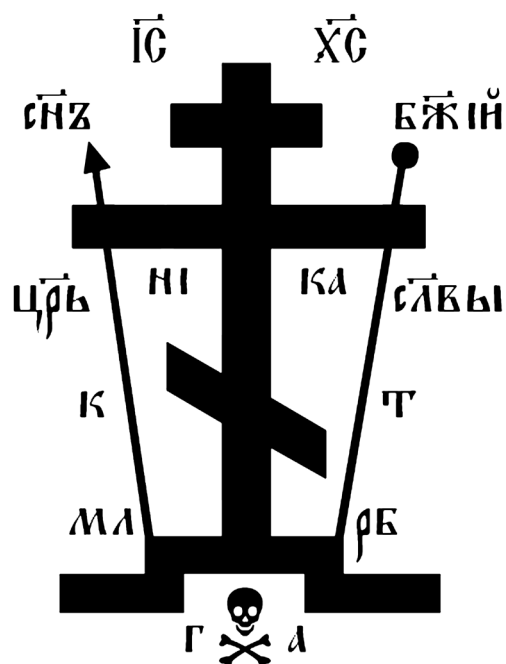


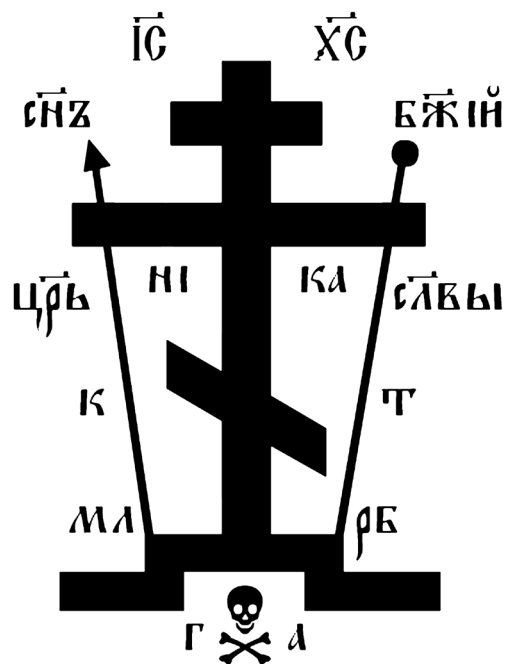


Music for Thursday in the First Week of Great Lent **Matins, Hours, Typika and Vespers**

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

www.myrrh-bearers.org

ЖВКЄ.
 MMXXV



Music for Thursday in the First Week of Great Lent

Matins, Hours, Typika and Vespers

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

www.myrrh-bearers.org

Ⲅⲅⲕⲉ.
 MMXXV

The Lenten Triodion

© 1977 Mother Mary of the Monastery of the Veil and Kallistos Ware

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

© 2001 Timothy J. Clader

Editor, Subdeacon Paul Daniels

Редактор, иподиакон Павел Даниэлс

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

2025 г. Св. равноапостольная Нины, просветительницы Грузии

Music for Thursday in the First Week of Great Lent

Contents

Matins.....	1
The First Hour	34
The Third Hour	45
The Sixth Hour	51
The Ninth Hour	61
The Typika	67
Vespers.....	72
Appendix I – Alleluia and Hymns to the Trinity in the Eight Tones.....	101
Appendix II – Sessional Hymns in the Eight Tones.....	125
Appendix III – Exapostilaria in the Eight Tones.....	133

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.

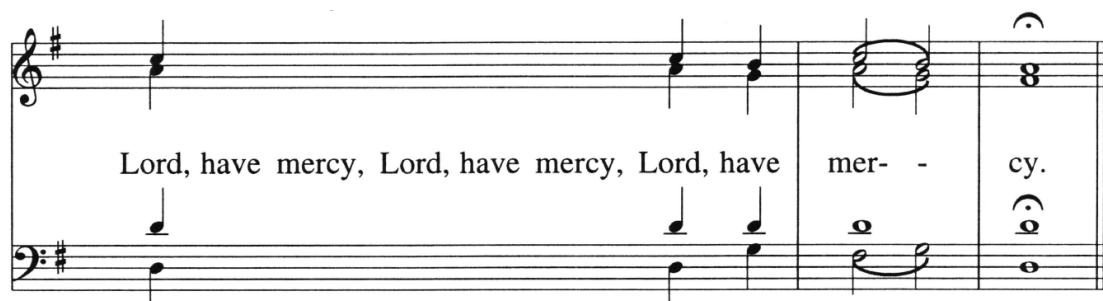
O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God; gladden with Thy power the Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

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.



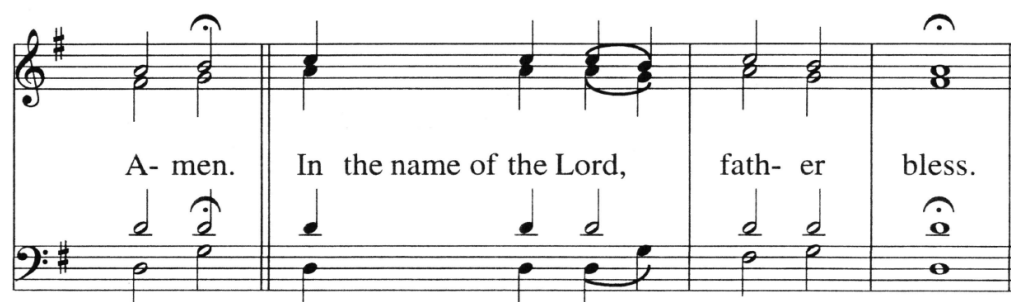
Priest: Again let us pray for our Archbishop *Name*.

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.

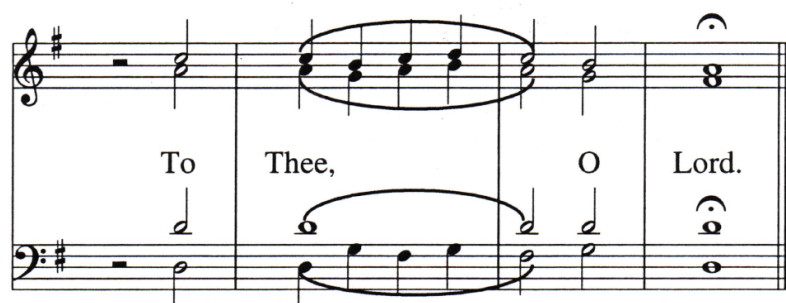
Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

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.



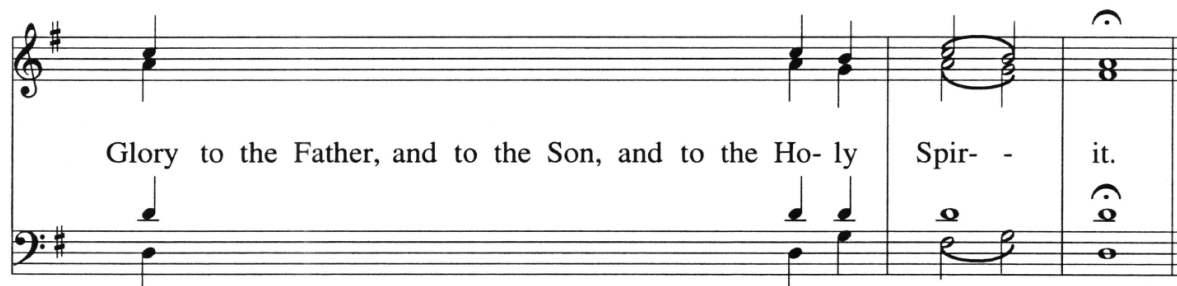
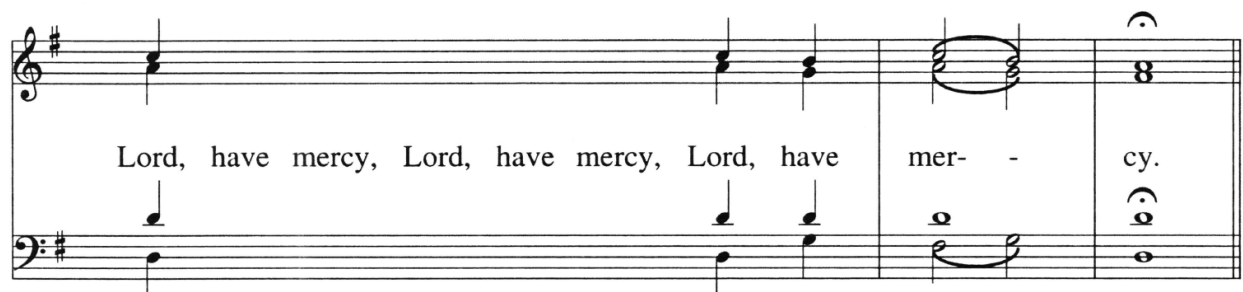
Priest: For unto Thee is due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



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 101.

First Kathisma



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.

Thursday 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-measure phrase. The melody is written on a treble clef staff with a key signature of one sharp (F#). The bass line is on a bass clef staff with the same key signature. The lyrics are: 'Both now and ever, and unto the ages of a- ges. A- men.' The music consists of simple half and quarter notes, with a final measure containing a whole note and a fermata.

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

This musical score is for a four-measure phrase, marked 'Thrice' at the beginning. The melody is on a treble clef staff with a key signature of one sharp (F#). The bass line is on a bass clef staff with the same key signature. The lyrics are: 'Alleluia, alleluia, alleluia, glory to Thee, O God.' The music consists of simple half and quarter notes, with a final measure containing a whole note and a fermata.

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

This musical score is for a four-measure phrase. The melody is on a treble clef staff with a key signature of one sharp (F#). The bass line is on a bass clef staff with the same key signature. The lyrics are: 'Lord, have mercy, Lord, have mercy, Lord, have mer- - cy.' The music consists of simple half and quarter notes, with a final measure containing a whole note and a fermata.

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 melody is on a treble clef staff with a key signature of one sharp (F#). The bass line is on a bass clef staff with the same key signature. The lyrics are: 'Glory to the Father, and to the Son, and to the Ho- ly Spir- - it.' The music consists of simple half and quarter notes, with a final measure containing a whole note and a fermata.

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

After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week. See Appendix II, Page 125.

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 VII, 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 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

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

O Word of God, Thou hast made Thy disciples as the stars and by their preaching they have illumined the ends of the earth: enlighten our hearts with the light of the virtues and cleanse us through fasting, granting to Thy servants repentance and conversion, that we may glorify Thee, O Saviour, who art alone supreme in love.

Glory to the Father...

Repeat.

Both now...

Theotokion

I need thy help, O Theotokos, disregard me not, for my soul trusts in thee: have mercy upon me.

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 VIII, 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 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

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 V

We entreat you, O ye twelve apostles, intercede for us that peacefully we may practice abstinence, the most glorious of the virtues, that has its dwelling-place in heaven, and so may gain the fruits of salvation. For ye are in very truth a strong support to us on earth and a refuge for our souls.

Glory to the Father...

Repeat.

Both now...

Theotokion

Confessing thee to be in truth more holy than the cherubim and higher than the heavens, O Theotokos worthy of all praise, we sinners gain salvation and, when tempted, find protection. Cease not to intercede on our behalf, for thou art a strong support and a refuge for our souls.

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

Irmos of the Canon from the Menaion

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,

Troparion from the Canon of the Menaion

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.

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 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.

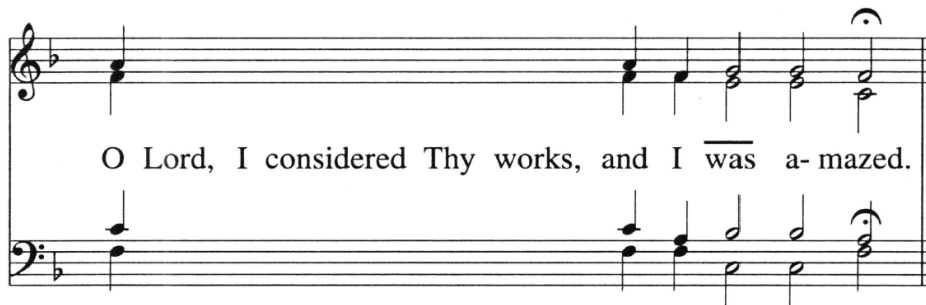
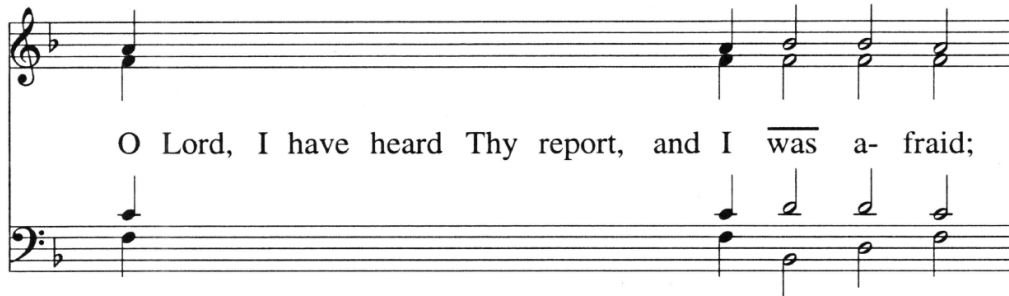
Priest: For Thou art our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Choir: Amen.

Sessional Hymn

Sessional Hymn from the Menaion, if there be one.

Ode IV
Fourth Biblical Ode
A Prayer of Ambacum (Habakkuk)
Ambacum 3:2-19



Between two living creatures shalt thou be known; when the years draw nigh, thou shalt be acknowledged;/ when the season cometh, thou shalt be shown forth; when my soul is troubled, in thine anger shalt thou remember mercy.

God shall come out of Thaeman,/ and the Holy One out of a mountain overshadowed and densely wooded.

His virtue hath covered the heavens,/ and the earth was full of his praise.

And his brightness shall be as the light;/ horns are in his hands, and he hath established a mighty love of his strength.

Before his face shall the word proceed,/ and he shall go forth for instruction at his feet.

He stood and the earth was shaken;/ he beheld, and the nations melted away.

The mountains were violently burst asunder,/ the everlasting hills melted away at his everlasting going forth.

Because of troubles, I looked upon the tents of the Ethiopians;/ even the tabernacles of the land of Madiam were dismayed.

Nay, with the rivers wast thou wroth, O Lord?/ Nay, against the rivers was thine anger, or against the sea thine attack?

For thou shalt mount upon thy horses,/ and thy chariots are salvation.

Bending thy bow, thou shalt bend it against sceptres;/ the Lord saith:

The land of rivers shall be rent asunder./ They shall see thee and the people shall be in travail,

While thou scatterest the course of the waters;/ the abyss gave forth her voice and raised her form on high.

Lifted up was the sun,/ and the moon stood still in her course;
At the light shall thy missiles go forth,/ at the brilliance of the gleam of thy weapons.
With threatening shalt thou diminish the earth,/ and with anger shalt thou trample down nations.

Thou wentest forth for the salvation of thy people,/ to save thine anointed ones art thou come.

Thou didst cast death upon the heads of transgressors,/ thou didst lay fetters upon their neck at the end.

Irmos of the Canon of the Menaion

Thou hast cut asunder with fury the heads of the mighty;/ they shall quake within themselves, they shall break open their bridles, like the poor man that eateth in secret.

Troparion from the Canon of the Menaion

And thou hast mounted thy horses in the sea,/ and they trouble the many waters.

Troparion from the Canon of the Menaion

I kept watch, and my belly was troubled/ at the voice of the prayers of my lips;

Troparion from the Canon of the Menaion

And trembling went into my bones,/ and within me my strength was troubled.

Troparion from the Canon of the Menaion

I will rest in the day of mine affliction,/ that I may go up to the people of my sojourning.

Troparion from the Canon of the Menaion

For the fig tree shall not bear fruit,/ and there shall be no increase for the vines;

Triodion, Canon I, Tone II

by Joseph

Receiving the shining rays of abstinence, O my soul, become as lightning, and flee from the obscurity of sin: that through the divine Spirit the light of forgiveness may illuminate thee as the rising sun.

The labour of the olive shall fail,/ and the plains shall bear no food.

The deceiver enticed me with the hook of pleasure and made me captive. But, O apostles who by your preaching have caught the whole world in your net, deliver me from his malice.

The sheep have failed from their grazing,/ and there are no oxen at the cribs.

O glorious apostles, ye shine as rays from the Sun of glory, dispelling the eclipse of error. Let your light also fall on me, for I am darkened by every evil.

But as for me, in the Lord will I be glad, I will rejoice in God my Saviour.

Theotokion

In my affliction I cry unto thee night and day. Fenced round by thy help and strength, O Virgin, I shall be saved and shall leap over the wall of sensual pleasure.

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

Triodion, Canon II, Tone V

by Theodore

Shining with the radiance of the Sun of righteousness, O ye apostles, ye give light to this earthly world and drive away the gloom of error.

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

O ye apostles, ye are the Saviour's lyre, on which the Spirit plays; preaching in all the earth, ye sing a song melodious to the ear and convert the world to

God.

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

Let us glorify the Trinity in Unity of Essence; let us sing the praises of the one
Lord God, the Father unbegotten, the Son begotten and the Spirit of life.

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

Theotokion

A Virgin has conceived, O Lord, and given birth to Thee who art Emmanuel;
for Thou art come to bring salvation to Thy people, and to save all Thine
anointed in Thy love for mankind.

Glory to Thee, our God, glory to Thee.

O divine and honoured company of the twelve apostles, we entreat you, pray
to Christ on our behalf, that we may pass with firm resolve through the pe-
riod of the forty days.

Katavasia – Ode IV

The works of Thy dis- pen- sa- tion, O Lord,

This musical system consists of a treble and a bass staff, both in the key of D major (indicated by two sharps). The melody is written in a simple, homophonic style with quarter and eighth notes. The lyrics are written below the notes.

a- mazed the pro- phet Ab- ba- chum:

This musical system continues the melody from the first line. It features a treble and a bass staff in D major. The melody is homophonic, with lyrics written below the notes.

for Thou hast come for the sal- va- tion of Thy peo- ple,

This musical system continues the melody. It features a treble and a bass staff in D major. The melody is homophonic, with lyrics written below the notes.

to save Thine an- noin- ted hast Thou come.

This musical system concludes the Katavasia. It features a treble and a bass staff in D major. The melody is homophonic, with lyrics written below the notes. The system ends with a double bar line.

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 Thursday, in the Tone of the week, is said. See Appendix II, Page 125.

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.

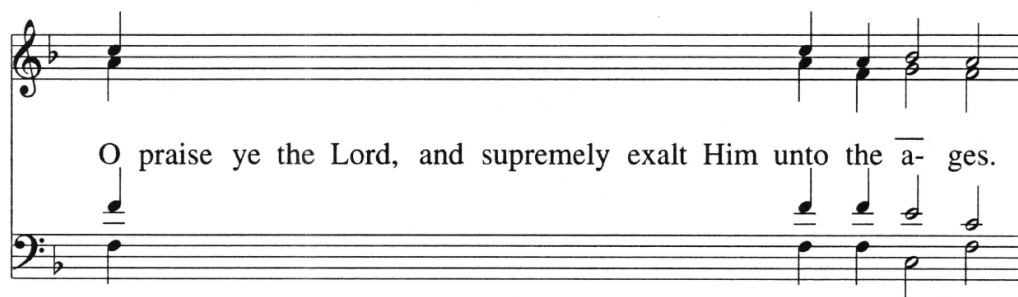
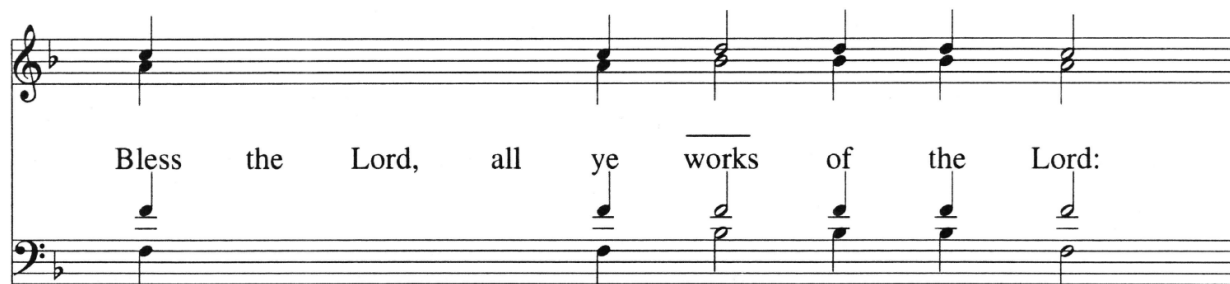
Theotokion from the Canon of the Menaion

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

Let us abstain from every pleasure; through fasting let us enrich our powers of perception, and gladly let us drink the cup of compunction, as we sing: O ye works of the Lord, bless ye the Lord.

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

O ye apostles, when ye sit with Christ to judge mortal men, though I deserve condemnation for my many sins, do ye intercede for me, that I may be granted a place at His right hand.

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.

Cleansed by the Fast, let us go up into the chariot of the divine virtues, and let us make our mind ascend on wings to the height of heaven, as we sing: O ye works of the Lord, bless ye the Lord.'

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 Virgin, thou hast borne the fire of the Godhead and yet remained unconsumed. Burn up the passions of our souls, for in faith we call upon thee with the salutation of the Angel, O thou who alone dost bring us joy.

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

Triodion, Canon II

We praise the trumpets of the Spirit, the disciples of Christ, and we cry aloud: O ye works of the Lord, bless ye the Lord.

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

We praise the disciples of Christ who offer intercession for the world and drive away all error, and we cry aloud: O ye works of the Lord, bless ye the Lord.

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

We praise the all-holy Trinity, Father, Son and Spirit, and we sing: O ye works of the Lord, bless ye the Lord.

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

Theotokion

With all mankind we sing the praises of thine ineffable childbearing, and with true devotion we cry aloud, pure Virgin: O ye works of the Lord, bless ye the Lord.

Glory to Thee, our God, glory to Thee.

O ye apostles, pray for us that we may complete in peace these days of propitiation, as we cry aloud: O ye works of the Lord, bless ye the Lord.

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

**Katavasia – Ode VIII
Tone V**

Thy ho- ly Chil- dren, O Christ, sing- ing prai- ses in the fur- nace, said:

The first system of musical notation for the Katavasia. It consists of two staves, treble and bass, with a key signature of one sharp (F#). The melody is written in a simple, homophonic style. The lyrics are: "Thy ho- ly Chil- dren, O Christ, sing- ing prai- ses in the fur- nace, said:".

Bless the Lord, all ye works of the Lord.

The second system of musical notation for the Katavasia. It consists of two staves, treble and bass, with a key signature of one sharp (F#). The melody is written in a simple, homophonic style. The lyrics are: "Bless the Lord, all ye works of the Lord.".

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, hymn-like style with half and quarter notes. The lyrics are placed below the notes, with hyphens indicating syllables that span across notes.

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

This musical system continues the melody from the first line. It features a treble and bass staff with the same key signature. The lyrics are aligned with the notes, showing the continuation of the hymn.

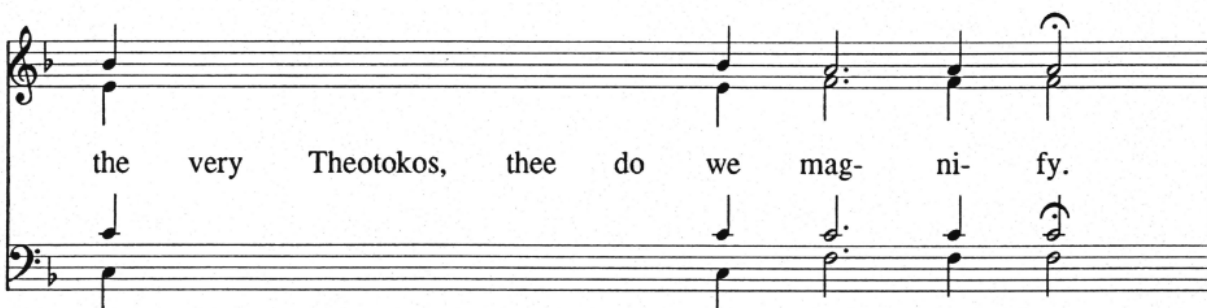
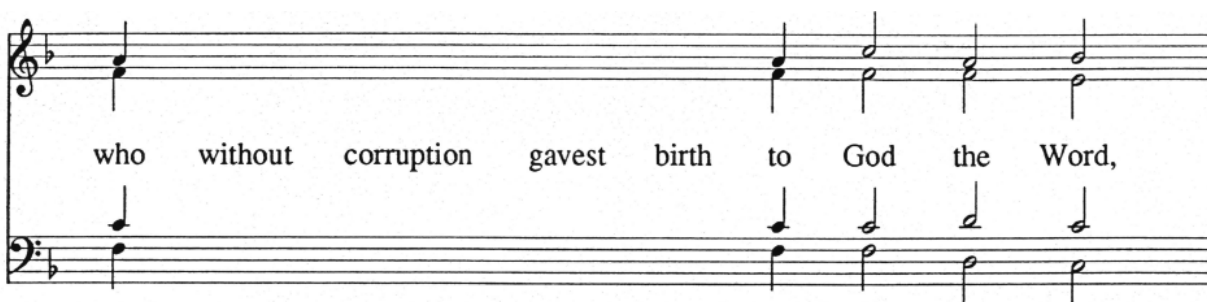
Refrain

More honorable than the Cher- u- bim,

The refrain begins with a new musical system. It maintains the G major key signature and the simple melodic style. The lyrics are placed below the notes, with hyphens used for syllables like 'Cher-' and 'u-'. The system ends with a comma, indicating a pause or the end of a phrase.

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

This musical system continues the refrain. It features a treble and bass staff with the same key signature. The lyrics are aligned with the notes, showing the continuation of the hymn. The system ends with a period, indicating the end of the phrase.



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.

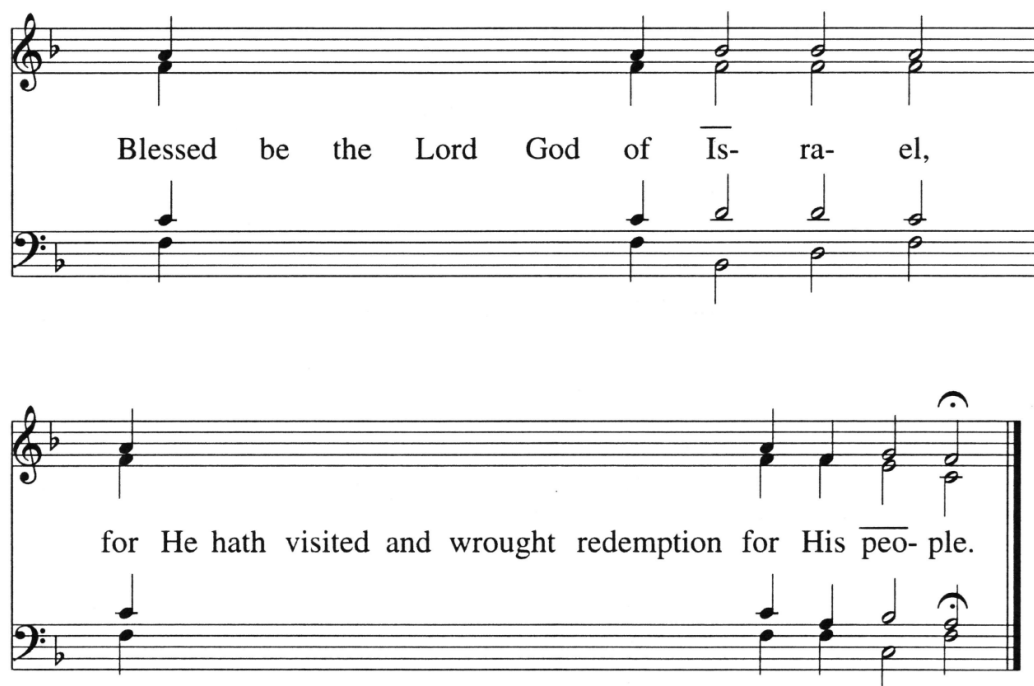
More honorable than the Cherubim...

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

Cast into the yawning deep of sensual pleasure, upon the abyss of Thy tender
mercies do I call: O Helmsman, save me.

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

O fountain of compassion, give me compunction and cries of sorrow, that I
may lament the endless ocean of my evil deeds.

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,

At the holy prayers of Thy disciples, O Jesus, grant me to venerate Thy divine Passion and Thy dread Resurrection.

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 Virgin undefiled, thou hast made our earthly nature heavenly, for God took up His dwelling in thy womb: deliver us all from danger.

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

From the fountain of the Saviour, the apostles prophetically drew the water of immortality, and they always give the thirsty drink from the teachings of life.

To guide our feet/ into the way of peace.

O ye apostles, princes of the King of heaven, ye have subdued the whole inhabited earth, so that it honours Him alone, and glorifies and worships Him as God.

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

O Trinity, undivided Unity, all-creative and all-powerful, Father, Son and Holy Spirit, Thou art my God and Lord and Light; I sing Thy praises and I worship Thee.

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

Theotokion

We and every generation shall call thee blessed, O pure Virgin Mother, for thou art the mercy-seat of the world, who ineffably hast borne the Saviour and Creator.

Glory to Thee, our God, glory to Thee.

O choir of the apostles, keep safe those that praise you, and grant that they may pass with contrite heart through all the days of the light-giving Fast.

Katavasia – Ode IX
Tone V

We mag- ni- fy, O Christ, Thine all- blame- less, pure Moth- er,

The first system of musical notation for the Katavasia. It consists of two staves, a treble staff and a bass staff, both with a key signature of one sharp (F#). The melody is written in a style typical of Orthodox chant, with a mix of eighth and sixteenth notes. The lyrics are written below the staves, aligned with the notes.

for she gave birth to Thee in the flesh, Who hast de- liv- ered us

The second system of musical notation. It continues the melody from the first system. The lyrics are: "for she gave birth to Thee in the flesh, Who hast de- liv- ered us".

from all er- ror and cor- rup- tion.

The third system of musical notation, which concludes the piece. It features a final cadence with a fermata over the final note. The lyrics are: "from all er- ror and cor- rup- tion."

It is Truly Meet
Tone V

It is tru- ly 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, both in the key of D major (indicated by two sharps). The melody is written in a simple, homophonic style with quarter and half notes. The lyrics are written below the notes.

ev- er- bles- sed and most blame- less, and Moth- er of our God.

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

More hon- or- a- ble than the Cher- u- bim

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

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

The fourth line of musical notation. It concludes the phrase with a final cadence. The lyrics are written below the notes.

Thursday in the First Week of Great Lent – Matins

who without corruption gavest birth to God the Word,

This musical system consists of a treble and a bass staff, both in the key of D major (indicated by two sharps). The melody is written in a simple, homophonic style. The lyrics are: "who without corruption gavest birth to God the Word,". The word "Word," is followed by a comma, indicating a pause or the end of a phrase.

the very The- o- tok- os, thee do we mag- ni- fy.

Prostration

This musical system continues the melody from the first system. It also consists of a treble and a bass staff in D major. The lyrics are: "the very The- o- tok- os, thee do we mag- ni- fy.". The word "Prostration" is written vertically to the right of the staff, indicating a period of kneeling or bowing during the performance of the hymn.

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 133.

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.

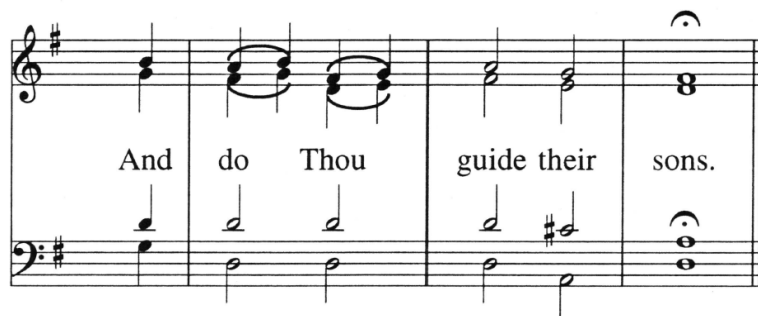
Priest: For Thine it is to show mercy and to save us, O our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages.

Choir: Amen.

Aposticha Tone III

O Lord, Thou hast appointed repentance for me a sinner,/ wishing in Thy boundless mercy to save me though unworthy./ I fall down before Thee and I pray:/ Humble my soul through fasting,/ for I flee to Thee for refuge,// who alone art rich in mercy.

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,



O Lord, Thou hast appointed repentance for me a sinner,/ wishing in Thy boundless mercy to save me though unworthy./ I fall down before Thee and I pray:/ Humble my soul through fasting,/ for I flee to Thee for refuge,// who alone art rich in mercy.

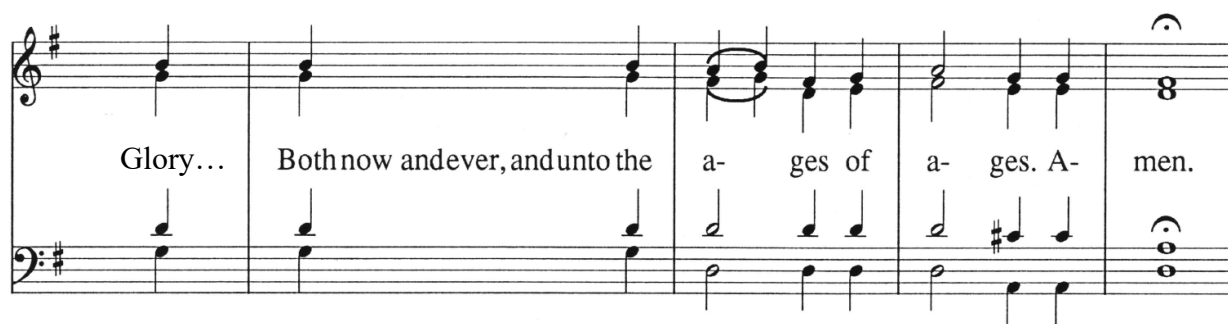
Stichos: And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us,



To the Martyrs

O holy martyrs who have fought the good fight,/ ye shine even after death as light in the world:/ with boldness pray to Christ// for mercy on our souls.

**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.

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*)

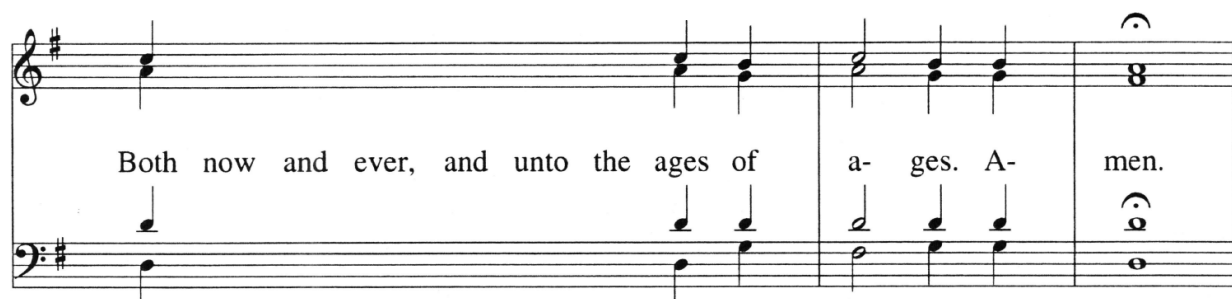
Lord, have mercy. (*Thrice*)

Kathisma

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.



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 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*)

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.

Thursday 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.

Troparion

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.

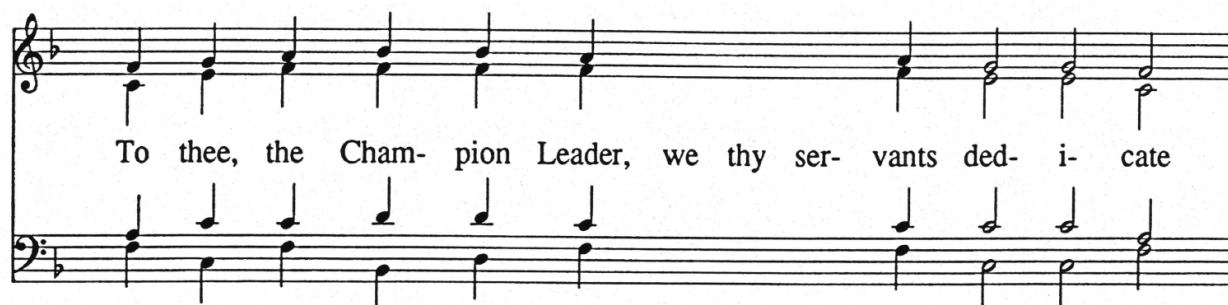
Reader: Amen.

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



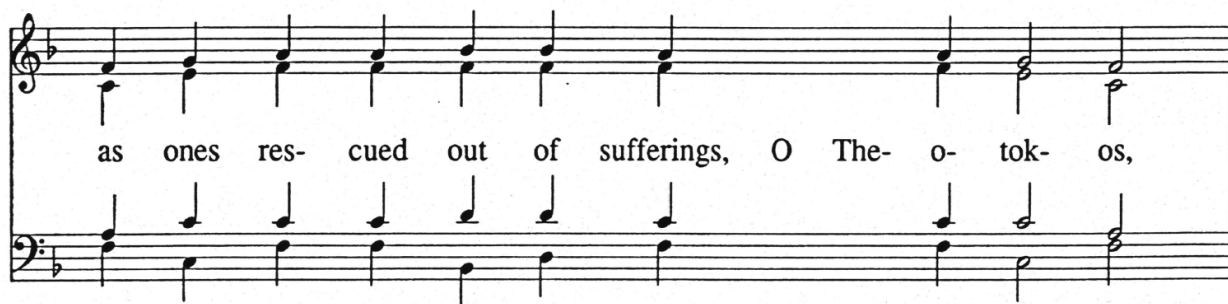
To thee, the Cham- pion Leader, we thy ser- vants ded- i- cate

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 composed of eighth and quarter 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,

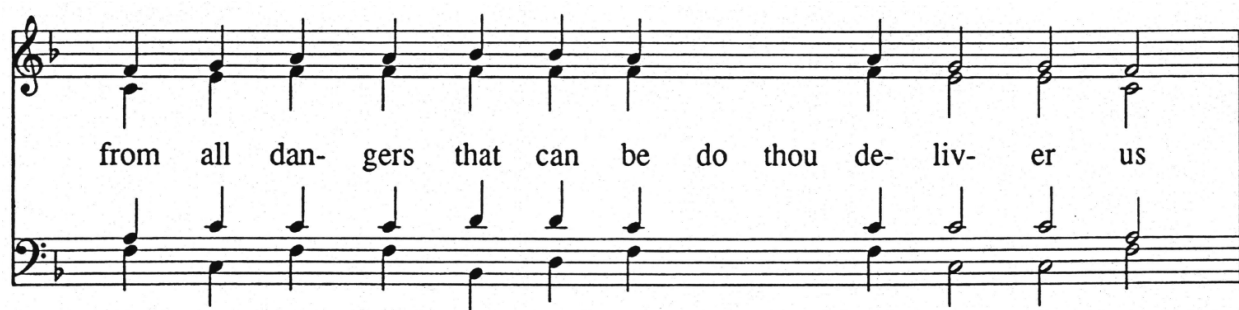
The third line of musical notation. It continues the melody. The lyrics are written below the notes.



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

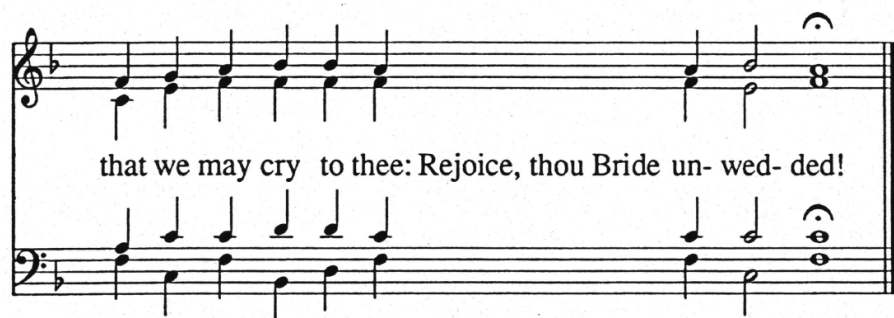
The fourth line of musical notation. It concludes the hymn. The lyrics are written below the notes.

Thursday 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 with one flat (B-flat). The melody is written in a simple, hymn-like style with quarter and eighth notes. The lyrics are written below the notes.



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

This musical system continues the melody from the first system. It ends with a double bar line and a repeat sign. The lyrics are written below the notes.

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; of our father among the saints, Nicholas, the Wonderworker, Archbishop of Myra in Lycia; 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*)

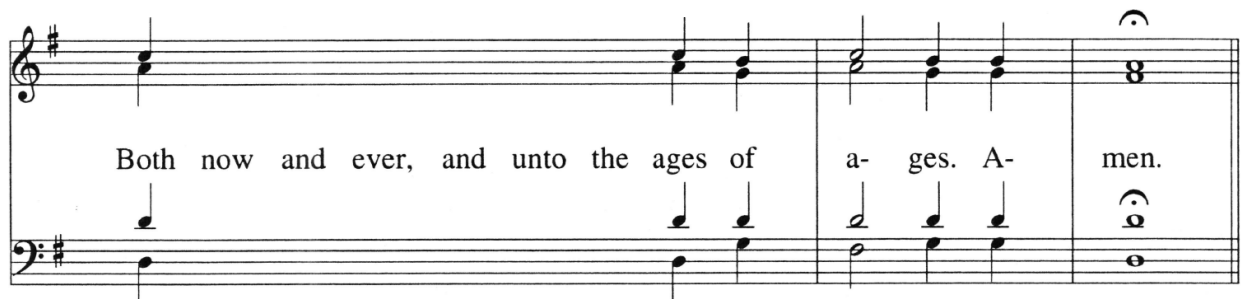
Lord, have mercy. (*Thrice*)

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 X, 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 X, 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 X, 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, starting on a whole note G4, followed by a half note A4, and then a quarter note B4. The bass staff provides a simple accompaniment with whole notes: G3, A3, and B3.

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

The second line of musical notation continues the melody. The treble staff has a whole note G4, followed by a half note A4, and then a quarter note B4. The bass staff has a whole note G3, followed by a half note A3, and then a quarter note B3.

take Him not from us, O Good One,

The third line of musical notation continues the melody. The treble staff has a whole note G4, followed by a half note A4, and then a quarter note B4. The bass staff has a whole note G3, followed by a half note A3, and then a quarter note B3.

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

Prostration

The fourth line of musical notation concludes the prayer. The treble staff has a whole note G4, followed by a half note A4, and then a quarter note B4. The bass staff has a whole note G3, followed by a half note A3, and then a quarter note B3. The word "Prostration" is written to the right of the final note.

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

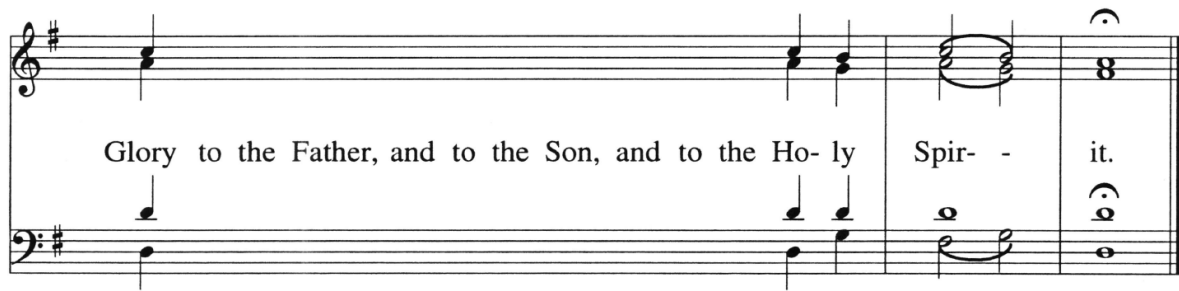
Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

Kathisma XI, 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 XI, 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 XI, Third Stasis

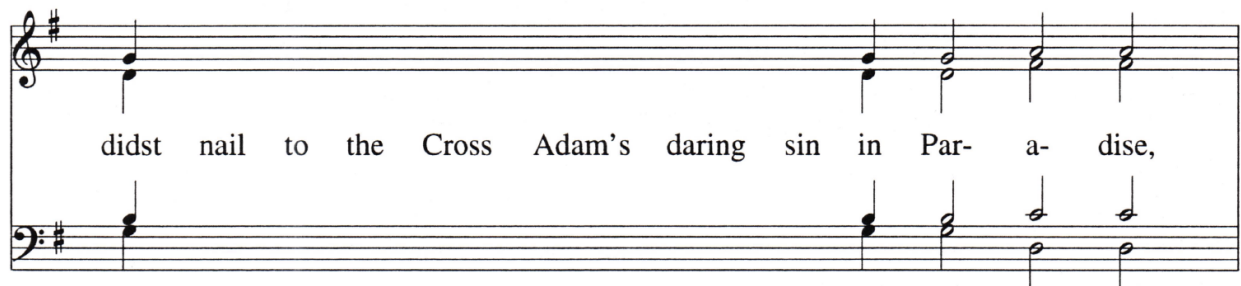
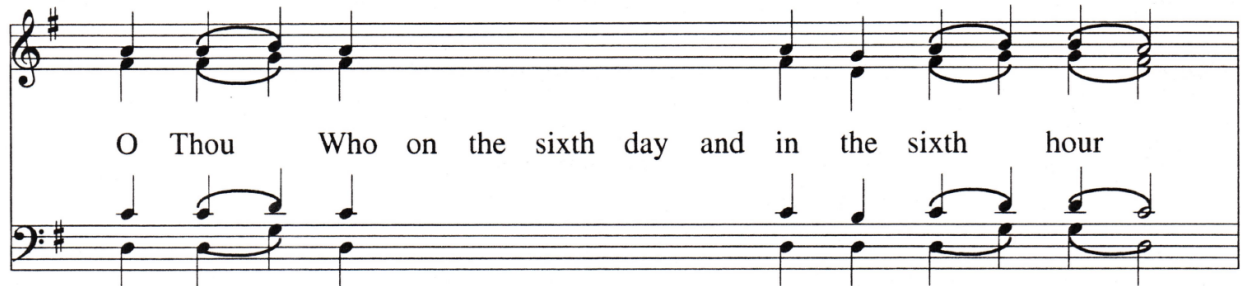
Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

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.



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: Deliver us, O Lord, from enemies visible and invisible; let not the heathen say: 'Where is their God?' Let them know, O Master, that Thou dost forgive the sins of Thy people that repent.

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 I

Deliver us, O Lord, from enemies visible and invisible;/ let not the heathen say:/ 'Where is their God?'/ Let them know, O Master, that Thou dost forgive the sins of Thy people that repent.

Prokimenon
Tone I

When the Lord hath turned back the captivity of His people.

When the Lord hath turned back the cap- ti- vi- ty of His

The musical notation is for a Prokimenon in Tone I, set in the key of D major (one sharp). It consists of two staves, treble and bass. The melody is primarily in the treble staff, with the bass staff providing harmonic support. The text "When the Lord hath turned back the cap- ti- vi- ty of His" is written below the notes. The melody features a series of eighth notes for "the cap- ti- vi- ty" and a longer note for "of".

peo- ple.

The musical notation continues the Prokimenon. It shows the final part of the melody, with the text "peo- ple." written below. The melody concludes with a final cadence, marked by a double bar line and repeat dots. The bass staff continues with a longer note under "ple.".

Stichos: The fool hath said in his heart, There is no God.

Paroemia

Prophesy of Esaias 2:11-21

Thus sayeth the Lord: the Lord alone shall be exalted in that day.

12 For the day of the Lord of hosts shall be upon every one that is proud and haughty, and upon every one that is high and towering, and they shall be brought down; 13 and upon every cedar of Libanus, of them that are high and towering, and upon every oak of Basan, 14 and upon every high mountain, and upon every high hill, 15 and upon every high tower, and upon every high wall, 16 and upon every ship of the sea, and upon every display of fine ships. 17 And every man shall be brought low, and the pride of men shall fall: and the Lord alone shall be exalted in that day. 18 And they shall hide all *idols* made with hands, 19 having carried *them* into the caves, and into the clefts of the rocks, and into the caverns of the earth, for fear of the Lord, and by reason of the glory of his might, when he shall arise to strike terribly the earth. 20 For in that day a man shall cast forth his silver and gold abominations, which they made *in order* to worship vanities and bats; 21 to enter into the caverns of the solid rock, and into the clefts of the rocks, for fear of the Lord, and by reason of the glory of his might, when he shall arise to strike terribly the earth.

Prokimenon
Tone IV

O Lord, who shall abide in Thy tabernacle?

The musical notation is written on a grand staff consisting of a treble clef (top) and a bass clef (bottom), 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: "O Lord, who shall a- bide in Thy tab- er- na- cle?". The music is divided into two measures by a double bar line. The first measure contains the words "O Lord, who shall a- bide" and the second measure contains "in Thy tab- er- na- cle?". The melody features a series of eighth and sixteenth notes, with a final cadence on a whole note in the second measure. The bass staff accompaniment consists of chords and single notes, often mirroring the intervals of the melody.

Stichos: He that walketh blameless and worketh righteousness.

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.

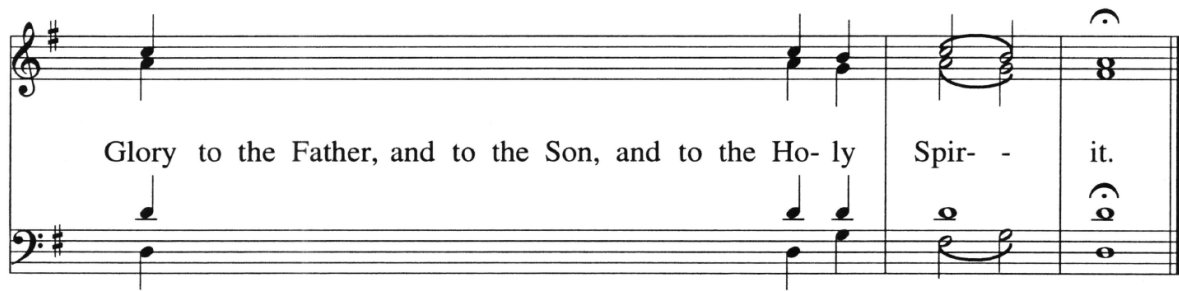
Kathisma XII, First Stasis

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 XII, 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 XII, Third Stasis

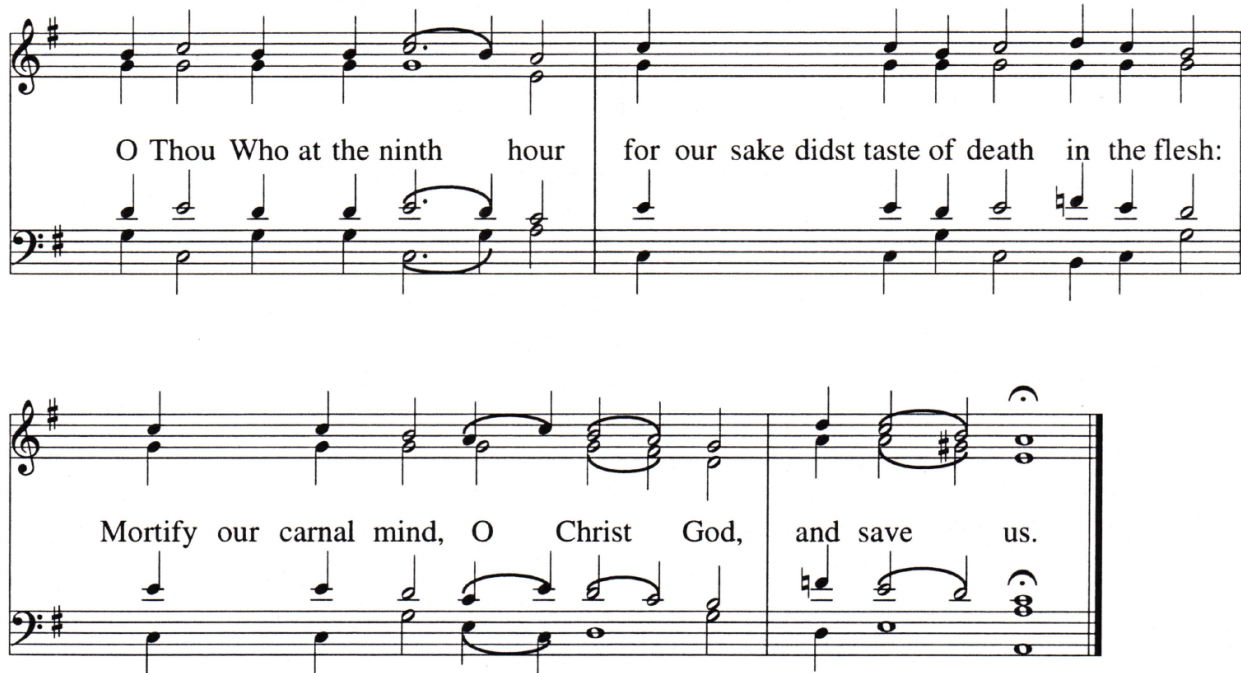
Reader: Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

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.

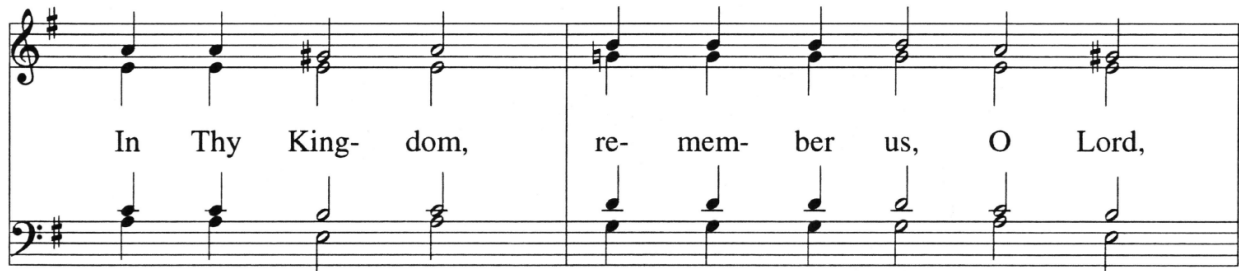
Prayer of Saint Basil the Great

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, and the bass line is in the bass clef. The lyrics are: "Re- - mem- ber us, O Lord". The word "O" is followed by a long melisma (a series of eighth notes) that spans across the bar lines.

when Thou com- est in Thy King- - dom

Prostration

The second line of the musical score continues the melody. The lyrics are: "when Thou com- est in Thy King- - dom". The word "dom" is followed by a long melisma (a series of eighth notes) that spans across the bar lines. The word "Prostration" is written vertically on the right side of the staff.

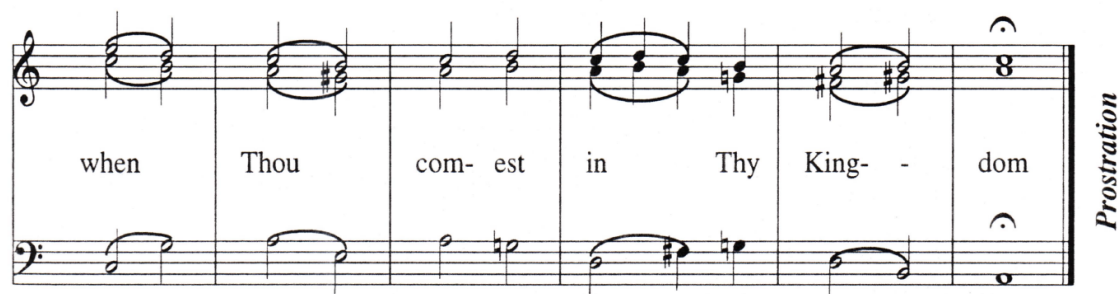
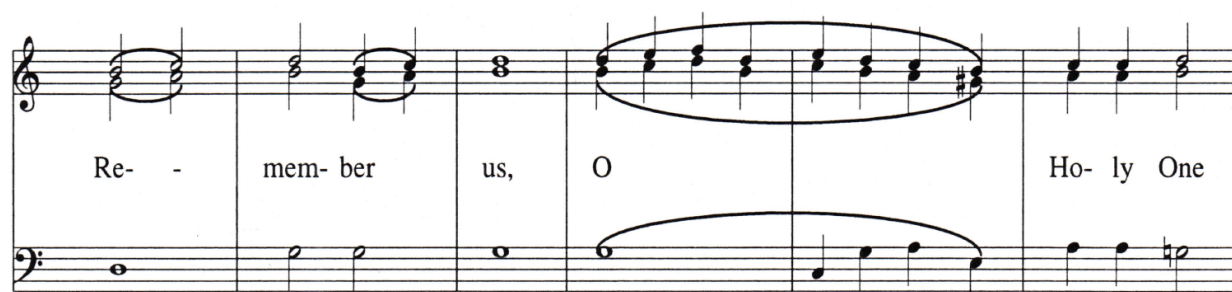
Re- - mem- ber us, O Mas- ter

The third line of the musical score continues the melody. The lyrics are: "Re- - mem- ber us, O Mas- ter". The word "O" is followed by a long melisma (a series of eighth notes) that spans across the bar lines.

when Thou com- est in Thy King- - dom

Prostration

The fourth line of the musical score continues the melody. The lyrics are: "when Thou com- est in Thy King- - dom". The word "dom" is followed by a long melisma (a series of eighth notes) that spans across the bar lines. The word "Prostration" is written vertically on the right side 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.

Kontakia

Reader: Thou hast taken to Thyself, O Lord, the firm and God-proclaiming heralds, the chief apostles, for the enjoyment of Thy blessings and for repose; for Thou didst accept their labours and death as above all sacrifice, O Thou Who alone knowest the secrets of our hearts.

In Myra, O Saint Nicholas, thou didst prove to be a minister of things sacred; for having fulfilled the Gospel of Christ, O righteous one, thou didst lay down thy life for thy people, and didst save the innocent from death. Therefore thou wast sanctified as a great initiate of the grace of God.

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 un-failing, 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 Sera-phim, 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.

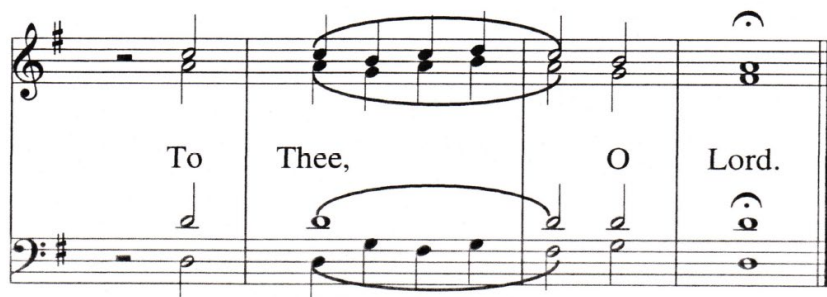
Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

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.

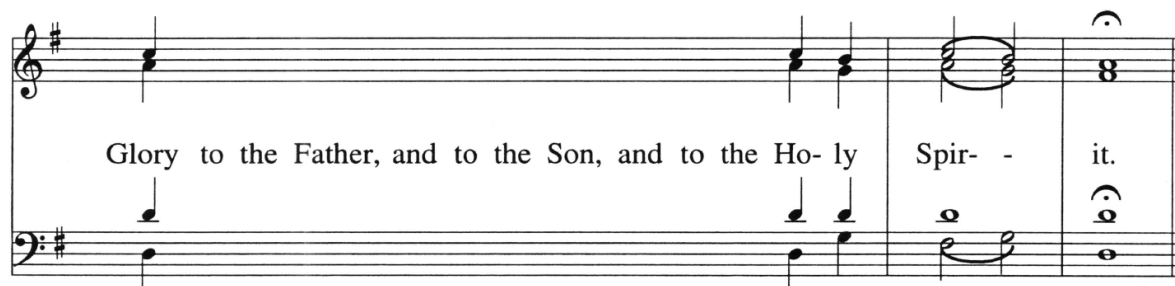
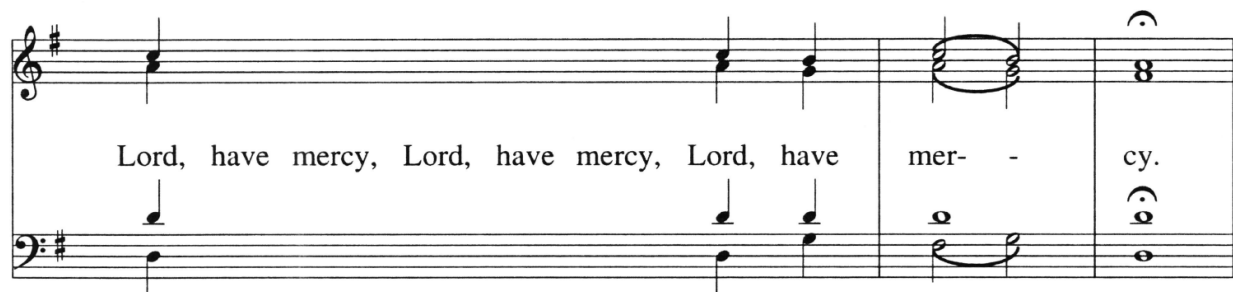
Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



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.

Thursday 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-part setting of the Amen. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, with the soprano line moving in steps and the bass line providing a harmonic foundation. The lyrics are: "Both now and ever, and unto the ages of a- ges. A- men." The piece concludes with a final Amen in the soprano part.

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, with the soprano line moving in steps and the bass line providing a harmonic foundation. The lyrics are: "Thrice Alleluia, alleluia, alleluia, glory to Thee, O God." The piece concludes with a final Amen in the soprano part.

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

This musical score is for a four-part setting of the Lord, have mercy. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, with the soprano line moving in steps and the bass line providing a harmonic foundation. The lyrics are: "Lord, have mercy, Lord, have mercy, Lord, have mer- - cy." The piece concludes with a final Amen in the soprano part.

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 Gloria. It features a soprano line (treble clef, one sharp) and a bass line (bass clef, one sharp). The melody is simple, with the soprano line moving in steps and the bass line providing a harmonic foundation. 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 the soprano part.

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 Aermom, 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

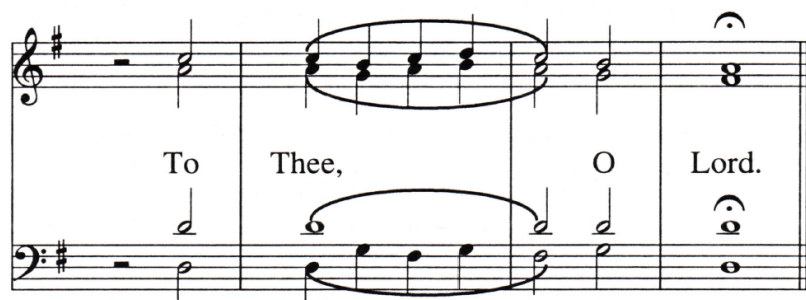
Deacon: Again and again, in peace let us pray to the Lord.



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, with the bass staff providing harmonic support. The lyrics are: "Lord, I have cried unto Thee, hear- ken un- to me."

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

This system continues the melody and accompaniment. The lyrics are: "Hear- ken unto me, O Lord. Lord, I have cried unto Thee, hear- ken un- to me;"

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

This system continues the melody and accompaniment. The lyrics are: "attend to the voice of my sup- pli- ca- - tion when I cry un- to Thee."

Hear- ken un- to me, O Lord.

This system concludes the piece. The lyrics are: "Hear- ken un- to me, O Lord." The final notes are held for a longer duration, indicated by a fermata-like shape over the notes.

Thursday in the First Week of Great Lent – Vespers

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

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

Hear-ken un- to me, O Lord.

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 score is written for two staves, Treble and Bass, in the key of D major (one sharp). The melody is primarily in the Treble staff. The lyrics are: 'For with Thee there is for-give- - ness.' The word 'for-give-' is split across two measures with a long dash, and 'ness.' follows in the next measure. The music features a mix of eighth and sixteenth notes, with some measures containing rests. The piece concludes with a final cadence in the Treble staff.

by Joseph

O my Christ, when Thou wast hanging on the Cross,/ Thou hast made dark the sun,/ and shone upon the faithful with the true light of forgiveness:/ illumine me, for I am darkened by the delusions of the adversary;/ that, walking in the light of Thy commandments,// I may come in purity unto the saving dawn of Thy Resurrection.

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 score is written for two staves, Treble and Bass, in the key of D major (one sharp). The melody is primarily in the Treble staff. The lyrics are: 'My soul hath hoped in the Lord.' The music features a mix of eighth and sixteenth notes, with some measures containing rests. The piece concludes with a final cadence in the Treble staff.

Hanging as a vine upon the Wood, O Christ our Saviour,/ Thou hast made the ends of the earth/ to drink from the wine of incorruption./ Therefore do I cry aloud:/ I am darkened always by the hateful drunkenness of sin;/ give me to drink from the sweet wine of true compunction,/ and grant me now the strength, O Saviour, to fast from sensual pleasures,// for Thou art good and lovest mankind.

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



by Theodore

Great is the power of Thy Cross! / It has made the flower of abstinence to grow within the Church; / it has stripped bare and uprooted the sinful greed that Adam showed in Eden. / Adam's greed brought death to men, / but the Cross brings immortality and incorruption to the world. / As though from some new river of Paradise, / there flows from it the quickening stream of Thy Blood mingled with water, / restoring all to life. / Through this Thy Cross make sweet the Fast for us, / O God of Israel, great in mercy.

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...

Stavrotheotokion from the Menaion

Vesper Hymn to the Son of God

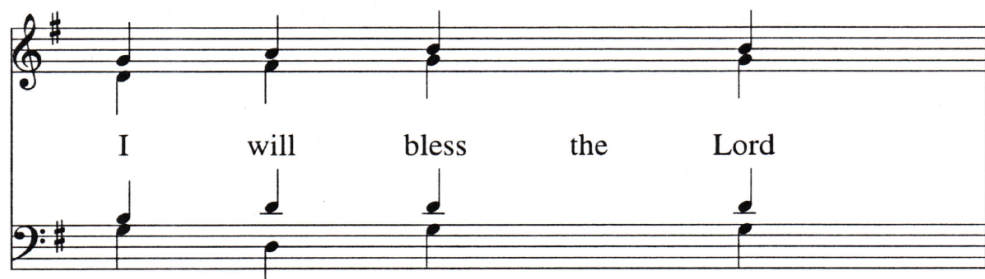
Without the Entrance.

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 IV

I will bless the Lord Who hath given me understanding.



Stichos: Keep me, O Lord, for in Thee have I put my trust.

Paroemia
Book of Genesis 2:4-19

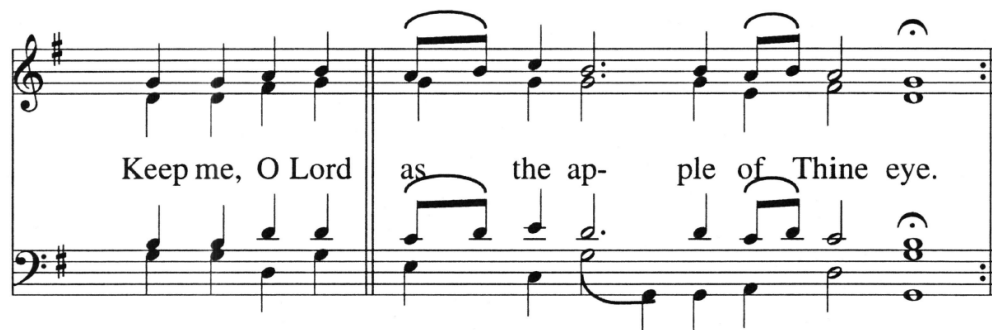
This *is* the book of the generation of heaven and earth, when they were made, in the day in which the Lord God made the heaven and the earth, 5 and every herb of the field before it was on the earth, and all the grass of the field before it sprang up, for God had not rained on the earth, and there was not a man to cultivate it. 6 But there rose a fountain out of the earth, and watered the whole face of the earth. 7 And God formed the man *of* dust of the earth, and breathed upon his face the breath of life, and the man became a living soul.

8 And God planted a garden eastward in Edem, and placed there the man whom he had formed. 9 And God made to spring up also out of the earth every tree beautiful to the eye and good for food, and the tree of life in the midst of the garden, and the tree of learning the knowledge of good and evil. 10 And a river proceeds out of Edem to water the garden, thence it divides itself into four heads. 11 The name of the one, Phisom, this it is which encircles the whole land of Evilat, where there is gold. 12 And the gold of that land is good, there also is carbuncle and emerald. 13 And the name of the second river is Geon, this it is which encircles the whole land of Ethiopia. 14 And the third river is Tigris, this is that which flows forth over against the Assyrians. And the fourth river is Euphrates. 15 And the Lord God took the man whom he had formed, and placed him in the garden of Delight, to cultivate and keep it. 16 And the Lord God gave a charge to Adam, saying, Of every tree which is in the garden thou mayest freely eat, 17 but of the tree of the knowledge of good and evil—of it ye shall not eat, but in whatsoever day ye eat of it, ye shall surely die.

18 And the Lord God said, *It is* not good that the man should be alone, let us make for him a help suitable to him. 19 And God formed yet farther out of the earth all the wild beasts of the field, and all the birds of the sky, and he brought them to Adam, to see what he would call them, and whatever Adam called any living creature, that was the name of it.

Prokimenon
Tone IV

Keep me, O Lord, as the apple of Thine eye.



The musical notation is written on a grand staff consisting of a treble clef and a bass clef, both with a key signature of one sharp (F#). The melody is primarily in the treble clef, with the bass clef providing a harmonic accompaniment. The lyrics are written below the notes: "Keep me, O Lord as the apple of Thine eye." The phrase "Keep me, O Lord" is on the first line, and "as the apple of Thine eye." is on the second line. The melody features a series of eighth and sixteenth notes, with some phrases being repeated or extended. The piece concludes with a double bar line and repeat dots.

Stichos: Hearken, O Lord, unto my righteousness.

Paroemia

Book of Proverbs 3:1-18

Wisdom sings aloud in passages, and in the broad places speaks boldly. 21 And she makes proclamation on the top of the walls, and sits by the gates of princes; and at the gates of the city boldly says, 22 So long as the simple cleave to justice, they shall not be ashamed: but the foolish being lovers of haughtiness, having become ungodly have hated knowledge, and are become subject to reproofs. 23 Behold, I will bring forth to you the utterance of my breath, and I will instruct you in my speech.

24 Since I called, and ye did not hearken; and I spoke at length, and ye gave no heed; 25 but ye set at nought my counsels, and disregarded my reproofs; 26 therefore I also will laugh at your destruction; and I will rejoice against *you* when ruin comes upon you: 27 yea when dismay suddenly comes upon you, and *your* overthrow shall arrive like a tempest; and when tribulation and distress shall come upon you, or when ruin shall come upon you. 28 For it shall be that when ye call upon me, I will not hearken to you: wicked men shall seek me, but shall not find *me*. 29 For they hated wisdom, and did not choose the word of the Lord: 30 neither would they attend to my counsels, but derided my reproofs. 31 Therefore shall they eat the fruits of their own way, and shall be filled with their own ungodliness. 32 For because they wronged the simple, they shall be slain; and an inquisition shall ruin the ungodly. 33 But he that hearkens to me shall dwell in confidence, and shall rest securely from all evil.

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

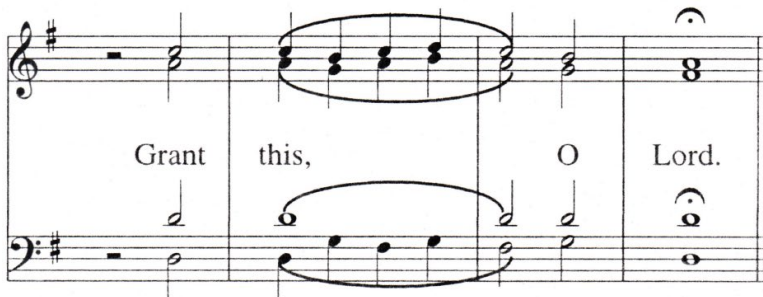
Deacon: Let us complete our evening prayer to the Lord.



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.

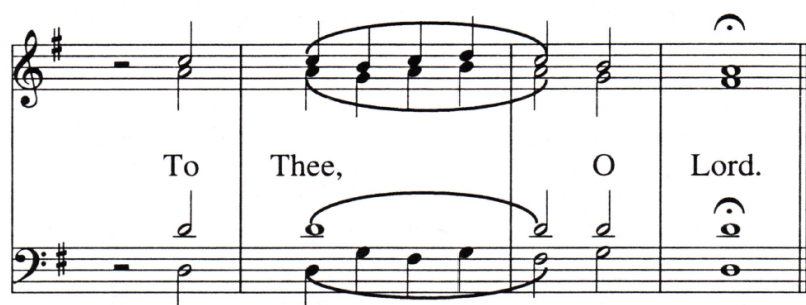
Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

Choir: Grant this, O Lord.

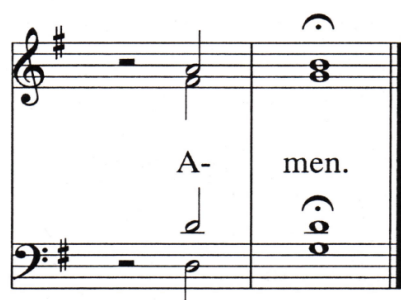
Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the dread judgment seat of Christ, let us ask.

Choir: Grant this, O Lord.

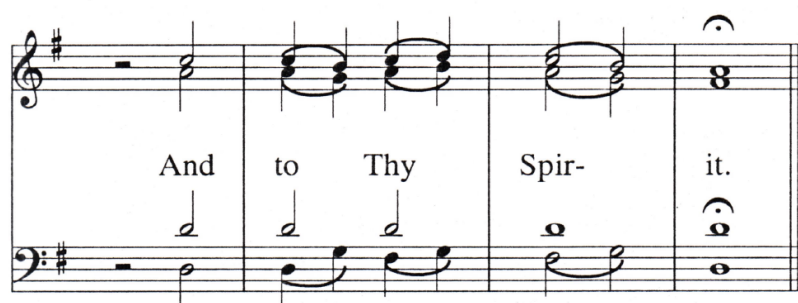
Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.



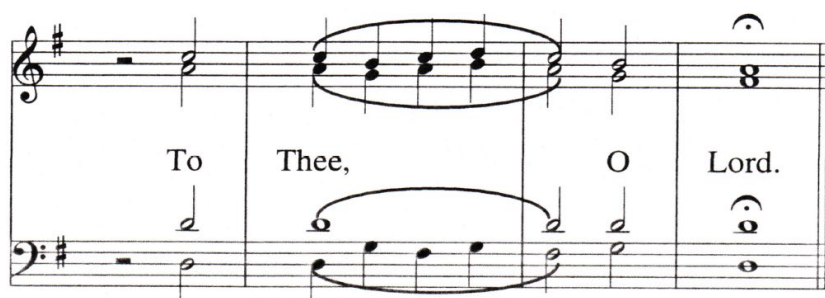
Priest: For a good God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.



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 IV

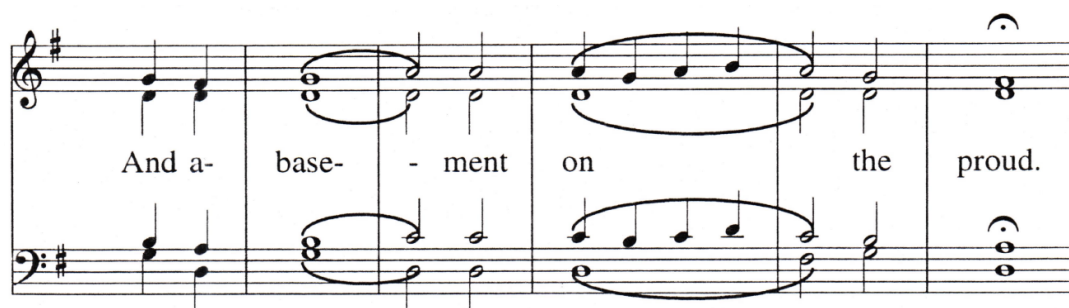
If we desire to partake of the divine Passover/ that comes not from Egypt but from Sion, let us through repentance put away the leaven of sin./ Let us gird our loins through the mortification of sensual pleasure;/ let us make our feet beautiful with shoes that keep us from straying into evil paths;/ and let us take as our support the staff of faith./ Let us not emulate the enemies of the Master's Cross,/ whose god is their belly,/ but let us follow the Saviour of our souls, who by fasting// showed us how to gain the victory against the devil.

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:



If we desire to partake of the divine Passover/ that comes not from Egypt but from Sion, let us through repentance put away the leaven of sin./ Let us gird our loins through the mortification of sensual pleasure;/ let us make our feet beautiful with shoes that keep us from straying into evil paths;/ and let us take as our support the staff of faith./ Let us not emulate the enemies of the Master's Cross,/ whose god is their belly,/ but let us follow the Saviour of our souls, who by fasting// showed us how to gain the victory against the devil.

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:



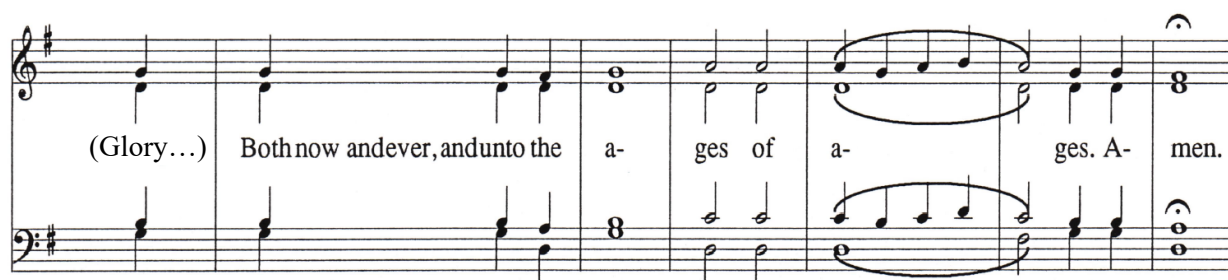
To the Martyrs

Thou art glorified/ in the memorials of Thy saints, O Christ our God:// at their interces-
sions send down upon us Thy great mercy.

Glory to the Father...

Doxastichon from the Menaion, if there be one

**(Glory) Both Now
Tone IV**



Stavrotheotokion

When the Ewe-Lamb, Thy Mother,/ saw Thee nailed to the Cross, O Lord,/ in dismay she
said: 'O my beloved Son, what is this I see?/ Though they delighted in Thy many miracles,/
such is the reward that the lawless and disobedient people has given Thee in return!// But
glory be to Thine ineffable self-abasement, O Master.'

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 peo-
ples; 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 for the hymn. It consists of a treble and bass staff. The treble staff begins with a whole note chord (F4, C5) marked with a fermata and the number 8. The bass staff begins with a whole note chord (F3, C4) marked with a fermata. A double bar line follows. The melody continues in the treble staff with eighth notes: F4, G4, A4, B4, A4, G4, F4. The bass staff continues with eighth notes: F3, G3, A3, B3, A3, G3, F3.

grace, the Lord is with thee;

The second system of musical notation. The treble staff has whole note chords: F4, C5; G4, D5; F4, C5. The bass staff has whole notes: F3, C4; G3, D4; F3, C4.

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

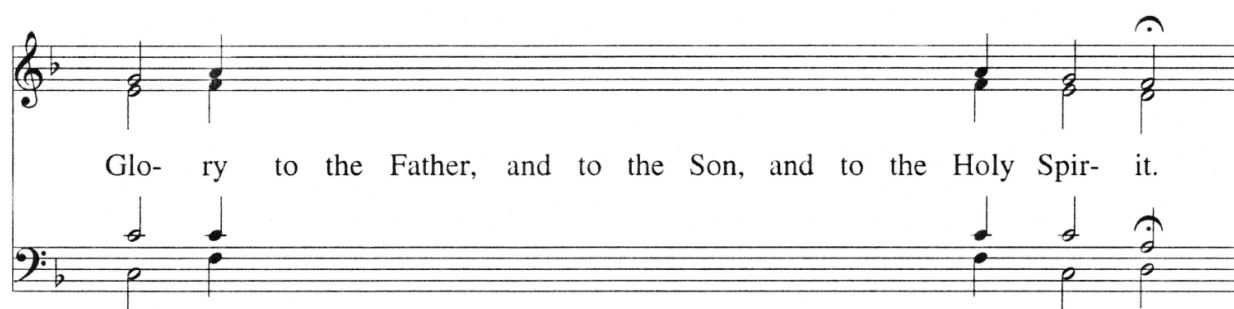
The third system of musical notation. The treble staff has eighth notes: F4, G4, A4, B4, A4, G4, F4, followed by whole notes: F4, C5; G4, D5; F4, C5. The bass staff has eighth notes: F3, G3, A3, B3, A3, G3, F3, followed by whole notes: F3, C4; G3, D4; F3, C4.

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

Prostration

The fourth system of musical notation. The treble staff has whole notes: F4, C5; G4, D5; F4, C5; G4, D5, followed by a whole note chord (F4, C5) marked with a fermata and the number 8. The bass staff has whole notes: F3, C4; G3, D4; F3, C4; G3, D4, followed by a whole note chord (F3, C4) marked with a fermata. The word 'Prostration' is written vertically on the right side of the system.

Thursday in the First Week of Great Lent – Vespers



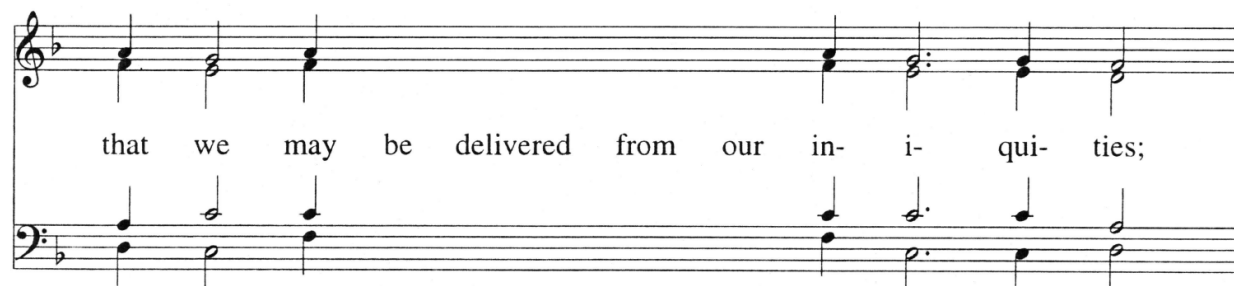
Glo- ry to the Father, and to the Son, and to the Holy Spir- it.

This musical system consists of a treble and bass staff in B-flat major. The melody is primarily in the treble staff, with the bass staff providing harmonic support. The lyrics are written below the staves.



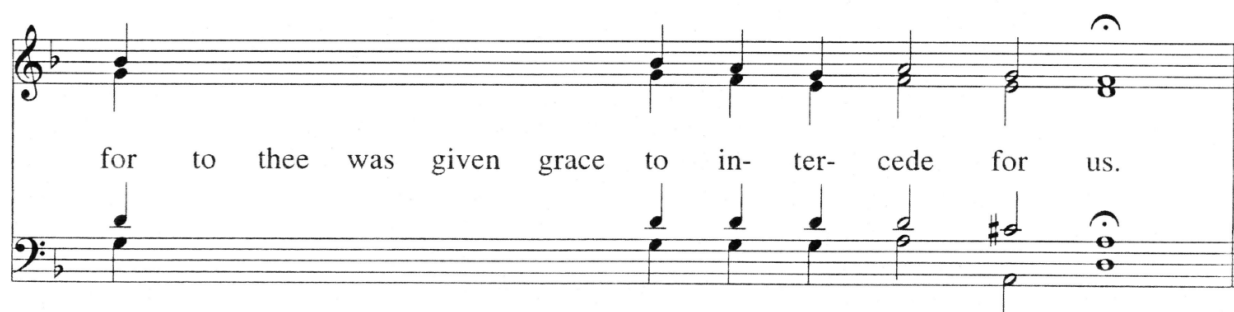
O Bap- ti- zer of Christ, keep us all in re- mem- brance,

This musical system continues the melody and harmony from the first line. The lyrics are written below the staves.



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

This musical system continues the melody and harmony. The lyrics are written below the staves.



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

This musical system concludes the hymn. The lyrics are written below the staves.

Prostration

Thursday 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 bass staff. The treble staff contains a series of chords, mostly triads, with a final half note and a fermata. The bass staff provides a harmonic foundation with similar chords, ending with a half note and a fermata. The lyrics are printed below the staves.

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

This musical system continues the melody with a treble and bass staff. The treble staff features a series of chords, including some dyads, leading to a half note with a fermata. The bass staff follows with corresponding chords and a half note with a fermata. The lyrics are printed below the staves.

that we may be delivered from perils and af- flic- tions;

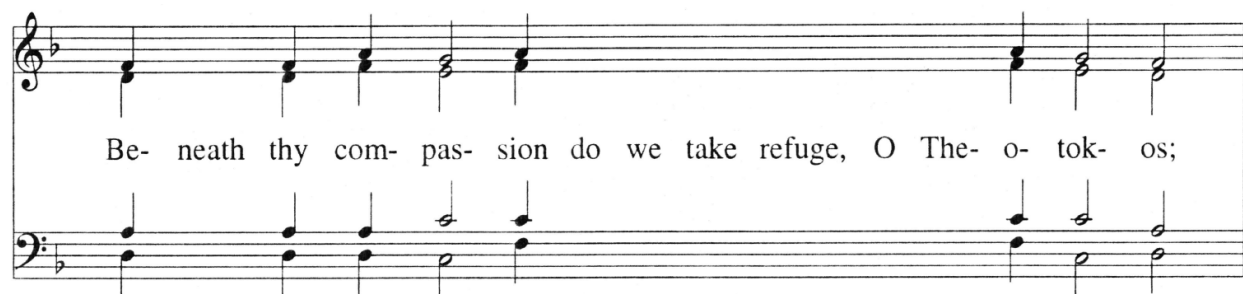
This musical system continues the melody with a treble and bass staff. The treble staff contains a series of chords, mostly triads, leading to a half note with a fermata. The bass staff follows with corresponding chords and a half note with a fermata. The lyrics are printed below the staves.

for we have acquired you as fervent mediators be- fore the Sav- - iour.

This musical system concludes the phrase with a treble and bass staff. The treble staff features a series of chords, including a dyad, leading to a half note with a fermata. The bass staff follows with corresponding chords and a half note with a fermata. The lyrics are printed below the staves.

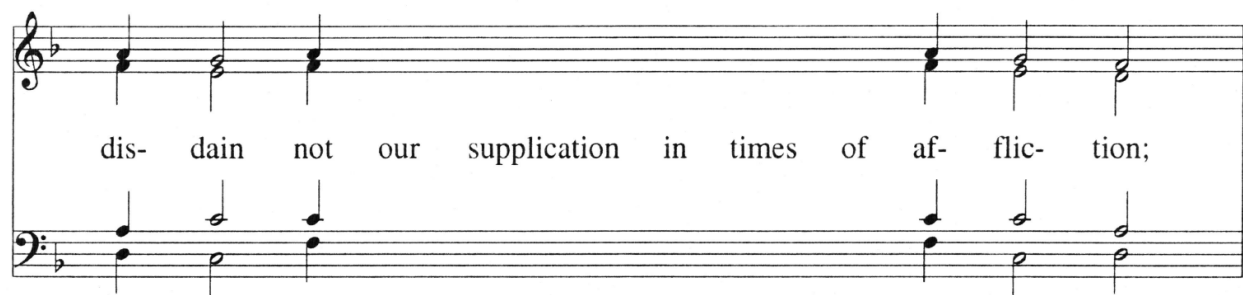
Prostration

Thursday in the First Week of Great Lent – Vespers



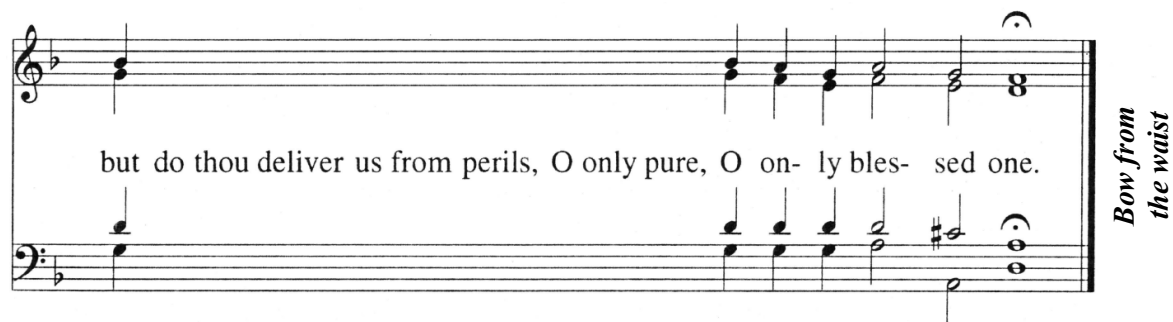
Be- neath thy com- pas- sion do we take refuge, O The- o- tok- os;

This block contains the first line of the hymn. It features a two-staff musical score with a treble and bass clef. The melody is written in a simple, homophonic style with whole and half notes. The lyrics are printed below the staves.



dis- dain not our supplication in times of af- flic- tion;

This block contains the second line of the hymn. It continues the two-staff musical score with the same homophonic style. The lyrics are printed below the staves.



but do thou deliver us from perils, O only pure, O on- ly bles- sed one.

*Bow from
the waist*

This block contains the third line of the hymn. It concludes the musical phrase with a final cadence. The lyrics are printed below the staves. To the right of the staves, 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; of our father among the saints, Nicholas, the Wonderworker, Archbishop of Myra in Lycia; 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;

Thursday

Through the in-ter-ces-sions of Thy holy A-pos-tles, and Saint

Nich-o-las, 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

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

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: "Through the The- o- tok- os, have". The music is in 4/4 time. The first measure contains a whole note chord (D4, F#4, A4) with the lyric "Through". The second measure contains a whole note chord (D4, F#4, A4) with the lyric "the". The third measure contains a whole note chord (D4, F#4, A4) with the lyric "The-". The fourth measure contains a whole note chord (D4, F#4, A4) with the lyric "o-". The fifth measure contains a whole note chord (D4, F#4, A4) with the lyric "tok-". The sixth measure contains a whole note chord (D4, F#4, A4) with the lyric "os, have".

mer- cy on us.

The second system of the musical score 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: "mer- cy on us.". The music is in 4/4 time. The first measure contains a whole note chord (D4, F#4, A4) with the lyric "mer-". The second measure contains a whole note chord (D4, F#4, A4) with the lyric "cy on". The third measure contains a whole note chord (D4, F#4, A4) with the lyric "us.". The system ends with a double bar line.

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;

Thursday

Through the in-ter-ces-sions of Thy holy Apostles and Saint

Nich-o-las, 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 treble staff contains three measures of music. The first measure has two eighth notes (D4 and E4). The second measure has a half note (F#4) and a quarter note (G4), both of which are beamed together. The third measure has a half note (A4) and a quarter note (B4), also beamed together. The bass staff contains three measures of music. The first measure has two eighth notes (D3 and E3). The second measure has a half note (F#3) and a quarter note (G3), both of which are beamed together. The third measure has a half note (A3) and a quarter note (B3), also beamed together. The lyrics "Through the The- o- tok - os, have mer-" are written below the staves, with hyphens indicating that the words continue in the next system.

cy on us.

The second system of the musical score consists of two staves, treble and bass, in the key of D major. The treble staff contains three measures of music. The first measure has two eighth notes (D4 and E4). The second measure has a half note (F#4) and a quarter note (G4), both of which are beamed together. The third measure has a half note (A4) and a quarter note (B4), also beamed together. The bass staff contains three measures of music. The first measure has two eighth notes (D3 and E3). The second measure has a half note (F#3) and a quarter note (G3), both of which are beamed together. The third measure has a half note (A3) and a quarter note (B3), also beamed together. The lyrics "cy on us." are written below the staves, with a period indicating the end of the phrase.

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 for the Alleluia is written in G major (one sharp) and 4/4 time. It consists of two systems of staves. The first system has three measures. The first two measures have the lyrics 'Al- le- lu- ia,' and the third measure has 'Al- - - le-'. The second system has three measures. The first two measures have the lyrics 'lu- - - i- - -' and the third measure has 'a.'. The music is written for a single melodic line with a treble clef and a bass clef, with the lyrics placed below the notes. The first system ends with a double bar line, and the second system ends with a final double bar line.

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;

Thursday

Through the intercessions of Thy holy Apostles and Saint

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff has a whole note chord (G4, B4, D5) for the first measure, followed by two measures of a whole note chord (G4, B4, D5) and a whole note chord (G4, B4, D5). The bass staff has a whole note chord (G3, B3, D4) for the first measure, followed by two measures of a whole note chord (G3, B3, D4) and a whole note chord (G3, B3, D4).

Nich- o- las, have mer- cy on us.

This musical system consists of a treble and bass staff in G major. The treble staff has a whole note chord (G4, B4, D5) for the first measure, followed by a whole note chord (G4, B4, D5) and a whole note chord (G4, B4, D5). The bass staff has a whole note chord (G3, B3, D4) for the first measure, followed by a whole note chord (G3, B3, D4) and a whole note chord (G3, B3, D4). 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.

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

This musical system consists of a treble and bass staff in G major. The treble staff has a whole note chord (G4, B4, D5) for the first measure, followed by a whole note chord (G4, B4, D5) and a whole note chord (G4, B4, D5). The bass staff has a whole note chord (G3, B3, D4) for the first measure, followed by a whole note chord (G3, B3, D4) and a whole note chord (G3, B3, D4). The system ends with a double bar line and a repeat sign.

mer- cy on us.

This musical system consists of a treble and bass staff in G major. The treble staff has a whole note chord (G4, B4, D5) for the first measure, followed by a whole note chord (G4, B4, D5) and a whole note chord (G4, B4, D5). The bass staff has a whole note chord (G3, B3, D4) for the first measure, followed by a whole note chord (G3, B3, D4) and a whole note chord (G3, B3, D4). The system ends with a double bar line and a repeat sign.

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- -". There are ellipses between "tok-" and "os", and between "mer-" and the next measure. The notes are mostly quarter and eighth notes, with some rests.

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 first measure contains "cy on". The second measure contains "us.". The notes are mostly quarter and eighth notes, with some rests. The system ends with a double bar line.

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.

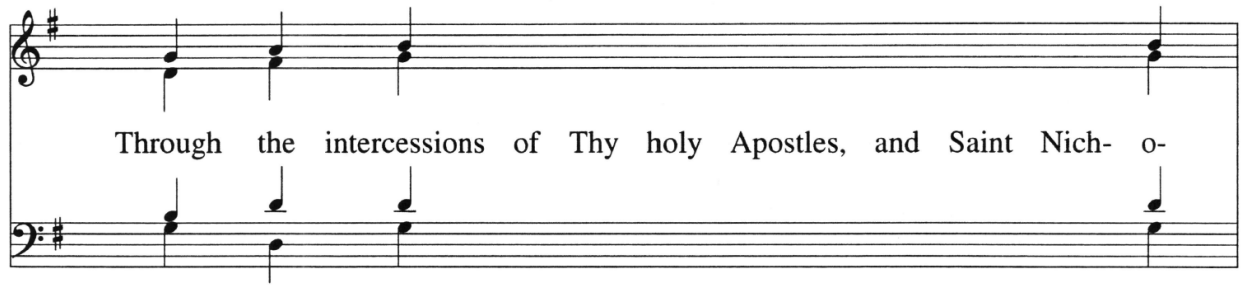
Stichos: Zeal shall lay hold upon and uninstruced people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

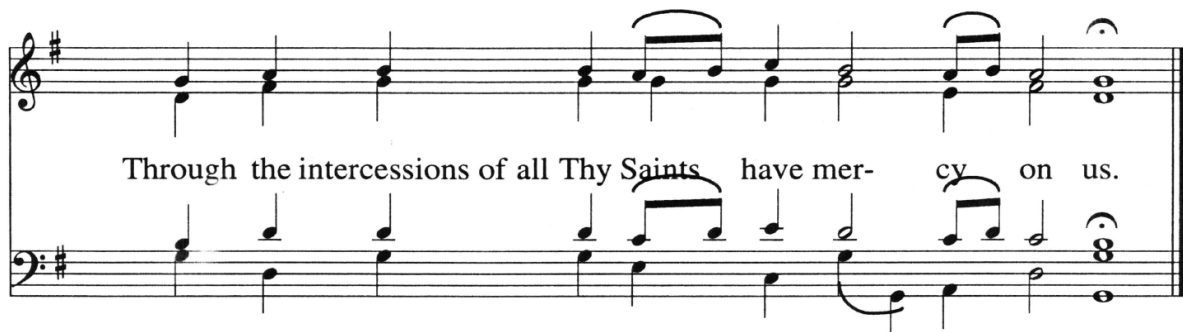
Hymns to the Trinity

Daring, mortal though we are, to offer unto Thee the hymn of Thine angelic ministers, we say: Holy, holy, holy art Thou, our God;

Thursday

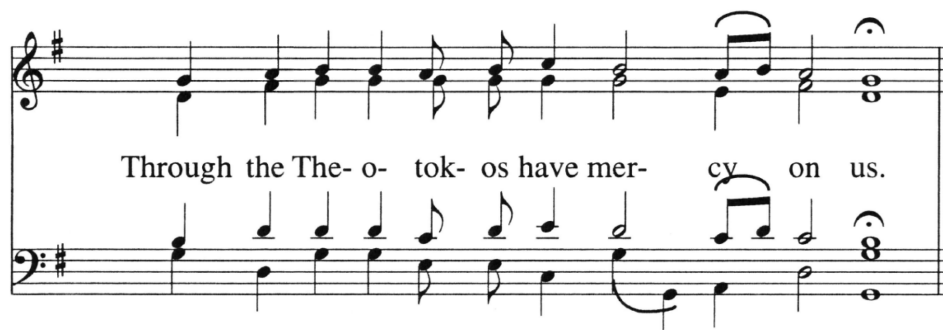


Glory to the Father, and to the Son, and to the Holy Spirit.
As the angelic hosts in heaven, we men on earth, standing now with fear, offer unto Thee,
O loving Lord, a hymn of victory: Holy, holy, holy art Thou, our God;



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;



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;

Thursday

Through the intercessions of Thy holy Apostles, and Saint Nich- o- las, have

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff features a melody with eighth and quarter notes, while the bass staff provides a simple harmonic accompaniment. The lyrics are written below the staves, with hyphens indicating syllables spanning across measures.

mer- cy on us.

This musical system continues the melody from the first system. It concludes with a double bar line. The treble staff has a final cadence, and the bass staff has a sustained note.

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 continues the melody. It features a similar rhythmic pattern to the first system, with a treble staff melody and a bass staff accompaniment. The lyrics are aligned with the notes.

mer- cy on us.

This musical system concludes the Alleluia. It features a final cadence in both the treble and bass staves, marked by a double bar line. The melody ends on a half note in the treble and a whole note in the bass.

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;

Thursday

Through the intercessions of Thy Holy Apostles, and Saint Nich- o- las, have

This musical system consists of a treble and bass staff in G major (one sharp). The treble staff features a series of chords, with a final measure containing a whole note chord. The bass staff provides a simple harmonic accompaniment with half notes and quarter notes.

mer- - cy on us.

This system concludes the first phrase. The treble staff has a final measure with a whole note chord. The bass staff features a melodic line with a half note and a quarter note, ending with a whole note chord.

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;

Through the intercessions of all Thy saints, have

This system continues the melody with a series of chords in the treble staff and a corresponding accompaniment in the bass staff.

mer- - cy on us.

This system concludes the second phrase. The treble staff has a final measure with a whole note chord. The bass staff features a melodic line with a half note and a quarter note, ending with a whole note chord.

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

This musical score is for a hymn in G major (one sharp). It consists of two systems. The first system contains the lyrics 'Through the The- o- tok- os, have' and 'mer- - cy on'. The melody is written in treble clef, and the bass line is in bass clef. The second system continues the melody and bass line. The lyrics 'us.' are written below the first system.

us.

This musical score is for the word 'us.' in G major. It consists of two staves, treble and bass, with a single note in each staff. The lyrics 'us.' are written below the staves.

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.

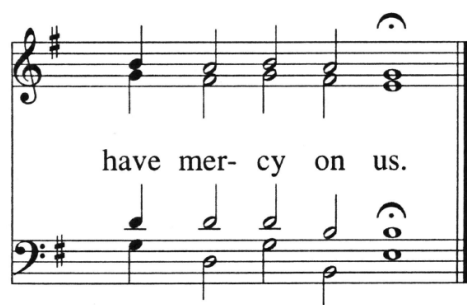
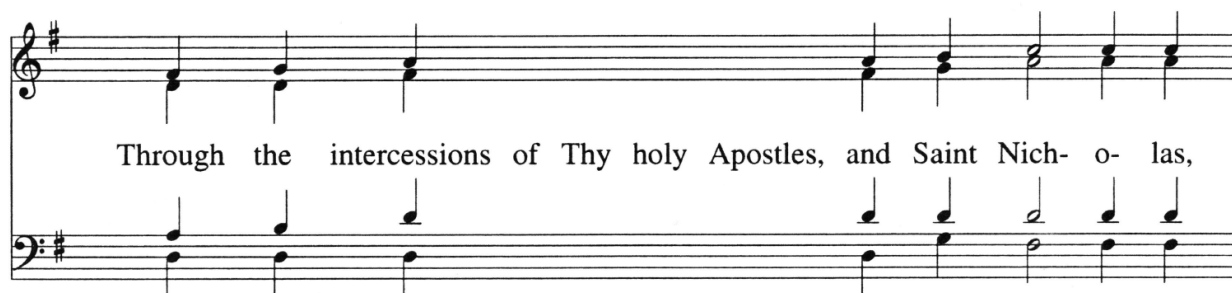
Stichos: Zeal shall lay hold upon and uninstructed people.

Stichos: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Hymns to the Trinity

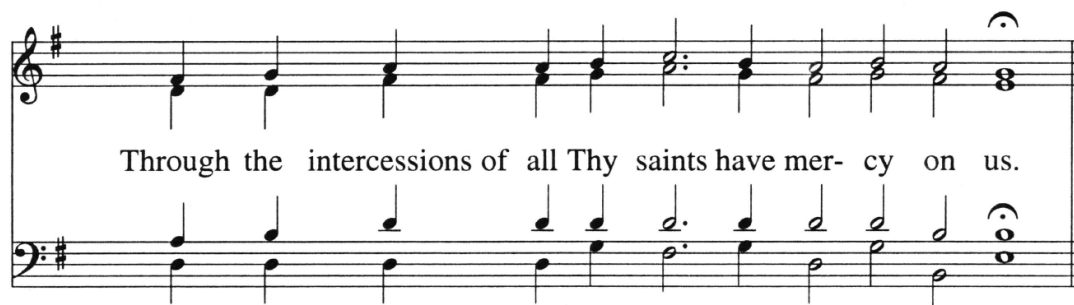
Praised by the cherubim in Thine almighty power, and worshipped by the angels in Thy divine glory, do Thou accept us sinners also who, unworthy, dare to cry to Thee: Holy, holy, holy art Thou, our God;

Thursday



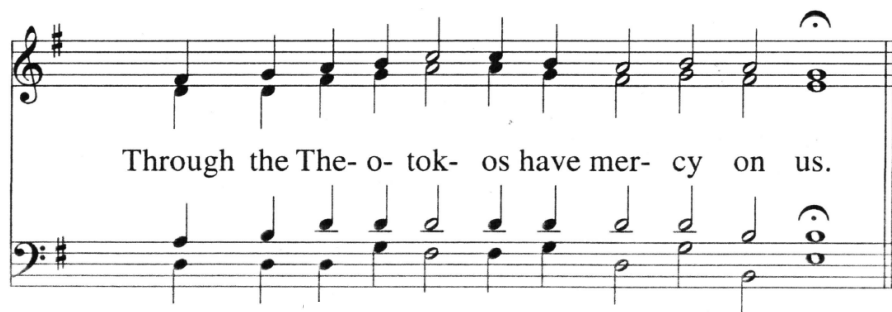
Glory to the Father, and to the Son, and to the Holy Spirit.

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;



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;



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.

The musical score is written for two staves, Treble and Bass, in the key of D major (one sharp). The first system contains the lyrics "Al- le- lu- ia," followed by a repeat sign and then "Al- le- lu- - - ia, Al- le-". The second system contains the lyrics "lu- - - i- a." and ends with a double bar line. The melody is primarily composed of eighth and quarter notes, with some rests and a final cadence.

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;

Thursday

Through the intercessions, of Thy holy A- post- les,

and Saint Nich- o- las, have

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' and 'the'. The second measure contains 'The-' and 'o-'. The third measure contains 'tok-' and 'os,'. The fourth 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 'mer-' in the first measure, followed by a long note in the second measure, then 'cy' in the third measure, 'on' in the fourth measure, and 'us.' in the fifth measure. The system ends with a double bar line.

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

Thursday

Sessional Hymns of the Apostles

With the net of their preaching and the rod of the Cross, the fishermen overcame the pagans skilled in cunning speech, and they taught the nations to glorify with holy worship Thee, the true God. Therefore we cry unto Thee who hast given them power: Glory to the Father and the Son; glory be to the consubstantial Spirit; glory be to Him who through the apostles has enlightened the world.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

O wise fishers of the inhabited earth, ye received from God the gift of compassion. Intercede for us who cry aloud: O Lord, save Thy people and Thy city, and through the apostles deliver our souls from distress.

Glory to the Father... Both now...

Theotokion

In ways past speech and understanding, without father thou hast borne on earth Him who has no mother in heaven. 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

Let us all pray to the martyrs of Christ, for they intercede for our salvation. Let us all draw near to them with faith, for they dispense the grace of healing, and as guardians of the faith they drive away the hosts of demons.

Tone II

Thursday

Sessional Hymns of the Apostles

In Thy surpassing love for man, O Christ our God, Thou hast made the fishers wiser than those skilled in speech, and Thou hast sent them out as preachers into all the earth. Through them make strong Thy Church, and send Thy blessing down upon the faithful, O Thou who alone art merciful and lovest mankind.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

Through Thy surpassing love for man, O Christ our God, the fishers drew the nations into their net, and taught the ends of the earth to worship Thee. Through them make strong Thy Church and send Thy blessing down upon the faithful, O Thou who alone dost rest among the saints.

Glory to the Father... Both now...

Theotokion

We magnify thee, Theotokos, and we cry aloud: Rejoice, Cloud that held the never-setting Light, who hast carried in thy womb the Lord of glory.

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

Apostles, martyrs and prophets, hierarchs, holy monks and righteous men, who have fought the good fight to the end and kept the faith; since ye have boldness in the presence of the Saviour, intercede before Him, we entreat you, that in His love He may grant salvation to our souls.

Tone III

Thursday

Sessional Hymns of the Apostles

O ye apostles and eyewitnesses, ye were made divine heralds of the truth and teachers of the Church. Por ye trampled underfoot the error of idolatry, and clearly ye proclaimed the Trinity. O blessed saints, pray to the Triune God that we may be granted His great mercy.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

Come, and let us all sing in praise of the apostles, since they are our helmsmen. For they overcame the error of idolatry; they have led us to the light of life and taught us to give glory to the Trinity. With all the faithful, then, we celebrate their honoured memory and we glorify the Saviour.

Glory to the Father... Both now...

Theotokion

Vine that hast never known the husbandman, O Virgin, thou hast borne the ripe Cluster of grapes. From Him we receive the wine of salvation, making glad the souls and bodies of us all. Therefore do we call thee blessed, for thou art the cause of all good things, and for ever with the Angel we cry out to thee: Rejoice, O full of grace.

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

Shielded by the armour of Christ and taking up the weapons of the faith, as brave soldiers ye cast down the ranks of the enemy. Setting your hope in the life to come, gladly ye endured all the tyrants' threats and scourging; and so ye have received crowns of victory, O martyrs of Christ, strong in soul.

Tone IV

Thursday

Sessional Hymns of the Apostles

Thou hast made Thy disciples, O Christ, as lights that shine to the ends of earth, and by preaching Thee they illumine our souls. Through them Thou hast made dark the error of idolatry and enlightened the world with the teachings of the true Faith. At their intercessions save our souls.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

Just as Moses by the strength of Thy right hand, O Master, led Israel through the Red Sea out of bondage and drowned Pharaoh in the waves, so have Thy wise disciples by their miracles forced a passage through the sea of bitter godlessness and guided the people unto Thee, O Word without beginning, who alone lovest mankind.

Glory to the Father... Both now...

Theotokion

We acknowledge that the Word of the Father, Christ our God, has taken flesh from thee, O Virgin Theotokos. Thou alone art pure, thou alone art blessed: therefore do we sing thy praises without ceasing and we magnify 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

Armed with Thy Cross, O Christ our God, Thy victorious martyrs defeated the devices of the enemy from whom all evil comes. They shone like torches, guiding mortal men, and they grant healing unto those that ask with faith. At their intercessions save our souls.

Tone V

Thursday

Sessional Hymns of the Apostles

With all mankind, in spiritual hymns and songs let us glorify the wise apostles as eyewitnesses of the Word and servants of Christ. For they pray fervently to Christ on our behalf, as we praise their holy memory and venerate their relics.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

Let us glorify with one accord the apostles of Christ, for they shine as torches throughout the inhabited earth. They have caught the nations in the net of the true Faith; and bringing us light they teach us to honour the Holy Trinity, one in Essence yet divided in Persons.

Glory to the Father... Both now...

Theotokion

O Bride unwedded and Ever-Virgin, in the company of the angels we sing thy praises without ceasing; for thy Son and God has done great things for us through thee. Begotten before all ages from the Father, He was pleased to be contained within thy womb and to set us free from error.

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 powers of heaven greatly marvelled at the victory of the holy martyrs; for, contending bravely in their mortal bodies, invisibly they conquered the bodiless enemy by the power of the Cross. And now they intercede before the Lord, that He may have mercy on our souls.

Tone VI

Thursday

Sessional Hymns of the Apostles

As Thou wast present in the midst of Thy disciples, O Saviour, and gavest them peace, come to us also and save us.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

Thy disciples, O Jesus, were sent to the ends of the earth, and in their zeal for the true faith they caught the nations like fish and brought them as an offering to Thee, O loving Lord. And trusting in their prayers we cry to Thee: Bestow upon Thy people Thy great mercy.

Glory to the Father... Both now...

Theotokion

Hallowed Lady, Mother of Christ our God, thou hast borne ineffably the Maker of all. In union with the holy apostles pray to Him at all times, that in His love He may release us from the passions and grant us the remission of our sins.

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 memorial of Thy martyrs, O Lord, is like the Paradise in Eden, for it brings joy to all creation. At their prayers grant us peace and Thy great mercy.

Tone VII

Thursday

Sessional Hymns of the Apostles

O Word and Master, Thou hast made Thine apostles husbandmen in Thy field, and they cut down the idols. Preaching Thee to the nations, with true faith and reverence they have magnified Thee.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

O children of the Church, let us celebrate the memory of the all-glorious apostles, and let us sing in praise of Christ. For through the preaching of repentance they have saved those guilty of sin; driving out all error, they bring light to the world and offer intercession for the inhabited earth.

Glory to the Father... Both now...

Theotokion

Rejoice, for from thee the Word took flesh and dwelt among us, while remaining still unchanged! Rejoice, honoured Virgin, joy of the apostles and the martyrs, and salvation of the faithful! Rejoice, Mother of Christ our God!

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

We entreat you, O ye saints, intercede for the forgiveness of our sins, and pray for our deliverance from the torment that awaits us and from bitter death.

Tone VIII

Thursday

Sessional Hymns of the Apostles

Blessed art Thou, O Christ our God, who hast made the fishermen wise by sending down upon them the Holy Spirit; and through them Thou hast drawn the inhabited earth into Thy net. O Lord who lovest mankind, glory to Thee.

Stichos: Their voice is gone out through all the earth, and their words to the ends of the world.

Let us sing the praises of the holy disciples of our God. They are burning torches, guides to all the world, first-fruits of our salvation. They have caused the Light to shine on us *in* darkness, and to all they have made known the Sun of glory. They have destroyed the error of idolatry, preaching the Trinity in one Godhead. Therefore we entreat them: O ye apostles of Christ our God, intercede for the forgiveness of our sins, as we celebrate with love your holy memory.

Glory to the Father... Both now...

Theotokion

Rejoice, for through the Angel thou hast received the Joy of the world! Rejoice, for thou hast borne thy Maker and thy Lord! Rejoice, for thou wast counted worthy to become Mother of Christ our God!

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

Contending bravely to the end, O holy martyrs, ye withstood the tyrants. Ye put to death your bodies on this earth, and so ye were rewarded with the life of heaven.

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;

Thursday

Through the in-ter-ces-sions, O Lord, of Thine A-pos-tles,

and Saint Nich-o-las, 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;

Thursday

Through the intercessions, O Lord, of Thine A-pos-tles and Saint

Nich-o-las, 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;

Thursday

Through the intercessions, O Lord, of Thine Apos- tles and Saint

Nich- o- las, and save me.

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;

Thursday

Through the intercessions, O Lord, of Thine Apostles and Saint Nich- o-

This musical system consists of two staves, treble and bass, in the key of D major (one sharp). The melody is written in a simple, homophonic style with quarter and eighth notes. The lyrics are written below the staves.

las, and save me.

This musical system continues the melody from the first system. It features a more complex melodic line with some ties and a final cadence. The lyrics are written below the staves.

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

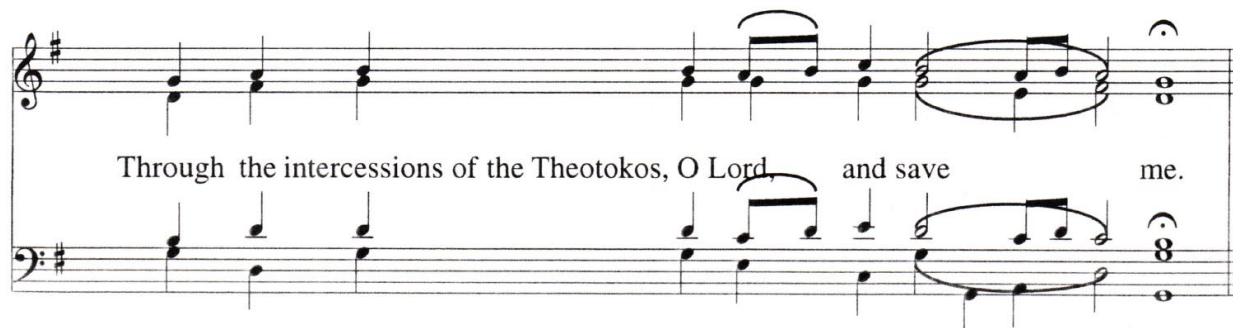
O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Through the intercessions of Thy Saints, O Lord, and save me.

This musical system continues the melody from the second system. It features a more complex melodic line with some ties and a final cadence. The lyrics are written below the staves.

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;



Tone V

O Lord the Giver of Light, send down Thy light and illumine my heart;

Thursday

Through the intercessions of Thine A- pos- tles and Saint

Nich- o- las, and save me.

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;

Thursday

Through the intercessions of Thy Holy Apostles, and Saint Nicholas, O Lord,

send down up- on our souls Thy light

ev- er- last- ing.

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 treble and bass staff in G major (one sharp). The treble staff has a whole note on G4, and the bass staff has a whole note on G3. The lyrics "Through the intercessions of Thy Saints, O Lord, send down" are written below the staves.

up- on our souls Thy light ev- er- last- ing.

This musical system continues the melody from the first system. It features a treble and bass staff in G major. The treble staff has a series of eighth and sixteenth notes, while the bass staff has a more melodic line with some ties. The lyrics "up- on our souls Thy light ev- er- last- ing." are written below the staves.

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 is identical in notation to the first system of the first Exapostilarion, but the lyrics are "Through the intercessions of the Theotokos, O Lord, send down".

up- on our souls Thy light ev- er- last- ing.

This musical system is identical in notation to the second system of the first Exapostilarion, but the lyrics are "up- on our souls Thy light ev- er- last- ing.".

Tone VII

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Thursday

Through the intercessions, O Lord, of Thine

This musical notation is for the first line of the Thursday Exapostilarion. It consists of a two-staff system with a treble and bass clef, both with a key signature of one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics 'Through the intercessions, O Lord, of Thine' are written below the notes. The melody is a simple, stepwise line.

Apostles and Saint Nich- o- las, and save me.

This musical notation is for the second line of the Thursday Exapostilarion. It continues the two-staff system. The melody in the treble staff features a series of eighth notes followed by a half note, and then a final half note with a fermata. The bass line follows a similar pattern. The lyrics 'Apostles and Saint Nich- o- las, and save me.' are written below the notes.

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.

This musical notation is for the third line of the Thursday Exapostilarion. It continues the two-staff system. The melody in the treble staff features a series of eighth notes followed by a half note, and then a final half note with a fermata. The bass line follows a similar pattern. The lyrics 'Through the intercessions of Thy Saints, O Lord, and save me.' are written below the notes.

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.

The musical score is written for a treble and bass staff in G major (one sharp). The treble staff begins with a treble clef and a key signature of one sharp (F#). The bass staff begins with a bass clef and 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 staffs. The score concludes with a double bar line.

Tone VIII

Thou art the Light, O Christ, fill me with Thy radiance;

Thursday

Through the intercessions, O Lord, of Thine A-post-les,

and Saint Nich-o-las, O

Lord, 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.

Κοίνεια, ἡ ἐξ ἡμῶν ἐλάβα.
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