

# Sunday Vespers

## Great Paschal Fast

**DEACON:** Master, give the blessing.

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

**CANTOR:** Amen.

### THE EVENING PSALM

**READER:** Come, let us worship and bow down before God our king.  
Come, let us worship and bow down before Christ our king.  
Come, let us worship and bow down before Christ himself, our God and king.

Bless the Lord, my soul. Lord my God, how great you are! Clothed in majesty and glory, wrapped in a robe of light! You stretch the heavens out like a tent, you build your palace on the waters above; using the clouds as your chariot, you advance on the wings of the wind; you use the winds as messengers and fiery flames as servants.

You fixed the earth on its foundations, unshakable forever and ever; you wrapped it with the deep as with a robe, the waters overtopping the mountains. At your reproof the waters took to flight, they fled at the sound of your thunder, cascading over the mountains, into the valleys, down to the reservoir you made for them; you imposed the limits they must never cross again, or they would once more flood the land.

You set the springs gushing in ravines, running down between the mountains, supplying water for wild animals, attracting the thirsty wild donkeys; near there the birds of the air make their nests and sing among the branches.

From your palace you water the uplands until the ground has had all that your heavens have to offer; you make fresh grass grow for cattle and those plants made use of by man, for them to get food from the soil: wine to make them cheerful, oil to make them happy and bread to make them strong. The trees of the Lord get rain enough, those Cedars of

Lebanon he plants; here the little birds build their nest and, on the highest branches, the stork has its home. For the wild goats there are the mountains, in the crags rock-badgers hide.

You made the moon to tell the seasons, the sun knows when to set: you bring darkness on, night falls; all the forest animals come out: savage lions roaring for their prey, claiming their food from God. The sun rises they go back to lie down in their lairs, and man goes out to work, and to labor until dusk.

Lord, what variety you have created, arranging everything so wisely! Earth is completely full of things you have made: among them vast expanse of ocean, teeming with countless creatures, creatures large and small, with the ships going to and for and Leviathan whom you made to amuse you.

All creatures depend on you to feed them throughout the year; you provide the food they eat, with generous hand you satisfy their hunger. You turn your face away, they suffer, you stop their breath, they die and revert to dust. You give breath, fresh life begins, you keep renewing the world.

Glory forever to the Lord! May the Lord find joy in what he creates, at whose glance the earth trembles, at whose touch the mountains smoke! I mean to sing to the Lord all my life, I mean to play for my God as long as I live.

May these reflections of mine give him pleasure, as much as the Lord gives me! May sinners vanish from the earth and the wicked exist no more! Bless the Lord, my soul.

**Refrain:**

The sun knows when to set: you bring darkness on, night falls. Lord, what variety you have created, arranging everything so wisely.

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

Alleluia! Alleluia! Alleluia! Glory to you, O God.

Alleluia! Alleluia! Alleluia! Glory to you, O God.

Alleluia! Alleluia! Alleluia! Glory to you, O God, our hope, glory to you!

***[After the psalm has been read, the deacon comes before the Holy Doors and says:]***

## THE GREAT LITANY

**DEACON:** In peace, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

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

**CANTOR:** Lord, have mercy.

**DEACON:** For the peace of the whole world, for the stability of the holy Churches of God, and for the union of all, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For this holy church and for those who enter it with faith, piety, and the fear of God, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For our (*Most*) Blessed (*Arch*) Bishop, (*Metropolitan, Patriarch*), the venerable priests, the deacons in Christ and for all the clergy and people, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For the (*President/Queen/Prime Minister*) of our nation, for civil and military authorities, for the armed forces, and for all civil authorities, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For this holy place, for all cities, towns and villages, for the faithful dwelling in them, and for the entire nation, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For favorable weather, an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For travelers on land, on sea and in the air; for the sick, the suffering, for captives and for their salvation, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** For our deliverance from all danger, affliction, anger, and need, let us pray to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** Help us, save us, have mercy on us, and keep us, O God, by your grace.

**CANTOR:** Lord, have mercy.

**DEACON:** Remembering our most holy, pure, most blessed and glorious Lady, the Birthgiver of God, and ever-virgin Mary, with all the saints, let us offer ourselves and one another, and our whole life to Christ our God.

**CANTOR:** To you, O, Lord.

*[If so considered one of the evening prayers may be said aloud and then:]*

### **PRAYER AFTER THE GREAT LITANY**

**PRIEST:** For to you are 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.

**CANTOR:** Amen.

## "LORD I HAVE CALLED" & STICHERAS

### *Use the Tone of the week*

*[Turn to the Appendix and use the Sticheras and verses of the appropriate tone and Sunday.]*

*Farewell to Dairy Sunday, Page 15;  
Triumph of Orthodoxy Sunday, Page 18;  
St. Gregory Palmas, Page 21;  
Holy Cross, Page 24; St. John, Page 27;  
St. Mary, Page 30.*

**CANTOR:** Lord, I have called to you, hear me, hear me, O Lord. Lord, I have called to you, hear me, hear the voice of my prayer when I cry to you. Hear me, O Lord.

Let my prayer come before you like incense, the raising of my hands like an evening sacrifice, hear me, O Lord.

#### **10th Stichera:**

Rescue me from persecutors stronger than I am! Free me from this imprisonment.

#### **9th Stichera:**

I will thank your name once more in the assembly of the virtuous for the goodness you show me.

#### **8th Stichera:**

From the depths I call to you, O Lord, Lord listen to my cry for help!

#### **7th Stichera:**

Listen compassionately to my pleading!

#### **6th Stichera:**

If you never overlooked our sins, Lord, O Lord, could anyone survive? But you do forgive us: and for that we revere you.

#### **5th Stichera:**

I wait for the Lord, my soul waits for him; I rely on his promise.

**4th Stichera:**

My soul relies on the Lord more than a watchman on the coming of dawn. Let Israel rely on the Lord more than a watchman on the coming of dawn.

**3rd Stichera:**

For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.

**2nd Stichera:**

Praise the Lord, all nations, extol him, all you people!

**1st Stichera:**

For his love is strong, his faithfulness eternal.

*[After the last verse has been sung for the appropriate Sunday listed in the Appendix, proceed with]*

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

**THEOTKION**

Guide my steps onto the path of salvation, O Birthgiver of God; for I have stained my soul with terrible sins. I have spent all my life slothfully. By your intercessions wash me of all impurities.

**PRAYER AT THE EVENING ENTRANCE**

**DEACON:** Let us pray to the Lord.

**PRIEST:** In the evening, in the morning and at noontime we praise and bless you, we thank you and pray to you, master of all, O Lord and lover of mankind. Let our prayers rise like incense. Keep our hearts from evil words and thoughts. Save us from all who would harm our souls. We fix our eyes on you, Lord, and in you we place our hope. Do not refute us, O God,

**PRIEST:** For all glory, honor and worship are proper to you: to the Father and to the Son and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

**DEACON:** Master, bless the entrance.

**PRIEST:** Blessed is the entrance of your holy ones, always, now and ever and unto the ages of ages. Amen.

**DEACON:** Wisdom! Arise!

### **THE EVENING THANKSGIVING HYMN**

**CANTOR:** O Jesus Christ, the joyous light of the holy glory of the heavenly Father, the immortal, holy, blessed one. Coming to the setting of the sun, seeing the light of evening, we praise God, Father, Son and Holy Spirit. It is right that you be praised at all times by joyful voices, O Son of God, who gives life and for this all the universe glorifies you.

**DEACON:** Let us be attentive!

**PRIEST:** Peace, be to you all.

**CANTOR:** And to your spirit.

### **THE EVENING PROKIMENON**

***[Turn to the Appendix and use the Prokimenon for the appropriate tone and Sunday:]***

**Farewell to Dairy Sunday, Page 16;**  
**Triumph of Orthodoxy Sunday, Page 19;**  
**St. Gregory Palamas, Page 22;**  
**Holy Cross, Page 25;**  
**St. John, Page 28;**  
**St. Mary, Page 31.**

**CANTOR:** *(or Hierarch, if present)* Grant, O Lord, that we be kept without sin this evening. Blessed are you, O Lord, the God of our fathers and praised and glorified is your name to all ages. Amen. May your mercy be on us, O Lord, according to our hope in you.

Blessed are you, O Lord; teach me your precepts. Blessed are you, O Master; help me to understand your precepts. Blessed are you, O Holy one; enlighten me with your precepts.  
Your mercy is eternal, O Lord, do not despise the works of your hands, all praise, worship and glory are proper to you: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

### LITANY OF SUPPLICATION

**DEACON:** Let us complete our evening prayer to the Lord.

**CANTOR:** Lord, have mercy.

**DEACON:** Help and save us, have mercy on us and keep us, O God, by your grace.

**CANTOR:** Lord, have mercy.

**DEACON:** That the whole evening be perfect, holy, peaceful and without sin, let us ask of the Lord.

**CANTOR:** Grant this, O Lord.

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

**CANTOR:** Grant this, O Lord.

**DEACON:** Forgiveness and remission of our sins and transgressions, let us ask of the Lord.

**CANTOR:** Grant this, O Lord.

**DEACON:** All which is good and useful for our souls and peace for the world, let us ask of the Lord.

**CANTOR:** Grant this, O Lord.

**DEACON:** That we may complete the remainder of our lives in peace and penitence, let us ask of the Lord.

**CANTOR:** Grant this, O Lord.

**DEACON:** That the end of our lives be Christian; without torment, blameless and peaceful, and for a good account at the fearful judgment seat of Christ, let us ask of the Lord.

**CANTOR:** Grant this, O Lord.

**DEACON:** Remembering our most holy, pure, most blessed and glorious Lady, the Birthgiver of God and ever-virgin Mary with all the saints, let us offer ourselves and one another and our whole life to Christ our God.

**CANTOR:** To you, O Lord.

**PRIEST:** For you are good, O God, and the lover of mankind, and we offer glory to you: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

**CANTOR:** Amen.

**PRIEST:** Peace be to all.

**CANTOR:** And to your spirit.

**DEACON:** Let us bow our heads to the Lord.

**CANTOR:** To you, O Lord.

### BOWING PRAYER

**PRIEST:** Lord, our God who bowed the heavens and came down to save the human race, look down on your servants and your heritage. They bow their heads and humble themselves to you, the fearsome judge, who are also the Lover of Mankind. They do not look to men for help, but ask your mercy and await your salvation, This evening, in the coming night and at all times, preserve them from

all their enemies and from the adverse works of the devil, from vain thoughts, from evil desires.

Blessed and glorified be the power of your kingdom: of the Father and the Son and of the Holy Spirit, now and ever and unto ages of ages.

**CANTOR:** Amen.

## THE APOSTICHA

*[Turn to the Appendix and use the Aposticha and verses for the appropriate tone and Sunday.]*

**Farewell to Dairy Sunday, Page 15;**  
**Triumph of Orthodoxy Sunday, Page 18;**  
**St. Gregory Palmas, Page 21;**  
**Holy Cross, Page 24;**  
**St. John, Page 27;**  
**St. Mary, Page 30.**

**CANTOR:** Now master, you can let your servant go in peace, just as you promised; because my eyes have seen the salvation which you have prepared for all the nations to see; a light to enlighten the pagans and the glory of your people Israel.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.  
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

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

All-holy Trinity, have mercy on us. Lord, cleanse us of our sins.  
Master, forgive our transgressions. Holy one, look down on us and  
heal our infirmities to the glory of your name.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, who are in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

**PRIEST:** For yours is the kingdom and the power and the glory: of the Father and of the Son and of the Holy Spirit, now and ever an unto ages of ages.

**CANTOR:** Amen.

### LENTEN TROPARS

**Sing:**

O Virgin, O Birthgiver of God, Mary full of grace! The Lord is with you. Blessed are you among women and blessed is the fruit of your womb. Rejoice! for you gave birth to the savior of our souls.

***(Prostration)***

Remember all of us, O Baptizer of Christ, that we may be saved from our transgressions. For to you the grace was given to intercede for us.

***(Prostration)***

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

Intercede for us, holy apostles and all you saints, that we may be saved from suffering and tribulation. For you have been given to us for our fervent intercessors.

***(Prostration)***

**Read:** Now and ever and unto ages of ages. Amen.

We flee to your mercy, O Birthgiver of God. Do not turn away from our prayers but save us from all afflictions, O pure, O blessed one.

Lord, have mercy. *(40 times)*

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

More honorable than the cherubim and more glorious beyond compare than the seraphim; who without loss of virginity gave birth to God the Word, true Birthgiver of God we praise you.

In the name of the Lord, Master, give the blessing.

**PRIEST:** Christ our God, the Existing is blessed, always, now and ever and unto ages of ages.

**CANTOR:** Amen.

Heavenly King, give direction to our civil authorities. Make the Faith firm. Calm the nations and give peace to the world. Preserve this holy church. Establish the souls of our departed brethren in your courts with the saints. Accept us, for we repent and confess You the gracious one Who are the lover of mankind.

### **Prayer of Saint Efrem of Syria**

O Lord and master of my life! Remove from me the spirit of sadness, despair, thirst for power and vain talk.

***(Prostration)***

Instead, grant me, your servant, the spirit of prudence, humility, patience and love.

***(Prostration)***

Indeed, O Lord and king, grant that I see my own sins and not judge my brother. O you who are blessed unto the ages of ages. Amen.

***(Prostration)***

**PRIEST:** Glory to you, Christ God our hope, glory to you.

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

Lord, have mercy. Lord, have mercy. Lord, have mercy.

In the name of the Lord, Master, give the blessing.

**PRIEST:** May Christ our true God, through the intercessions of his most pure Mother; of the holy N.\_\_\_\_ (patron of the church); of the holy N.\_\_\_\_ whose memory we celebrate today; of the holy Saints of North America, 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.

**CANTOR:** Amen.

**PRIEST:** Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.

**CANTOR:** Amen.

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*Changeable parts for Sunday Vespers  
Great Paschal Fast*

**A P P E N D I X**

CHANGEABLE PARTS

Stichera  
Prokimenon  
Aposticha

**FAREWELL TO DAIRY SUNDAY .....Pages 15-17**

**TRIUMPH OF ORTHODOXY SUNDAY.....Pages 18-20**

**SUNDAY OF SAINT GREGORY PALAMAS....Pages 21-23**

**SUNDAY OF THE HOLY CROSS..... Pages 24-26**

**SUNDAY OF SAINT JOHN.....Pages 27-29**  
Author of “The Ladder”

**SUNDAY OF SAINT MARY THE EGYPTIAN...Pages 30-32**

**FAREWELL TO DAIRY SUNDAY**  
**Changeable parts for Sunday Vespers Great Paschal Fast**

**[After “Lord, I Have Called” on page 5, continue with Stichera 4 on Page 6  
and then sing the following Stichera]**

**STICHERA**

Tone 2

**3rd Stichera:**

*For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.*

**Verse: (By Joseph)**

Passing through the course of this cleansing fast, let us strive to subdue our body. With prayers and tears, let us seek God the savior. Let us totally forget our wickedness and cry out to him: I have sinned against you! Save me as once you saved the people of Nineveh, O Christ king and make us partakers of your heavenly kingdom, O merciful one.

**2nd Stichera:**

*Praise the Lord, all nations; extol him, all you peoples!*

**Verse:** O Lord! I despair when I remember my evil deeds which are so worthy of punishment! For lo, I spent all my life badly, disregarding your commandments. Therefore, washing myself with the raindrops of repentance, I pray you: enlighten me through prayer and fasting, O merciful one and do not be disgusted with me, O benefactor of all, O all good one.

**1st Stichera:**

*For his love is strong, his faithfulness eternal.*

**Verse: (By Theodore of Studion)**

Let us begin the fast in joy, subjecting ourselves to spiritual discipline. Let us illumine our soul and purify our body. As we fast from foods, so let us fast from passions, rejoicing in spiritual virtues. And passing the time in love and spiritual joy, let us all be worthy to reach and see the honorable passion of Christ God and the holy Pascha.

***[Go back to Page 6 and continue with "Glory to the Father...]***

*[From Page 6, continue with the Evening Prokimenon]*

## THE EVENING PROKIMENON

### *Tone 8*

**Prokimenon:** *(Psalm 68)*

Do not hide your face from your servant, quick, I am in trouble answer me; come to my side, redeem me; from so many enemies ransom me.

**Repeat:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Verse 30) By your saving power, God, lift me up!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me; from so many enemies ransom me.

**Verse:** *(Verse 32) Then, seeing this, the humble can rejoice!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me; from so many enemies ransom me.

**Verse:** *(Verse 33) Long life to your hearts, all you who seek for God!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me; from so many enemies ransom me.

**Verse:** *Do not hide your face from your servant, quick, I am in trouble.*

**Refrain:**

Answer me; come to my side, redeem me; from so many enemies ransom me.

*[Go back to Page 8 and continue with "Grant O Lord..."]*

*[From Page 10, continue with the Aposticha]*

## THE APOSTICHA

### *Tone 4*

#### **Aposticha:**

O Lord, your grace shines forth and illumines our souls. Now is the acceptable time! Now is the time for repentance! Let us disrobe of works of darkness and put on the armor of light; so that passing through the depths of the fast we may reach the third day resurrection of our Lord and savior Jesus Christ, the savior of our souls.

#### **Verse:**

*(Psalm 123:1-2) I lift my eyes to you, to you who have your home in heaven; eyes like the eyes of slaves fixed on their master's hand; like the eyes of a slave girl fixed on the hand of her mistress, so our eyes are fixed on the Lord our God for him to take pity on us.*

#### **Aposticha: *(To the Martyrs)***

O Christ God who are glorified in the remembrance of your holy ones, through their intercessions, send your great mercy on us.

**Verse:** *(Psalm 123:3-4) Pity us, Lord, take pity on us, we have had more than our share of scorn, more than our share of jeers from the complacent, of scorn from the proud.*

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

#### **To the Birthgiver of God: *Tone 4***

The hosts of angels glorify you, O Mother of God, because you bore God who is ever with the Father and the Spirit and who by his will established the ranks of angels out of non-existence. Intercede with him to save and illumine the souls of those who in true faith praise you, O pure one.

*[Go back to Page 10 and continue with "Now master..."]*

## TRIUMPH OF ORTHODOXY SUNDAY

Changeable parts for Sunday Vespers Great Paschal Fast:

[After “Lord, I Have Called” on page 5, continue with Stichera 4 on Page 6 and then sing the following Stichera]

### STICHERA

#### Tone 4

#### 3rd Stichera:

*For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.*

**Verse:** *(By Joseph)* O God, king of all, give me humility and remove wickedness from me, totally renewing me. For I am sinking in the depths of bodily passions and departed far from you, and from nowhere have I hope. In the multitude of your mercy, O almighty Jesus, save me from passion, O savior of our souls.

#### 2nd Stichera:

*Praise the Lord, all nations; extol him, all you peoples!*

**Verse:** The godly Moses, cleansing himself through fasting saw God whom he desired to see. Therefore, you too, humble soul, imitate him. Strive to cleanse yourself from wickedness in this time of fasting so that you also can see God who grants you forgiveness; he that is almighty and good and the lover of our souls.

#### 1st Stichera: Tone 6

*For his love is strong, his faithfulness eternal.*

**Verse:** *(By Theodore of Studion)* Brethren, let us now begin the second week of the fast with faces illumined, taking it day by day. And like Elijah the Thesbite, let us make a fiery chariot with the four great virtues as its wheels. Let us lift our thoughts, free from passions, and arm ourselves with purity thus pursuing Satan himself and overcoming him.

*[Go back to Page 7 and continue with "Glory to the Father.."]*

*[From Page 8, continue with the Evening Prokimenon]*

**THE EVENING PROKIMENON**

***Tone 8***

**Prokimenon:** *Psalm 61:5)*

0 God, you grant me the heritage of those who fear your name.

**Repeat:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:2) From the end of the earth I call to you.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:4) Let me take refuge in the shelter of your wings.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:8) So I shall always sing of your name, fulfilling the vows I have taken, day after day.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *0 God, you grant me the heritage.*

**Refrain:**

Of those who fear your name.

***[Go back to Page 8 and continue with "Grant 0 Lord..." ]***



*[From Page 10, continue with the Aposticha]*

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## THE APOSTICHA

### Tone 8

#### **Aposticha:**

Come! let us cleanse ourselves through mercy and compassion toward the poor; not sounding off our good works. Let not the left hand know what the right has done. Let pride not dissipate the fruit of charity but in secret let us cry out to him who knows all hidden things: Father! forgive us our trespasses, for you are the lover of mankind.

**Verse:** *(Psalm 123:1-2) I lift my eyes to you, to you who have your home in heaven, eyes like the eyes of slaves fixed on their master's hand; like the eyes of a slave girl fixed on the hand of her mistress, so our eyes are fixed on the Lord for him to take pity on us.*

#### **Aposticha:** *(To the Martyrs)*

Martyrs of the Lord, you sanctify every place and heal all sicknesses. Now we pray to you to intercede for us that our souls be saved from all temptations by Satan the enemy.

**Verse:** *(Psalm 123:3-4) Pity us, Lord, take pity on us, we have had more than our share of scorn, more than our share of jeers from the complacent, of scorn from the proud.*

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

#### **To the Birthgiver of God: Tone 8**

The heavenly powers laud you, O ever-virgin bride who are full of grace. And we praise your ineffable birthing, O Birthgiver of God. Intercede that our souls may be saved.

*[Go back to Page 10 and continue with "Now master..."]*

## SUNDAY OF SAINT GREGORY PALAMAS

### Changeable parts for Sunday Vespers Great Paschal Fast

[After “Lord, I Have Called” on page 5, *continue with Stichera 4 on Page 6 and then sing the following Stichera*]

### STICHERA

#### Tone 8

#### 3rd Stichera:

*For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.*

**Verse:** *(By Joseph)* I await innumerable punishments: gnashing of teeth and inconsolable weeping; the fire of Gehenna, darkness and Tartarus for I have unceasingly transgressed against you. Therefore, O all righteous judge, grant me tears by which to gain forgiveness and remission of my evils. Fasting, I cry out to you: O master Christ, have mercy on me in your great and rich mercy.

#### 2nd Stichera:

*Praise the Lord, all nations; extol him, all you peoples!*

**Verse:** O Word! seek me, the disobedient one, who am lost in mountains of evil and call me to you away from the multitude of my evil thoughts. For being dead, raise me up again. Cleanse me by fasting who unceasingly cries out: O master Christ, have mercy on me in your great and rich mercy.

#### 1st Stichera:

*For his love is strong, his faithfulness eternal.*

**Verse:** *(By Theodore of Studion)* In beginning the third week of the fast, let us faithful laud the honorable Trinity and joyfully fulfill the rest of the fast. And in subduing the passions of the flesh, we will then reap divine flowerlets from our souls that we may plait a crown for the lord of days, the day of resurrection. And thus all wearing our crowns we will praise the triumphant Christ.

[Go back to Page 6 and continue with "Glory to the Father..."]

*[From Page 8, continue with the Evening Prokimenon]*

## THE EVENING PROKIMENON

### *Tone 8*

**Prokimenon:** *(Psalm 68:17)*

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Repeat:**

Do not hide your face from your servant, quick I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Psalm 68:30) By your saving power, God, lift me up!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Psalm 68:32) Then, seeing this, the humble can rejoice!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Psalm 68:33) Long life to your hearts, all you who seek for God!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *Do not hide your face from your servant, quick, I am in trouble.*

**Refrain:**

Answer me; come to my side, redeem me, from so many enemies ransom me.

*[Go back to Page 8 and continue with "Grant O Lord.."]*

*[From Page 8, continue with the Aposticha]*

## THE APOSTICHA

### Tone 8

#### **Aposticha:**

Casting aside all ancestral discipline, I have lived in lowly thoughts of sin. I, the wretched one, have wasted all my life evilly. Denying myself the nourishment which strengthens the soul, I have partaken of the sweetness of pleasures which satisfy so little. Therefore, O most good Father, do not withhold the mercy of your love for mankind from me, but pouring it out accept me like the prodigal son and save me.

**Verse:** *(Psalm 123:1-2) I lift my eyes to you, to you who have your home in heaven, eyes like the eyes of slaves fixed on their master's hand; like the eyes of a slave girl fixed on the hand of her mistress, so our eyes are fixed on the Lord our God for him to take pity on us.*

#### **Aposticha:** *(To the Martyrs)*

Martyrs of the Lord, you sanctify every place and heal all sicknesses. Now we pray to you to intercede for us that our souls be saved from all temptations by Satan the enemy.

**Verse:** *Psalm 123:3-4) Pity us, Lord, take pity on us, we have had more than our share of scorn, more than our share of jeers from the complacent, of scorn from the proud.*

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

#### **To the Birthgiver of God: Tone 8**

The heavenly powers laud you, O ever-virgin bride who are full of grace. And we praise your ineffable birthing, O Birthgiver of God. Intercede that our souls may be saved.

*[Go back to Page 10 and continue with "Now master..."]*

**SUNDAY OF THE HOLY CROSS**  
**Changeable parts for Sunday Vespers Great Paschal Fast:**

**[After “Lord, I Have Called” on page 5, continue with Stichera 4 on Page 6  
and then sing the following Stichera]**

*STICHERA*

**Tone 8**

**3rd Stichera:**

*For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.*

**Verse:** *(By Joseph)* O Lord, who of your own free will stretched out your hands on the cross, make us worthy to honor it with humble heart. Enlighten us through our fasting and prayers, our abstentions and good deeds, for you are good and the lover of mankind.

**2nd Stichera:**

*Praise the Lord, all nations; extol him, all you peoples!*

**Verse:** O merciful Lord, cleanse the multitude of my sins by your great mercy and give me a clean soul that I may be worthy to see your cross and kiss it in this week of the fast, O lover of mankind.

**1st Stichera: Tone 3**

*For his love is strong, his faithfulness eternal.*

**Verse:** *(By Theodore of Studion)* Oh great wonder! to look on the wood on which Christ was crucified in the flesh. All the world venerates it and illumined, cries out: O power of the cross! for in looking at it, demons are enflamed and in making the sign of the cross, they are consumed by fire. I rejoice in you, pure wood! I venerate you and in fear bow down before you. I glorify God who through you has granted unending life.

***[Go back to Page 6 and continue with “Glory to the Father...”]***

**[Page 6, continue with the Evening Prokimenon]**

## THE EVENING PROKIMENON

### **Tone 8**

**Prokimenon:** *(Psalm 61:5)*

0 God, you grant me the heritage of those who fear your name.

**Repeat:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:2) From the end of the earth I call to you.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:4) Let me take refuge in the shelter of your wings.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:8) So I shall always sing of your name, fulfilling the vows I have taken, day after day.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *0 God, you grant me the heritage.*

**Refrain:**

Of those who fear your name.

**[Go back to Page 8 and continue with " Grant 0 Lord...]**

*[From Page 21, continue with the Aposticha]*

## THE APOSTICHA

### Tone 8

#### **Aposticha:**

Wretched me! Because of my evil deeds, I dare not lift my eyes to heaven. But like the publican, sighing, I cry out: O God, have mercy on me a sinner and being merciful, deliver me from pharisaic hypocrisy.

**Verse:** *(Psalm 123:1-2) I lift my eyes to you, to you who have your home in heaven, eyes like the eyes of slaves fixed on their master's hands; like the eyes of a slave girl fixed on the hand of her mistress, so our eyes are fixed on the Lord our God for him to take pity on us.*

#### **Aposticha:** *(To the Martyrs)*

Martyrs of the Lord, you sanctify every place and heal all sicknesses. Now we pray to you to intercede for us that our souls be saved from all temptations by Satan the enemy.

**Verse:** *(Psalm 123:3-4) Pity us, Lord, take pity on us, we have had more than our share of scorn, more than our share of jeers from the complacent, of scorn from the proud.*

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

#### **To the Birthgiver of God: Tone 8**

The heavenly powers laud you, O ever-virgin bride who are full of grace. And we praise your ineffable birthing, O Birthgiver of God. Intercede that our souls may be saved.

*[Go back to Page 11 and continue with "Now master..."]*

# SUNDAY OF SAINT JOHN

Author of "The Ladder"

*Changeable parts for Sunday Vespers Great Paschal Fast*

**[After "Lord, I Have Called" on page 5, continue with Stichera 4 on Page 6 and then sing the following Stichera]**

## STICHERA

### Tone 3

#### **3rd Stichera:**

*For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.*

**Verse:** *(By Joseph)* O faithful Let us put forth great effort in this time of the fast that we obtain great recognition through the mercy of the great God, thus escaping from the fire of Gehenna.

#### **2nd Stichera:**

*Praise the Lord, all nations; extol him, all you peoples!*

**Verse:** Now that we are passing halfway through the fast, let us begin to show forth some divine glory. And fervently, let us go forward to reach the end of a virtuous life and thus receive bliss which grows not old.

#### **1st Stichera: Tone 7**

*For his love is strong, his faithfulness eternal.*

**Verse:** *(By Theodore of Studion)* Passing through half of this holy road of the fast, let us joyfully hasten toward the rest of the way. Let us anoint ourselves with the oil of good deeds. Thus we will be worthy of Christ our God and to worship the divine suffering and reach the fearsome and holy resurrection.

***[Go back to Page 7 and continue with "Glory to the Father..."]***

*[From Page 8, continue with the Evening Prokimenon]*

## THE EVENING PROKIMENON

### *Tone 8*

**Prokimenon:** *(Psalm 68)*

Do not hide your face from your servant, quick, I am in trouble, answer me. Come to my side, redeem me, from so many enemies ransom me.

**Repeat:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Psalm 68:30) By your saving power, God, lift me up!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Psalm 68:32) Then, seeing this, the humble can rejoice!*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *(Psalm 68:33) Long life to your hearts, all you who seek for God.*

**Refrain:**

Do not hide your face from your servant, quick, I am in trouble, answer me; come to my side, redeem me, from so many enemies ransom me.

**Verse:** *Do not hide your face from your servant, quick, I am in trouble.*

**Refrain:**

Answer me; come to my side, redeem me, from so many enemies ransom me.

*[Go back to Page 8 and continue with "Grant O Lord.."]*

*[From Page 10, continue with the Aposticha]*

## THE APOSTICHA

### Tone 7

#### **Aposticha:**

The savior who planted the vineyard and called the workers draws near! Come, you that have embraced the fast that we can rejoice in the wages. For the employer is rich and merciful. In working this little, we will reap mercy for our souls.

**Verse:** *(Psalm 123:1-2) I lift my eyes to you, to you who have your home in heaven, eyes like the eyes of slaves fixed on their master's hand; like the eyes of a slave girl fixed on the hand of her mistress, so our eyes are fixed on the Lord our God for him to take pity on us.*

#### **Aposticha: Tone 6**

Adam, falling into thievish thoughts which robbed him of his reason and left his soul wounded, was cast down bereft of help. The priest who is before the law had no concern for him nor did the Levite of the law care about him. But you along,-O God, who came not out of Samaria but from the Birthgiver of God. Glory to you, O Lord!

**Verse:** *(Psalm 123:3-4) Pity us, Lord, take pity on us, we have had more than our share of scorn, more than our share of jeers from the complacent, of scorn from the proud.*

**Aposticha: (To the Martyrs)** Your martyrs, O Lord, did not renounce you nor did they deviate from your commandments. Through their intercessions have mercy on us.

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

#### **To the Birthgiver of God:**

Like the archangels, let us faithful praise the Birthgiver of God who is the heavenly chamber and the door truly sealed. Rejoice! O you from whom the savior of all, Christ the giver of life and God came forth. By your hand, O lady, destroy the lawless enemy, Satan, O pure one, hope of all Christians.

*[Go back to Page 11 and continue with "Now Master"]*

## SUNDAY OF SAINT MARY THE EGYPTIAN

**Changeable parts for Sunday Vespers Great Paschal Fast**

**[After “Lord, I Have Called” on page 5, continue with Stichera 4 on Page 6 and then sing the following Stichera]**

### STICHERA

#### Tone 1

#### **3rd Stichera:**

*For it is with the Lord that mercy is to be found, and a generous redemption; it is he who redeems Israel from all their sins.*

**Verse:** O Christ who are rich, you impoverished yourself to enrich mankind with immortality and glory. Now enrich me with virtues who am destitute by the pleasures of life. Establish me with Lazarus the poor. Save me from the punishment of the rich man and from Gehenna which has been prepared for me.

#### **2nd Stichera:**

*Praise the Lord, all nations, extol him, all you peoples!*

**Verse:** I am rich in wickedness because I have lusted and loved the pleasures of life. I deserve the fire of Gehenna because I did not give attention to my hungry soul, just as I ignored Lazarus the poor. Now I lay before the door of divine treasures of mercy so have mercy on me, O master.

#### **1st Stichera:**

*For his love is strong, his faithfulness eternal.*

**Verse:** With love, let us begin the sixth week of the venerable fast. Let us faithful sing praises before this feast of the Lord who comes in glory to Jerusalem with divine power to slay death. Therefore, in right faith, let us prepare the branches of our virtues which are symbols of victory and let us cry out: Hosanna to the maker of all!

***[Go back to Page 6 and continue with "Glory to the Father..."]***

*[From Page 8, continue with the Evening Prokimenon]*

## THE EVENING PROKIMENON

### *Tone 8*

**Prokimenon:** *(Psalm 61:5)*

0 God, you grant me the heritage of those who fear your name.

**Repeat:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:2) From the end of the earth I call to you.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:4) Let me take refuge in the shelter of your wings.*

**Refrain:**

0 God, You grant me the heritage of those who fear your name.

**Verse:** *(Psalm 61:8) So I shall always sing of your name, fulfilling the vows I have taken, day after day.*

**Refrain:**

0 God, you grant me the heritage of those who fear your name.

**Verse:** *0 God, you grant me the heritage.*

**Refrain:**

Of those who fear your name.

*[Go back to Page 8 and continue with "Grant 0 Lord..."]*

*[From Page 10, continue with the Aposticha]*

## THE APOSTICHA

### Tone 1

#### **Aposticha:**

Wonderful is the savior's plan for us! For knowing what will be and what now is, he made known the story of Lazarus and the rich man to us. Thus observing the end of each, we may flee from the evil and hate of the one and desire the consistency and patience of the other. Thus, delighting together with Lazarus in the warmth of the bosom of Abraham, let us cry out: O righteous judge, O Lord, glory to you!

**Verse:** *(Psalm 123:1-2) I lift my eyes to you, to you who have your home in heaven, eyes like the eyes of slaves fixed on their master's hand; like the eyes of a slave girl fixed on the hand of her mistress, so our eyes are fixed on the Lord our God for him to take pity on us.*

#### **Aposticha:** *(To the Martyrs)*

Through the intercessions of all your holy ones, O Lord, and through the Birthgiver of God; grant us peace and have mercy on us, O only lover of mankind.

**Verse:** *(Psalm 123:3-4) Pity us, Lord, take pity on us, we have had more than our share of scorn, more than our share of Jeers from the complacent, of scorn from the proud.*

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

#### **To the Birthgiver of God:**

Most pure virgin, have mercy on us who flee to you that are the joy of heavenly hosts and strong fortress of men on earth. For after God, we put our hope in you, O Birthgiver of God.

*[Go back to Page 10 and continue with "Now master..."]*

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