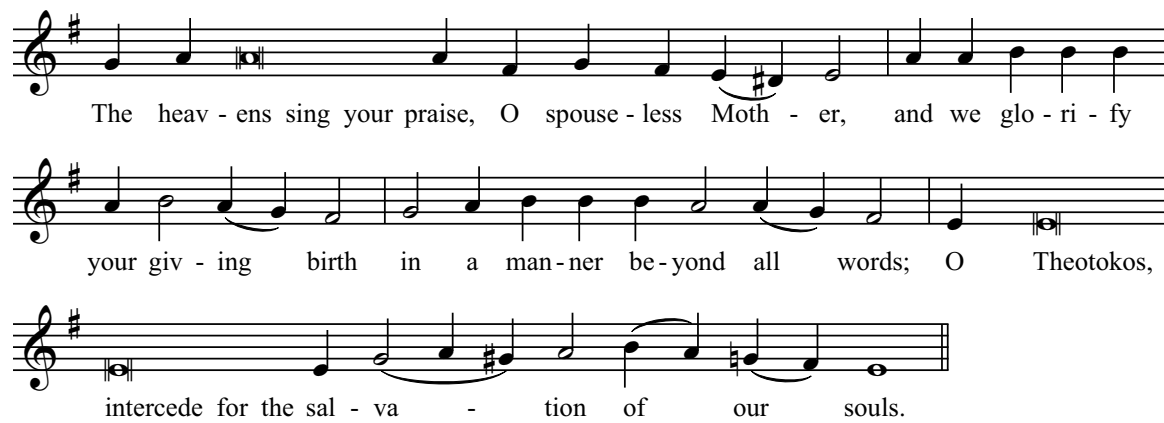


Aposticha theotokion - Tone 8 samohlasen



The service continues with the Prayer of St. Simeon on page 13.

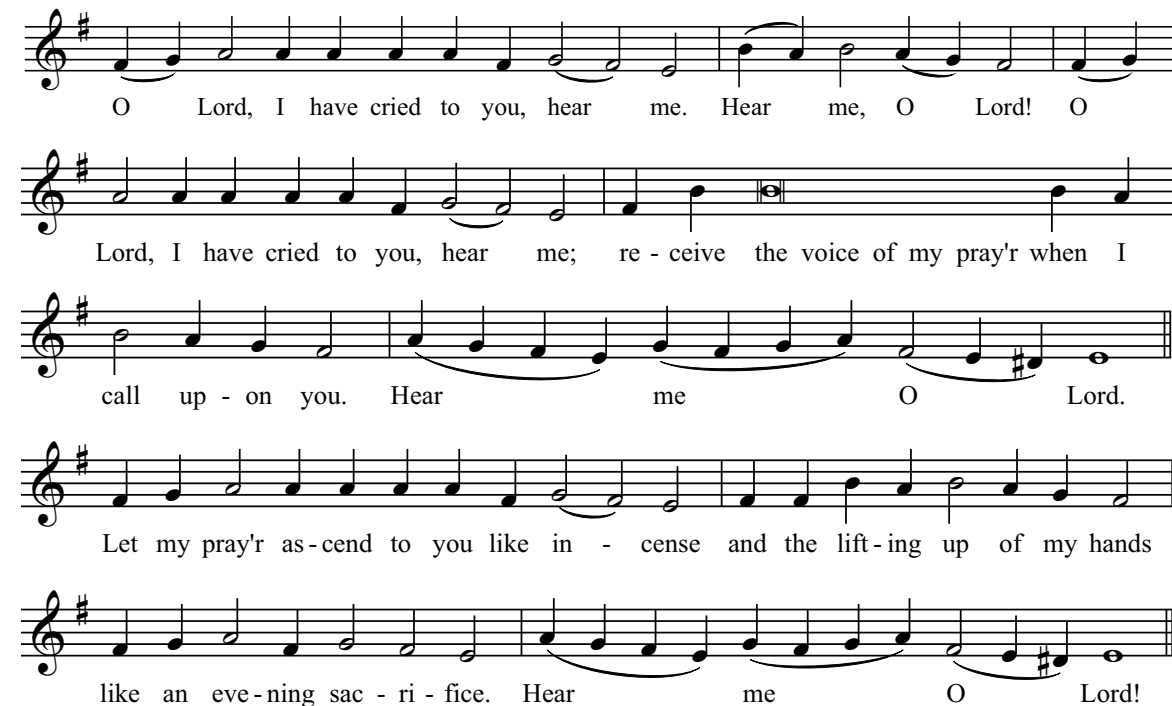
**Vespers Propers on the Evening of the
First Sunday of the Great Fast
March 13, 2011**

Our venerable father Benedict. Born in Nursia in Umbria and educated in Rome, he began a hermit's life in the Subiaco region. He gathered many disciples around himself, and then went to Monte Casino. There he founded his celebrated monastery and composed his "Rule for Monks." This rule spread so widely that he has deserved to be called the patriarch of monks in the West. It is said that he died on the twenty-first day of March. (550)

Supplement for The Order of Vespers on Sunday Evening for the Sunday of Forgiveness (Cheesefare Sunday) and the Sundays of the Great Fast.

Lamp-lighting Psalms

Psalm 140 - Tone 1 samohlasen



O Lord, set a guard before my mouth
and set a seal on the door of *my* lips.
Let not my heart be inclined to evil,
nor make excuses for sins I *commit*.

Let me never share in sinners' feasting.
 If a just man strikes or reproves me it *is* kindness
 but let the oil of the wicked not anoint my head.
 Let my prayer be ever against *their* malice.

The princes were thrown down by the side of the rock;
 then they understood that my words *were* kind.
 As a millstone is shattered to pieces on the ground,
 so their bones were strewn at the mouth of *the* grave.

To you, Lord God, my eyes are turned;
 in you I take refuge; spare *my* soul!
 From the trap they have laid for me keep me safe;
 keep me from the snares of those who *do* evil.

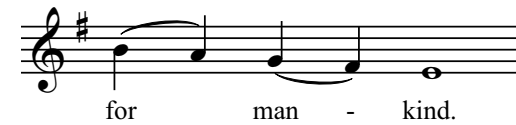
Let the wicked fall into the traps they have set
 while I pursue my way *un*harmed.

Psalms 141 With all my voice I cry to the Lord,
 with all my voice I entreat *the* Lord.
 I pour out my trouble before him;
 I tell him all my distress while my spirit faints *within* me.

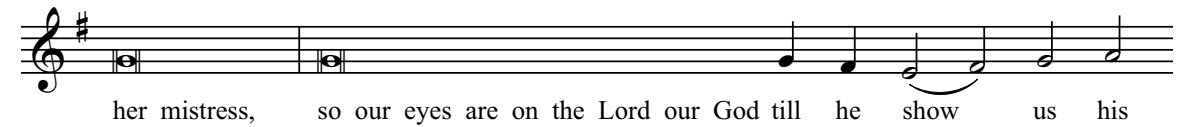
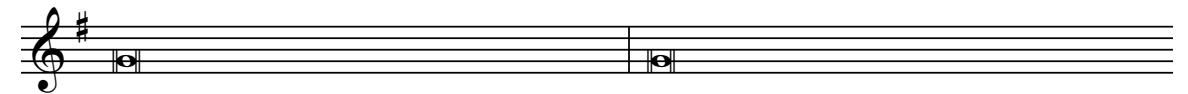
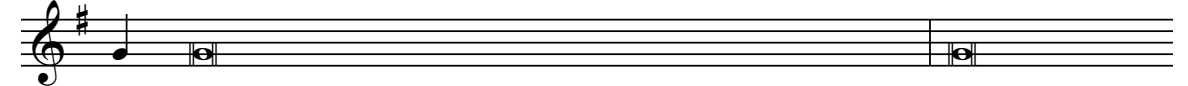
But you, O Lord, know my path.
 On the way where I shall walk they have hidden a snare to *en*trap me.
 Look on my right and see:
 there is no one who takes *my* part.

I have no means of escape,
 not one who cares for *my* soul.
 I cry to you, O Lord.
 I have said: "You are my refuge, all I have in the land of *the* living."

Listen, then, to my cry
 for I am in the depths of *dis*tress.
 Rescue me from those who pursue me
 for they are stronger *than* I.

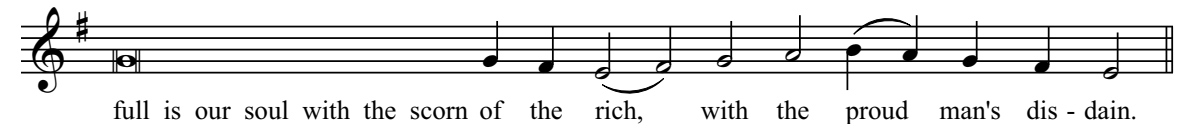


Cantor



All repeat, "Come, let us purify ourselves..."

Cantor



vis - i - ta - tion of the in - firm, pro - tec - tion and help of them who la - bor,
 help of or - phans, you are the Mother of the Most High God. Has - ten, we pray,
 that your serv - ants be saved!

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

Aposticha

Aposticha of the First Sunday of the Great Fast - Tone 8 samohlasen

① & ②
 Come, let us purify our - selves by shar - ing with the poor, not sound - ing the trumpet
 for our giv - ing of alms, nor dis - play - ing our good deeds. May our
 left hand know not what our right hand does, lest vain - glo - ry rob us
 of our fruit! But in se - cret, let us say to him who knows all things.
 For - give us our tres - pass - es, Fa - ther, in your good - ness

(on 10) *Tone 1*
 Cantor: Bring my soul out of this pris - on and then I shall praise your name.

Stichera of Repentance - Tone 1 samohlasen

⑩
 My sins are like a great gulf, O Sav - ior, and I am sinking hopelessly
 be - cause of them. Give me your hand as you did to Pe - ter.
 Save me, O God and have mer - cy on me.

(on 9)
 Cantor: A - round me the just will assem - ble be - cause of your good - ness to me.
 ⑨
 O Sav - ior, by my sinful thoughts and e - vil deeds, I have brought judg - ment on
 my - self. Grant me the grace of con - ver - sion, O God, so that I may call out
 to you: Save me, O gra - cious Benefac - tor, and have mer - cy on me.

Cantor: ^(on 8)

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

⁽⁸⁾

An-oth-er world a-waits you, O my soul, and the Judge shall bring out your hid-den

se - crets and sins; do not per - sist in doing evil but has-ten to cry out:

O my Judge and my God, spare me and save me.

Cantor: ^(on 7)

Let your ears be at - ten-tive to the voice of my plead - ing.

⁽⁷⁾

O Sav - ior, do not despise your servant who is a slave to sin and la - zi - ness,

but stir my heart to re - pent - ance. Make me a la - bor - er in your

vine-yard, O Lord, and grant me the wa - ges of the eleventh hour and your

great mer - cy.

⁽¹⁾

Like E - li - jah of old, O ho - ly fa - ther, you brought down rain from

hea - ven by your di - vine prayers. The jar o - beyed you and pro - duced oil.

You re - turned the dead to life and worked o - ther

mir - acles for the greater glory of God our Sav - ior. Thus, O ven - erable father

Benedict, we cel-e - brate your mem - o - ry with love.

Cantor:

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

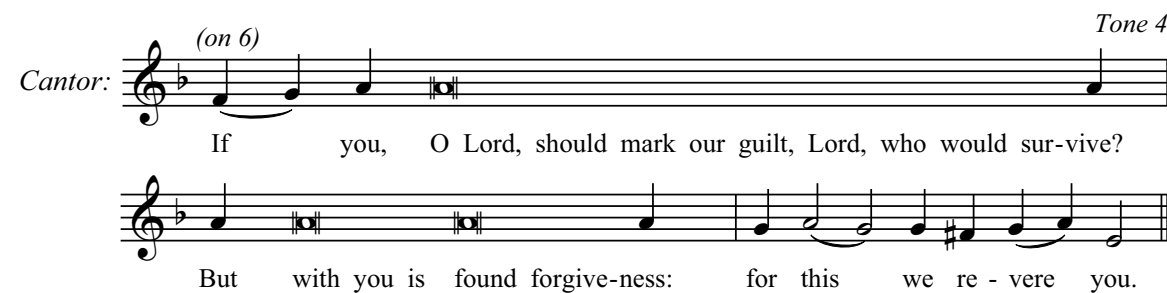
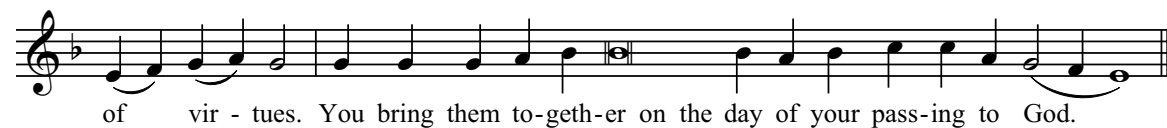
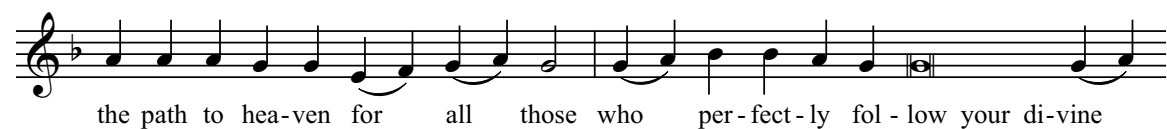
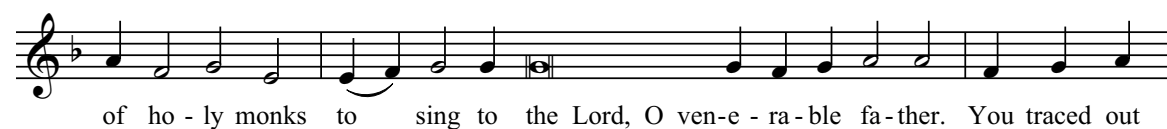
for - ev - er. A - men.

Tone 8

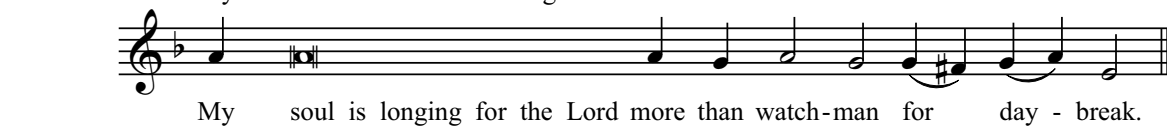
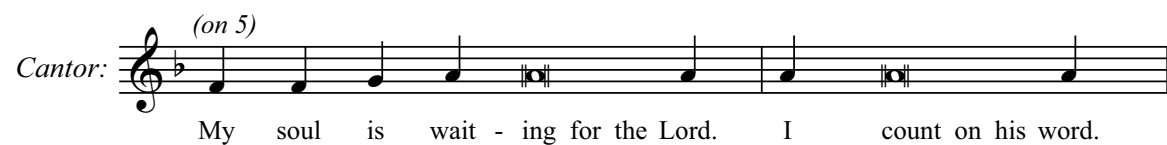
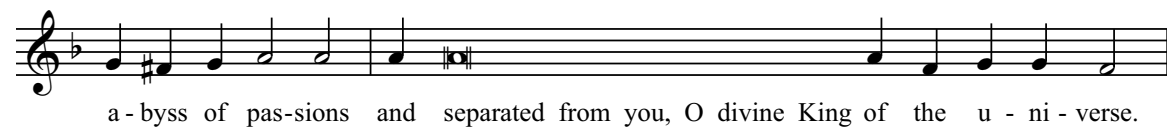
Theotokion - Tone 8 samohlasen

O joy of all who mourn, in - ter - ces - sor for the oppressed and nourisher

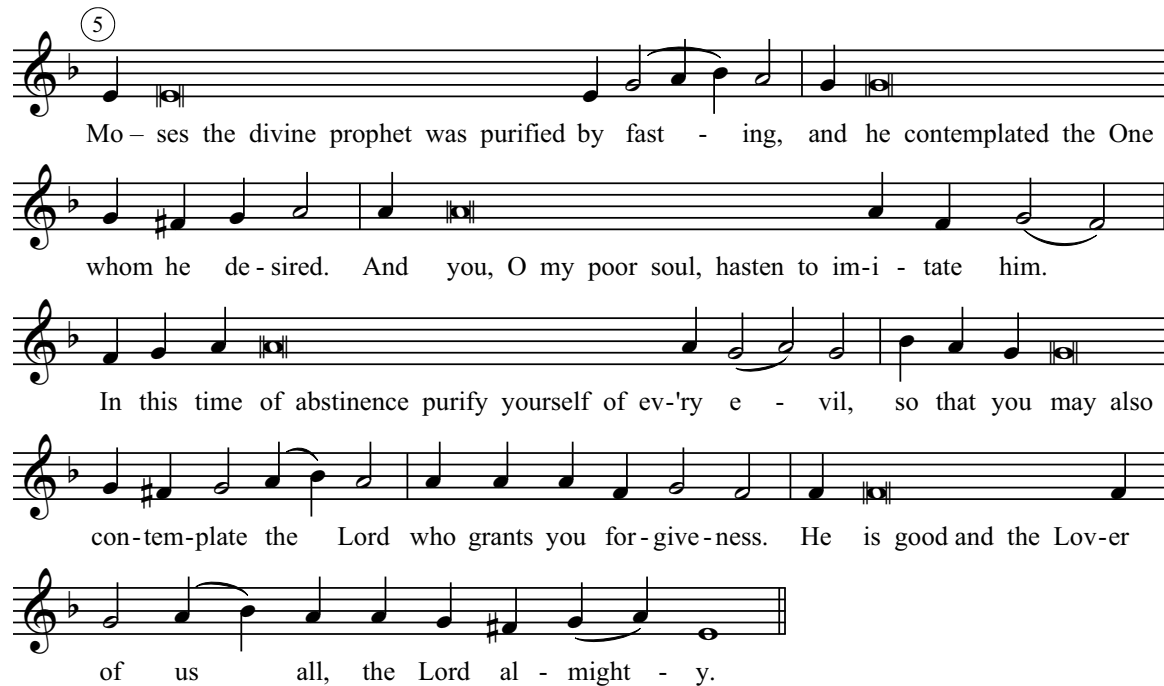
of the hun - gry, con - so - la - tion of wanderers and staff of the blind,



Stichera of the First Sunday of the Great Fast - Tone 4 samohlasen



⑤



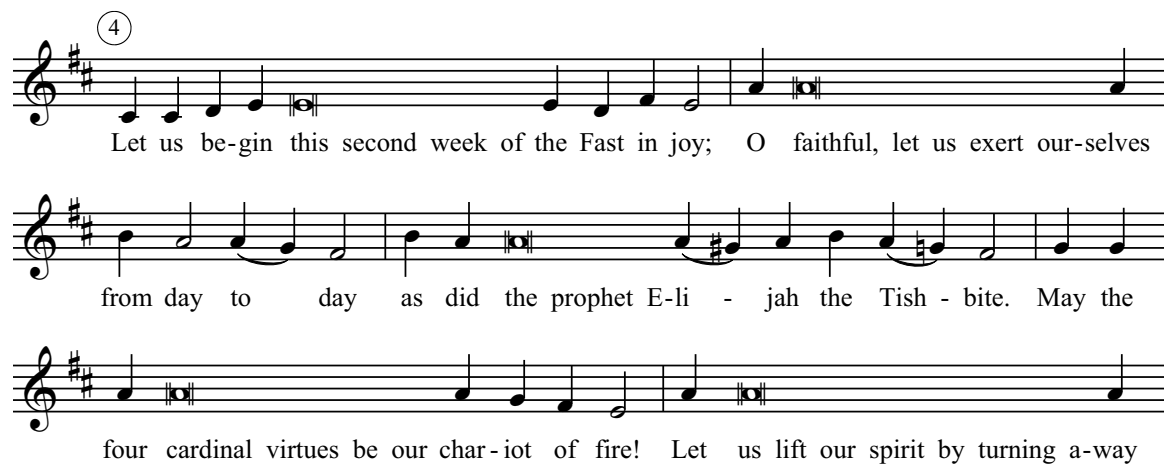
Mo - ses the divine prophet was purified by fast - ing, and he contemplated the One
whom he de - sired. And you, O my poor soul, hasten to im-i - tate him.
In this time of abstinence purify yourself of ev-'ry e - vil, so that you may also
con-tem-plate the Lord who grants you for-give-ness. He is good and the Lov-er
of us all, the Lord al - might - y.

Cantor: (on 4) Tone 6

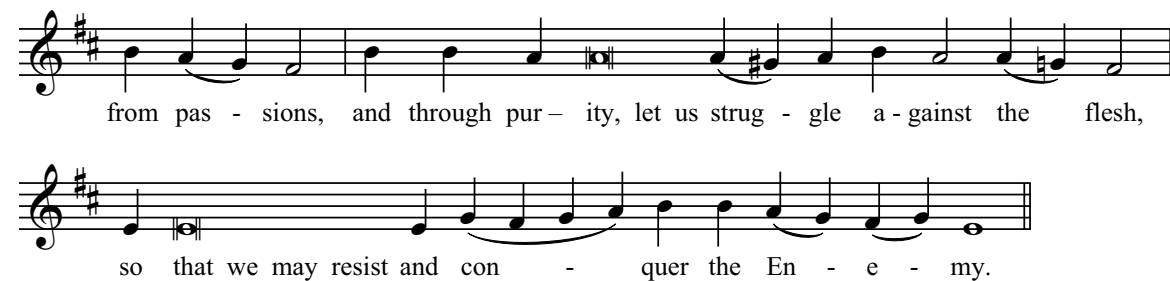


Let the watch-man count on day - break and Is - ra - el on the Lord.

④

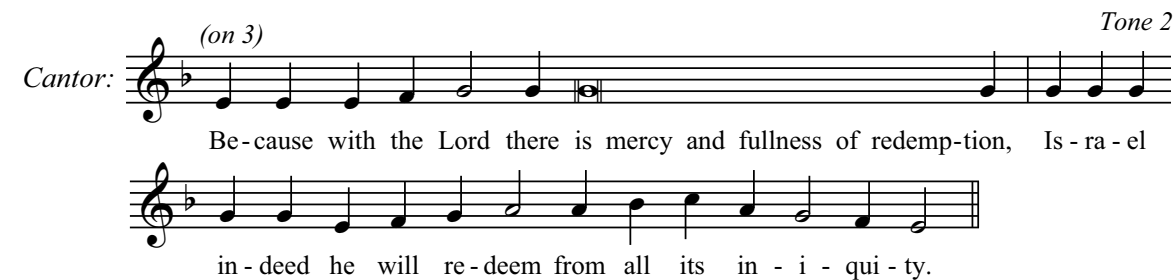


Let us be-gin this second week of the Fast in joy; O faithful, let us exert our-selves
from day to day as did the prophet E-li - jah the Tish - bite. May the
four cardinal virtues be our char-iot of fire! Let us lift our spirit by turning a-way



from pas - sions, and through pur - ity, let us strug - gle a - gainst the flesh,
so that we may resist and con - quer the En - e - my.

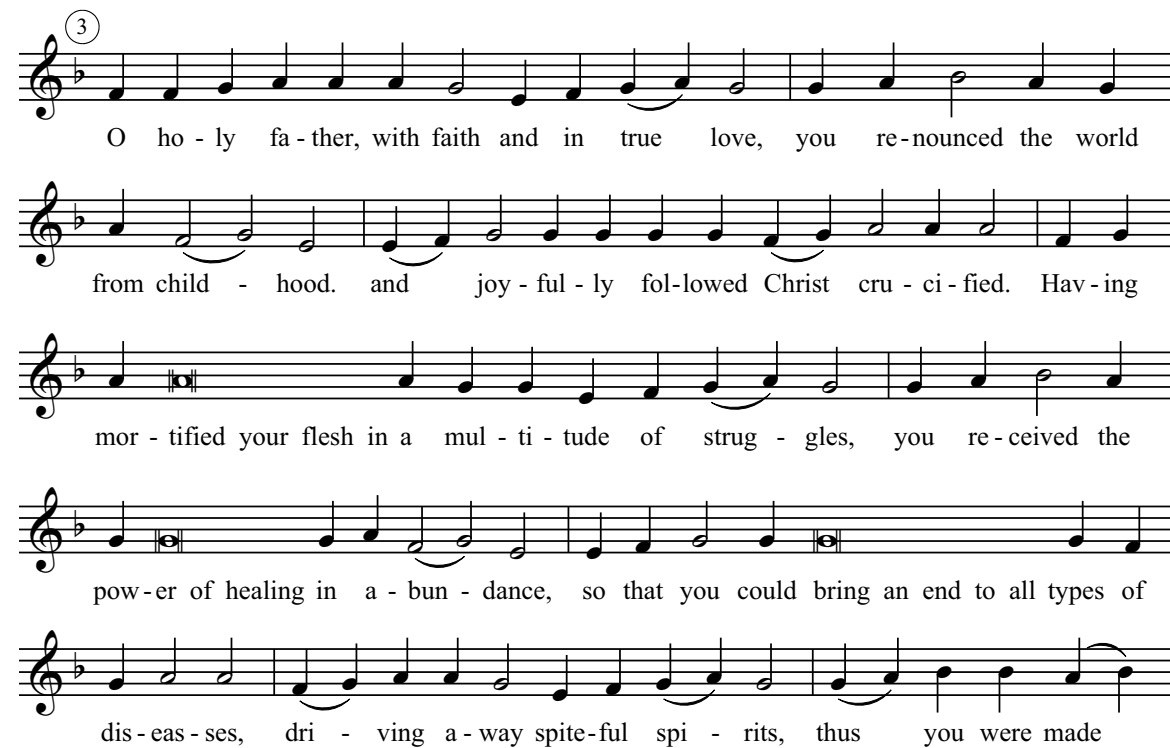
Cantor: (on 3) Tone 2



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

Stichera of our venerable father Benedict - Tone 2 samohlasen

③



O ho - ly fa - ther, with faith and in true love, you re-nounced the world
from child - hood. and joy - ful - ly fol-lowed Christ cru - ci - fied. Hav - ing
mor - tified your flesh in a mul - ti - tude of strug - gles, you re-ceived the
pow - er of healing in a - bun - dance, so that you could bring an end to all types of
dis - eas - ses, dri - ving a - way spite-ful spi - rits, thus you were made