First Mode

Lord, I Have Cried

Lord, I have cried unto Thee,

Lord, I have cried unto Thee,

hearken unto me; hearken unto me,

hearken unto me; hearken unto me,

O Lord. Lord, I have cried

un to Thee, hearken unto

un to Thee, hearken unto

Intonation: #1
(see Appendix)

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me; attend to the voice of my supplication when I cry unto Thee: Harken unto me, O Lord.
Let My Prayer

First Mode

Andante $\frac{1}{8}$

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.
Verses of Psalms
140, 141, and 129

First Mode

Presto

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 my 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.

On Saturdays, continue with Slow Stichera on page 10
or with Brief Stichera on page 41.
On other days continue on following page.
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.
Verse #1

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

Stichera #1

Accept our evening prayers, O holy Lord, and grant us the remission of sins; for Thou alone art He Who hath shown forth the Resurrection unto
the world.

Verse #2

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

Stichera #2

Encircle Simon, O ye peoples,

and encompass her, and give glory there-in to Him that is arisen from the dead; for He is
our God Who hath delivered us from our iniquities.

Verse #3

Ἐκ βαθεών

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

Stichera #3

Δεύτε λαοί

Come, O ye peoples, let us praise and worship Christ, glorifying His Resurrection from the dead;
for He is our God Who hath delivered
the world from the error of the enem y.

Verse #4
Γενηθήτω τά ὅτα σου
Let Thine ears be attentive to the voice of my sup plication.

Stichera #4
Εὐφράνθητε οὐρανοί
Re-joice, O ye heavens; sound the trumpets, ye found-
dations of the earth; cry out with gladness,
O ye mountains. For, behold, Emmanuel hath nailed our sins to the Cross, and the Giver of life hath slain death, and, as the Friend of man, He hath raised up Adam.

Verse #5

Έαν ἀνομίας

If Thou should-est mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness.
Let us praise Him Who willingly was crucified in the flesh for us,

Who did suffer and was buried and hath arisen from the dead, and let us say:

Stablish Thy Church in Orthodoxy, O Christ,

and make our life peaceful, since Thou art good

and the Friend of man.
Verse #6

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.

Stichera #6

As we unworthy ones stand before Thy life-giving

ing grave, glorification do we offer to Thine ineffable compassion, O Christ our God;

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for the Cross and death hast Thou accepted, O Sinless One,

that Thou might-est grant the Resurrection unto the world,

since Thou art the Friend of man.

Verse #7

'Από φυλακής προίας

From the morning watch until night, from the morning watch

let Israel hope in the Lord.

Stichera #7

Τὸν τῷ Πατρὶ συνάναρχον

Let us praise the Word Who, with the Father, is co-beginning-
less and co-e-ter-nal, and Who in-ef-fa-bly

doth come forth from the vir-gin-al womb, and hath ac-cept-ed the

Cross and death for us will-ing-ly, and hath ar-is-
en in glo-ry; and let us say un-to Him:

O life-giv-ing Lord, glo-ry be to Thee, the Sav-
iour of our souls.
Verse #8

"Ότι παρά τῷ Κυρίῳ

For with the Lord there is mer-cy, and with Him is plen-te-ous re-demp-tion;

and He shall re-deem Is-ra-el out of all his in-iq - ui - ties.

Verse #9

Αἰνεῖτε τὸν Κύριον

O praise the Lord, all ye na-tions; praise Him, all ye peo - ples.

Verse #10

"Ότι ἐκραταιώθη

For He hath made His mer-cy to pre-vail o-ver us, and the truth of the Lord a - bid - eth for ev - er.
Glory... Both Now...

First Mode

Andante \( \frac{3}{8} \)

Dovxa Patriv... Kai vûn...

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

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

First Mode - Glory

Glo - ry ___ to the _ Fa - ther, and ___ to
the ___ Son, and to the Ho - ly _ Spir - it.

Both now and ev - er, and un - to the a - ges of a -
ges. _ A - men.
First Mode - Glory

Old (Slow) Sticheraric Melodies

C1

Glo - ry to the Fa - - ther, and to the Son,

and to the Ho - ly Spir - it.

Both now and ev - er, and un - to the a - ges of a - ges. A - men.

C2

D C D C D C D

C D D C D

D C Un.

C D D C

C D

D G - ry to the Fa - - ther, and to the Son,

and to the Ho - ly Spir - it.

Both now and ev - er, and un - to the a - ges of a - ges. A - men.
Dogmatic Theotokion

First Mode

The universal glory born of men,

who hath given birth unto the Master,

the heavenly gate, let us praise,

Mary the Virgin, the song of the bodiless hosts, and the adornment of the faith-ful. For she was
shown to be a Heaven-en and a temple
of the God-head; destroying the wall of
enmity, she ushered in peace
and opened the Kingdom. Possessing,
therefore, this anchor of faith,
we have as champion the Lord
Who was born of her. Take courage,
therefore, take courage, O ye people

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of God; for He shall fight thine enemies, since He is the Al-mighty One.
Andante  \( \frac{4}{4} \) 88

**Aposticha #1**

By Thy passion, O Christ, we were freed from the passions, and by Thy Resurrection we were delivered from corruption. Lord, glory be to Thee.
The Lord is king; He is clothed with majesty.

The Lord is clothed with strength and He hath girt Himself.

Let creation rejoice, let the heavens be glad,

let the nations clap their hands with joy. For Christ our Saviour hath nailed our sins.
to the Cross; and in slaying death,

He hath granted us life. And as the Friend of man, He hath raised up the whole race of fallen Adam.

Verse #3

For He established the world which shall not be shaken.
Though King of heaven and earth, O Incomprehensible One, Thou wast crucified willingly out of love for man. On meeting Thee below, Hades was embittered; whilst the souls of the righteous, on receiving Thee, were glad.

And Adam, on seeing Thee, the Creator, in the

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nethermost parts, did arise. O wonder!

How did the Life of all taste

of death? were it not that He willed to enlighten the world that doth cry out and say: Thou that art risen from the dead, Lord, glory

be to Thee.
Verse #4

Τὸ ὄϊκῳ σου πρέπει

Holy-ness be-come-th Thy house, O Lord, un-to length

of days.

Aposticha #4

Γυναῖκες Μυροφόροι

The myrrh-bear-ing wom-en, carry-ing myrrh-
s oils, reached Thy sep- ul - chre with haste and

lam en ta - tion; and not find-ing

Thine im-mac-u - late Bod - - y, they learned from the
angel of the new and strange wonder, and said

unto the apostles: Risen is the Lord Who grant-eth great mercy unto

to the world.
Be-hold, ful-filled is the proph-e-cy of Es-a-ry of Is-a-iah: For as a vir-gin hast thou giv-en birth, and after giv-ing birth, thou hast re-mained as thou wast be-fore child-birth; for He that was born was God. Where-fore al-so, He hath re-newed

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all natures. But, O Mother of God, disdain not the supplications of thy servants that are offered unto thee in thy temple; but, since thou holdest the Compassionate One in thine arms, show compassion on thy servants, and intercede thou that our souls be saved.
When the stone was sealed by the Jews and the soldiers were guarding Thine immaculate body, Thou didst arise on the third day, O Saviour, granting life unto the world. For which cause the powers of heaven cried out to Thee, O Life-giver: Glory to Thy resurrection!
Recitation, O Christ. Glory to Thy Kingdom. Glory to Thy Dispensation, O Only Friend of man.

Glory...

Δόξα Πατρί

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

Both now...

Καὶ νῦν

Both now and ever, and unto the ages of ages. Amen.
While Ga-bri-el was say-ing Re-joice to thee, O Vir-gin,

at his voice the Mas-ter of all things took flesh with-in thy pure-
womb. He dwelt in thee as His ho-ly ark as spake the

right-eous Da-vid in the psalms. Thou wast seen to be more spa-
cious than all the Heav-ens since thou didst bear thy Cre-a-
tor. Glo-ry to Him that willed to dwell in thee. Glo-

ry to Him that came forth from thee. Glo-ry to Him that,
First Mode - Apolytikion

through thy giving - birth, hath delivered us.

THE ANNUNCIATION
Lord, I Have Cried

Lord, I have cried unto Thee, hearken unto me;

hearken unto me, O Lord. Lord, I have cried unto Thee, hearken unto me;

Thee, hearken unto me; attend to the voice of my
supplication when I cry unto Thee: Hearken unto me, O Lord.

Let My Prayer

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.
**Brief Stichera**

**First Mode**

**Verse #1**

*Εξάγαγε ἐκ φυλακῆς*

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

**Stichera #1**

*Τὰς ἐσπερινάς*

Accept our evening prayers, O holy Lord, and grant us the remission of sins; for Thou alone art He Who hath shown forth the Resurrection unto the world.

**Verse #2**

*Ὑμες ὑπομνεοῦσι*

The righteous shall wait patiently for me until Thou shalt reward me.
Stichera #2

Encircle Sion, O ye peoples, and encompass her,

and give glory therein to Him that is arisen from the dead; for He is our God Who hath delivered us from our iniquities.

Verse #3

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.
Come, O ye peoples, let us praise and worship Christ, glorifying His Resurrection from the dead; for He is our God Who hath delivered the world from the error of the enemy.

Verse #4

Let Thine ears be attentive to the voice of my supplication.
Stichera #4

Re-joice, O ye heav-ens; sound the trum-pets, ye foun-da-tions
of the earth; cry out with glad-ness, O ye moun-tains.

For, be-hold, Em-man-u-el hath nailed our sins to the Cross,
and the Giv-er of life hath slain death, and, as the
Friend of man, He hath raised up Ad-am.

Verse #5

If Thou should-est mark in-iqu-i-ties, O Lord, O Lord, who shall stand?
For with Thee there is forgiveness.

Stichera #5

Let us praise Him Who willingly was crucified in the flesh for us, Who did suffer and was buried and hath arisen from the dead, and let us say: Establish Thy Church in Orthodoxy, O Christ, and make our life peaceful, since Thou art good and the Friend of man.
Verse #6

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.

Stichera #6

As we unworthy ones stand before Thy life-giving grave, glorification do we offer to Thine ineffable compassion, O Christ our God; for the Cross and death hast Thou accepted, O Sinless One, that Thou mightest grant the
Resurrection unto the world, since Thou art the Friend of man.

From the morning watch until night, from the morning watch let Israel hope in the Lord.

Let us praise the Word Who, with the Father, is co-beginning-

less and co-eternal, and Who ineffably hath
come forth from the vir-gin-al womb, and hath ac-cept-ed the Cross and death for us will-ing-ly, and hath a-
ris-en in glo-ry; and let us say un-to Him: O life-giv-ing Lord, glo-ry be to Thee, the Sav-iour of our souls.

Verse #8

For with the Lord there is mer-cy, and with Him is plen-te-ous re-demp-
tion; and He shall re-deem Is-ra-el out of all his in-

iq-ui-ties.
Verse #9

Aïveîte tôn Kýrion

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

Verse #10

'Ôti ἐκραταιώθη

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

Glory...

Δόξα Πατρί

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

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

Dogmatic Theotokion

The universal glory born of men, who hath given birth unto the Master, the heavenly gate, let us praise... Mary the Virgin, the song of the bodiless hosts, and the adornment of the faithful. For she was...
head; destroying the wall of enmity, she ushered in peace and opened the Kingdom. Possessing, therefore, this anchor of faith, we have as champion the Lord Who was born of her. Take courage, therefore, take courage, O ye people of God; for He shall fight thine enemies, since He is the Almighty One.

Is anyone cheerful? Let him chant.

James 5:13
By Thy passion, O Christ, we were freed from the passions, and by Thy Resurrection we were delivered from corruption. Lord, glory be to Thee.

The Lord is king; He is clothed with majesty. The Lord is

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clothed with strength and He hath girt Himself.

Aposticha #2

Let creation rejoice, let the heavens be glad, let the nations clap their hands with joy. For Christ our Saviour hath nailed our sins to the Cross; and in slaying death, He hath granted us life. And as the Friend of man, He hath raised up the whole race of fallen Adam.
For He established the world which shall not be shaken.

Aposticha #3

Though King of heaven and earth, O Incomprehensible

One, Thou wast crucified willingly out of love for man. On meeting Thee below, Hades was embittered; whilst the souls of the righteous, on receiving Thee, were glad dened. And Adam, on seeing Thee, the Cre - a -
tor, in the nether-most parts, did arise. O wonder!
How did the Life of all taste of death? were it
not that He willed to enlighten the world that doth cry_
out and say: Thou that art risen from the dead, Lord,
glory be to Thee.

**Verse #4**

Holiness becometh Thy house, O Lord, unto length of days.

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The myrrh-bearing women, carrying myrrh-oils,
reached Thy sepulchre with haste and lamentation; and not
finding Thine immaculate Body, they learned from the angel
of the new and strange wonder, and said unto the apostles:
Risen is the Lord Who granteth great mercy unto the world.
Glory... Both now...

Δόξα Πατρί

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

καὶ νῦν

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

Aposticha Theotokion

Ἰδοὺ πεπλήρωται

Behold, fulfilled is the prophecy of Isaiah:

For as a virgin hast thou given birth, and after
giving birth, thou hast remained as thou wast before child-

birth; for He that was born was God. Wherefore al-

so, He hath renewed all natures. But, O Mother of

God, disdain not the supplications of thy servants

that are offered unto thee in thy temple; but, since thou holdest the Compassionate One in thine arms,

show compassion on thy servants, and intercede thou

that our souls be saved.