FIRST MODE

Lord, I Have Cried

Κύριε ἐκεκραζά

Lord, I have cried unto Thee; hearken unto me, O Lord. Lord, I have cried unto Thee; hearken unto me; attend to
First Mode - Lord I Have Cried

Let My Prayer

the voice of my supplication when I cry unto Thee: Hearken unto me, O Lord.
Verses of Psalms
140, 141, AND 129

First Mode

 latino: 180

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

Incline not my heart unto words of evil, to make excuses 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;

Thou Kúriê
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 up on 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.
9  The sinners shall fall into their own net; I am alone until I pass by.

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

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

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

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

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

15 Flight hath failed me, and there is none that watch-eth out for my soul.

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

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

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

On Saturdays, continue with Slow Stichera on page 9 or with Brief Stichera on page 32.
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.
Slow Stichera

First Mode

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

Τῇ ἐμῇ ὑπομνοῦσί σε ἐξιδοποιήσω εἰς τὸ ἔργον τοῦ Θεοῦ, ἐπεξεργάσομαι ὑπὲρ τῆς ἐκκλησίας τῶν ἁγίων.

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

Stichera #2

Κυκλώσατε λαοί

κυκλώσατε λαοί, Ο ζωοφόρος πάσα: πάντες, και ἔκλεψεν αὐτήν, και δόθηκεν τὸ δόμος εἰς τὸν Θεόν τὸν ζωοφόρον αὐτής.

n - cir - cles, Sis - on, O peo - ple - - ples, and en - com-pass her, and give glo - ry there - in to Him that is a - ris - en from the dead; for He is our God Who hath de - liv - ered us from our in - iq - - ties.
Verse #3

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

Stichera #3

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.

www.stanthonyssmonastery.org/music/Vespers.htm
Verse #4

Γενηθήτω τὰ ὡτὰ σου

L

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

Stichera #4

Εὐφράνθητε οὐρανοί

et Thine ears be at - ten - tive to the voice of my sup - pli -

ca - tion.

E - 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 Giver of life hath slain _

_ death, _ and, as the Friend of man, He hath raised up Ad -
Verse #5

Θάν ανομίας

If Thou should est mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness.

Stichera #5

Τὸν σαρκὶ ἐκουσίως

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

Ενεκεν τοῦ ὄνοματός σου

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

Τῷ ζωοδόχῳ σου τάφῳ

...we unworthy ones stand before Thy... life-giving... grave, gloryification do... refer to Thine... faith... com-pas-sion, O Christ... our God; for the Cross and death hast Thou accepted, O Sinc... God; for... the world, since Thou art... the Friend... of... man.
Verse #7

\[ \text{村镇} \text{主} \]
from the morn-ing watch un-til night, from the morn-ing watch let
Israel hope in the Lord.

Stichera #7

\[ \text{天主} \text{父} \]
et us praise the Word Who, with the Fa-ther, is
cobeginning-less and co-eternal, and Who in-effably hath come forth from the vir-ginal womb, and hath
accept-ed the Cross and death for us will-ing-ly, and hath
 arisen in glo-ry; and let us say un-
to Him: O life-giving Lord, glo-ry be to_
Verse #8  Ὄτι παρὰ τῷ Κυρίῳ

For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

Verse #9  Ἀνεἰτε τὸν Κύριον

Praise the Lord, all ye nations; praise Him, all ye peoples.
Verse #10

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

Oti ekpataiwdht he

for He hath made His mercy to prevail over us, and the truth of the Lord abideth for ever.
Glory... Both Now...

First Mode

Χριστός Πάντα Χρήσιμος

Δόξα Πατρί...

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

Kαι νῦν...

Both now and ever and unto the ages of ages.

 Amen.
Alternate Melodies

Δόξα Πατρί...  

G

lo-ry to the Father, and to the Son, and to the Holy Spirit.

Kai νῦν...

B

both now and ever and unto the ages of ages. Amen.
Old (Slow) Sticheraric Melodies

Δόξα Πατρί...

Kai vūv...

B

oth now _________ and ______ ev___er and unto the

ges of____ a____ges._________________ A____men.
Dogmatic Theotokion

First Mode

"Ηχος Πα Χ 84

Τὴν παγκόσμιον δόξαν

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 and a temple of the Godhead; 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.
Slow Aposticha

First Mode

Ὑχος Λ Πα

Aposticha #1

Τῷ πάθει σου Χριστέ

 Thy Passion O Christ we were freed from the passions and by Thy Resurrection we were delivered from corruption. Lord, glory be to Thee.
Verse #2

The Lord is king; He is clothed with majesty. The Lord is 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.
Verse #3

Kαὶ γὰρ ἐστερέωσε

For He established the world which shall not be shaken.

Aposticha #3

Βασιλεὺς ὑπάρχων

hough King of heaven and earth, O Inclemensible One, Thou wast crucified willingly out of love for man. On meeting Thee below, Hades was bittered whilst the souls of the righteous, on receiving Thee, were glad-dened. And Adam, on seeing Thee, the Creator, in the
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

Oli ness becometh Thy house, O Lord, unto length of days.
Apostich #4

Thy sepulchre with haste and lam-en-ta-tion; and not find-ing Thine im-mac-u-late Bod- y, they learned from the an-gel of the new and strange won-der and said un-to the a-pos-tles: Risen is the Lord who grant-eth great mer-cy un-to the world.

Canon XVII of the Council of Laodicea

The psalms ought not to be sung one after the other in the assemblies, but a reading should be interpolated after each psalm.
Aposticha Theotokion

First Mode

*Alternate text:

Idou peploipanai

Behold, fulfilled is the prophecy of E- sa-

For as a virgin hast thou given birth,

and after giving birth, thou hast remained as thou wast before

childbirth; for He that was born was God. Wherefore

also 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.
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, O Christ. Glory to Thy Kingdom.
Glory to Thy dispensation, O only Friend of man.

Δόξα Πατρί

G

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

Both now...

Kαί νῦν

B

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

Amen.
Resurrectional Theotokion

while Gabriel was saying Rejoice to thee, O Virgin, at his voice the Master of all things took flesh within thy pure womb. He dwelt in thee as His holy ark as spake the righteous David in the psalms. Thou wast seen to be more spacious than all the Heavens since thou didst bear thy Creator. Glory to Him that willed to dwell in thee. Glory to Him that came forth from thee. Glory to Him that, through thy giving birth, hath delivered us.
First Mode - Brief

Lord, I Have Cried

"Ἡχῶς ἡ Πα"

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

hearken unto me, O Lord.

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

attend to the voice of my supplication.

Κύριε ἐκέκραγα

www.stanthonyssmonastery.org/music/Vespers.htm
Let My Prayer

I think it is useful to have diversity and variety in the prayer and psalmody at these appointed times, because somehow the soul is frequently bored and distracted by routine, while by change and variety of the psalmody and prayer at each hour its desire is renewed and its concentration restored.

—St. Basil the Great
Brief Stichera

First Mode

Ἑξάγαγε ἐκ φυλακῆς ἸΧΘΥΣ ΠΑ

Verse #1

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

Stichera #1

 Congressional 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

O, circle Sion, 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

'Ek baθεων

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

Stichera #3

Deυτε λαοι

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

Eυφράνθητε οὐρανοὶ

E-joyce, 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 Adam.
Verse #5

Thou should-est mark iniquities, 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: 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 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.
Verse #7

from the morning watch until night, from the morning watch

let Israel hope in the Lord.

Stichera #7

let us praise the Word Who, with the Father, is beginning-less and co-eternal, and Who ineffably hath come forth from the virgin-womb, and hath accept-ed the Cross and death for us willingly, and hath aris-en in glo-

ry; and let us say unto Him: O life-giving Lord, glo-

ry be to Thee, the Saviour of our souls.
First Mode - Brief Stichera

Verse #8

"Оτι παρὰ τῷ Κυρίῳ

for with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

Verse #9

Αἰνεῖτε τὸν Κύριον

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

Verse #10

"Οτι έκραταίωθη

or He hath made His mercy to prevail over us, and the truth of the Lord abideth for ever.
Glory...

Δόξα Πατρι

G

lo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir-it.

Both now...

Kαὶ νῦν

B

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

Dogmatic Theotokion

Τὴν παγκόσμιον δόξαν

T

he u-ni-ver-sal glo-ry born of men, who hath giv-en

birth un-to the Mas-ter, the heav-en-ly gate, let us praise_ Mar-

y the Vir-gin, the song_____ of the bod-i-less hosts, and
To recite the psalms with melody is not done from a desire for pleasing sound, but it is a manifestation of harmony among the thoughts of the soul.

And melodious reading is a sign of the well-ordered and tranquil condition of the mind.

—St. Athansius the Great
Brief Aposticha

First Mode

Aposticha #1

Τῷ πάθει σου Χριστὲ

Translation:

Thy passion, O Christ, we were freed from the passions, and by Thy Resurrection we were delivered from corruption. Lord, glory be to Thee.
Verse #2

Τὸ Κύριος ἐβασίλευσεν

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

Aposticha #2

Ἀγαλλιάσθω ἡ κτίσις

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 Ad - am.
Verse #3

Kai γὰρ ἐστερέωσε

For He established the world which shall not be shaken.

Aposticha #3

Βασιλεὺς υπάρχων

Though King of heaven and earth, O Incomprehensible One, Thou wast crucified willingly out of love for man. On meeting Thee below, Hades was emptied; whilst the souls of the righteous, on receiving Thee, were glad denounced. And Adam, on seeing Thee, the Creator, in the 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

www.stanthonymsmonastery.org/music/Vespers.htm
out and say:  
Thou____ that art risen from the dead, Lord, glory be_
    _ to Thee.

Verse #4

Τῷ οἶκῳ σου πρέπει

ο- li- ness be- com- eth Thy house, O Lord, un- to length of
days.

Stichera #4

Γυναῖκες Μυροφόραι

he myrrh- bear- ing wom- en, car- ry- ing myrrh- 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 an- gel of the new_
__ and strange won- - der, and said un- to the_ a- pos- tles: Risen

is the Lord Who grant- - eth great mer- cy un- to____ the_ world.
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.

Aposticha Theotokion

Ἰδοὺ πεπλήρωται

E- hold, fulfilled is the proph- e- cy of Es- a- i- proph- e- cy of I- sa-

as: For as a vir- gin hast thou giv- en birth, and af- ter giv- ing birth, ah:

thou hast re- mained as thou wast be- fore child- birth; for He that
was born was God. Wherefore also, 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.