

### FIRST MODE

Lord, I Have Cried

 $\frac{7}{\chi}$  84

Κύριε ἐκέκραξα



### Let My Prayer

Κατευθυνθήτω

### Verses of Psalms 140, 141, and 129

### **First Mode**

<sup>3</sup>Ηχος  $\overset{\checkmark}{q}$   $\overset{\circ}{\Pi}$ α  $\overset{\circ}{\chi}$  180 Θοῦ Κύριε

et, O Lord, a watch be-fore my mouth, and a door of en - clo-sure round a - bout my lips.

have\_ I hoped; take\_\_\_\_ not my soul a-way.

8

Keep me from the snare which they have laid for me, and from the

stum-bling-blocks of them that work in - iq - ui-ty.

- The sin - ners shall fall in - to their own net; I am a lone
- un-til I pass\_\_ by.
- 10 With my voice un-to the Lord\_ have I cried, with my voice un-to
- the Lord have I made my sup-pli- ca tion. q
- 11 will pour\_\_ out be-fore Him my sup-pli-ca-tion, mine af-flic--
- tion be-fore Him will I de-clare.
- When my spir - it was faint ing with in \_\_\_ me, <sup>(n)</sup> then Thou knew-
- est my paths.
- In this way where- in I have walked they hid for me a snare.
- 14 I looked up on my right hand, and be held, and there was none that\_

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 of pris on that I may con-fess Thy Name.
- The right-eous shall wait pa tient-ly for me un til Thou shalt re ward\_\_
- $\frac{3}{\eta}$  me.
- Out of the depths have I cried un to Thee, O Lord;
- O Lord, hear my voice.
- Let Thine ears be at ten-tive to the voice of my sup-pli ca tion.



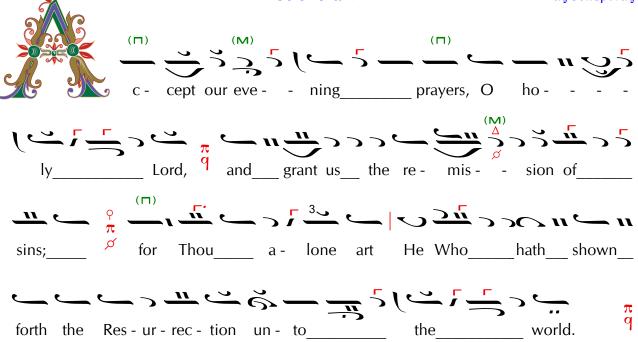
### SLOW STICHERA

### **First Mode**

# Verse #1 'Εξάγαγε ἐκ φυλακῆς χ΄ ring my soul out of pris - on χ that I may con - fess\_\_\_\_ Thy\_\_\_ Name.

### Stichera #1

Τὰς ἑσπερινάς



### Verse #2

Έμὲ ὑπομενοῦσι 🦞



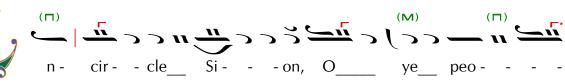
he right - eous shall wait pa - tient - ly for me un - til Thou shalt

 $\frac{\pi}{q}$ 



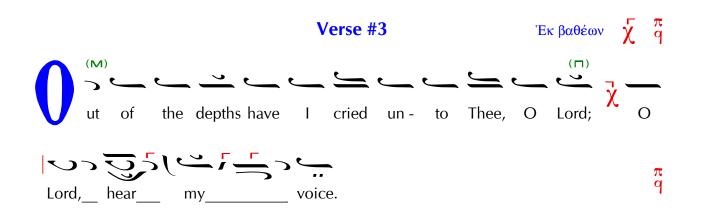
Stichera #2

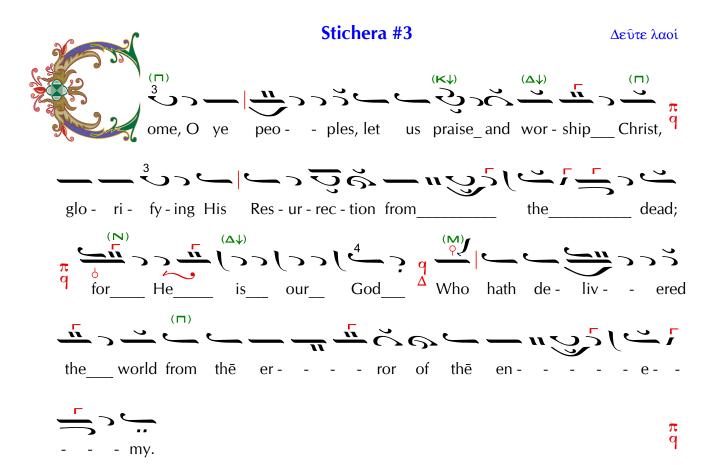
Κυκλώσατε λαοί



- - ples, and en - com-pass her, and give glo - ry there-in to Him that

is a - - ris - en\_ from the\_\_\_\_ dead; 
$$\overset{\circ}{\nearrow}$$
 for\_\_ He is\_\_\_ our\_\_\_





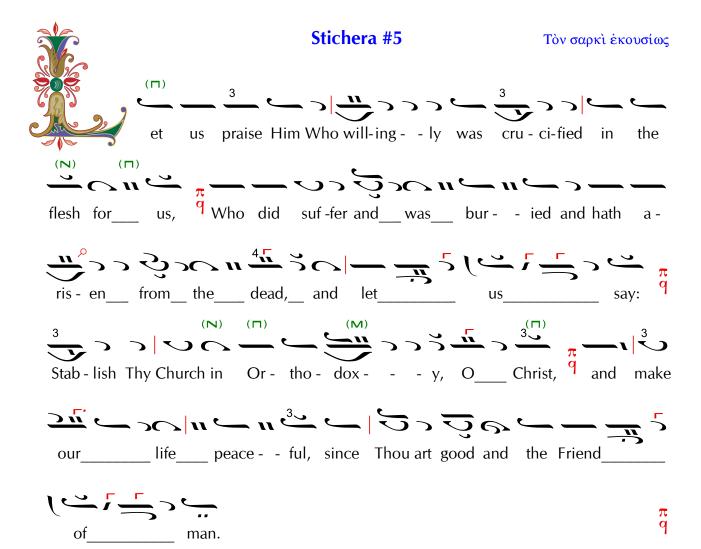
 $\frac{\pi}{q}$ 

### 

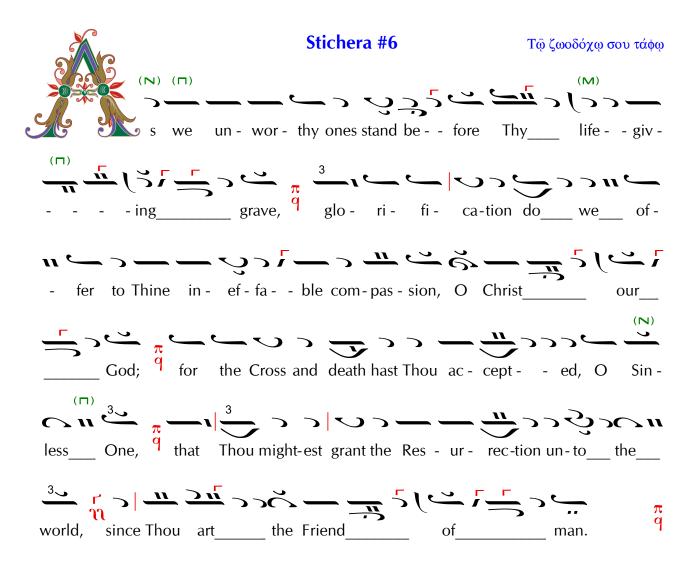
# Stichera #4 Εὐφράνθητε οὐρανοί e - joice, O ye heav - - - ens; sound the trum-pets, ye foun ((A)) da - - tions of thē \_\_ earth; O \_\_ ye moun - - - tains. For, be - hold, Em-man - - u - - el hath nailed our sins \_\_\_ to the \_\_ Cross, and the Giv - er of life hath slain \_\_\_ death, \_\_ and, as the Friend of man, He hath raised up Ad - - -

am.

### Verse #5 Έὰν ἀνομίας χ̄ σ̄ f Thou should - est mark in - iq - ui - ties, O Lord, O Lord, who shall stand? For with Thee\_there is for - give - - - ness.



# Verse #6 Ένεκεν τοῦ ὀνόματός σου χ̄ q̄ or Thy Name's sake have I pa - tient - ly wait - ed for Thee, O Lord; my soul hath wait - ed pa - tient - ly for Thy word, my soul hath hoped in \_\_\_\_ the \_\_\_ Lord.



Verse #7 'Απὸ φυλακῆς πρωΐας χ΄

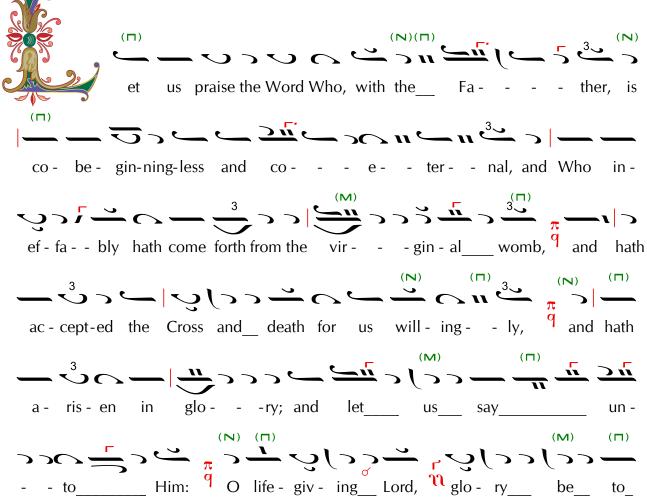


rom the morn - ing watch un - til night, from the morn - ing watch

q

### Stichera #7

Τὸν τῷ Πατρὶ συνάναρχον



# Verse #8 "Οτι παρὰ τῷ Κυρίφ χ or 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 in - iq - - - ui - - - - ties.

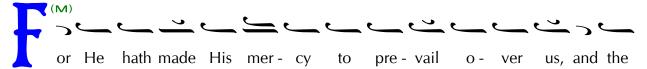
Verse #9

Aiveîτε τὸν Κύριον χ

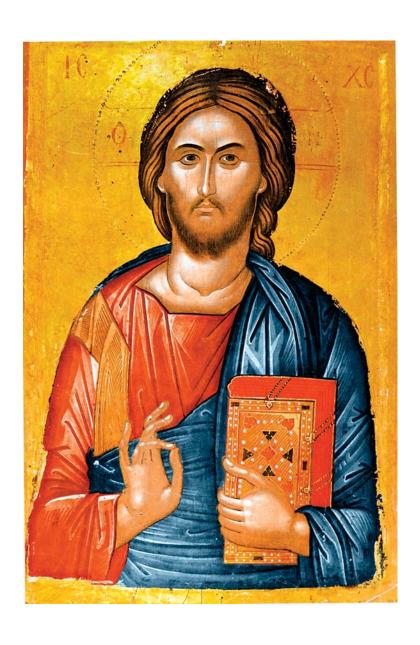
praise the Lord, all ye na - tions; praise Him, all ye peo - -

Verse #10 Οτι ἐκραταιώθη  $\sqrt{q}$ 





truth of the Lord 
$$\chi$$
 a - bid -eth for ev - - - er.





### GLORY... BOTH NOW...

### **First Mode**

³Ηχος <mark>ζ</mark> Πα

Δόξα Πατρί...

 $\frac{7}{\chi}$  84

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

Καὶ νῦν...

q

### **Alternate Melodies**

Δόξα Πατρί...

 $\frac{\pi}{q}$ 

to the Ho-ly Spir---it. 
$$\pi$$

Καὶ νῦν...

### **Old (Slow) Sticheraric Melodies**

Δόξα Πατρί...

 $\frac{\pi}{q}$ 

lo - - - ry to the Fa - - ther, and to \_\_\_ the \_\_ Son, and \_\_

Καὶ νῦν...

a - - ges of \_\_\_ a - - - ges. \_\_\_ A - men.



### **Досматис** Тиеотокиом

### **First Mode**

 $^{9}$ H $\chi$ o $\varsigma$   $\overset{\checkmark}{q}$   $\overset{\circ}{\Pi}$  $\overset{\circ}{\alpha}$ 

χ 84

 $\begin{array}{c|c} 4 & & \\ & \pi \end{array}$ For she was shown to\_\_ be a Heav - - - en and a - ple of\_\_ the\_\_\_\_ God - - - head; q de - stroy-ing the wall of en - mi - ty, she ush - - ered in peace and o - pened the King -- - dom. Pos - sess-ing, there - fore, this an - - - chor of faith, we have as cham - - pi - - on the Lord\_\_\_\_\_Who\_ was\_\_\_\_ born\_\_\_\_ of\_\_\_\_ her. <sup>q</sup> Take cour - age, there - - fore, take  $| \underbrace{\hspace{1cm}}_{\text{(M)}} \underbrace{\hspace{1cm}}$ cour-age, O ye peo - - ple of\_\_\_ God; q for He shall fight thine en - e - - mies,\_\_\_ since He is thē Al - might - - - y\_\_\_\_\_ 





### SLOW APOSTICHA

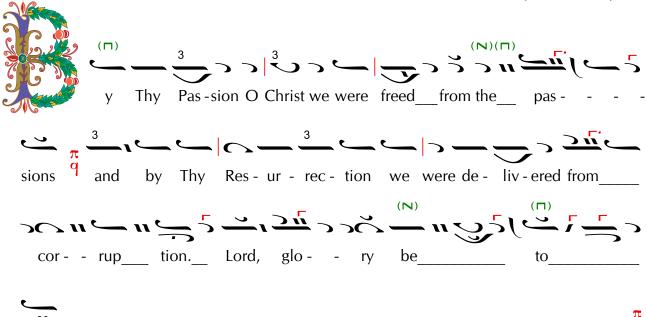
**First Mode** 

 $\label{eq:hamiltonian} {}^{^{\diamond}}\!H \chi o \varsigma \ \, \overset{\checkmark}{\Bar{q}} \ \, \overset{\circ}{\Pi} \alpha$ 

χ 88

### Aposticha #1

Τῷ πάθει σου Χριστέ

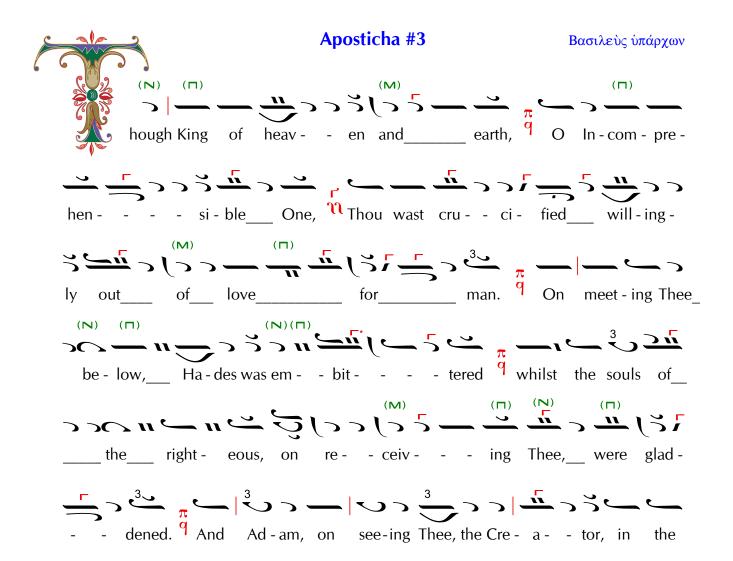


Thee.

## Verse #2 Ὁ Κύριος ἐβασίλευσεν χ he Lord is king; He is clothed with maj - es - ty. The Lord is clothed with strength and He hath girt Him - - - self.

# Aposticha #2 Aposticha #2 Aγαλλιάσθω ἡ κτίσις et cre- a-tion re-joice, let the heav-ens be glad, q let the na-tions clap their hands with joy. q Christ our Sav--iour hath nailed our sins to the Cross; q and in slay ing death, He hath grant--ed us life. q And as the Friend of man, He hath raised up the whole race of fall--en Ad---am.

### Verse #3 Καὶ γὰρ ἐστερεώσε χ̄ σ̄ or He es - tab-lished the world which shall not be shak - - en.

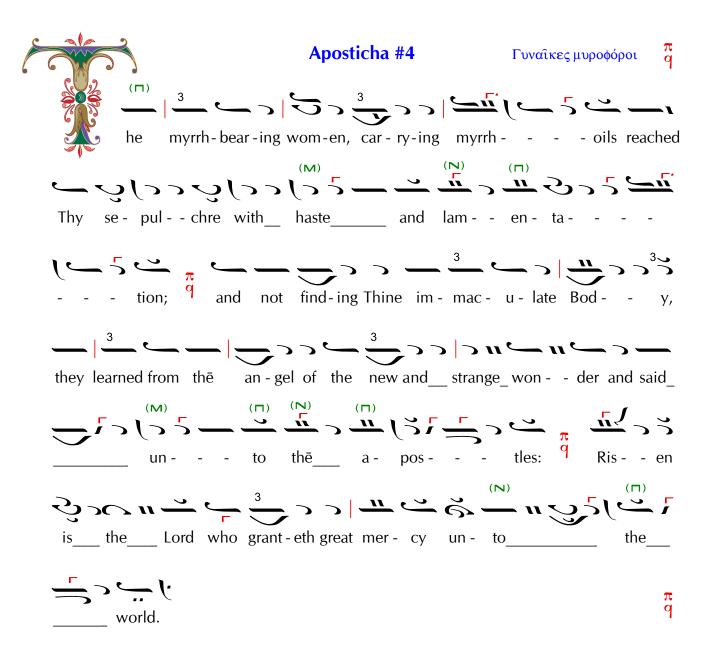


neth - er - most parts, \_\_\_\_ did a - \_ rise. q O won - \_ der! \tag{7} How did the Life \_\_\_\_ of \_\_ all \_\_\_ taste \_\_\_ of \_\_\_ death? q death? q death? q death? q dead, \_\_\_ Lord, glo - \_ ry be \_\_\_\_ to \_\_\_ Thee. q dead, \_\_\_\_ Lord, glo - \_ ry be \_\_\_\_ to \_\_\_ Thee. q dead, \_\_\_\_ Lord, glo - \_ ry be \_\_\_\_

 Verse #4
 Τῷ οἴκῷ σου πρέπει χ΄

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

 of \_\_\_\_\_\_\_ days.



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

Canon XVII of the Council of Laodicea



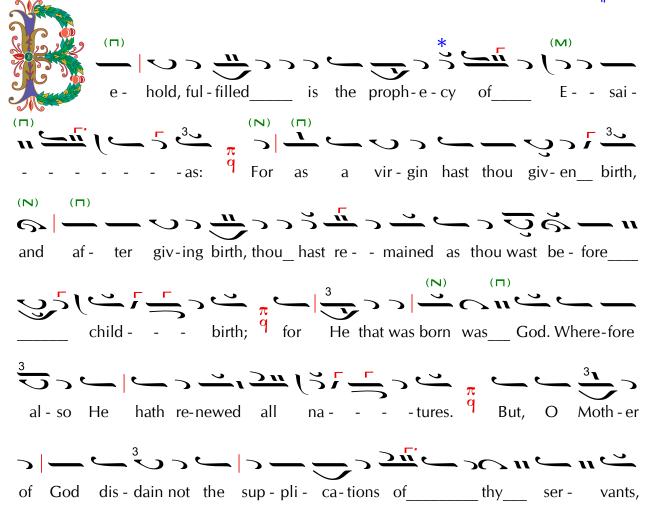
### Ароѕтісна Тнеотокіон

### **First Mode**

\*Ηχος <mark>ζ</mark> <sup>φ</sup>Πα

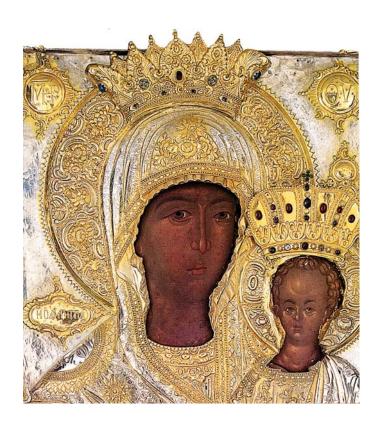
χ 84

Ίδοὺ πεπλήρωται



\*Alternate text: 

Cy of \_\_\_\_ | - - sa - - - - - - - - - - - | - - iah:





### APOLYTIKION OF THE RESURRECTION

### **First Mode**

 $^{\circ}$ H $\chi$ o $\varsigma$   $\stackrel{\checkmark}{q}$   $\stackrel{\circ}{\Pi}\alpha$ 

χ 160

hen the stone was sealed\_ by the Jews and the sol - - diers

were guard - -ing Thine im-mac - u - late bod - - y, Thou didst a - rise\_\_\_

on the third\_ day, O Sa - - viour, grant-ing life un - to the world. For which

cause the pow - - ers of heav - - en cried out to Thee, O Life-giv - er: 

Glo
ry to Thy res - ur - rec - - tion, O Christ.

### Glory...

Δόξα Πατρί

**Both now...** 

Καὶ νῦν

### **Resurrectional Theotokion** Τοῦ Γαβριήλ hile 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. q 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. q Glo - ry to Him that willed to dwell in thee. Glo-- ry to Him\_ that came forth from thee. Glo-- ry Him that, through thy giv - ing birth, hath de - liv - ered us.



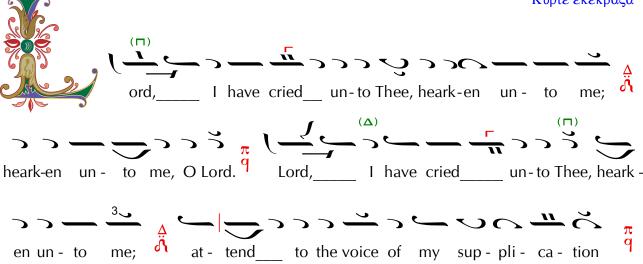


### FIRST MODE - BRIEF

Lord, I Have Cried

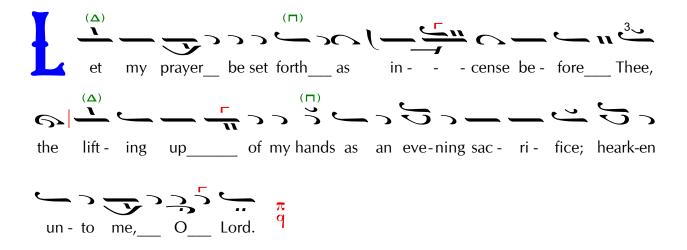
χ 160

Κύριε ἐκέκραξα



### Let My Prayer

Κατευθυνθήτω



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**

Ήχος ἢ Πα

### Verse #1

Έξάγαγε ἐκ φυλακῆς 🥇

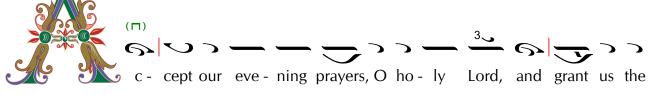


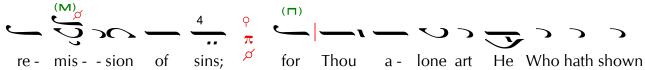
q

ring my soul out of pris - on that I may con-fess Thy Name.

### Stichera #1

Τὰς ἑσπερινάς





### Verse #2

Έμὲ ὑπομενοῦσι 🥇 🤻



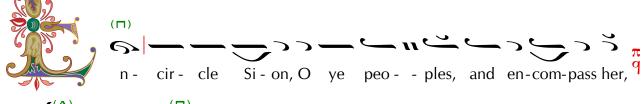
he right - eous shall wait pa - tient - ly for me  $\chi$  un - til Thou shalt

— ~ n ~ ... re - ward me.



### Stichera #2

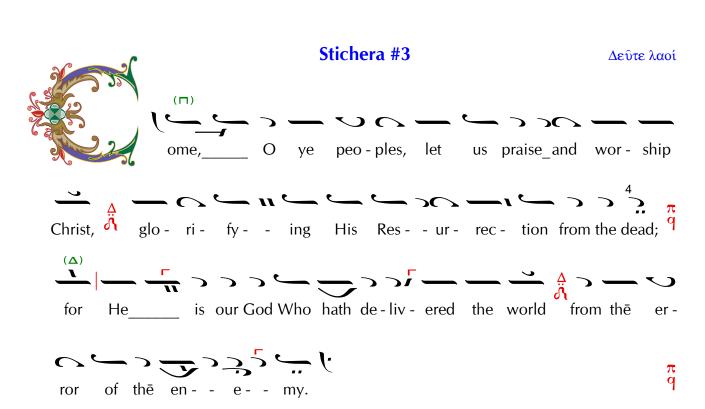
Κυκλώσατε λαοί



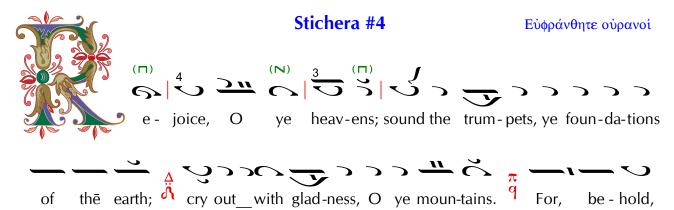
and give glo - ry there-in to Him that is a - ris - en from the dead; for

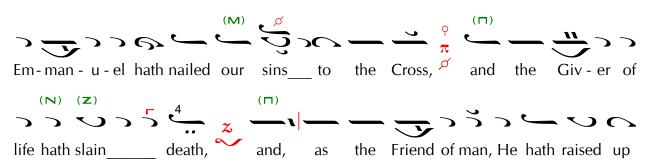
ر المارية الم is our God Who hath de - liv - ered us from our in - iq - - ui - - ties.

## Verse #3 Έκ βαθέων χ̄ <sup>π</sup>/<sub>q</sub> Ut of the depths have I cried un - to Thee, O Lord; Lord, hear my voice.

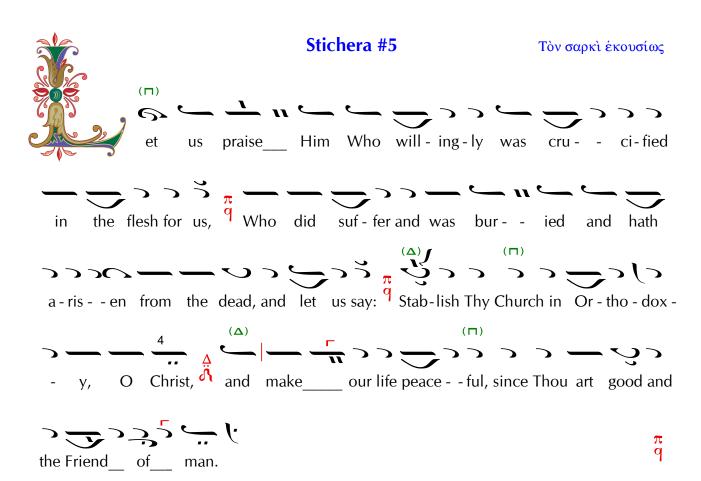


# Verse #4 Γενηθήτω τὰ ὧτα σου χ σ et Thine ears be at - ten - tive to the voice of my sup-





# Verse #5 Έὰν ἀνομίας χ̄ π̄q f Thou should - est mark in - iq - ui - ties, O Lord, O Lord, who shall stand? For with Thee there is for - give - - ness.



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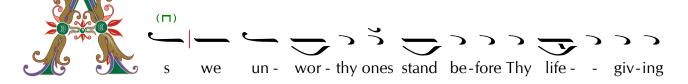
or Thy Name's sake have I pa - tient - ly wait - ed for Thee,

O Lord; my soul hath wait - ed pa - tient-ly for Thy word, my soul hath

hoped\_\_ in the Lord.

#### Stichera #6

Τῷ ζωοδόχῳ σου τάφῳ



grave,  $\frac{4}{9}$  glo - ri - fi - ca - tion do we of - - fer to Thine in - ef - fa -

ble com - pas - - sion, O Christ our God; for the Cross and death hast Thou

ac - cept - ed, O Sin - less One, that Thou might - est grant the Res - ur - rec -

tion un - to the world, since Thou art the Friend of man.  $\frac{\pi}{q}$ 

Verse #7 'Απὸ φυλακῆς πρωΐας 🥳 🤻

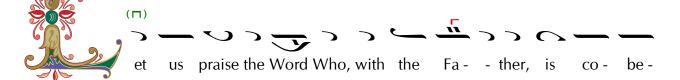




Ä

#### Stichera #7

Τὸν τῷ Πατρὶ συνάναρχον



gin - ning-less and co - e - ter - nal,

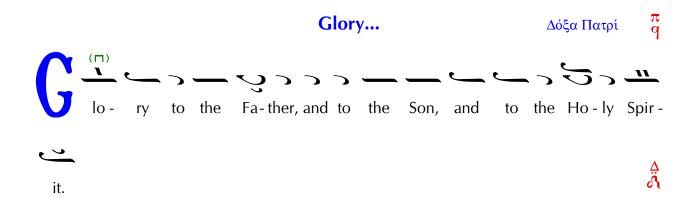
forth from the vir - - gin - al womb, and hath ac -cept - - ed the Cross and

death for us will-ing-ly,  $\frac{3}{9}$  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.

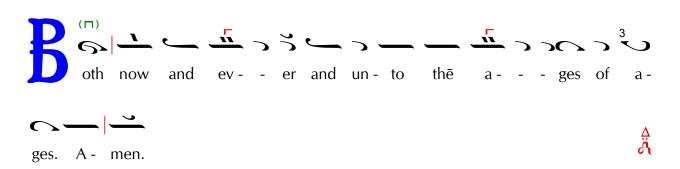
 $\pi$ q

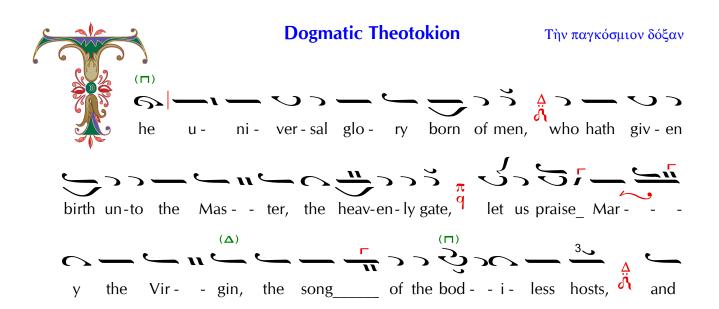
## Verse #8 "Οτι παρὰ τῷ Κυρίῳ $\sqrt{q}$ or with the Lord there is mer-cy, and with Him is plen-te-ous re-demp-tion; and He shall re-deem Is-ra-el out of all his in-Ä ig - ui - ties. Verse #9 Αἰνεῖτε τὸν Κύριον 🦼 🤻 praise the Lord, all ye na-tions; praise Him, all ye peo - - ples. "Οτι ἐκραταιώθη $\sqrt{\phantom{a}}$ $\frac{\pi}{q}$ Verse #10 or He hath made His mer-cy to pre-vail o-ver us, and the truth of the Lord $\chi$ a - bid - eth for ev - - er.



**Both now...** 

Καὶ νῦν





the a -dorn-ment of the faith - - ful. <sup>9</sup> For she was shown to be a Heav-en and a tem-ple of the God-head; de-stroy- - - ing the wall of en-mi-ty, she ush - - ered in peace and o-pened\_the King-dom. Pos - sess - ing, there-fore, this an - - chor of faith,  $\frac{4}{6}$  we have as cham - pi - on the Lord Who was born of her.

Take cour - age, there-fore, take cour-age,

O ye peo-ple of God; for He shall fight\_\_\_ thine en - e-mies, since He is the Al-

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**

<sup>3</sup>Ηχος  $\ddot{q}$   $\ddot{\Pi}$ α

**Aposticha #1** Τῷ πάθει σου Χριστέ 🥇 160

q



Thy pas - - sion, O Christ, we were freed from the pas - -

sions, and by Thy Res - ur - rec - - tion we were de - liv- ered from cor - rup -

**Verse #2** Ο Κύριος ἐβασίλευσεν

he Lord is king; He is clothed with maj-es-ty. The Lord is

clothed with strength and He hath girt Him - self.

#### Aposticha #2

'Αγαλλιάσθω ἡ κτίσις



na-tions clap their hands with joy.

For Christ our Sav-iour hath nailed our sins\_

to the Cross;  $\stackrel{\circ}{\sim}$  and in slay-ing\_death,  $\stackrel{(\square)}{\sim}$  He hath grant - - ed us life.

And as the Friend of man, He hath raised up the whole race of fall-en

#### Verse #3

Καὶ γὰρ ἐστερέωσε





#### Aposticha #3

Βασιλεύς ύπάρχων



```
out and say: Thou____ that art ris - en from the dead, Lord, glo - - ry
             2 2 5 F.
                                                                                                                                                                                                                                                                                                                                                                                                                                                                         \pi
                                                                                                                                                                                                                                                                                                                                                                                                                                                                         q
                to Thee.
                                                                                                                                                                                                                     Verse #4
                                                                                                                                                                                                                                                                                                                                                           Τῷ οἴκῳ σου πρέπει
             o - li - ness be - com - eth Thy house, O Lord, un - to length of
                                                                                                                                                                                                                                                                                                                                                                                                                                                                     Ä
                days.
                                                                                                                                                                                                             Stichera #4
                                                                                                                                                                                                                                                                                                                                                                                Γυναίκες Μυροφόροι
                                          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
            -4 \longrightarrow (N) |4 \longrightarrow (T) | \pi - |3 \longrightarrow T \longrightarrow (T) | -1 
                    im - mac - u - late Bod - y, q they learned from the an - gel of the new
             __ and strange won - - der, and said un - to the __ a - pos - tles:
             is the Lord Who grant - - eth great mer - cy un - to the world.
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#### Glory...

Δόξα Πατρί



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

it.

Ä

**Both now...** 

Καὶ νῦν

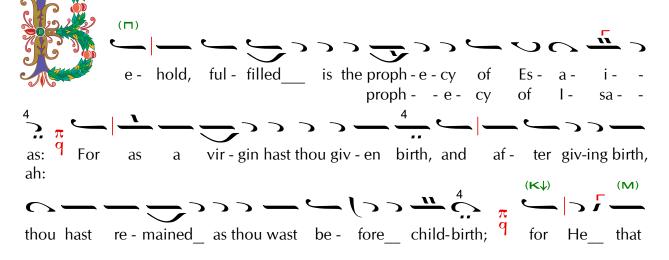
oth now and ev- - er, and un- to the ag- - es of ag--

es. A - men.



#### **Aposticha Theotokion**

Ίδοὺ πεπλήρωται



was born was God. Where-fore al - - so, He hath re - newed\_all na - tures.

But, O Moth - - er of God, dis - dain\_\_ not the sup - pli - ca-tions of thy

ser - - vants that are of - fered un - to thee in\_\_ thy tem - - ple;

but, since thou hold - est the Com - pas - sion-ate One\_ in thine arms, show com 
appas - - sion on thy ser - vants, and in - ter-cede thou that our souls be\_

(N)

saved.

