Lord, I Have Cried

Third Mode

Lord, I have cried unto Thee, o Lord; hearken unto me, O Lord.
cried unto 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.
Verses of Psalms
140, 141, and 129

Third Mode

Θοῷ Κύριε

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 judgments 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 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 with in me, then Thou knewest my paths.

13 In this way where-in I have walked they hid for me a snare.

14 I looked up-on my right hand, and beheld, and there was none
that did know me.

15 Flight hath failed me, and there is none that watcheth 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 112 or with Brief Stichera on page 138.
On other days continue on following page.
19 Bring my soul out of prison that I may confess Thy Name.

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

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

22 Let Thine ears be attentive to the voice of my supplication.
Slow Stichera
Third Mode

Verse #1

Bring my soul out of prison that I may confess

Thy Name.

Stichera #1

By Thy Cross, O Christ our Saviour, the domination of death hath been destroyed, and the deception of the devil hath been abolished, and the race of man, having been saved by faith,
Third Mode - Slow Stichera

Verse #2

Εμε υπομενοςι

Thou shalt reward me.

Stichera #2

Πεφωτοσται τα συμπαντα

things have been enlightened by Thy Resurrection, O Lord, and Paradise is opened again; and, whilst acclaiming Thee, the whole of creation...
Out of the depths have I cried un-to Thee, O Lord;

O Lord, hear my voice.

Glo-ri-fy the might of the Fa-ther and the Son, and the pow-er of the
Holy Spirit do I praise,
even the in-di-vid-u-al, un-cre-at-ed God-head, the Tri-n-i-ty one in
Third Mode - Slow Stichera

Verse #4

Γενηθήτω τὰ ὀτά σου

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

Stichera #4

Τὸν Σταυρὸν Σου

Hy precious Cross do we worship, O Christ, and Thy resurrection do we praise and glorify; for by Thy wounding are we all healed.
Verse #5

Εὰν ἀνομίας

Thou should-est mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is for-giveness.

Stichera #5

Υμνούμεν τόν Σωτήρα

e praise the Saviour, Who was in-car-nate of the Virgin, for He was cruci-fied for our sake and a-rose on the third day, grant-ing us great mer-cy.
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

Going down to those in Hades, Christ proclaimed the glad tidings, saying: Take courage, I have conquered now; I am the Resurrection; having destroyed the gates of death, I shall lead you up.
Verse #7

-from the morning watch until night from the morning watch let

Israel hope in the Lord.

Stichera #7

who stand unworthily in Thine defended house sing an evening hymn, crying from the depths:

O Christ God, Who didst enlighten the world by Thy Resurrection on the third day, rescue Thy people out of the hand of Thine enemies, O Friend

www.stanthonymsmonastery.org/music/Vespers.htm
Verses #8 and #9
Verse #10

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

Since human nature rejects and avoids what is difficult, even if beneficial, and accepts virtually nothing unless it seems to offer pleasure, through David the Lord prepares from men this potion which is sweet by reason of its melody and effective in the cure of disease by reason of its strength. For a psalm is sweet to the ear, it penetrates the soul when it gives pleasure, it is easily remembered when sung often, and what the harshness of the Law cannot force from the minds of man it excludes by the suavity of song. For whatever the Law, the Prophets and even the Gospels teach is contained as a remedy in the sweetness of these songs.

—St. Niceta of Remesiana
Glory... Both Now...

Third Mode

Ἠχος Ἡ Γά

Δόξα Πατρι...

Kai vîn...
Alternate Melodies

Δόξα Πατρι...
Old (Slow) Sticheraric Melodies

Δόξα Πατρι... 

G ( sûr ) 
lo - - - - ry to the Fa - - - - ther and_ 

( sûr ) 
to the Son, and_ and_ to_ the Ho - - - - ly_ 

( sûr ) 
___ Spir - - - - - - - - - - - - - - it. 

Kai vûv... 

B ( sûr ) 
oth_ now_ and_ ev - - - er and_ un - to 

( sûr ) 
the_ a - - - - - - ges_ of_ a - - - - ges._ 

( sûr ) 
______________________ A - - men.
Third Mode

Πώς μὴ θαυμάσωμεν

χ 84
the Father before the ages, and Who in no way suffered change or intermingling or division, but preserved in their entirety the properties of each essence. Wherefore, O Lady, Virgin Mother, do thou entreat Him that the souls of them that, in Orthodox manner, profess thee to be God's Birthgiver may be saved.
Slow Aposticha

Third Mode

Ἡχὸς Γα

Aposticha #1

Ὁ τῷ πάθει σου

Christ Who____ by Thy____ pas- - - sion_____ didst____

dark- - - en the_____ sun,____ and____Who_ by the____ light

of_____ Thy_ Res- ur- rec- - tion____ didst make____ all____

things ra- - di- - ant______ with_____ joy,____ ac- cept our eve-

- ning hymn,  O Friend___________ of___ man.
Verse #2

Ο Κύριος ἐβασίλευσεν

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

Aposticha #2

Ἡ ζωοδύχος σου

Hence, as ones delivered from the curse of Adam, we cry out: O Almighty Lord, glory be to Thee.
Verse #3

Kai γὰρ ἑστηρέωσε

F

or He es-tab-lished the world which shall not be shak-en.

Aposticha #3

Θεὸς ὑπάρχων ἀναλλοίωτος

B

e-ing God, not sub-ject to change, Thou hast un-der-gone change while suf-fer-ing in the flesh. Not en-dur-ing to see Thee sus-pend-ed,

cre-a-tion was shak-en by fear,

and with groan-ings praised Thy long-suf-fer-ing,

Hav-ing de-scend-ed in to Ha-des,
Third Mode - Slow Aposticha

Verse #4

Aposticha #4
Thy self, didst raise up them that know Thee

as God; and Thou didst enlighten the world.

Lord, glory be to Thee.
Aposticha Theotokion

Third Mode

Ὑψωτάτης Ἑγερθείσης Θεοτόκης Ἐτέρων Θεών Ἡγεμόνιος Ἑρμής Αἰγόπετος Νεκροφόρος Κυρία Ἐκ Θείου Πνεύματος

eed-less-ly and__ of the_ Divine Spir-it, and_

by the will of____ the_ Fa- ther,

didst__ thou__ con-ceive__ the_ Son ______ of____ God,____ Who,

from_ the Fa- ther, ex- ist-ed before the_ ag-

es____ without moth-______-er.____ And thou

hast brought forth in the____ flesh Him Who, for__ our______ sakes, came__
This I say, not only that you may yourselves sing praises, but also that you may
teach your wives and children to do so, not merely to lighten the work while
weaving, but especially at the table. For since Satan is wont to lie in wait
at feasts, and to employ as allies drunkenness, gluttony, immoderate
laughter, and an inactive mind; on these occasions, both before
and after table, it is especially necessary to fortify oneself
with the protection of the psalms and, rising from the
feast together with one's wife and children,
to sing sacred hymns to God.

—St. John Chrysostom


**Apolytikion of the Resurrection**

Third Mode

'Ἡχος Ἡμαρτούσα

Let the heavens rejoice, and let things on earth be glad,

for the Lord hath wrought might with His arm; He hath triumphed

upon death by death; He hath become the first-born of the dead.

From the bowels of Hades hath He delivered us, and hath granted

- ed great mer-cy to the world.
Glory...

Δόξα Πατρί

Both now...

Kάι νῦν

Resurrectional Theotokion

Σὲ τὴν μεσιτεύσασαν

---

Third Mode - Απολυτικίον

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

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

Amen.

Resurrectional Theotokion

Praise thee, the Mediatrix for the salvation of our race, O Virgin Theotokos; for in the flesh taken from thee, thy Son and our God hath deigned to endure the pas-
sion through the Cross, and hath redeemed us from corruption, since He is _

the Friend of man.________
Third Mode - Brief

Lord, I Have Cried

Ἡχῶς Γα

Kύριε ἐκέκραξα

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

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

attend to the voice of my supplication when
I cry unto Thee: Harken 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.

When, therefore, they [the monks of Egypt] come together to conduct the aforementioned services, which they call synaxes, all maintain such silence that even though so great a number of brethren assemble, one would believe no man to be present except he who rises in their midst to sing the psalm.

—St. John Cassian
Brief Stichera

Third Mode

Ὁ ἡχος ἐκ θαυμασίας

Verse #1

Ἐξάγαγε ἑκ φυλακῆς

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

Stichera #1

Τῷ Σῶ Σταυρῷ

Thy Cross, O Christ our Saviour, the dominion of death hath been destroyed, and the deception of the devil hath been abolished; and the race of man, having been saved by faith, doth ever offer praise to Thee.
Verse #2

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

Stichera #2

All things have been enlightened by Thy Resurrection, O Lord, and Paradise is opened again; and, whilst acclaiming Thee, the whole of creation doth ever offer praise to Thee.
Verse #3

Εκ βαθέων

‘Εκ βαθέων

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

Stichera #3

Δοξάζω τοῦ Πατρός

glorify the might of the Father and the Son, and the power of the Holy Spirit do I praise, even the indivisible, uncreated Godhead, the Trinity one in essence, reigning unto eternity for ever.
Verse #4

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

Stichera #4

Hy precious Cross do we worship, O Christ, and Thy resurrection do we praise and glorify; for by Thy wounding are we all healed.
Verse #5

Εὰν ἀνομίας

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

Stichera #5

Υμνοῦμεν τὸν Σωτήρα

e praise the Saviour, Who was incarnate of the Virgin, for He was crucified for our sake and arose on the third day, granting us great mercy.
Verse #6

For Thy Name’s sake have I patiently wait-ed for Thee,
O Lord; my soul hath wait-ed patient-ly for Thy word, my soul__ hath hoped in the Lord.

Stichera #6

O-ing down to those in Hades, Christ pro-claimed the glad tid-ings, say-ing: Take cour-age, I have con-quered now; I am the Res-
ur-rec-tion; hav-ing de-stroyed the gates of death, I shall lead__ you__ up.
Verse #7

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

Stichera #7

O who stand unworthily in Thine undefiled house sing an evening hymn, crying from the depths: O Christ God, Who didst enlighten the world by Thy Resurrection on the third day, rescue Thy people out of the hand of Thine enemies, O Friend of man.
Verse #8

F

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

Verse #9

O

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

Verse #10

F

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

Δόξα Πατρί

Both now...

Καὶ νῦν

Dogmatic Theotokion

Πῶς μὴ θαυμάσωμεν

www.stanthonyss monastery.org/music/Vespers.htm
Third Mode - Brief Stichera

Son, Who was born mother-less of the Father before the ages,

and Who in no way suffered change or intermingling or division,

but preserved in their entirety the properties of each essence.

Wherefore, O Lady, Virgin Mother, do thou entreat Him that the souls of them that, in Orthodox manner, profess thee to be God's Birth-giver may be saved.
Brief Aposticha

Third Mode

'Ἡχος Ὕσ τὸ πάθος σου

Aposticha #1

Christ, Who by Thy passion didst darken the sun, and Who

by the light of Thy Resurrection didst make all things radiant with

joy, accept our evening hymn, O Friend of man.
Verse #2  

`O Kýrioς ἐβασίλευσεν

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

Aposticha #2  

Ἡ ζωοδόχος σου

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

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

Therefore, as ones delivered from the curse of Adam, we cry out:

O Almighty Lord, glory be to Thee.
Verse #3

F

For He established the world which shall not be shaken.

Aposticha #3

B

Being God, not subject to change, Thou hast undergone change while suffering in the flesh. Not enduring to see Thee suspended, creation was shaken by fear, and with groanings praised Thy long suffering. Having descended into Hades, Thou didst arise on the third day, granting to the world life and great mercy.
Verse #4

Hou hast under-gone death that Thou might-est re-deem our race from__

death, O____Christ; on the third day Thou didst a-rise from the dead, and

with Thy-self, didst raise up them that know Thee as God; and Thou didst en-

light-en the world. Lord,____ glo-ry be to Thee.

Aposticha #4

'Iva to geneo hemon
Glory...

Δόξα Πατρί

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

Both now...

Kαί νῦν

Both now and ev-er, and un-to the ages of ages.

Aposticha Theotokion

Ἄσπόρως ἐκ θείου Πνεύματος

eed-less-ly and of the Di-vine Spir-it, and by the will of the Fa-ther, didst thou con-ceive the Son of God, Who, from the Fa-ther, ex-ist-ed be-fore the ages with-out moth-er.
(N) And thou hast brought forth in the flesh Him Who, for our sakes, came forth from thee without father; and thou hast sucked Him as a babe.

(N) Wherefore, cease not to intercede that our souls be delivered from perils.

It was explained to the blessed Epiphanius, bishop of Cyprus, by the abbot of the monastery he had in Palestine: "In accordance with your instructions we have not neglected our rule, but diligently discharge Third, Sixth, and Ninth Hours." However, Epiphanius corrected them and made it clear to them, saying: "You obviously neglect the other hours of the day when you refrain from prayer, for the true monk must have prayer and psalmody in his heart without ceasing."

—Apophthegmata Patrum