Andante

Lord, I Have Cried

Plagal First Mode

Intonation: #14 or #15

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.

when I cry unto Thee:

Hearken unto me, O Lord.
Let My Prayer

Plagal First Mode

Andante

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

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.

www.stanthonymsmonastery.org/music/Vespers.htm
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 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 within 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 256 or with Brief Stichera on page 295. 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**

**Andante**

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

**Stichera #1**

By Thy precious Cross, O Christ, Thou hast...

put the devil to shame; and by Thy Resurrection, Thou hast blunt...
ed the sting of sin; and Thou

We glorify Thee, O Only be-

got - ten One.

The right-eous shall wait patient-ly for me un - til Thou shalt re -

ward me.
He that granted the Resurrection unto the race of man was led as a sheep to slaughter; the princes of Hades were terrified of Him, and the grievous gates were lifted up; for Christ, the King of Glory, hath entered, saying to those in bonds:
Go forth; and to those in darkness: Reveal yourselves.

Verse #3

Εξ βαθεών

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

Stichera #3

Μέγα θαύμα

O great wonder! having suffered in the flesh out of love for man,
the Creator of things invisible, the Immortal One, hath risen. Come, O ye kindreds of the nations, let us worship Him; for delivered from error by His compassion, we have learned to praise the one God in three Hypostases.
Verse #4

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

Stichera #4

Evening worship do we offer Thee, the Unwaning Light,

Who in the end of the ages, through the flesh as in a mirror, hast shined upon the world; and hast descended even unto...
to Hades, and dispelled the darkness there, and hast shown the light of the Resurrection unto the nations.

O Giver of light, Lord, glory be to Thee.

Verse #5

If Thou should-est mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness.
Let us glorify Christ, the Author of our salvation; for when He arose from the dead, the world was saved from error. The choir of the Angels rejoiceth; the deception of the demons doth flee; Adam, who was fallen, is risen; the devil is destroyed.
Verse #6

For Thy Name’s sake have I patiently 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

The guards were in-struct-ed by the law-less:

Con-ceal the Res-usc-tion of Christ; and take ye piec-es of sill-
ver, and say: While we were sleeping, the corpse was stolen from the tomb.

Who hath seen, who hath ever heard of a corpse being stolen? especially one anointed with myrrh and naked,

with the funeral shrouds abandoned in the grave. Be not deceived,
O ye Jews. Learn the sayings of the Prophets, and know that He is truly the Redeemer of the world and the Almighty One.

Verse #7

'Από φυλακής προίας

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

www.stanthonysmonastery.org/music/Vespers.htm
Stichera #7

O Lord, Who hast despoiled Hades and hast trampled upon death;

O our Saviour, Who hast enlightened the world by Thy precious Cross; have mercy on us.

Verse #8

For with the Lord there is mercy, 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

Aíveíte tôn Kúriou

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

Verse #10

"Ôti ékrateiôthη

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...

Plagal First Mode

Andante ♩=84

Δόξα Πατρί... Καί νῦν...

A1

Glo - ry to the Fa - ther, and to the Son, and
to the Ho - ly Spirit.

A2

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

A - - - - men.
Glor - - - 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.
Plagal First Mode - Glory

Old (Slow) Sticheraric Melodies

Glo----ry to the Father,

and to the Son, and to the Ho-

ly Spir-it.

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

In the Red Sea there was once depicted an image of the unwedded Bride.

There, Moses divided the water; here, Gabriel doth minister.

www.stanthonymsmonastery.org/music/Vespers.htm
ter the wonder. Then the deep was trodden
dry-shod by Israel;
now Christ is born seedless of the
Vir- gin. The sea, after the pas-sage of
Israel, remained un-trod-

deny; the blameless one, the

af-ter the birth of Em-man-uel, re-mained
Psalmody in a crowded congregation is accompanied by captivity and wandering of the thoughts; but in solitude, this does not happen. However, those in solitude are liable to be assailed by despondency, whereas in congregation the brethren help each other by their zeal.

- St. John of the Ladder
Andante

Thee, O Christ our Saviour, Who wast incarnate and yet wast not parted from the Heavens,
do we magnify with voices of song. For as the Lord Who loveth man, Thou
didst accept the Cross and death for the
The Lord is king, He is clothed with majesty. The Lord is

clothed with strength and He hath girt Himself.

When Thy side was pierced, O Giver of
life, Thou didst pour forth streams of forgiveness, life

and salvation for all. Thou didst accept death in the flesh, thereby granting us

immortality. And, whilst

dwelling in the grave, Thou didst free us, and gloriously as God, didst raise

us up together with Thyself. Wherefore,
Verse #3

Kai γὰρ ἐστερέωσε

For He established the world which shall not be shaken.

Aposticha #3

Σένη σου ἡ σταύρωσις

Strange is Thy crucifixion and descent into
had - des, O Friend of man. For Thou didst de - spoil it and didst glo - ri - ous - ly raise up with Thy - self the cap - tives of old, since Thou art God; Thou didst o - pen Par - a - dise, and make us wor - thy there - of. Where - fore, do Thou grant for - give - ness of sins al - so un -
Verse #4

To oike sou repeti

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

of days.
O Thou Who didst accept the passion in the flesh

for our sake, and didst arise on the third day:

do Thou heal the passions of our flesh; and raise us up from grievous transgressions, O Friend of man, and save us.
Aposticha Theotokion

Plagal First Mode

Andante $\frac{1}{84}$

A temple and gate art thou, a palace and throne of the King, O all revered Virgin,

through whom my Redeemer, Christ the Lord, hath appeared to them that slept in darkness,

www.stanthonymonastery.org/music/Vespers.htm
since He is the Sun of Righteousness; for He willed to enlighten those whom He had fashioned by His own hand, according to His own image. Wherefore, O all-hymned one, since thou hast boldness toward Him as His mother, intercede thou unceasingly that our souls be saved.
Let us worship the Word, Who is unoriginate

with the Father and the Spirit, and from a virgin was

born for our salvation, O believers, and let us

sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death,
and to raise up those who had died, by His glorious Resurrection.

Glory...

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

Both now...

Both now and ev - er, and un - to the ag - es of ag - es. A - men.
AG A

O im-pass-a-ble gate of the Lord, do thou re-joice. Re-

joice, O ramp-art and shel-ter for them that has-
ten to

thee. Tran-quil ha-ven and pure Maid-en who didst not know man

and who bar-est in the flesh thy Cre-a-tor and thy God, re-

joice; and cease not to pray Him, mak-ing en-trea-ty for

them that wor-ship and praise Him that was born of

thee.
Lord, I Have Cried

Plagal First Mode - Brief

Intonation: #13

Allegro \( \frac{\text{\textbullet}}{\text{\textbullet}} \cdot 160 \)

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

www.stanthonymsmonastery.org/music/Vespers.htm
of my sup - pli - ca - tion when I cry un - to Thee:

Heark-en un-to me,—O Lord.

Let My Prayer

Let my prayer be set forth as in-cense before Thee,

the lift-ing up of my hands as an even-ing sacri-fice; heark-en un-to me,—O Lord.
Verses of Psalms
140, 141, and 129

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 unto Hades.

www.stanthonyssmonastery.org/music/Vespers.htm
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 up on 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 Stichera on page 295. 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.
Bring my soul out of prison that I may confess Thy Name.

By Thy precious Cross, O Christ, Thou hast put the devil to shame; and by Thy Resurrection, Thou hast blunted the sting of sin; and Thou hast saved us from the gates of death.

We glorify Thee, O Only-begotten One.
The righteous shall wait patiently for me until Thou shalt reward me.

He that granted the Resurrection unto the race of man was led as a sheep to slaughter; the princes of Hades were terrified of Him, and the grievous gates were lifted up; for Christ, the King of Glory, hath entered, saying to those in bonds: Go forth; and to those in dark -
verse: Reveal yourselves.

Verse #3

Έκ βαθέων

Out of the depths have I cried unto Thee, O Lord; O Lord,

hear my voice.

Stichera #3

Μέγα θαύμα

O great wonder! having suffered in the flesh out of

love for man, the Creator of things invisible,

the Immortal One, hath risen. Come, O ye kindreds

www.stanthonyssmonastery.org/music/Vespers.htm
of the na - tions, let us wor - ship Him; for de - liv - ered from
er - ror by His com - pas - sion, we have learned to praise the
one_ God in three Hy - pos - ta - ses.

Verse #4

Let Thine ears be at - ten - tive to the voice of my sup - pli - ca - tion.

Stichera #4

Eve - ning wor - ship do we of - fer Thee, the Un - wan - ing Light,

Who in the end of the ag - es, through the flesh as in a
Mirror, hast shined upon the world; and hast descended even unto Hades, and dispelled the darkness there, and hast shown the light of the Resurrection unto the nations.

O Giver of light, Lord, glory be to Thee.

Verse #5

If Thou should-est mark iniquities, O Lord, O Lord, who shall stand?

For with Thee there is forgiveness.
Let us glorify Christ, the Author of our salvation; for when He arose from the dead, the world was saved from error. The choir of the Angels rejoiceth; the deception of the demons doth flee; Adam, who was fallen, is risen; the devil is destroyed.

Verse #6

For Thy Name's sake have I patiently waited for Thee, O Lord; my
soul hath wait - ed pa - tient - ly for Thy word, my soul hath
hoped in the Lord.

Stichera #6

The guards were in - struct - ed by the law - less: Con - ceal the
Res - ur - rec - tion of Christ; and take ye piec - es of
sil - ver, and say: While we were sleep - ing, the corpse was
sto - len from the tomb. Who hath seen, who hath ev - er heard_
of a corpse be - ing sto - len? es - pe - cial - ly
one anointed with myrrh and naked, with the funer-al shrouds being abandoned in the grave. Be not deceived,

O ye Jews. Learn the sayings of the Prophets, and know that He is truly the Redeemer of the world and the Almighty One.

Verse #7

'Απὸ φυλακῆς προίας

From the morning watch until night, from the morning watch let Israel hope in the Lord.
Stichera #7

O Lord, Who hast despoiled Hades and hast trampled upon death; O our Saviour, Who hast enlightened the world by Thy precious Cross; have mercy on us.

Verse #8

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

Aiveite ton Kourion

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

Verse #10

"Oti ekrateisethi

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

Glory...

Doxa Patris

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

In the Red Sea there was once depicted an image of the unwedded Bride. There, Moses divided the water; here, Gabriel doth minister the wonder. Then the deep was trodden dry shod by Israel;
now Christ is born seed less ly of the Vir gin. The

sea, after the pas sage of Is ra el, re mained un trod den; the blame less one, after the birth of Em man u el, re mained un de filed. O Thou Who art, and ev er be fore didst ex ist, and hast ap peared as man, O

God: have mer cy on us.

Let the servant of God sing in such a manner that the words of the text rather than the voice of the singer cause delight.

-St. Jerome
Thee, O Christ our Saviour, Who wast incarnate and yet

wast not parted from the Heavens, do we magnify with

voices of song. For as the Lord Who loveth man, Thou

didst accept the Cross and death for the sake of our race. De-

spoil ing the gates of Hades, Thou didst arise on the
third day, saving our souls.

**Verse #2**

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

clothed with strength and He hath girt Himself.

**Aposticha #2**

When Thy side was pierced, O Giver of life, Thou didst pour forth

streams of forgiveness, life and salvation for all. Thou didst

accept death in the flesh, thereby granting us immor-
And, whilst dwelling in the grave, Thou didst free us, and gloriously as God, didst raise us together with Thyself. Wherefore, we cry out: O Friend of man, Lord, glory be to Thee.

Verse #3

For He established the world which shall not be shaken.

Aposticha #3

Strange is Thy crucifixion and descent into
Hades, O Friend of man. For Thou didst despoil it

and didst gloriously raise up with Thyself the captives of old, since Thou art God; Thou didst open Paradise, and make us

worthy thereof. Wherefore, do Thou grant forgiveness of

sins also unto us who glorify Thine arising on the third day; and deem us worthy to dwell in Paradise, since Thou alone art compassionate.
Aposticha #4

Τὸ οἶκῳ σου πρέπει

Verse #4

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

Aposticha #4

Ὁ δἰ ἡμᾶς σαρκί

O Thou Who didst ac-cept the pas-sion in the flesh for our sake, and didst a-rise on the third day: do Thou heal the pas-sions of our flesh; and raise us up from griev-ous trans-gres-sions, O Friend of man, and save us.
Glory to the Father, and to the Son, and to the Holy Spirit.

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

A temple and gate art thou, a palace and throne...
of the King, O all-revered Virgin, through whom my Redeemer, Christ the Lord, hath appeared to them that slept in darkness, since He is the Sun of Righteousness; for He willed to enlighten those whom He had fashioned by His own hand, according to His own image. Wherefore, O all-hymned one, since thou hast boldness toward Him as His mother, intercede thou unceasingly that our souls be saved.