



PLAGAL FIRST MODE

Intonation: #14 or #15

Andante $\text{♩} = 84$

Lord, I Have Cried

Κύριε ἐκέκραξα

D

Lord, — I have cried — un - to — Thee,

>

heark - en - un - to — me; heark - en un - to —

A

me, — O — Lord. Lord, — I have cried — un - to — Thee,

Musical notation for Plagal First Mode, Lord I Have Cried, page 248.

The music consists of four staves of Gregorian chant notation in G clef, common time, and F major (indicated by a 'b' below the clef). The notation includes various note heads (solid black, hollow black, white), stems, and bar lines. Red letters 'G', 'D', and 'A' are placed above specific notes to indicate pitch levels or modes.

Text lyrics corresponding to the music:

heark - - - en un - to me; at - tend to the
 voice of my sup - pli - ca - - - tion
 when I cry un - to Thee:
 Hark - en un - to me, O Lord.





LET MY PRAYER

Plagal First Mode

Andante ♩=84

Κατευθυνθήτω

D

Let my prayer— be set forth as in - - -

A

cense be - fore Thee, the lift - ing

G

up of my hands as an eve - ning sac -

G D

ri - fice; heark en un - to me, O Lord.

VERSES OF PSALMS

140, 141, AND 129

Plagal First Mode

Presto $\text{♩} = 180$

Θοῦ Κύριε

1 D

Set, O Lord, a watch be - fore my mouth, and a door_ of en -

clo - sure_ round a - bout my lips.

2 D G

In - cline not my heart un - to words of e - vil, to make ex -

cuse_ with ex - cus - es in sins,

3 G D

With men that work in - iq - ui - ty; and I_ will not join_

with_ their cho - sen.

4



The right - eous man will chas-ten me with mer - cy and_ re - prove_

5



me; as for the oil of the sin - ner, let it__ not a -



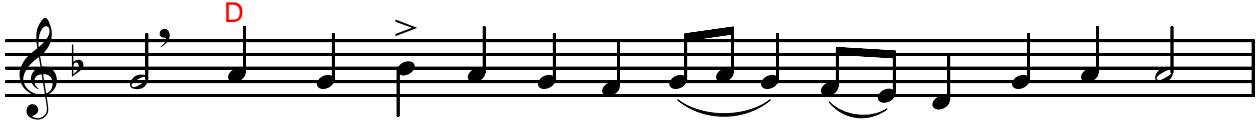
noint my head.

5



For yet more is my prayer_ in the pres-ence of their pleas -

6



ures; swal-lowed up near by the rock__ have_ their judg - es been.

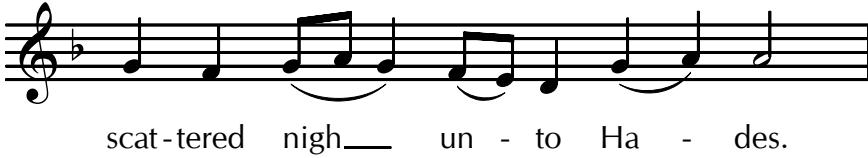
6



They shall hear my words, for they be sweet - ened; as a clod of



earth is bro - ken up - on the earth, so have their bones been



scat - tered nigh__ un - to Ha - des.

7

For un - to Thee, O Lord, O Lord, are mine eyes, in Thee

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.

9

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.

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

knew - est my paths.

13

In this way wherein 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_ did know_ me.

15

Flight hath failed_ me, and there is none that watch-eth out_ for my soul.

16

I have cried un - to Thee, O Lord; I said: Thou art my

hope, my por - tion art Thou in the land of the

liv - ing.

17

At - tend un - to my sup - pli - ca - tion, for I am brought -

ver - y low.

18

De - liv - er me from them that per - se - cute - me, for they are

strong - er 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.*

19



Bring my soul out of pris - on that I__ may con-fess Thy Name.

20



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



ward__ me.

21



Out of the depths have I cried__ un - to Thee, O Lord; O



Lord,__ hear my voice.

22



Let Thine ears__ be at - ten - tive to the voice__ of my sup - pli -



ca - tion.

SLOW STICHERA

Plagal First Mode

Verse #1

Andante ♩=88

Ἐξάγαγε ἐκ φυλακῆς

The musical notation consists of three staves of music. The first staff starts with a red 'D' above the staff. The lyrics are: "Bring my soul out of pris - on that I may con - fess_____". The second staff starts with a red 'D' above the staff. The lyrics are: "Thy_____ Name.". The third staff continues the melody.

Stichera #1

Διὰ τοῦ τιμίου σου Σταυροῦ

The musical notation consists of three staves of music. The first staff starts with a red 'D' above the staff. The lyrics are: "By Thy pre - cious Cross,— O___ Christ, Thou_ hast_". The second staff starts with a red 'A' above the staff. The lyrics are: "put____ the dev - - - il____ to____ shame; and". The third staff starts with a red 'G' above the staff. The lyrics are: "by Thy Res - ur - rec - - - tion, Thou hast blunt - - -".

Hard Chromatic

ed_ the_ sting_ of_ sin; and Thou_

hast_ saved_ us from the_ gates_

of_ death. We glo - ri - fy Thee, O On - ly - be -

got - ten One.

Verse #2

'Εμὲ ύπομενοῦσι

The right-eous shall wait pa-tient-ly for me un - til Thou shalt_ re -

ward_ me.

Stichera #2

'Ο τὴν ἀνάστασιν

A

He that grant-ed the Res-ur-rec-tion un-to the

G

race____ of____ man was led____ as a____

D

Hard Chromatic

sheep____ to____ slaugh- - - - ter; the prin -

A

ces____ of____ Ha - des were ter - ri - fied____

G

of____ Him, and the griev - - ous____ gates were lift -

A

ed____ up; for Christ, the King of Glo - ry,____ hath_

D

en - tered, say - ing to those in____ bonds:____

G **A**

Go forth; and to those in dark - ness: Re - veal your -
selves.

Verse #3

'Εκ βαθέων

Out of the depths have I cried un-to Thee, O Lord; O Lord, _____
hear my voice.

Stichera #3

Μέγα θαῦμα

O great_ won - - - der! hav - ing suf - fered -
in the flesh out of love for man,

A

the Cre - a - - tor of things____ in - - vis - - -

D

i - - - - ble, the Im - - mor - - tal_ One,_ hath_

>

ris - - - en. Come, O ye kin-dreds of the_ na - -

A

tions, let us wor - - - ship____ Him; for de - liv - - -

Hard Chromatic

ered from_ er - - - ror by His com - - pas - - -

D

sion, - we have learned to praise the_ one_ God

G

in three_ Hy - pos - - - ta - - ses.

D

Verse #4

Γενηθήτω τὰ ὄτα σου

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

Stichera #4

Ἐσπερινὴν προσκύνησιν

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 mir - ror, hast shined up - on -

the world; and hast de-scend - ed e - ven un -

to Ha - des, and dis - pelled the dark -

ness there, and hast shown the light of the Res - ur -

rec - - - tion un - to the na - - - tions.

O Giv - - - er of light, Lord, glo - - ry

be to Thee.

Verse #5

'Εὰν ἀνομίας

If Thou should-est mark in - iq - ui - ties, O Lord, O Lord,

who shall stand? For with Thee there is for - give - ness.

Stichera #5

Tὸν ἀρχηγὸν τῆς σωτηρίας

A
Let us glo - ri - fy Christ, the Au - thor of our sal -

A G D
va - - - tion; for when He a - rose from

the dead, the world was saved from er - - -

A
ror. The choir of the An - gels re - joic - eth; the de -

Hard Chromatic
cep - - - tion of the de - mons doth flee;

G D G
Ad-am, who was fall - en, is ris - en; the dev - il is

D
de - stroyed.

Verse #6*"Ἐνεκεν τοῦ ὀνόματός σου*

D

For 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*Oἱ τῆς κουστωδίας*

D

The guards were in - struct - ed by the____ law - less:
Con - seal 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.

A Who hath seen, who hath ev - er heard of a corpse -

Un. **A** be - ing sto - - - len? es - pe - cial - ly one a -

noint - - - ed with myrrh and na - - - ked,

Hard Chromatic with the fu - ner - al shrouds be - ing a - ban - - doned -

in the grave. Be not de - ceived,

O— ye— Jews. Learn the— say - ings_ of_ the—

Proph - - - ets, and know that He is tru - ly the Re - A

deem - er— of—— the— world and the—— Al - D

might - y One. G D

Verse #7

'Απὸ φυλακῆς προῦας

D

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

watch let Is - ra - el hope in—— the—— Lord.

Stichera #7

Κύριε ὁ τὸν ὄδηγον

O Lord, Who hast de - spoil - ed Ha - - - des

and hast tram - - - pled up - on death;

O our Sav - iour, Who hast en - light - - -

ened the world by Thy pre - cious Cross; have

mer - - - cy on us.

Verse #8

"Οτι παρὰ τῷ Κυρίῳ

D

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*Ὅτι 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...

Plagal First Mode

Andante ♩=84

Δόξα Πατρί... Καὶ νῦν...

A1 D

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

to the Ho - ly____ Spir - - - - it.

A2 D

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

A - - - - men.

Alternate Melodies

B1

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

Son, and to the Ho - - ly Spir - - - it.

B2

Both now and ev - - - er, and un - to the

a - - ges of a - - ges. A - men.

Old (Slow) Sticheraric Melodies

C1

Glo - - - - ry_ to the_ Fa - - - ther,
and_ to_ the_ Son,_ and to the Ho -
ly_ Spir - - - it.

C2

Both now and_ ev - er, and un - to the a - - -
ges_ of_ a - - - ges. A - men_-



DOGMA^{TIC} ΤΗΕΟΤΟΚΙΟΝ

Plagal First Mode

Andante L=84

Ἐν τῇ Ἐρυθρᾷ Θαλάσσῃ

D

In the Red_____ Sea there____ was____ once____

de - pict - - - - ed an im - age of____

the____ un - wed - - - ded____ Bride.

A

There,_ Mos - es di - vid - ed the____ wa - - - ter;

G

here,_ Ga - bri - el doth____ min - is - .

ter__ the__ won - - - der. Then the deep was trod - den

dry - shod by__ Is - - - ra - - - el;

now Christ is born__ seed - less - ly of the__

Vir - - - gin. The sea, af - ter the pas - sage of

Is - - - el, re - mained_____ un - - trod - -

den; the blame - - - - - less_____ the

blame - less_____ one,_____(n)_____

af - ter 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._____

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



SLOW APOSTICHA

Plagal First Mode

Andante $\text{J}=88$

Aposticha #1

Σὲ τὸν σαρκωθέντα

Thee, O Christ our Sav - iour, Who wast in - car - - -

nate and yet wast not part - ed from the Heav - ens,

do we mag - ni - fy with voic - - - es

of song. For as the Lord Who lov - eth man, Thou

didst ac-cept the Cross and death for the

sake_____ of_____ our____ race. De - spoil - ing the

gates_____ of Ha - - des,_ Thou didst a - rise_ on

the_____ third____ day, sav - - - - ing our__ souls.

Verse #2

'Ο Κύριος ἐβασίλευσεν

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

clothed with strength and He hath girt____ Him - - - - self.

Aposticha #2

Νυγείσης σου

When Thy side was pierced, O Giv - - - - er____ of____

life, Thou didst pour forth streams of for - give - ness,_ life

and sal - va - - - tion for all. Thou didst ac -

cept death in the flesh, there-by grant-ing us

im - mor - tal - - - i - - - ty. And, whilst

dwell - - ing in the grave, Thou didst

free us, and glo - ri - ous - ly as God, didst raise

us up to - geth - er with Thy - self. Where - fore,

we cry out: O

Friend of man, Lord, glo - ry be to

Thee.

Verse #3

Καὶ γὰρ ἐστερέωσε

For He es - tab-lished the world which shall not be

shak - - - en.

Aposticha #3

Ξένη σου ἡ σταύρωσις

Strange is Thy cru - ci - fix - ion and de - scent in - to

Ha - des, O Friend_____ of_____ man. For Thou didst

A

de - spoil____ it and didst glo - - - ri - - - ous - ly

raise up with Thy - self the cap - - - - - tives_____

G

of____ old, since Thou art God; Thou didst o - pen Par - a -

D

dise, - and____ make____ us____ wor - - -

A

thy____ there - of. Where - fore,____ do____ Thou grant for -

give - - - ness of____ sins al - - so un - - -

to us who glo - ri - fy Thine a - ris - ing

on the third day; and deem us wor - thy to

dwell in Par - a - dise, since Thou a -

lone art com - pas - sion - ate.

Verse #4

Τῷ οἴκῳ σου πρέπει

Ho - li - ness be - com - eth Thy house, O Lord, un - to length___

of days.

Aposticha #4

'Ο δι' ἡμάς σαρκί

D

O Thou Who didst ac - cept the pas - sion in the flesh_____

G

for_ our_ sake,_ and didst a - rise_ on the_

D

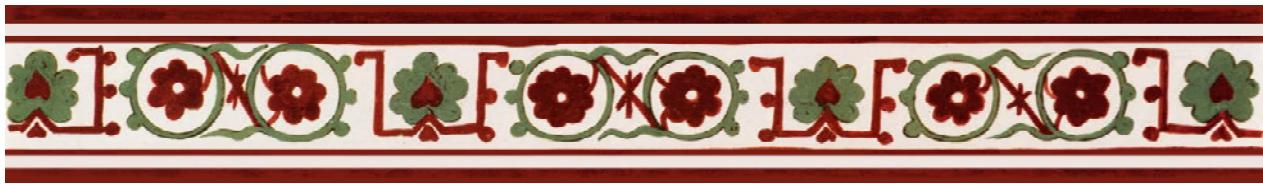
third_ day: do Thou heal the pas - sions_ of_ our_

Hard Chromatic

flesh; and raise us_ up_ from_ griev - - - -

ous_ trans - gres - - - sions, O Friend of man,_ and

save_____ us.



ΑΠΟΣΤΙΧΑ ΤΗΕΩΤΟΚΙΟΝ

Plagal First Mode

Andante $\text{♩} = 84$

Ναὸς καὶ πύλη

The musical notation consists of five staves of music in G clef, common time, with a key signature of one flat. Red letters above the staff indicate specific notes: D, C, D, G, D, C, D, A↓. The lyrics are written below each staff, corresponding to the musical phrases. The music features various note values including eighth and sixteenth notes, with several grace notes indicated by small vertical strokes.

A tem - ple and gate art thou, a pal - ace and

throne of the King, O

all - rev - ered Vir - - - gin,

through whom my Re - deem - er, Christ the Lord, hath ap -

peared to them that slept in dark - - - ness,

since He is the Sun__ of Right - eous - ness; for He

willed to en - light - en those whom He had fash - ioned_

by____ His____ own_ hand, ac - cord - - - ing____ to

His____ own_ im - - - age. Where-fore, O____ all - .

hymned_ one, since thou hast bold - ness toward Him____ as

His_ moth - - - er, in - ter - cede thou un - ceas - -

ing - ly that____ our souls____ be saved._____

rit.



ΑΠΟΛΥΤΙΚΙΟΝ ΟΤΗ ΡΕΣΥΡΕΚΤΙΩΝ

Plagal First Mode

Allegro $\text{♩} = 160$

Tὸν συνάναρχον Λόγον

Let us wor - ship the Word, — Who is un - or - ig - i - nate

with the Fa - ther and the Spir - it, and from a vir - - gin was

born for our sal - va - tion, O be - liev - - ers, and let us

sing His praise. For in His good - ness He was pleased to as -

cend the Cross - in the flesh, and to un - der - go death,

and to raise up those who had died, by His glo - ri - ous
Res - ur - rec - - - tion.

Glory...

Δόξα Πατρί

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

Both now...

Καὶ νῦν

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

Resurrectional Theotokion

Χαῖρε πύλη Κυρίου

A musical score for a solo voice or organ. The music is in common time, treble clef, and consists of six staves of music. The lyrics are written below each staff. Red letters above the notes indicate specific pitch points: 'A' at the beginning of the first staff, 'G' at the beginning of the second staff, 'A' at the beginning of the third staff, 'G' at the beginning of the fourth staff, 'A' at the beginning of the fifth staff, and 'Un.' (Unter) at the beginning of the sixth staff. The lyrics are as follows:

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

 joice, O ram - part 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._____



PLAGAL FIRST MODE - BRIEF

Intonation: #13

Lord, I Have Cried

Allegro $J=160$

Κύριε ἐκέκραξα

Un. A

Lord, — I have cried — un - to Thee, heark - en un - to me;

heark - en un - to me, O Lord. Lord, — I have cried — un - to

Thee, — heark - en un - to me; at - tend — to the voice

of my sup - pli - ca - tion when I cry un - to Thee:
Hark - en un - to me,— O— Lord.

Let My Prayer

Κατευθυνθήτω

Let my prayer_ be set forth as in - cense_ be - fore_ Thee,
the lift - ing up____ of my hands as__ an eve - ning sac - ri -
fice; heark - en un - to me,— O— Lord.

VERSES OF PSALMS

140, 141, AND 129

Plagal First Mode - Heirmologic

Presto $\text{♩} = 180$

Θοῦ Κύριε

1 A >

Set, O Lord, a watch be - fore my mouth, and a door__ of en -

G > A

clo - sure round a - bout my lips.

2 A >

In - cline__ not my heart__ un - to words of e - vil,

> >

to make ex - cuse with ex - cus - es in sins,

3 A > G

With men that work in - iq - ui - ty; and I__ will not join__

A

with their cho - sen.

4

A



The right-eous man will chas - ten me with mer - cy and re - prove -



me; as for the oil__ of the sin - ner, let__ it



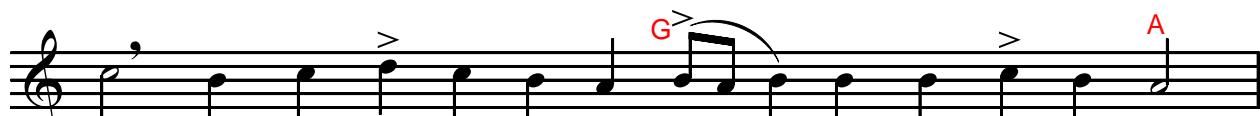
not a - noint my head.

5

A



For yet more_ is my prayer_ in the pres-ence of their pleas -



ures; swal-lowed up near by the rock__ have their judg - es been.

6

A



They shall hear my words, for they be sweet - ened; as a clod of



earth is bro - ken up - on the earth, so have their bones been



scat-tered nigh__ un - to Ha - des.

7 Un. A

For un - to Thee, O Lord, O Lord, ____ are mine eyes, in Thee __

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

8 A >

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.

9 A >

The sin - ners shall fall in - to their own - net; I __

am a - lone un - til I pass by.

10 A >

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.

11

A



I will pour__ out be - fore__ Him my sup - pli - ca - tion,

12

A



mine af - flic - tion be - fore__ Him will I de - clare.

13

A



When my spir - it was faint - ing with - in me, then Thou

14

A



knew - est my paths.

15

A



I looked up - on my right hand, and be - held, and there was none__



that did know__ me.

16

Un.



Flight hath failed_ me, and there is none that watch-eth out_ for my soul.

16

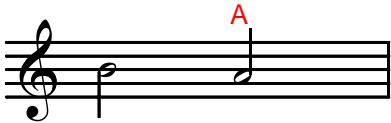
A



I have cried un - to Thee, O Lord; I said: Thou art my



hope, my por - tion art Thou in the land of the



liv - ing.

17

A



At - tend un - to my sup - pli - ca - tion, for I am brought -



ver - y low.

18

A



De - liv - er me from them that per - se - cuted me, for they are



strong - er than I.

*On Saturdays, continue with Stichera on page 295.
On other days continue on following page.*

19

Bring my soul out of pris - on that I____ may con - fess Thy Name.

20

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

ward__ me.

21

Out of the depths have I cried__ un - to Thee, O Lord;_ O

Lord,_ hear my voice.

22

Let Thine ears__ be at - ten - tive to the voice of my sup - pli -

ca - tion.

BRIEF STICHERA

Plagal First Mode

Verse #1

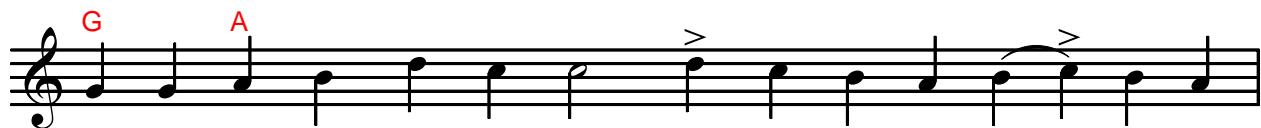
Allegro L.160



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

Stichera #1

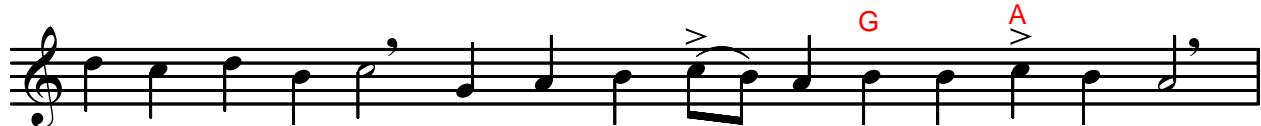
Διὰ τοῦ τιμίου σου Σταυροῦ



By Thy pre-cious Cross, O Christ, Thou hast put the dev-il to



shame; and by Thy Res - ur - rec - tion, Thou hast blunt -



ed the sting of sin; and Thou hast saved_us from the gates of death.



We glo - ri - fy Thee, O On - ly - be - got - ten__ One.

Verse #2

'Εμὲ ὑπομενοῦσι



The right-eous shall wait pa-tient-ly for me un-til Thou shalt re-ward me.

Stichera #2

'Ο τὴν ἀνάστασιν



He that grant - ed the Res - ur - rec - tion un - to the race of



man was led as a sheep to slaugh - ter; the prin - ces of



Ha - des were ter - ri - fied of Him, and the griev - ous gates were



lift - ed up; for Christ, the King of Glo - ry, hath en - tered,



say - ing_ to those in bonds: Go forth; and to those in dark -



ness: Re - veal— your - selves.

Verse #3

'Εκ βαθέων



Out of the depths have I cried un - to Thee, O Lord; O Lord,—



hear my voice.

Stichera #3

Μέγα θαῦμα



O— great won - der! hav - ing suf - fered in the flesh— out of



love for man, the Cre - a - tor of things in - vis - i - ble,



the Im - mor - tal One, hath ris - en. Come,— O ye kin - dreds

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

Γενηθήτω τὰ ὁτα σου

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

Stichera #4

Ἐσπερινὴν προσκύνησιν

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

mir - ror, hast shined up - on the world; and hast de-scend-ed e - ven
 un - to Ha - des, and dis - pelled the dark - ness there, and hast
 shown the light— of the Res - ur - rec - tion un - to the na -
 tions. O Giv - er of light,— Lord,— glo - ry be to Thee.

Verse #5

'Εὰν ἀνομίας

If Thou should-est mark in - iq - ui - ties, O Lord, O Lord, who shall stand?
 For with Thee there is for - give - ness.

Stichera #5

Τὸν ἀρχηγὸν τῆς σωτηρίας



Let us glo - ri - fy Christ, the Au - thor of our sal - va - tion;



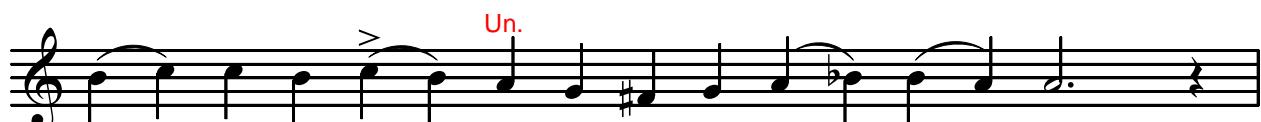
for when He a - rose_ from the dead,_ the_ world was saved from



er - ror. The choir of the An - gels re - joic - eth;



the de - cep - tion of the de - mons doth flee; Ad - am, who was



fall - en, is ris - en; the dev - il is de - stroyed.

Verse #6

Ἐνεκεν τοῦ ὀνόματός σου



For 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

Οἱ τῆς κουστωδίας

Un. > A >

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 a - noint - ed with myrrh and na - ked, with the fu - ner -

al shrouds be - ing a - ban-doned in the grave. Be not de - ceived,-

O ye Jews. Learn the say - ings of the Proph - ets, and

know that He is tru - ly the Re-deem - er of the world and the Al -

might - y— One.

Verse #7

'Απὸ φυλακῆς πρωΐας

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

let Is - ra - el hope_ in the Lord.

Stichera #7

Κύριε ὁ τὸν ἄδην

O Lord, Who hast de-spoil-ed Ha-des and hast tram-pled
up-on death; O our Sav-iour, Who hast en-light-ened the
world-by Thy pre-cious Cross; have mer-cy on us.

Verse #8

"Οτι παρὰ 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

"Οτι 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...

Δόξα Πατρί

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

Ho - ly Spir - it.

Both now...

Καὶ νῦν

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

es. A - men.

Dogmatic Theotokion

'Ἐν τῇ Ἐρυθρᾷ Θαλάσσῃ

In the Red Sea there was once de - pict - ed an im -

age of the un - wed - ded Bride. There, Mos - es di - vid - ed

the wa - ter; here, Ga - bri - el doth min - is - ter the won -

der. Then the deep was trod - den dry - shod by Is - ra - el;

now Christ is born seed - less - ly of the Vir - gin. The

sea, af - ter the pas - sage of Is - ra - el, re-mained un - trod -

den; the blame-less one, af - ter 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



BRIEF APOSTICHA

Plagal First Mode

Aposticha #1

Allegro $\text{♩} = 160$

Σὲ τὸν σαρκωθέντα

Thee, O Christ our Sav - iour, Who wast in - car - nate and yet

wast not part - ed from the Heav - ens, do we mag - ni - fy with

voic - es of song. For as the Lord Who lov - eth man, Thou

didst ac - cept the Cross and death for the sake_ of our race. De -

spoil - ing the gates of Ha - des, Thou didst a - rise_ on the

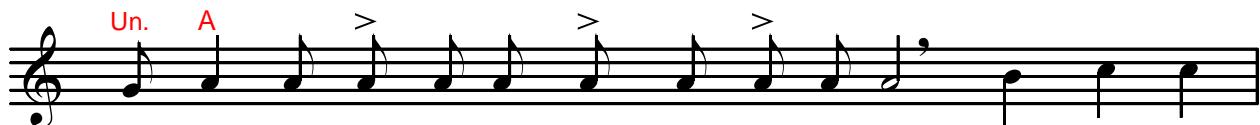
Un.



third day, sav - ing our souls.

Verse #2

Ο Κύριος ἐβασίλευσεν



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



clothed with strength and He hath girt Him - self.

Aposticha #2

Νυγείσης σου



When Thy side was pierced, O Giv - er of life, Thou didst pour forth



streams of for - give - ness, life and sal - va - tion for all. Thou didst



ac - cept death in the flesh, there - by grant - ing us im - mor -

tal - i - ty. And, whilst dwell - ing in the grave, Thou didst free -
us, and glo - ri - ous - ly as God, didst raise us up to -
geth - er with Thy - self. Where-fore, we cry — out: O Friend of
man, Lord,— glo - ry be to Thee.

Verse #3

Καὶ γὰρ ἐστερέωσε

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

Aposticha #3

Ξένη σου ἡ σταύρωσις

Strange - is Thy cru - ci - fix - ion and de - scent in - to

Ha - 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 - to us who glo - ri - fy Thine a - ris - ing

on the third day; and deem us wor - thy to dwell in Par - a -

dise, since Thou a - lone art com - pas - sion - ate.

Verse #4

Τῷ οἴκῳ σου πρέπει



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

Aposticha #4

'Ο δι' 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...

Δόξα Πατρί

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

Both now...

Καὶ νῦν

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

Aposticha Theotokion

Ναὸς καὶ πύλη

A tem - ple and gate art thou, a pal - ace and throne -

of the King, O all - rev - ered Vir - - gin, through whom - >

my Re-deem-er, Christ the Lord, hath ap-peared to them that slept in

dark - ness, since He___ is the Sun of Right-eous-ness; G > A

for He willed to en - light - en those whom He had fash - ioned

by His own_ hand, ac - cord - ing to His own im - - age. G A

Where-fore, O all - hymned-one, since thou hast bold - ness toward Him -

as His moth - er, in - ter - cede thou un - ceas - - ing - ly that Un.

A rit. G A

our souls be saved.