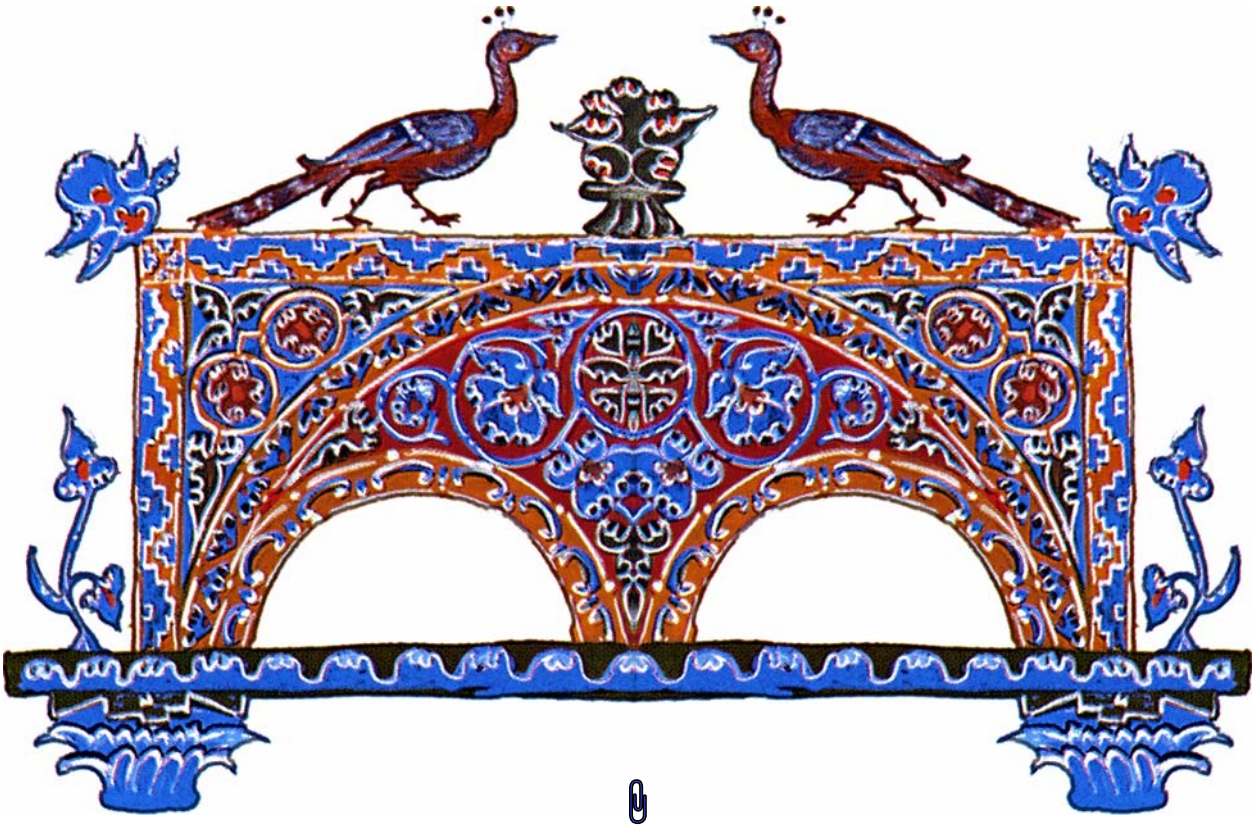


# PLAGAL FIRST MODE

## Lord, I Have Cried

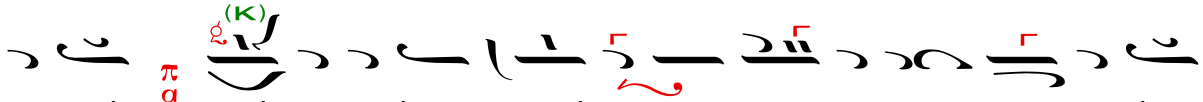
Ἦχος λ π ϋ Πα  χ̄ 84

Κύριε ἐκέκραξα

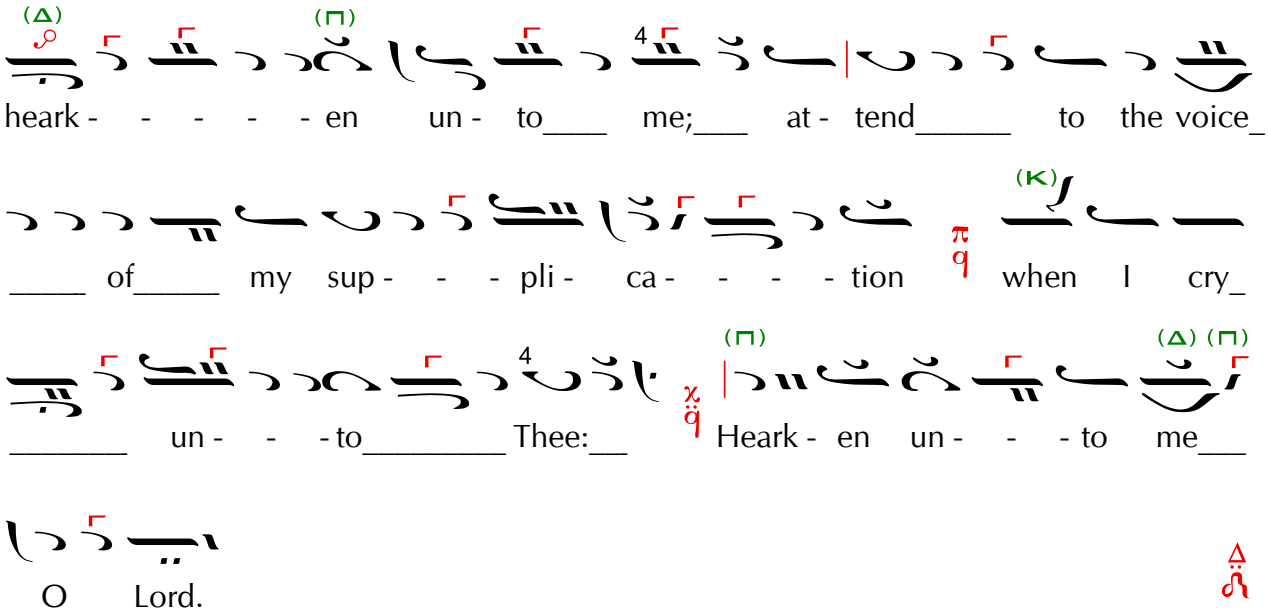
(Π)

ord,_____ I have cried_____ un - - to____ Thee, χ ϋ

heark-en un - - to_____ me; heark-en un - - to me,_____ O_____

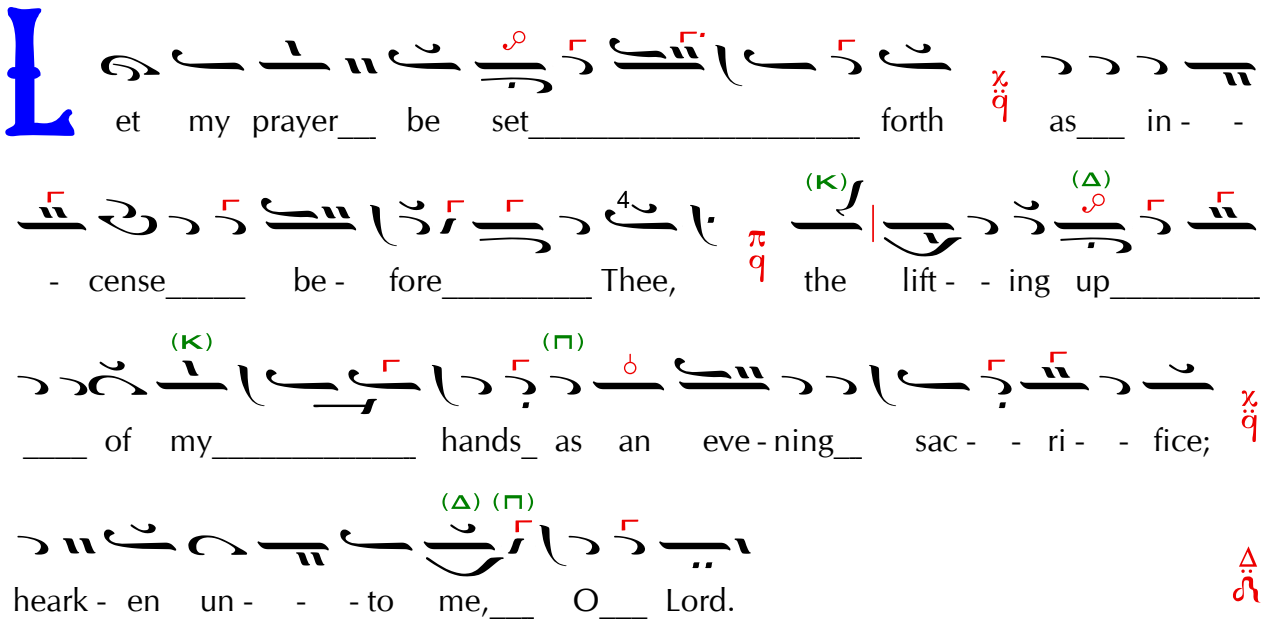


__ Lord. π ϙ (Κ) Lord,___ I have cried_____ un - - - to_____ Thee, χ ϋ




## Let My Prayer

Κατευθυνθήτω



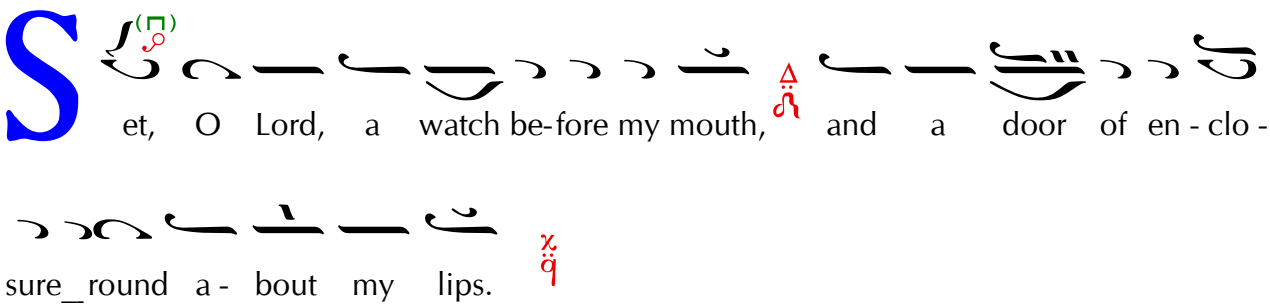
# Verses of Psalms
# 140, 141, and 129

## Plagal First Mode

Ἦχος λ π ϊ Πα

χ 180

Θοῦ Κύριε

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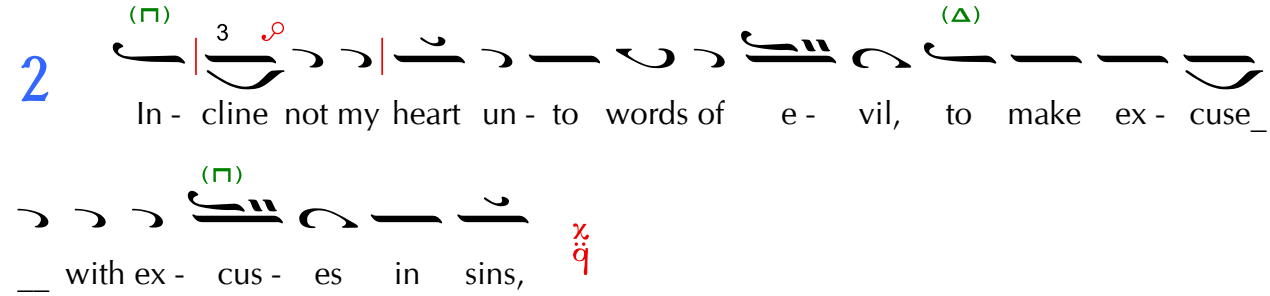


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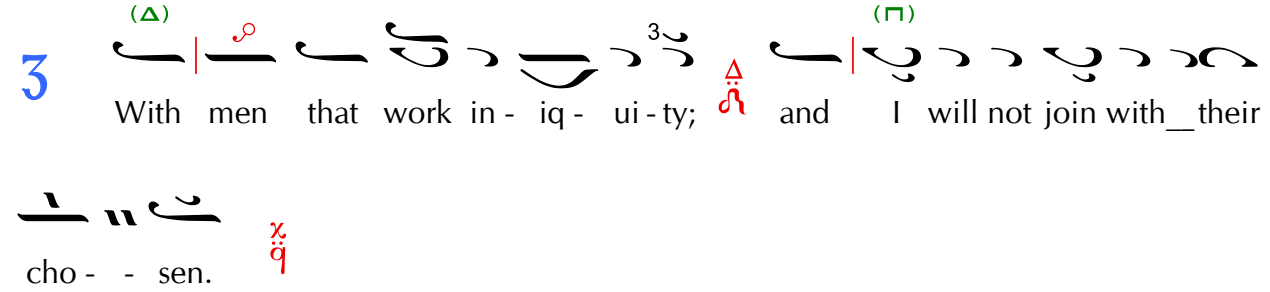


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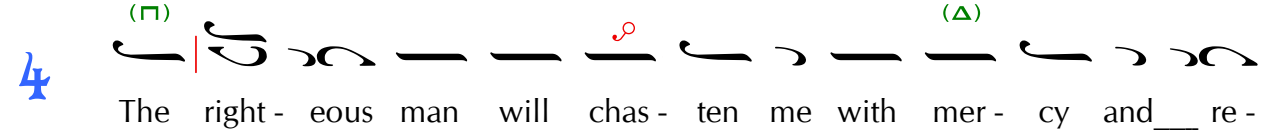
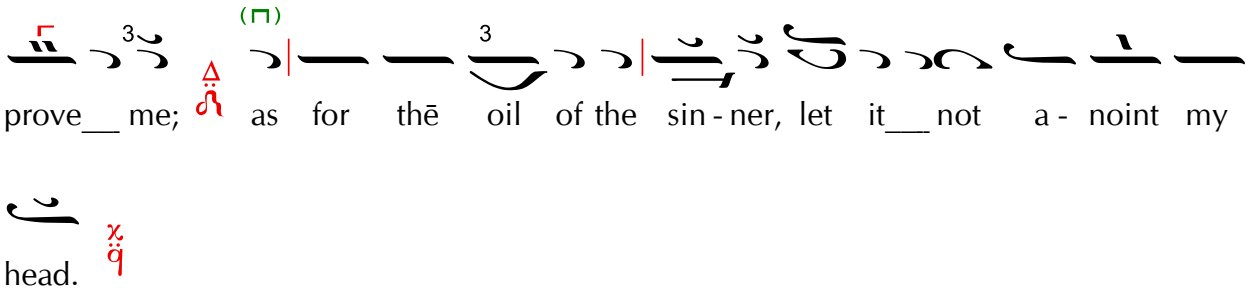
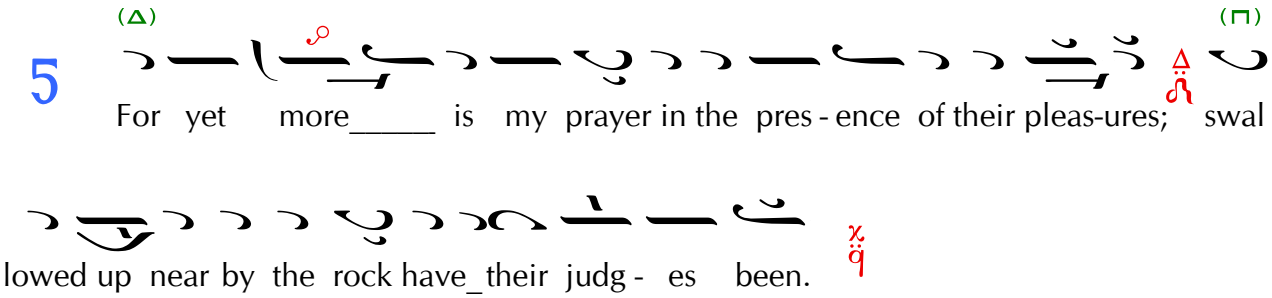
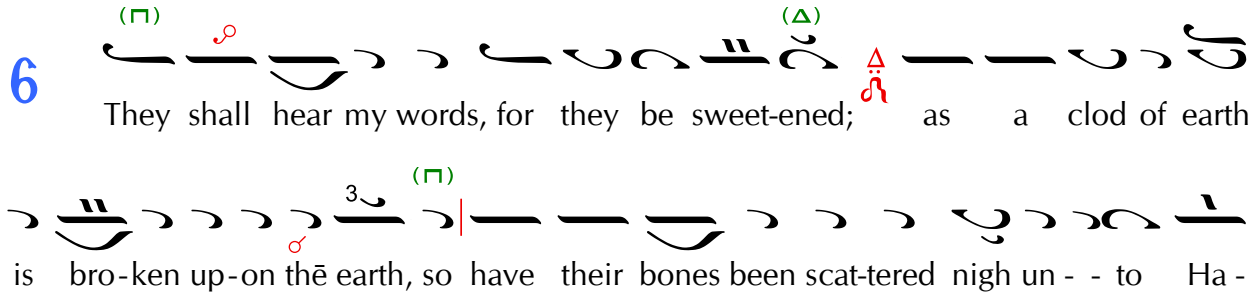
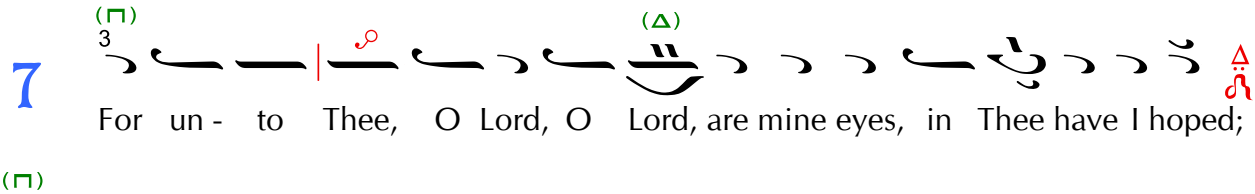
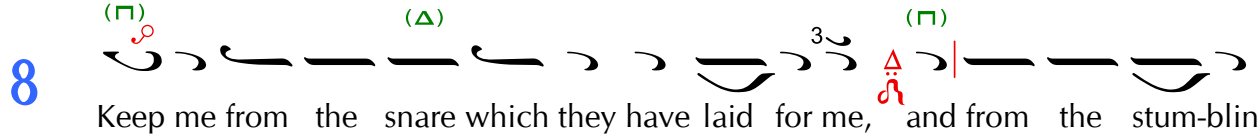


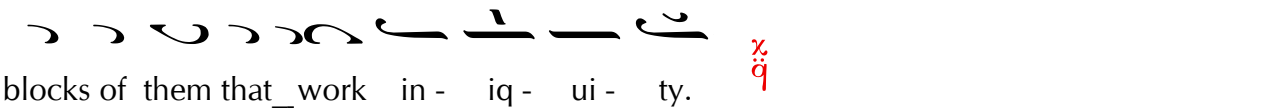

prove me; as for thē oil of the sin-ner, let it not a-noint my
head.

5 
For yet more is my prayer in the pres-ence of their pleas-ures; swal-
lowed up near by the rock have their judg-es been.

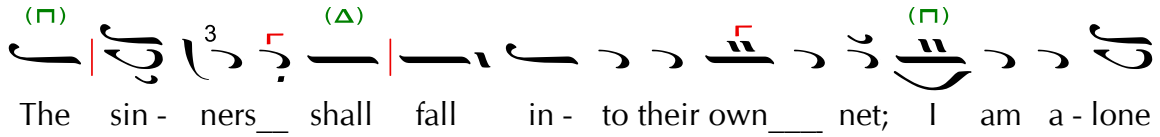
6 
They shall hear my words, for they be sweet-ened; as a clod of earth
is bro-ken up-on thē earth, so have their bones been scat-tered nigh un- - to Ha-
- des.

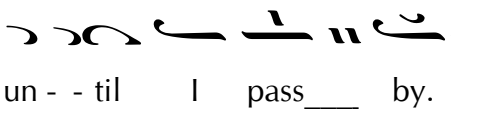
7 
For un- to Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped;
take not my soul a-way.

8 
Keep me from the snare which they have laid for me, and from the stum-bling-

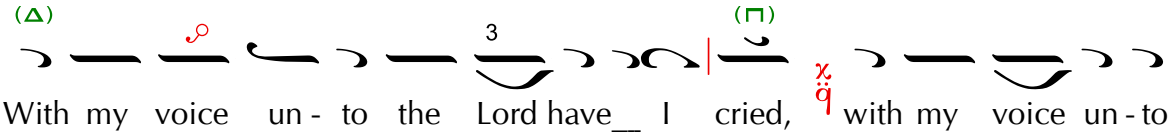

blocks of them that_work in - iq - ui - ty.

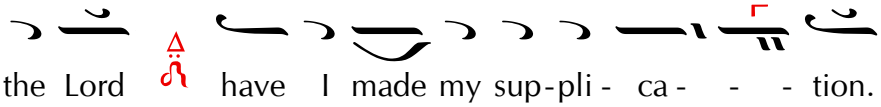
**9**


The sin - ners_ shall fall in - to their own___ net; I am a - lone

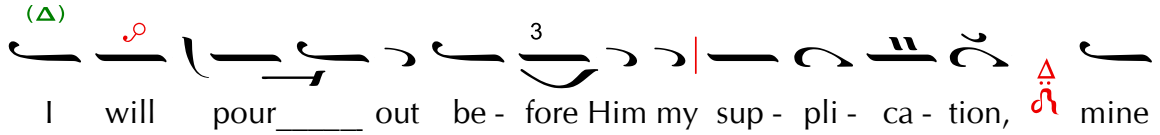

un - - til I pass___ by.

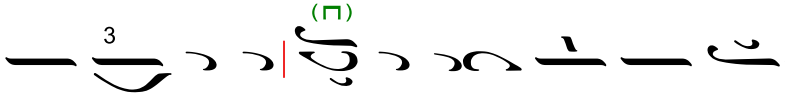
**10**


With my voice un - to the Lord have_ I cried, with my voice un - to

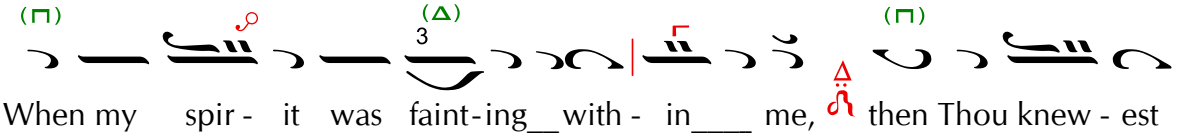

the Lord have I made my sup-pli - ca - - - tion.

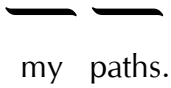
**11**


I will pour_____ out be - fore Him my sup - pli - ca - tion, mine

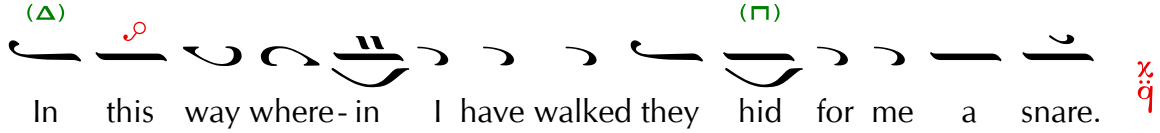

af - flic - tion be-fore Him__will I de - clare.

**12**


When my spir - it was faint-ing__with - in___ me, then Thou knew - est


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 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.____

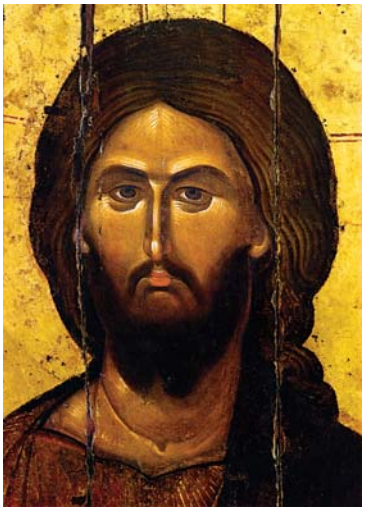
*On Saturdays, continue with Slow Stichera on page 213*
*or with Brief Stichera on page 246.*
*On other days continue on following page.*

**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.



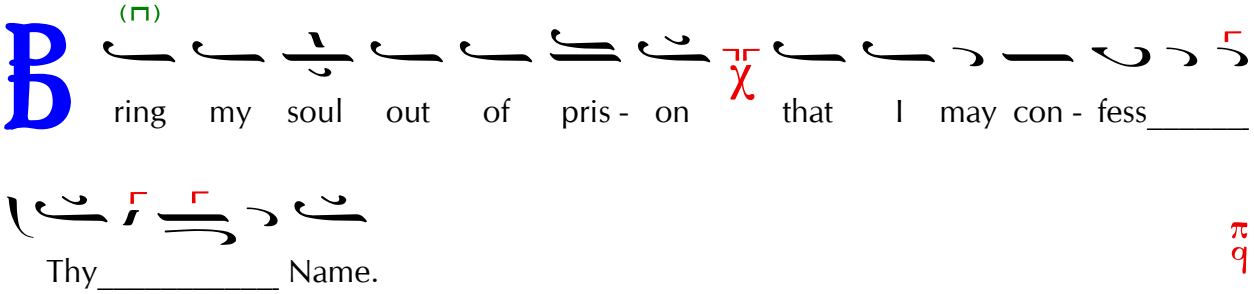
# Slow Stichera

## Plagal First Mode

Ἦχος λ π ϙ Πα

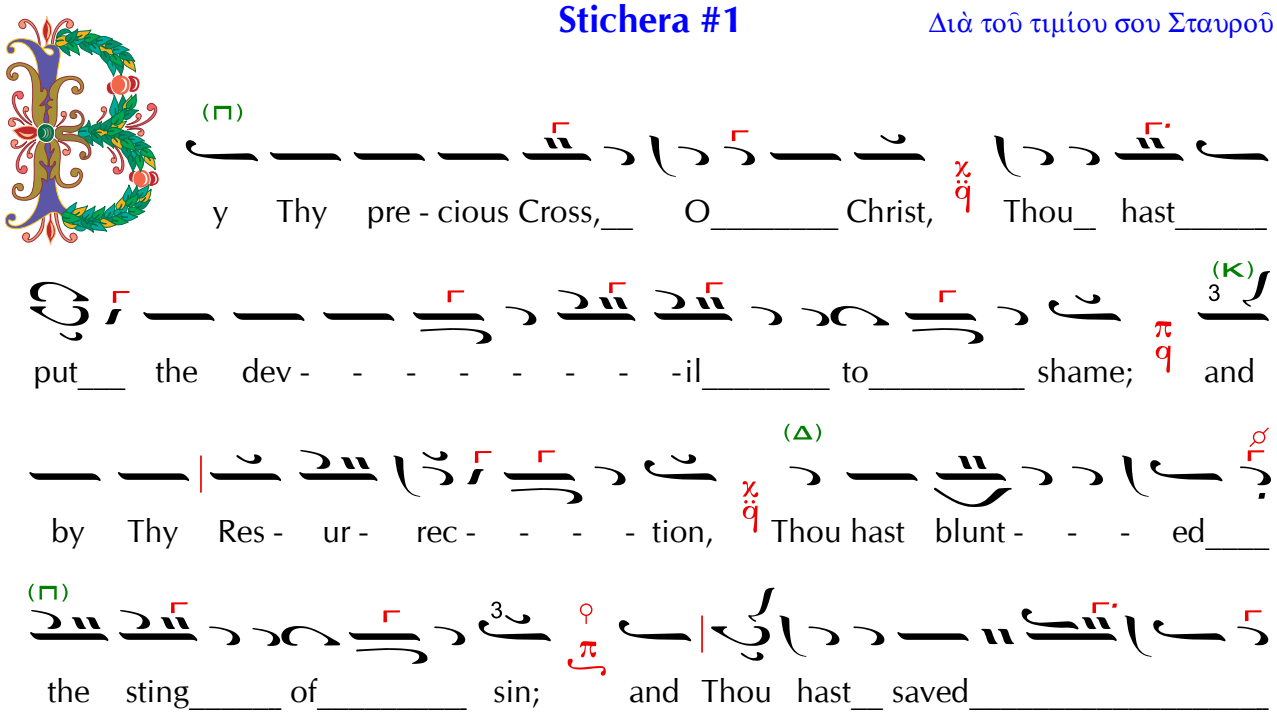
### Verse #1

Ἐξάγαγε ἐκ φυλακῆς χ



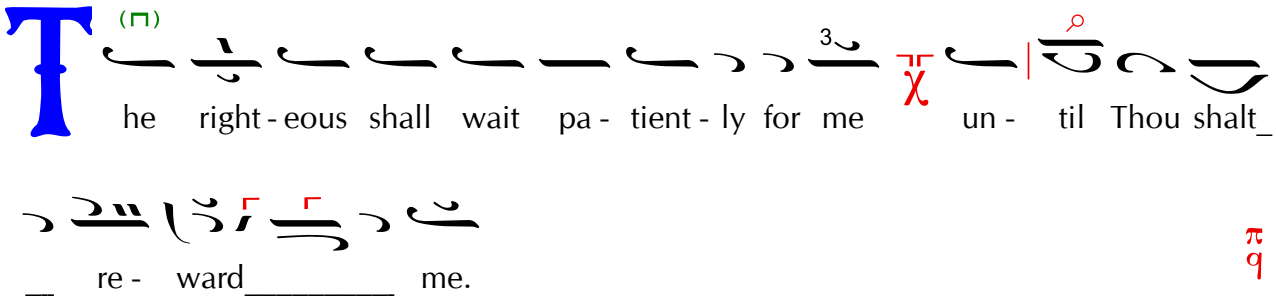

### Stichera #1

Διὰ τοῦ τιμίου σου Σταυροῦ



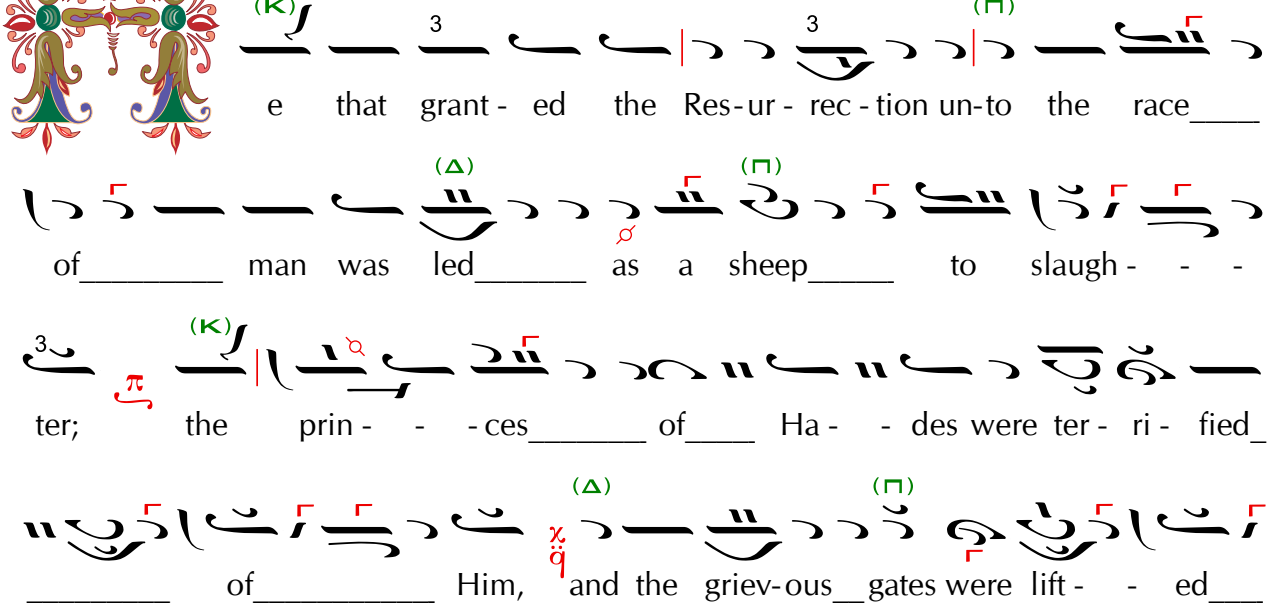
## Verse #2

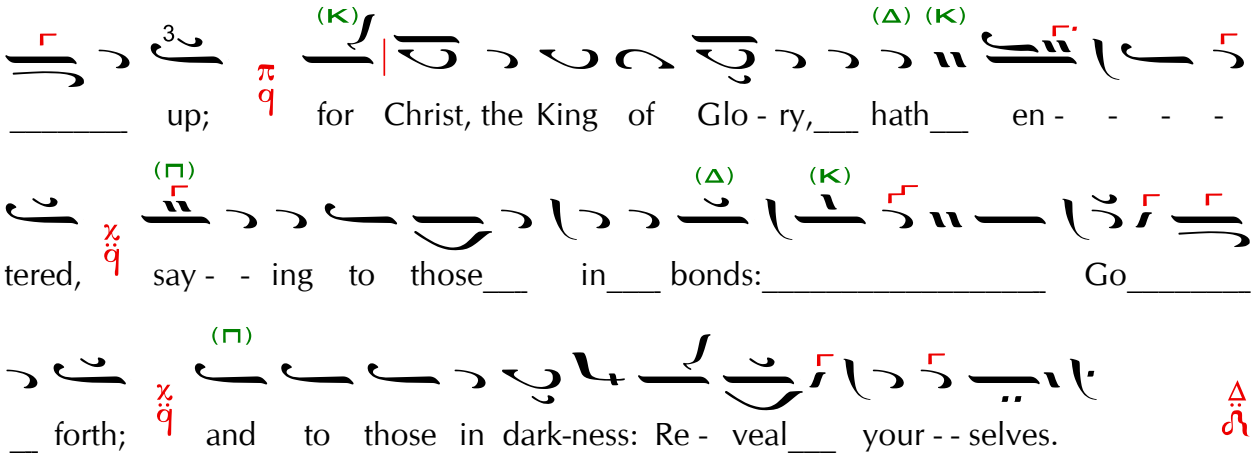
Ἐμὲ ὑπομενοῦσι




## Stichera #2

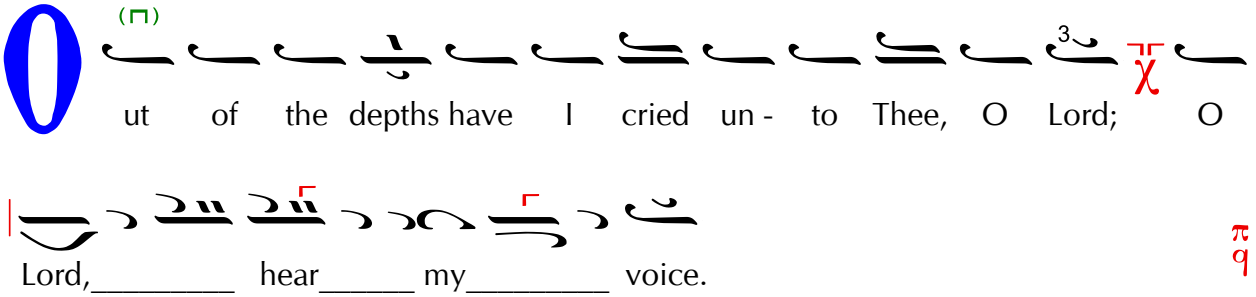
Ὁ τὴν ἀνάστασιν





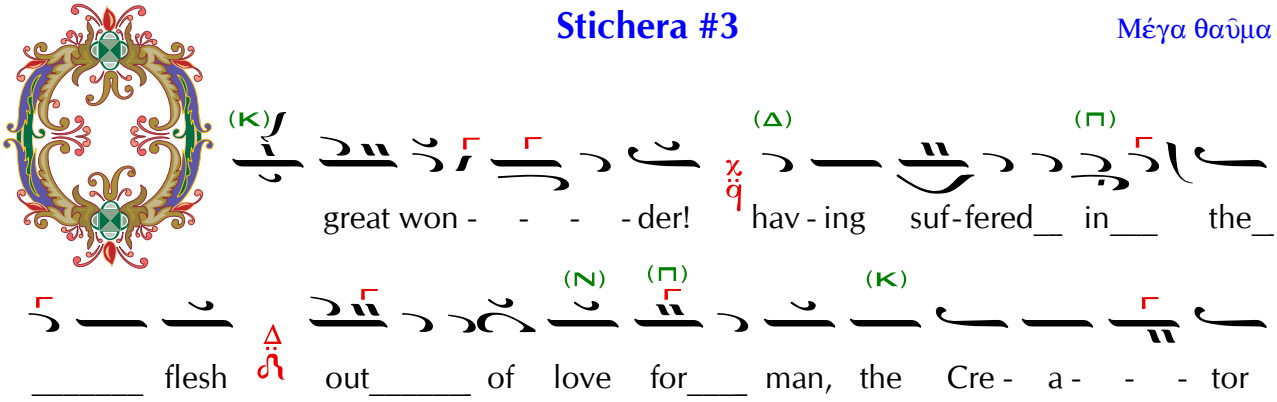

## Verse #3

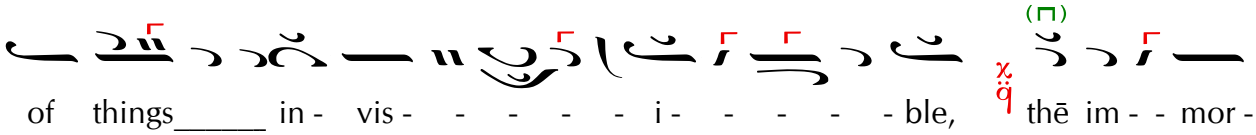
Ἐκ βαθέων

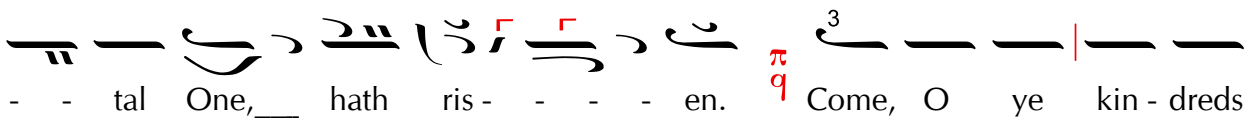


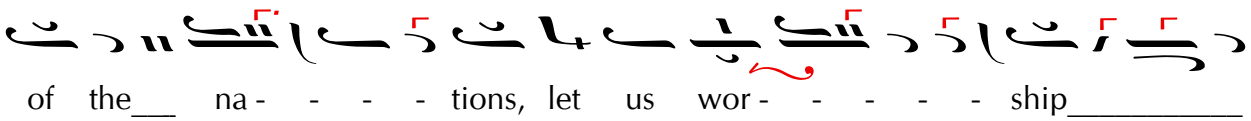

## Stichera #3

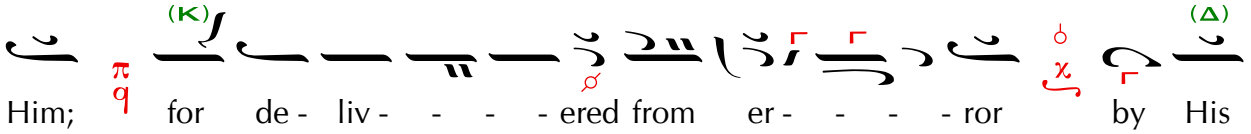
Μέγα θαῦμα

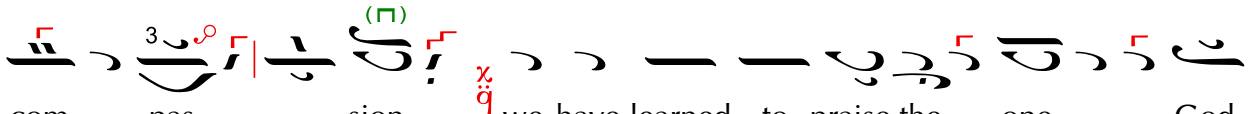




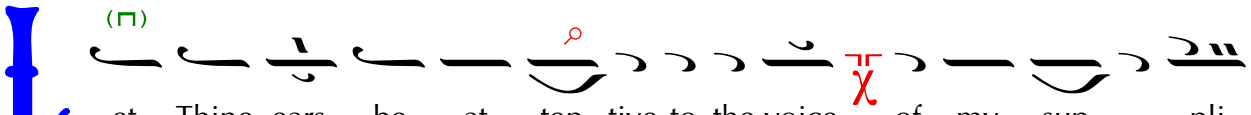



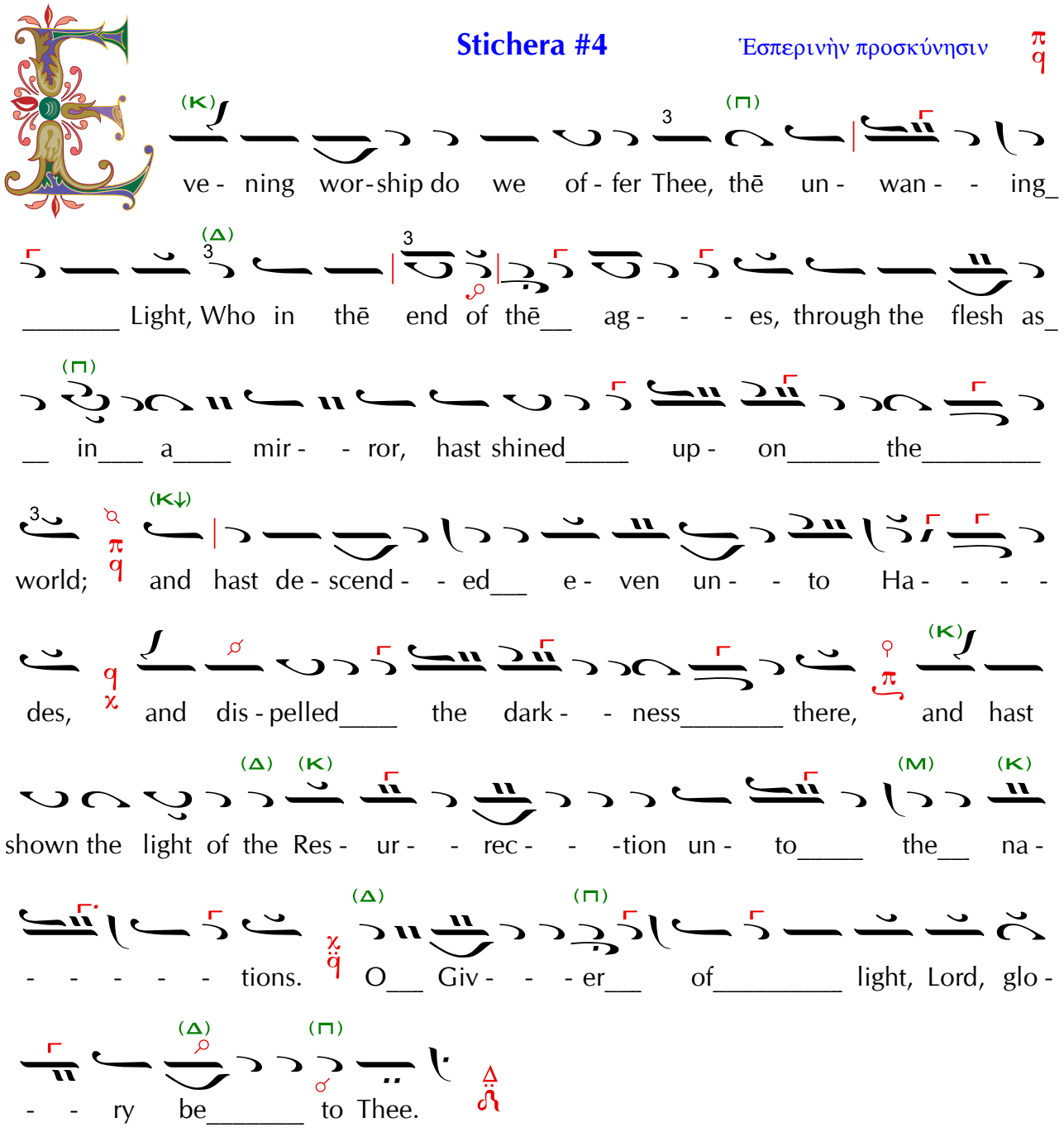
## Verse #4

Γενηθήτω τὰ ὦτα σου



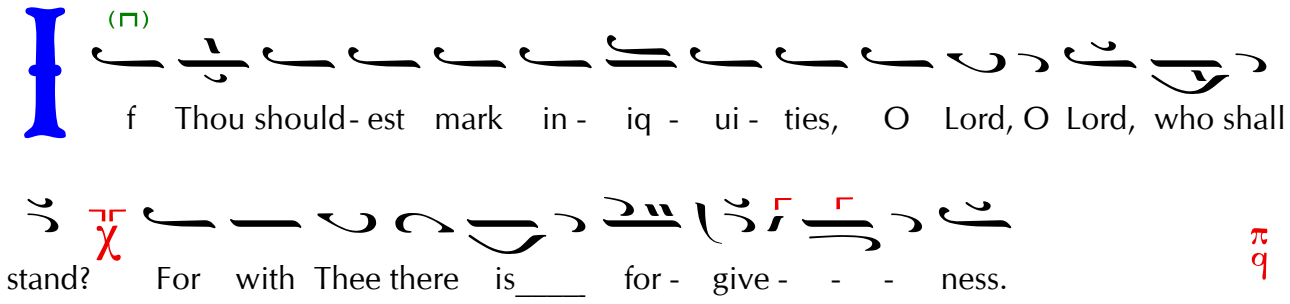
## Stichera #4

Ἑσπερινὴν προσκύνησιν



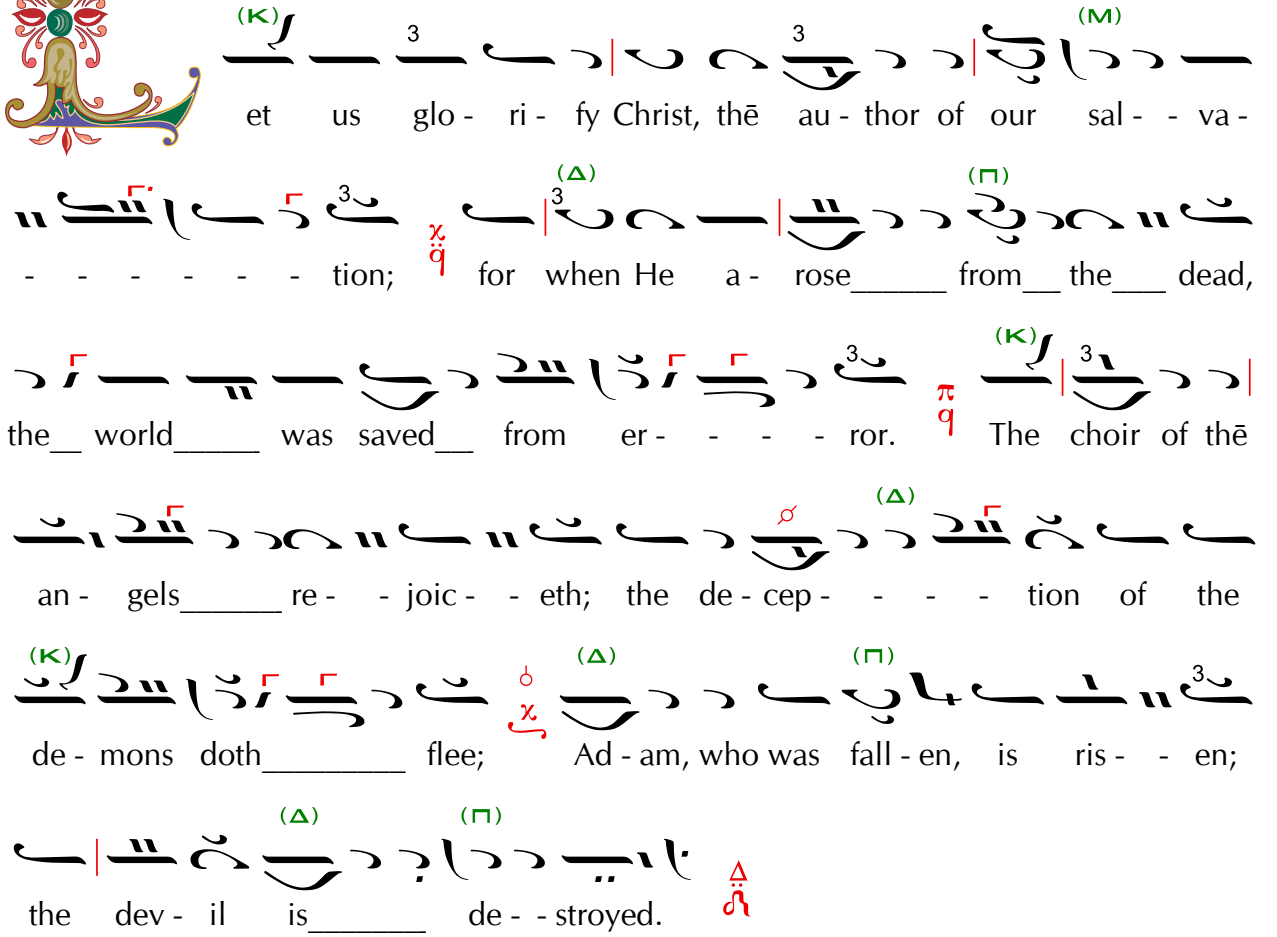
## Verse #5

Ἐὰν ἀνομίας



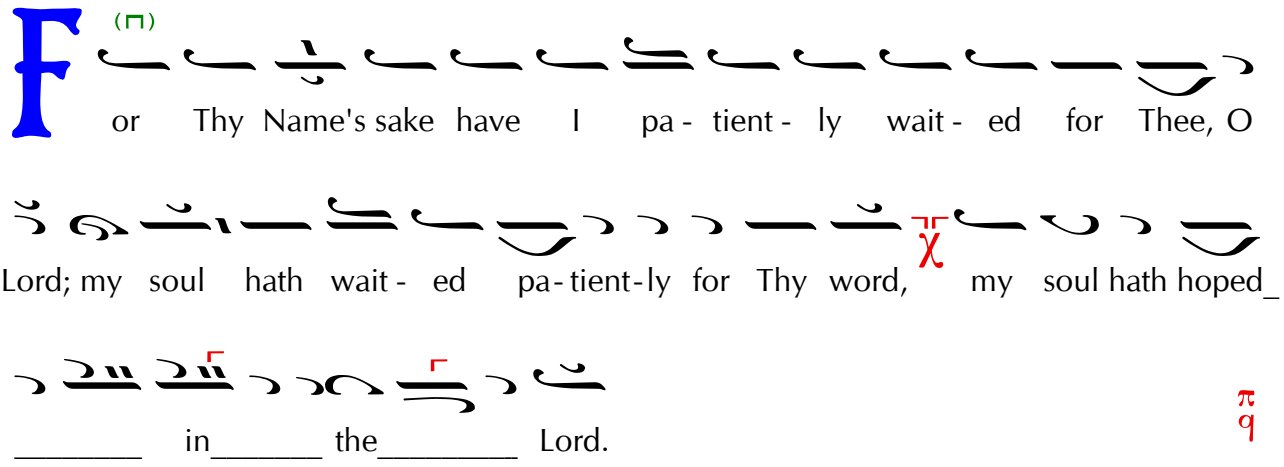

## Stichera #5

Τὸν ἀρχηγὸν τῆς σωτηρίας



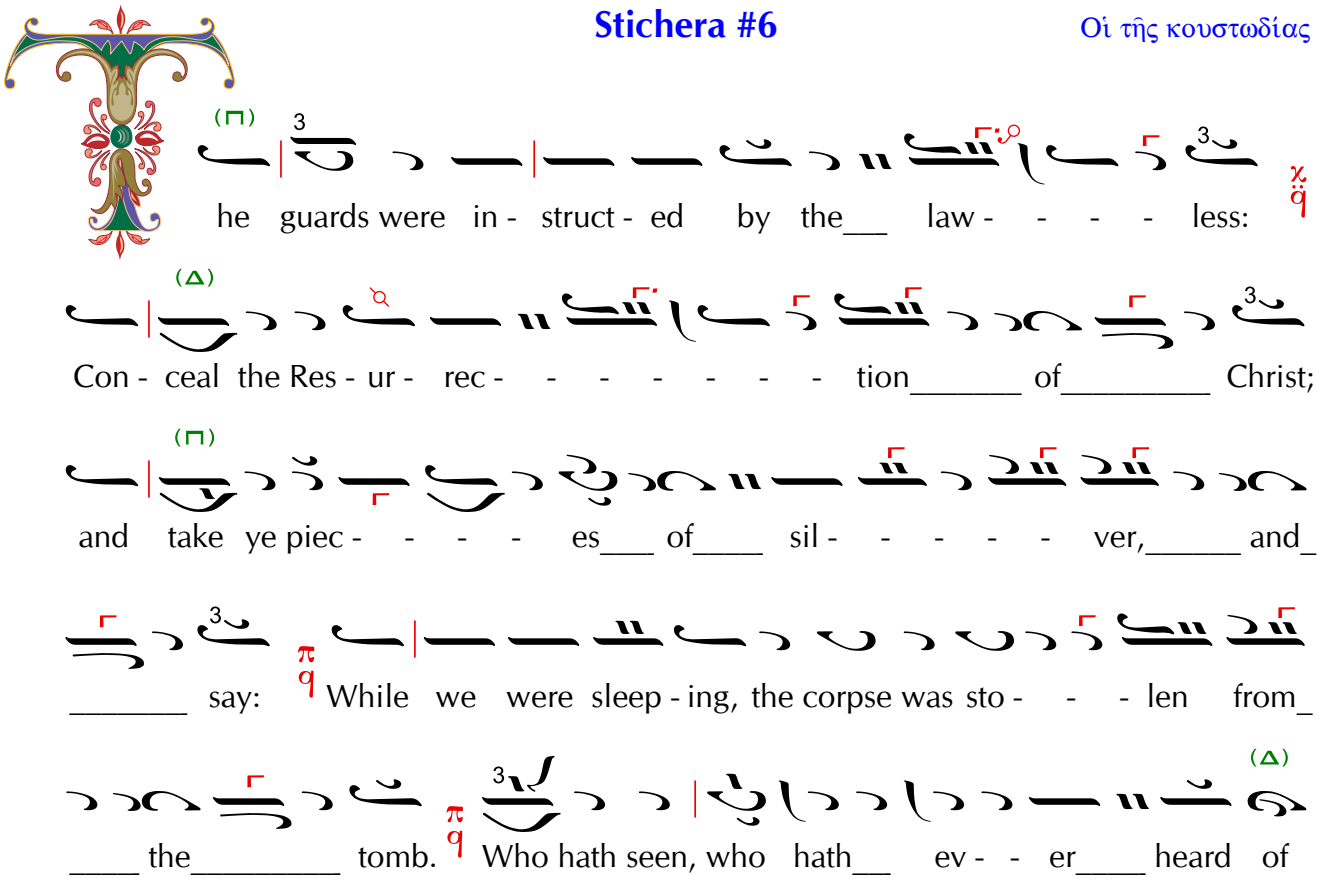
## Verse #6

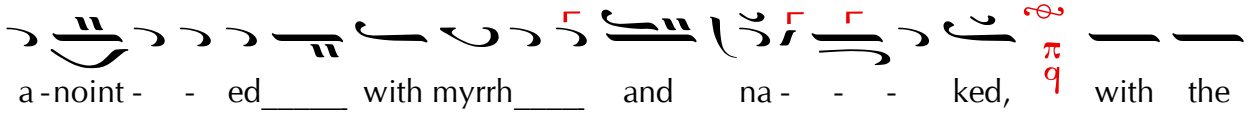
Ἕνεκεν τοῦ ὀνόματός σου

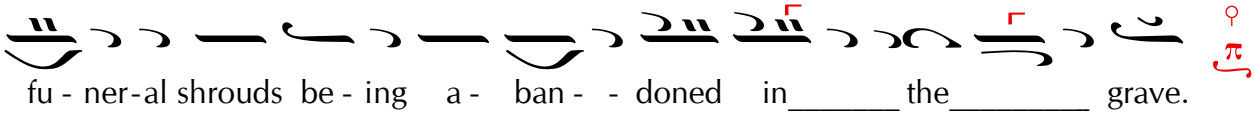


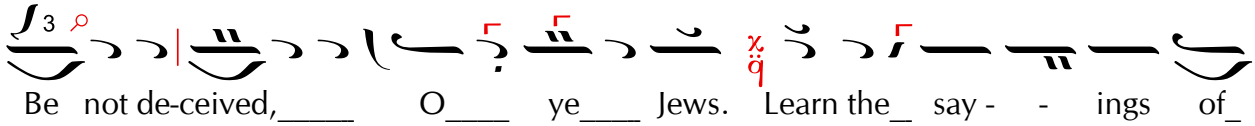

## Stichera #6

Οἱ τῆς κουστωδίας



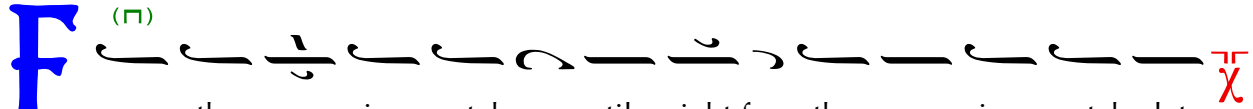


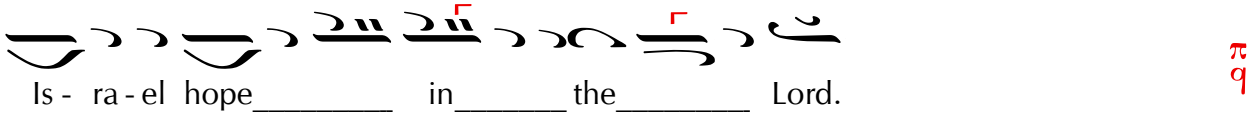



## Verse #7

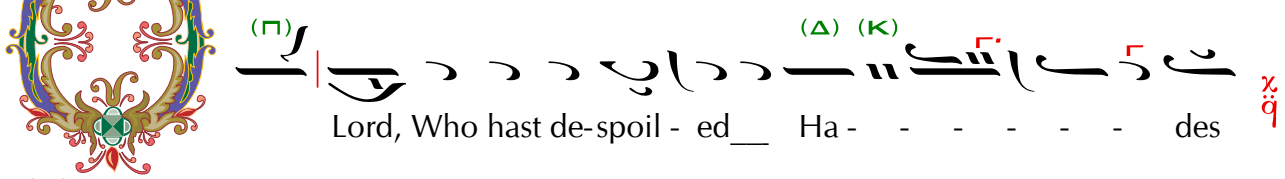
Ἀπὸ φυλακῆς πρωΐας



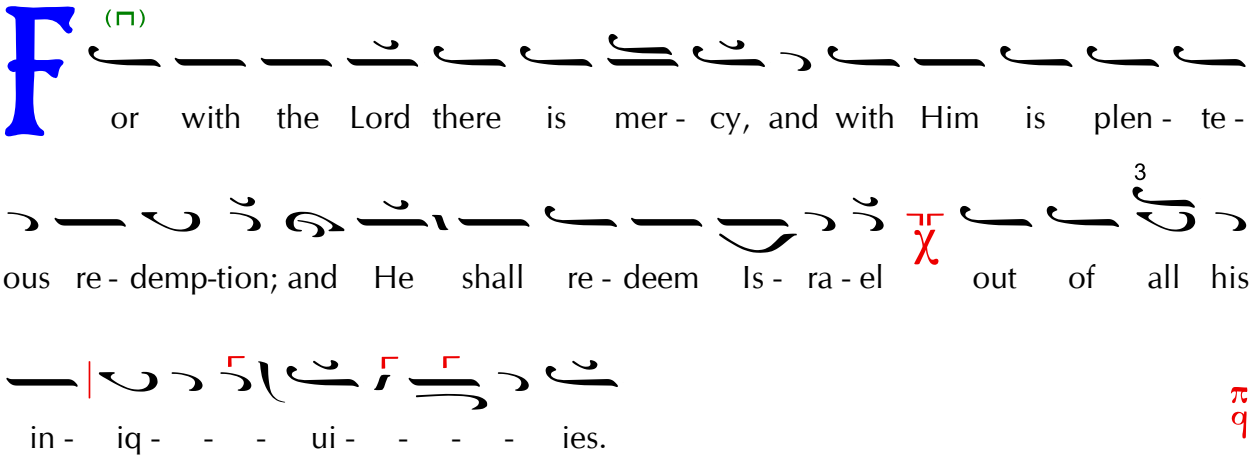
## Stichera #7

Κύριε ὁ τὸν ᾅδην



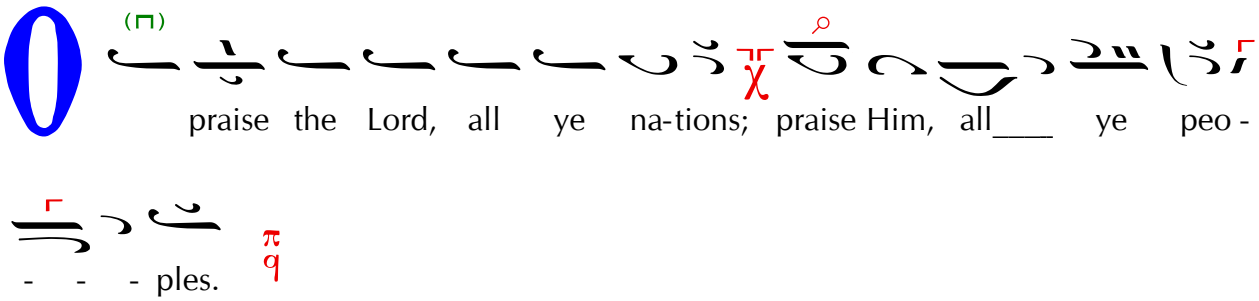

## Verse #8

Ὅτι παρὰ τῷ Κυρίῳ



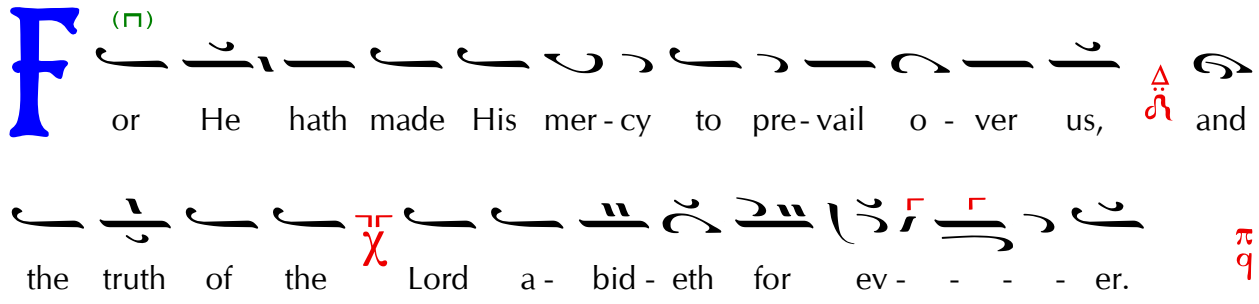
## Verse #9

Αἰνεῖτε τὸν Κύριον




## Verse #10

Ὅτι ἐκραταιώθη




The demon of fornication,
in the manner of a licking puppy,
is wont to cling to the one he tempts,
so as not to be cast out. But it is possible
for you—it is a matter of your prerogative and
intention—either to nourish him with the work of
dishonor or vigorously to put him to flight with prayer and
psalmody, with fasting and vigils, and with sleeping on the ground.

—Nilus of Ancyra

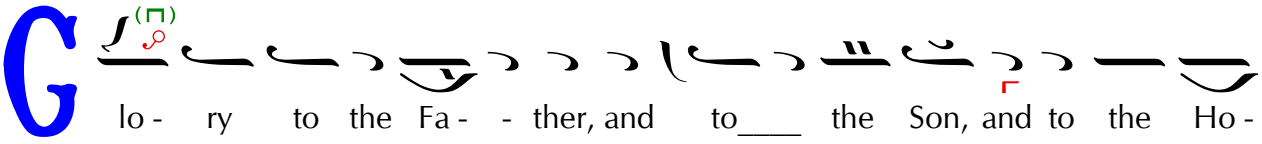
# Glory... Both Now...

## Plagal First Mode

χ 84

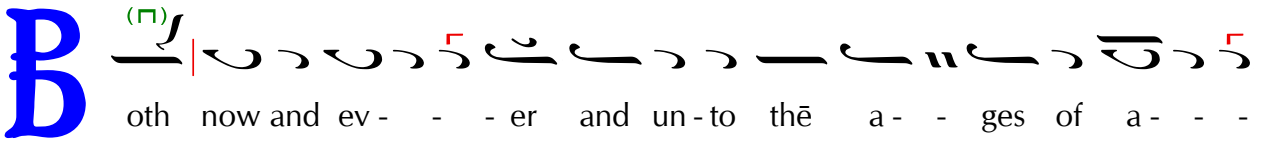
Ἦχος λ π ϙ Πα

Δόξα Πατρί...




π
ϙ

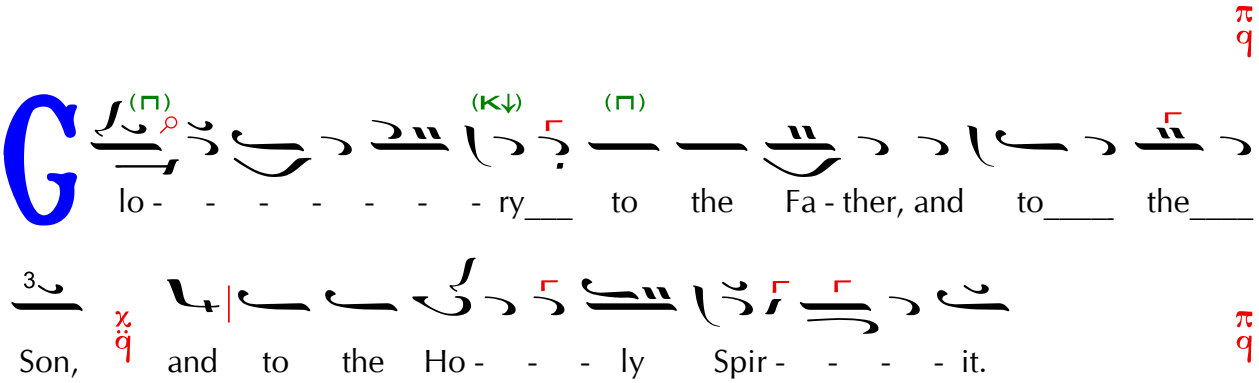
Καὶ νῦν...




π
ϙ

## Alternate Melodies

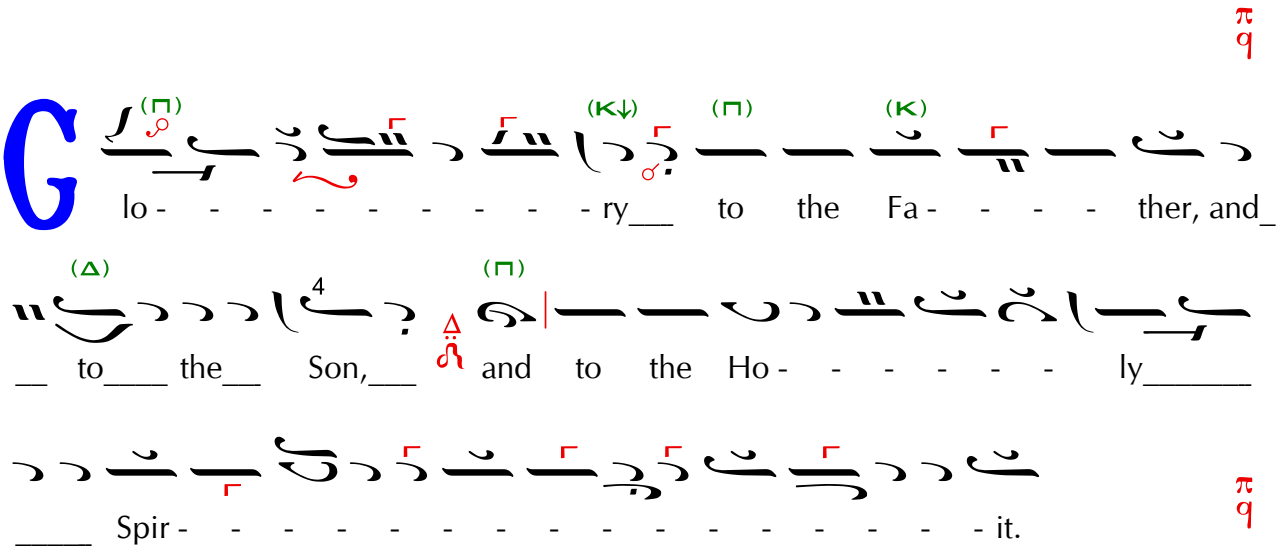
Δόξα Πατρί...



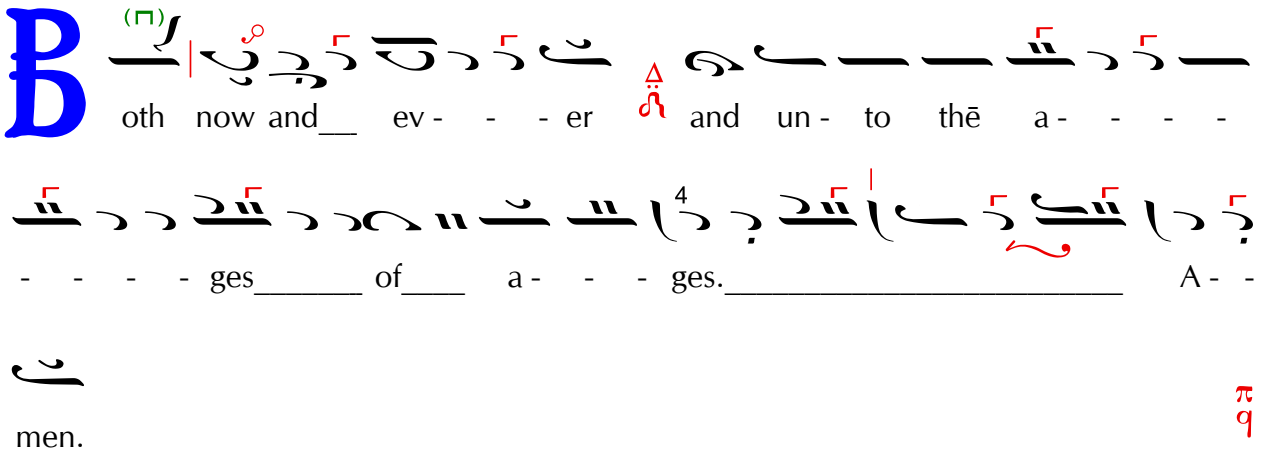

Καὶ νῦν...

## Old (Slow) Sticheraric Melodies

Δόξα Πατρί...




Καὶ νῦν...



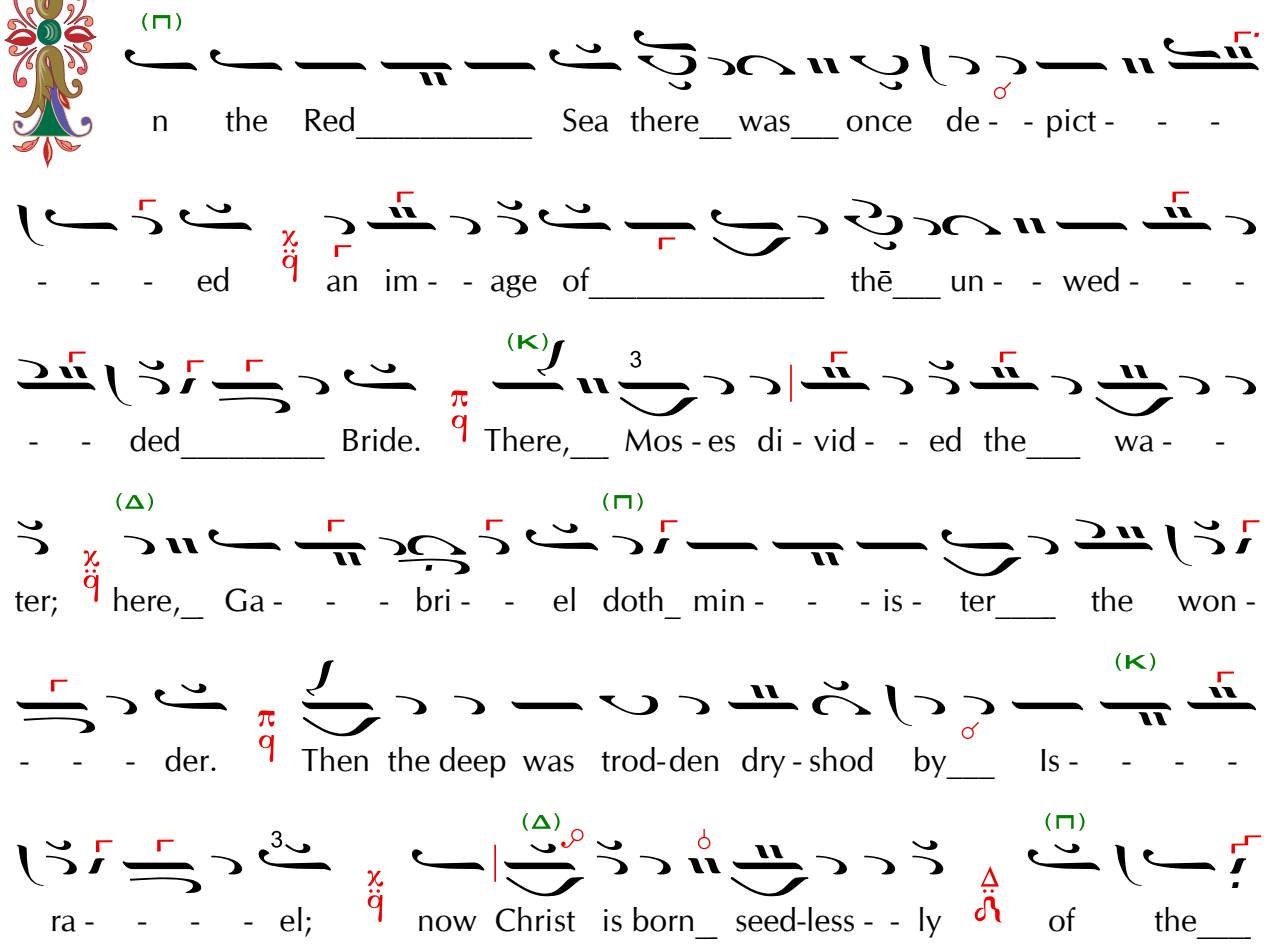
# Dogmatic Theotokion

## Plagal First Mode

Ἦχος λ π ϊ Πα

χ 84

Ἐν τῇ Ἐρυθρᾷ Θαλάσσῃ



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

el, re - mained_____ un - - trod - - - - den; the blame -

- - - - - - - - - less_____ the blame - - less___ one,_____

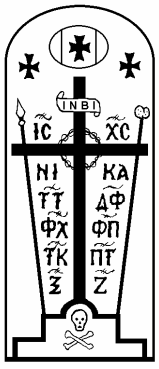
_____(n)_____ af - ter the birth of Em - man -

- - 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._____



# Slow Aposticha

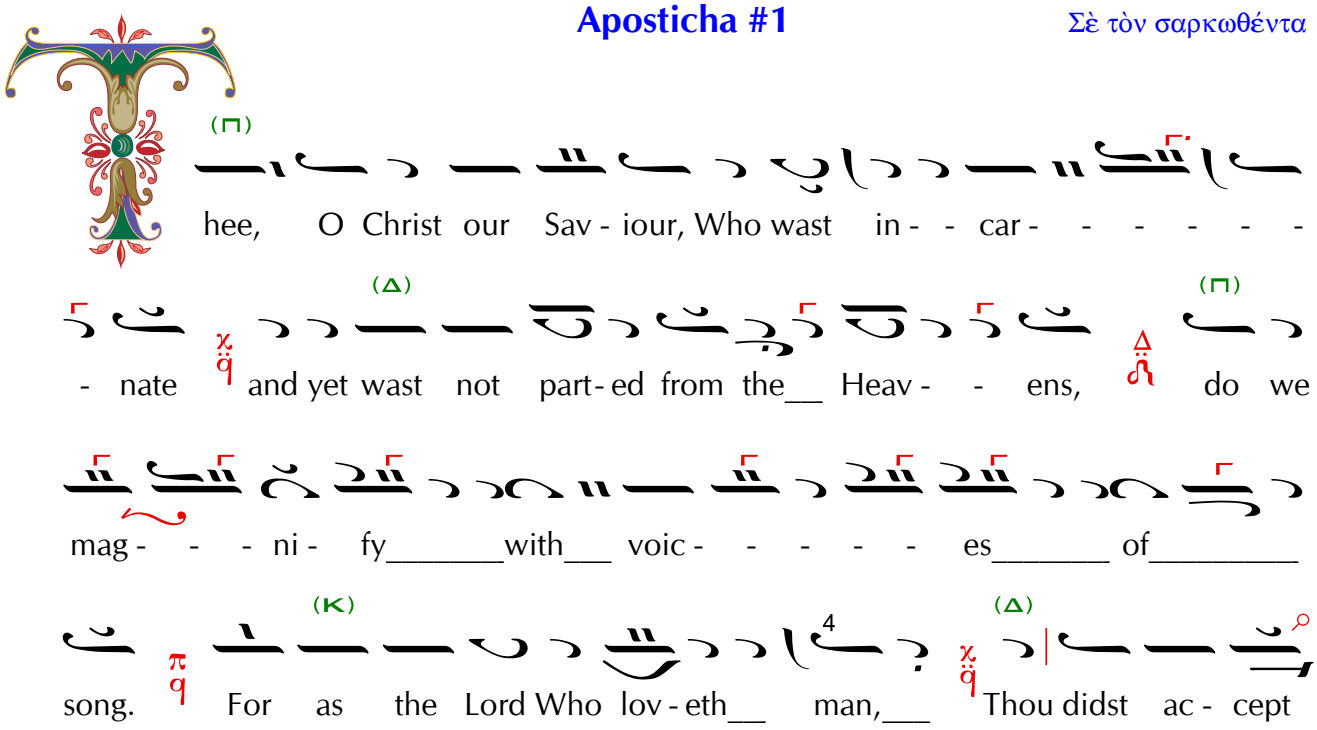
## Plagal First Mode

Ἦχος λ π ϋ Πα

χ 88

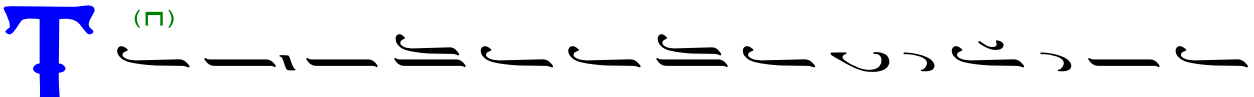
### Aposticha #1

Σὲ τὸν σαρκωθέντα


hee, 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

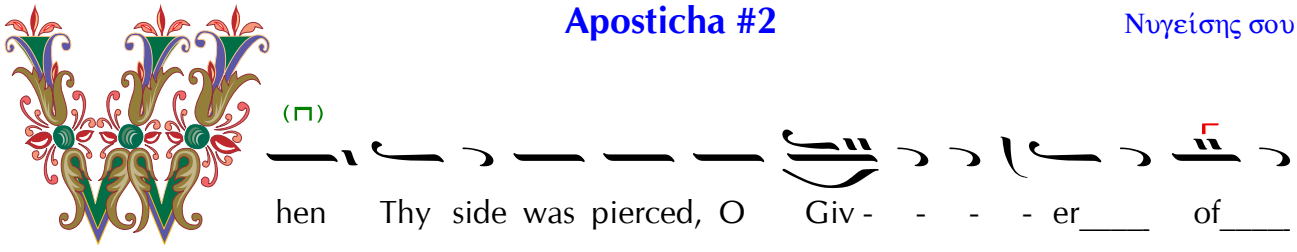
## Verse #2

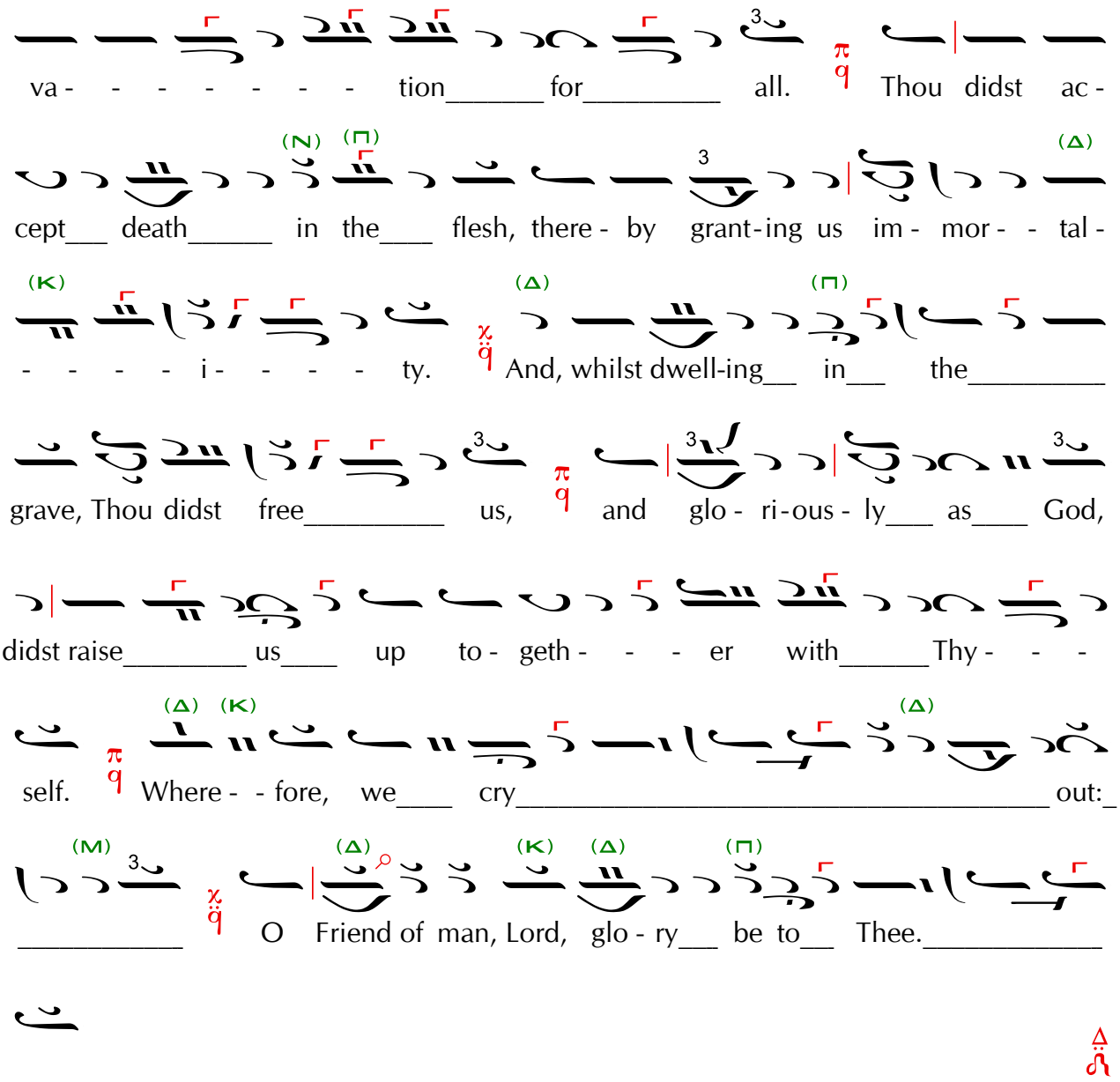
Ὁ Κύριος ἐβασίλευσεν




## Aposticha #2

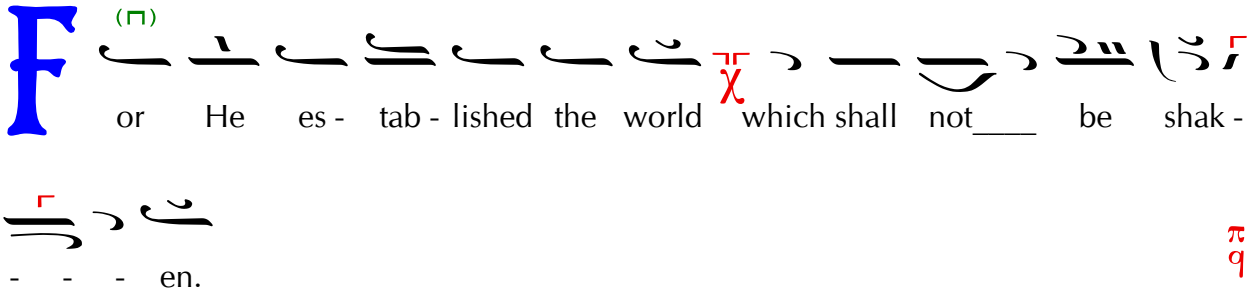
Νυγείσης σου




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._____
___

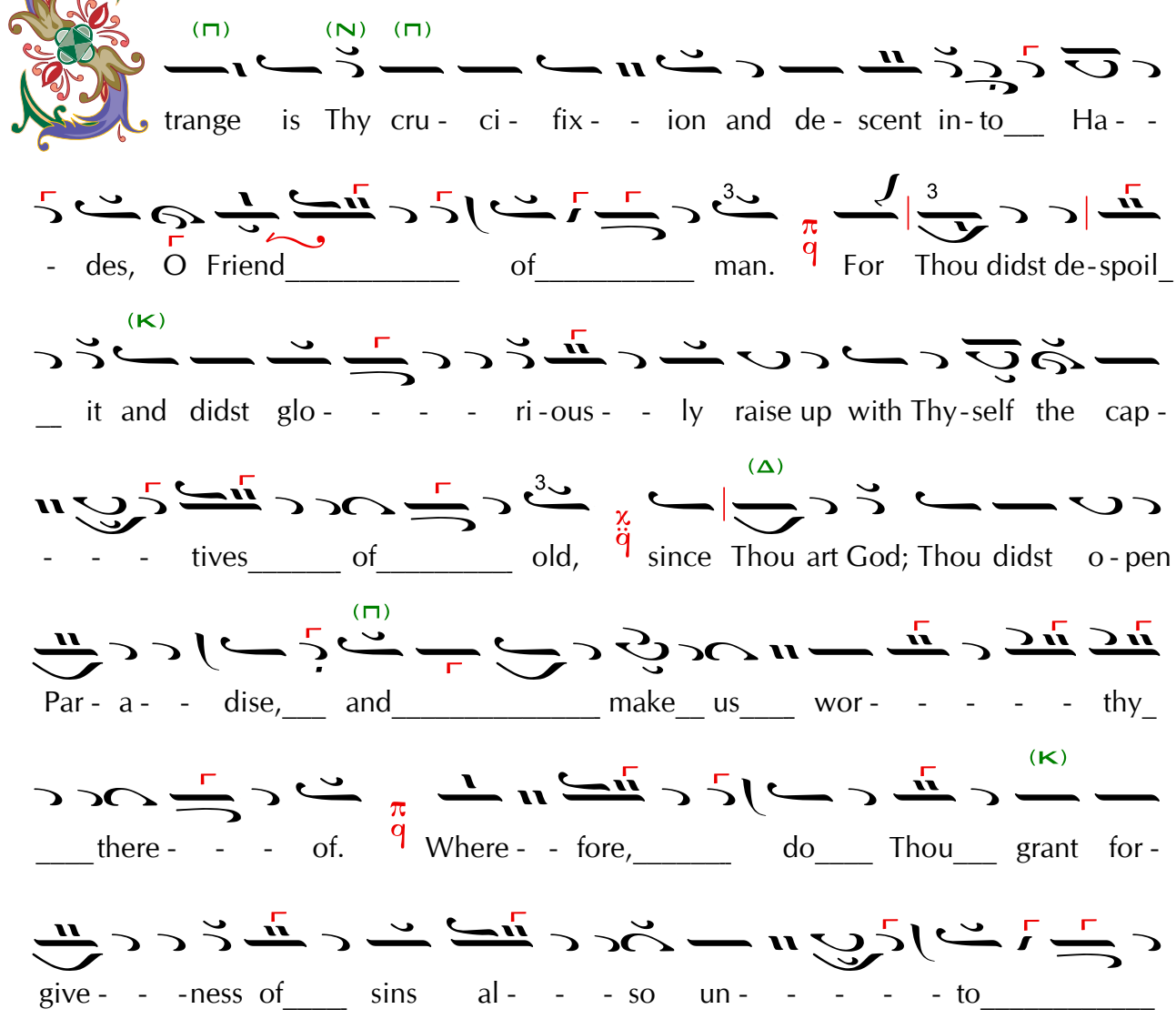
## Verse #3

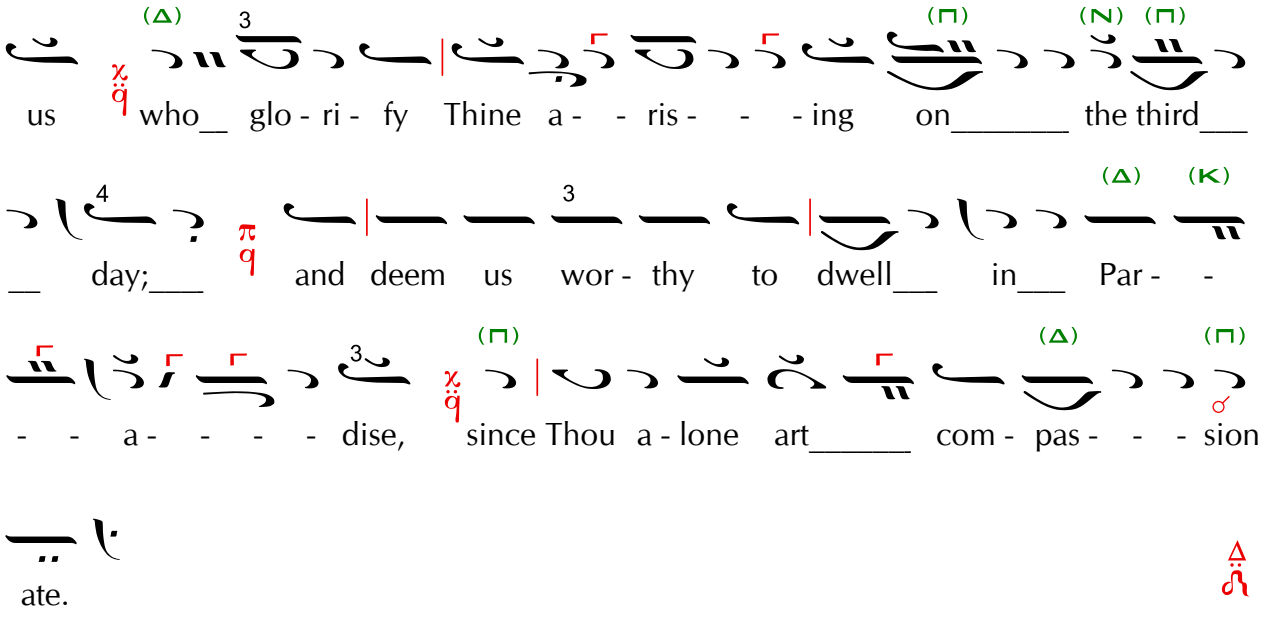
Καὶ γὰρ ἐστερέωσε




## Apostícha #3

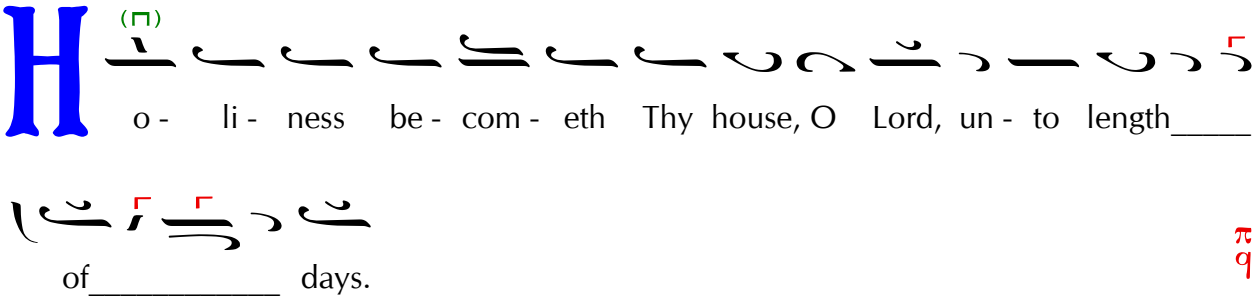
Ξένη σου ἡ σταύρωσις





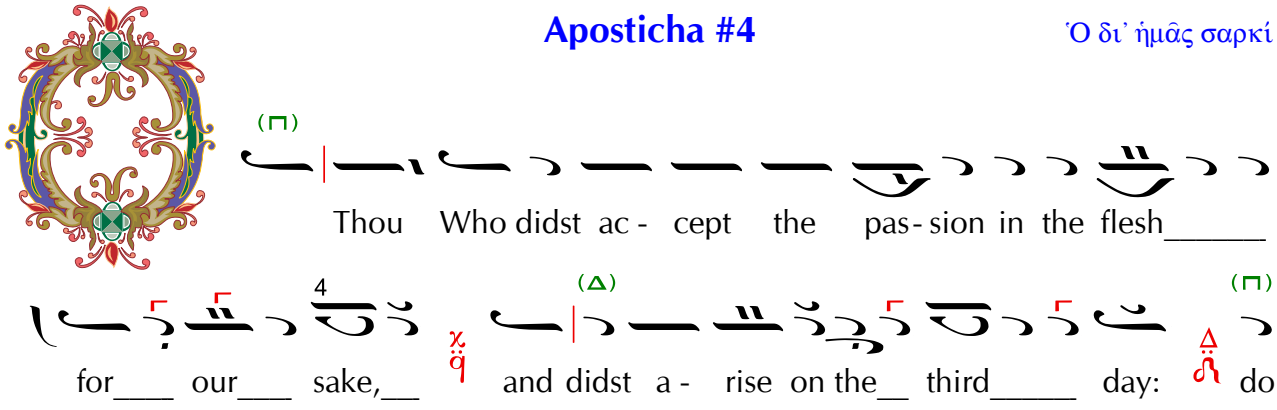

## Verse #4

Τῷ οἴκῳ σου πρέπει




## Aposticha #4

Ὁ δι' ἡμᾶς σαρκί



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.

# Apostica Theotokion

## Plagal First Mode

χ 84

Ἦχος λ π ϙ Πα

Ναὸς καὶ πύλη

tem - ple and___ gate___ art_____ thou, χ ϙ a pal -

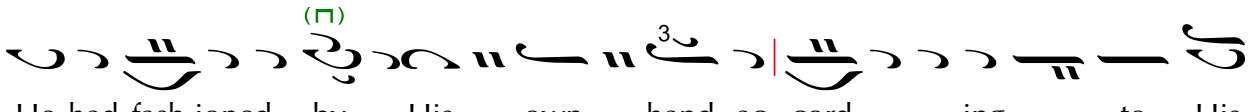
ace and throne_____ of_____the_____ King, Δ ϡ O_____

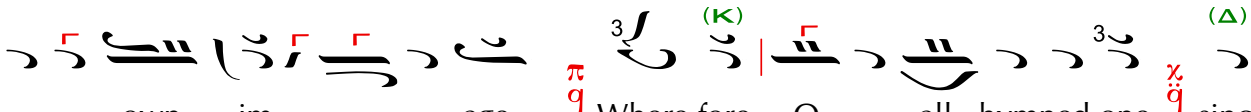
_____ all - - rev - - ered_____ Vir - - - - gin, π ϙ through

whom my Re - deem - - er, Christ the___ Lord,__ χ ϙ hath ap - peared__ to_

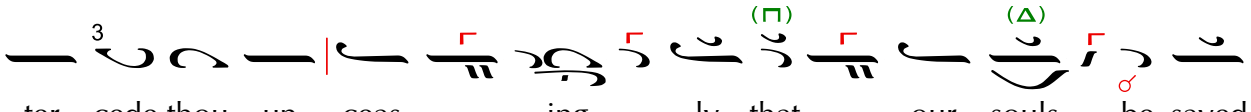
__ them that slept___ in dark - - - ness, ϙ χ since He is the Sun_____

of Right - - eous - - - ness; π ϙ 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._

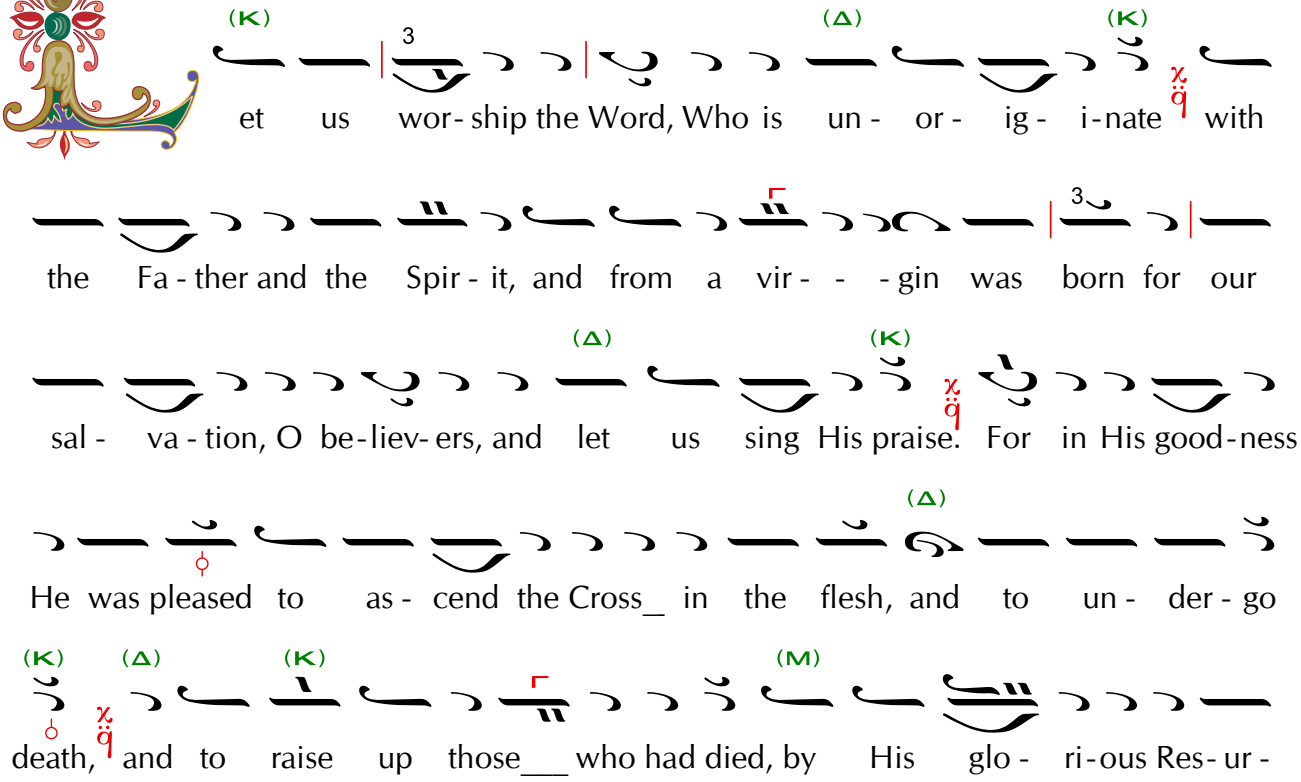
# Apolytikion of the Resurrection

## Plagal First Mode

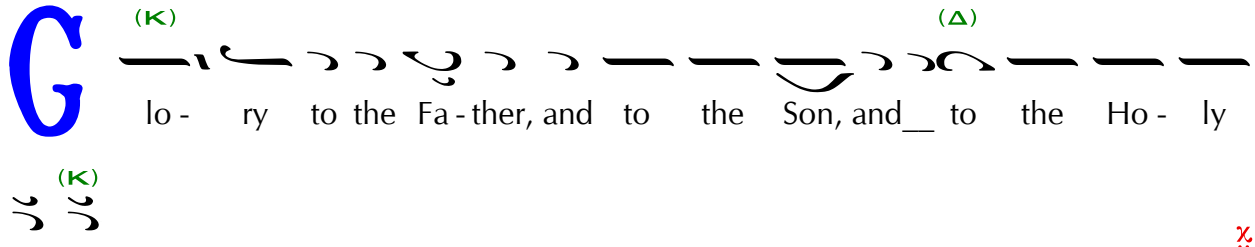
Ἦχος λ π ϑ Κε

160

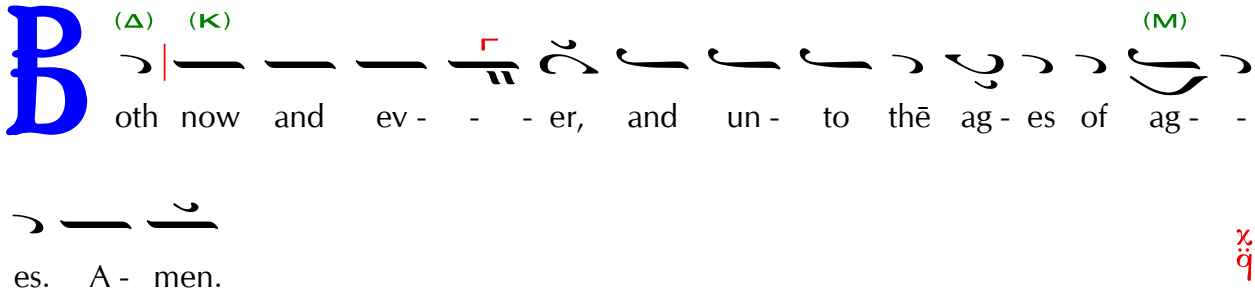
Τὸν συνάναρχον Λόγον



## Glory... Δόξα Πατρί

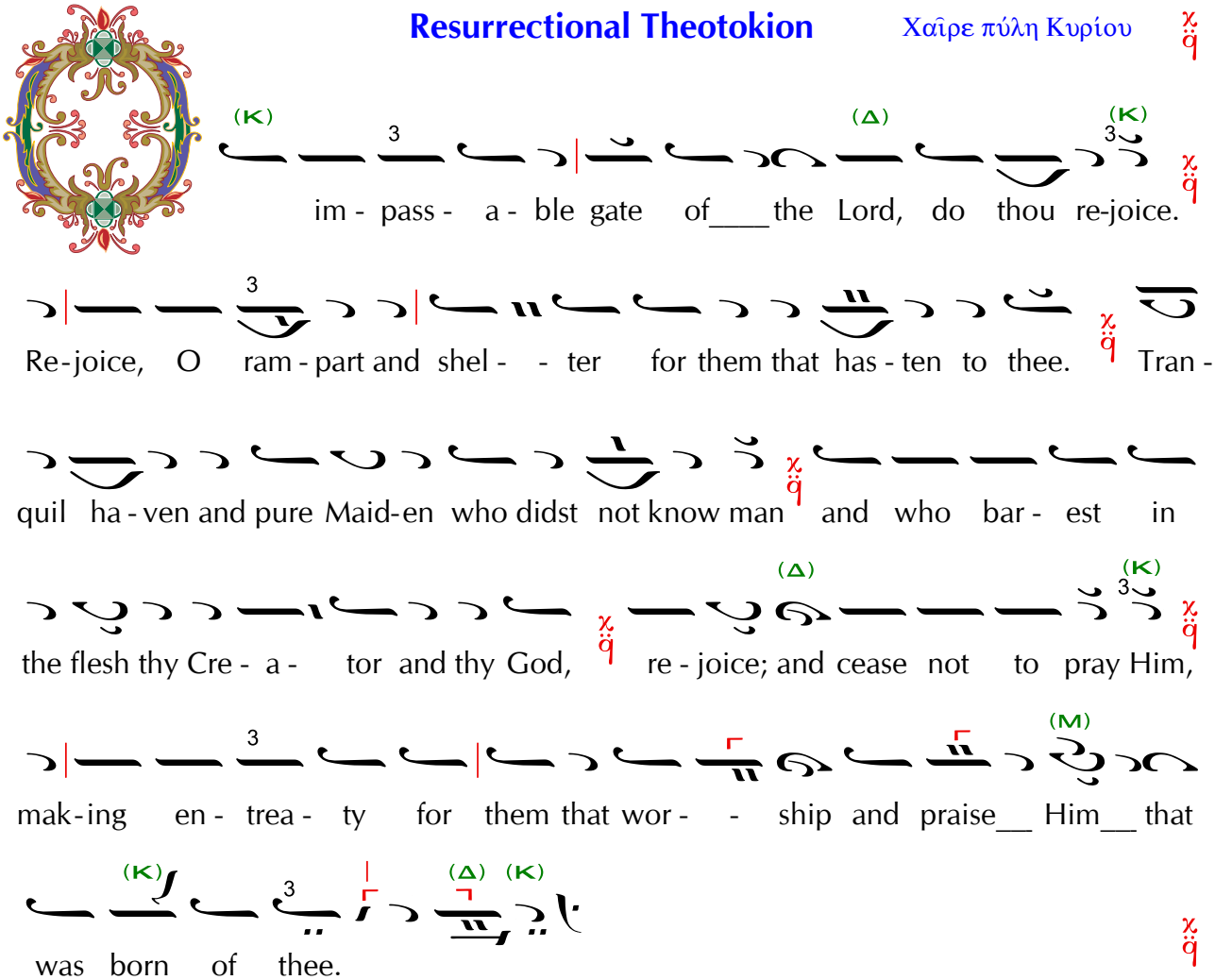



## Both now... Καὶ νῦν



## Resurrectional Theotokion

Χαῖρε πύλη Κυρίου




When the day is over, the vendor sits down and counts his profits;

but the worker of virtue does so when the psalmody is over.

—St. John of the Ladder

# Plagal First Mode - Brief

## Lord, I Have Cried

Ἦχος λ π ϙ Κε  χ 160

Κύριε ἐκέκραξα

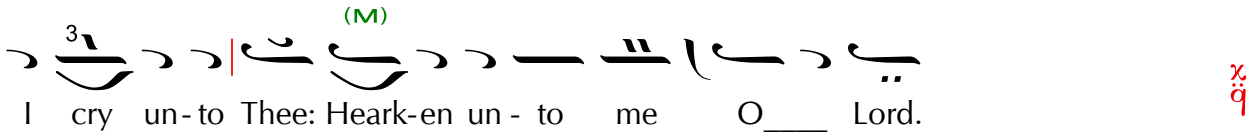
(Μ) (Κ)

ord,___ I have cried___ un - to Thee, heark-en un - to me;

heark - en un - to me, O Lord. χ ϙ Lord, I have cried__ un - to Thee, heark -

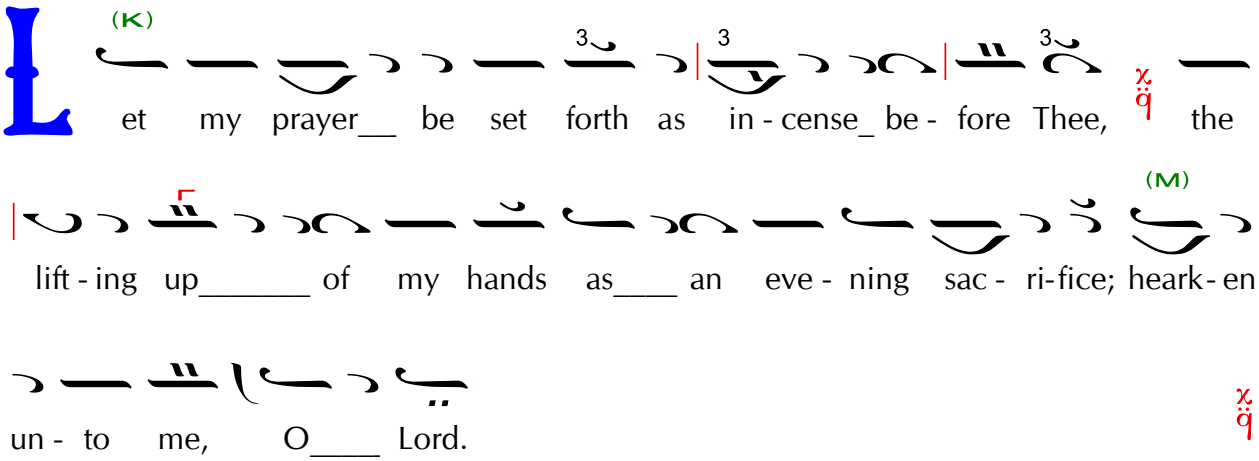
3 ν′ (Δ) (Κ)

en un - to me; ⲛ at - tend to the voice of my sup - pli - ca-tion χ ϙ when




## Let My Prayer

Κατευθυνθήτω



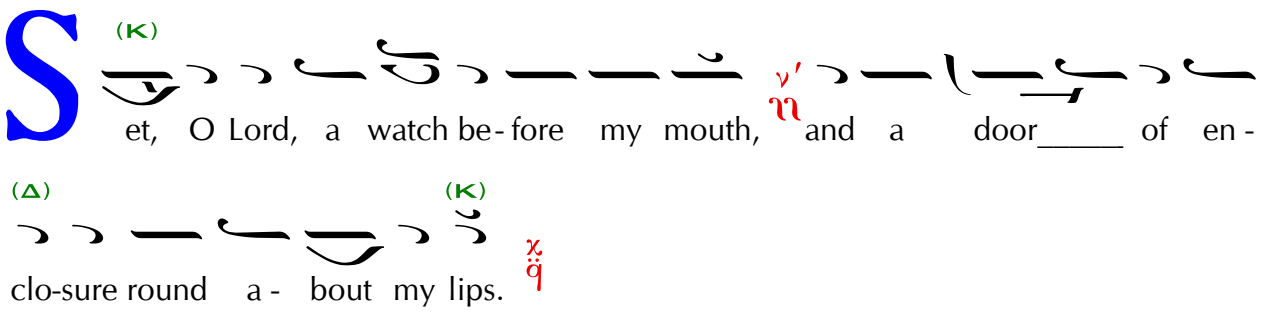
# Verses of Psalms
# 140, 141, and 129

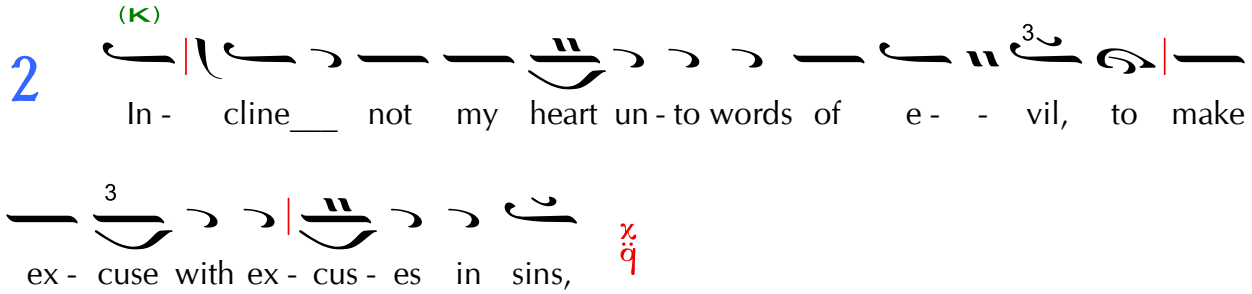
## Plagal First Mode

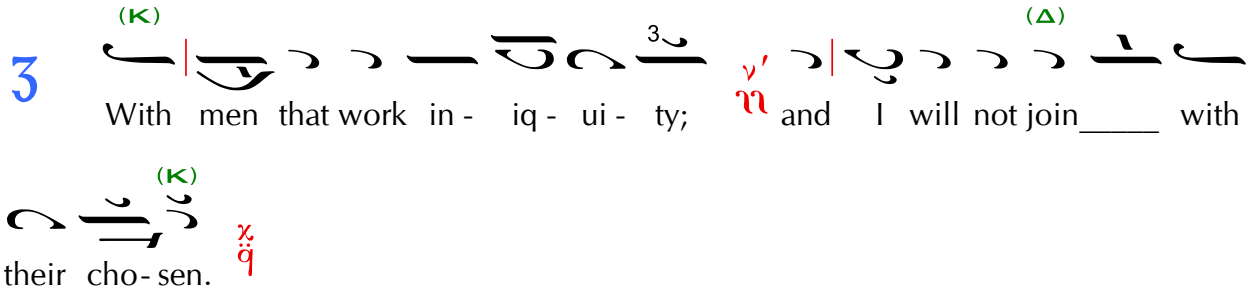
Ἦχος λ π ϊ Κε

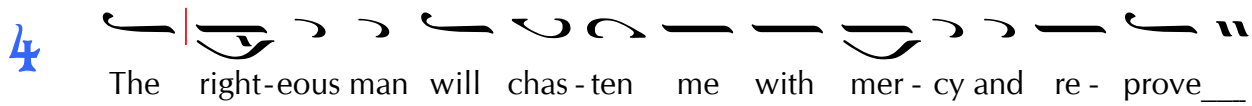
χ 180

Θοῦ Κύριε

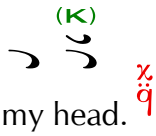


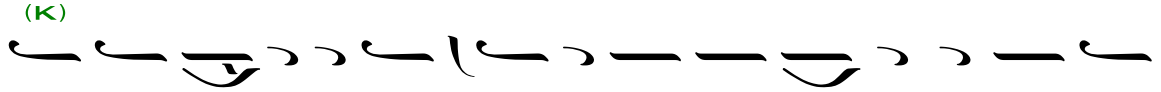

2 


3 

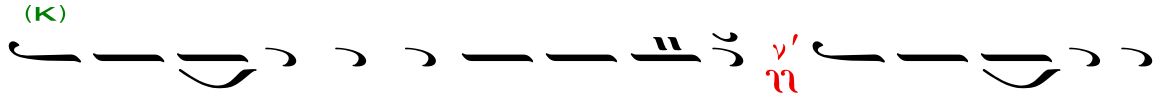

4 

me; as for thē 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 -

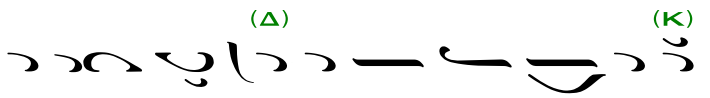
- ures; swal-lowed up near by the rock_____ have their judg - es been.

6 
They shall hear my words, for they be sweet-ened; as a clod of earth

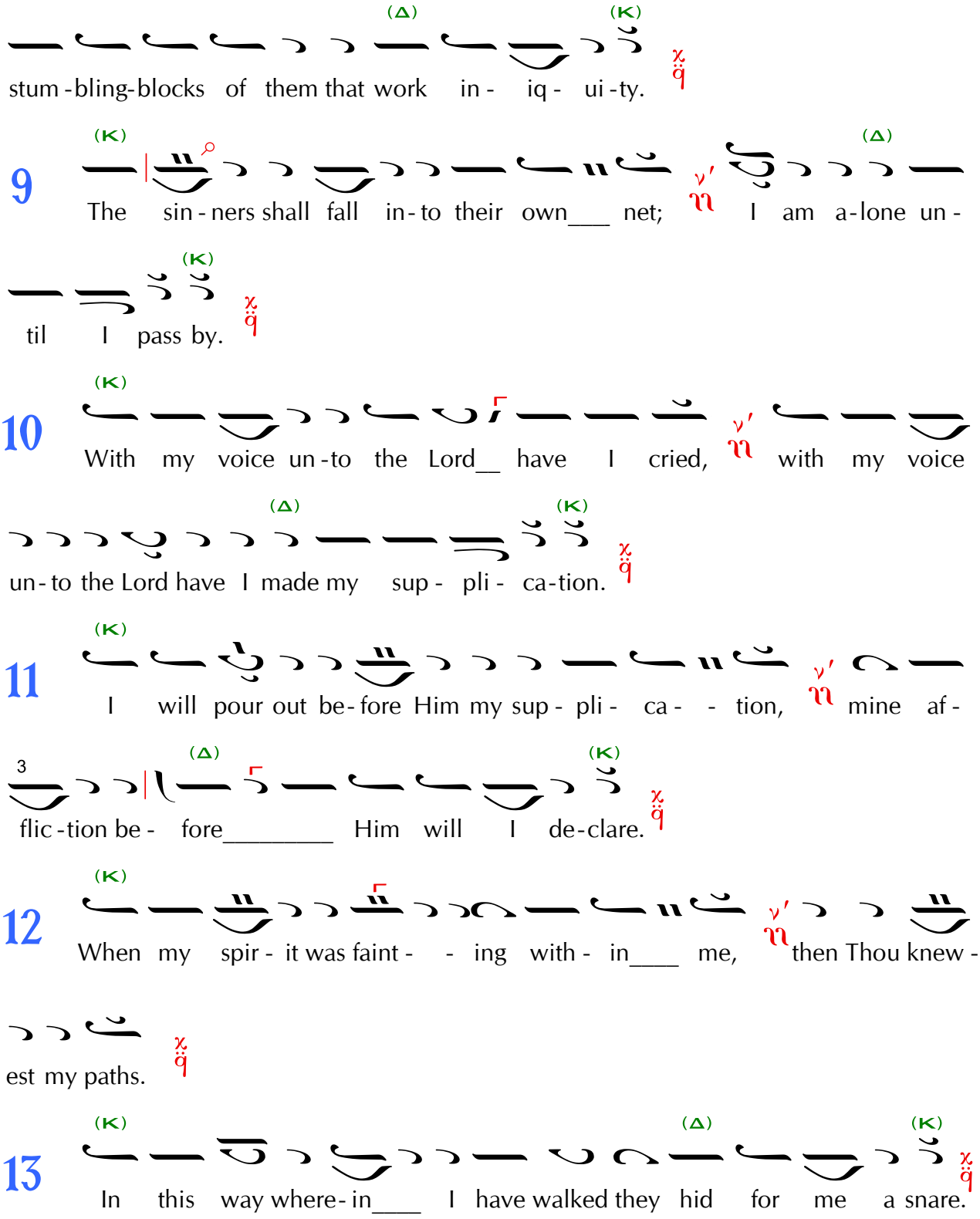
is bro-ken up-on thē earth, so have their bones been scat-tered nigh__ un -

to Ha-des.

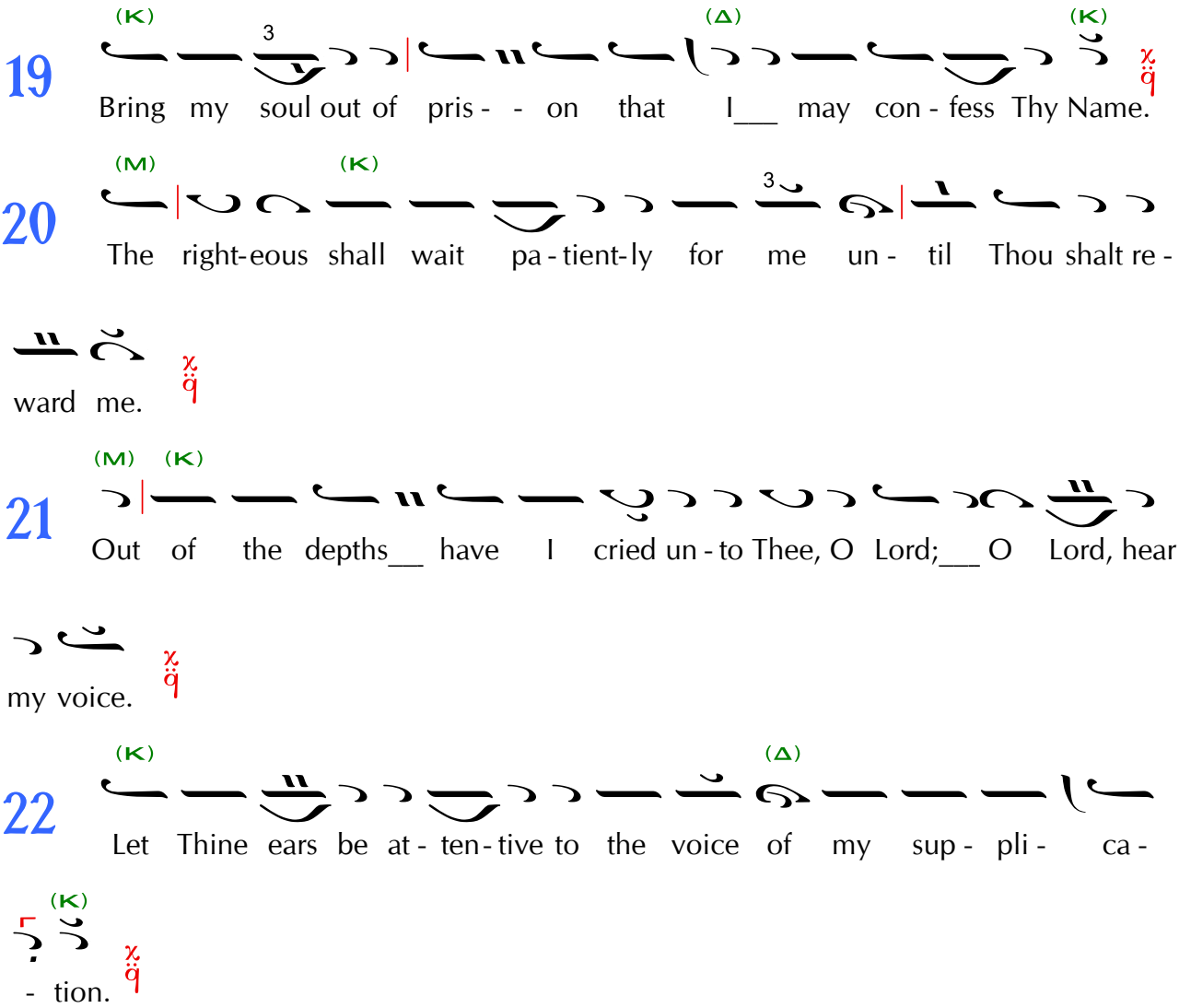
7
For un - to Thee, O Lord, O Lord,__ are mine eyes, in Thee___


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 be-fore Him my sup- pli- ca- - tion, mine af-
flic-tion be- fore_____ Him will I de-clare.
12
When my spir- it was faint- - ing with- in___ me, then Thou knew-
est my paths.
13
In this way where-in___ I have walked they hid for me a snare.

*On Saturdays, continue with Stichera on page 246.*
*On other days continue on following page.*




Virtually all know the words of this psalm and they continue to sing it at every age, without knowing, however, the sense of what has been said. This is not a small charge, to sing something every day, putting forth words from the mouth, without searching out the meaning of the thoughts residing in the words.

—St. John Chrysostom

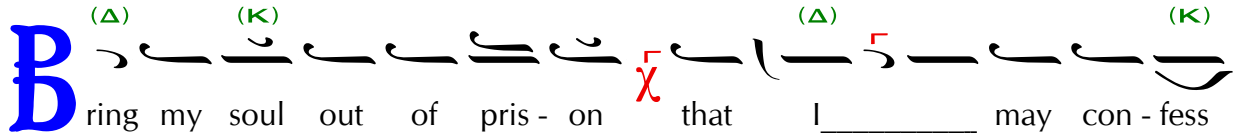
# Brief Stichera

## Plagal First Mode

Ἦχος λ π ϙ Κε

### Verse #1

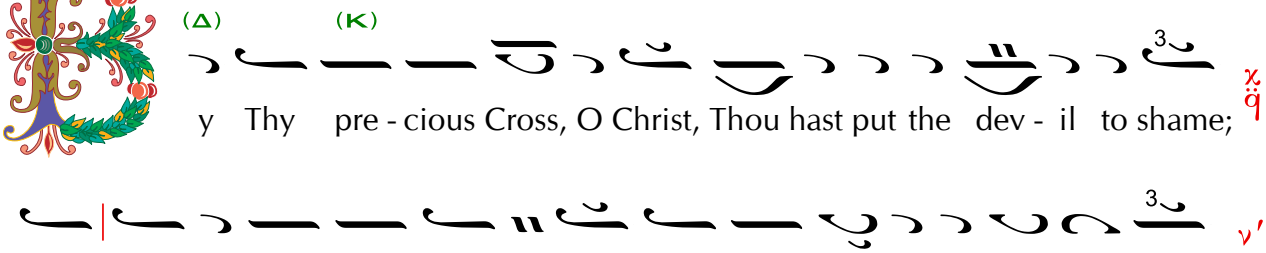
Ἐξάγαγε ἐκ φυλακῆς



Thy Name.

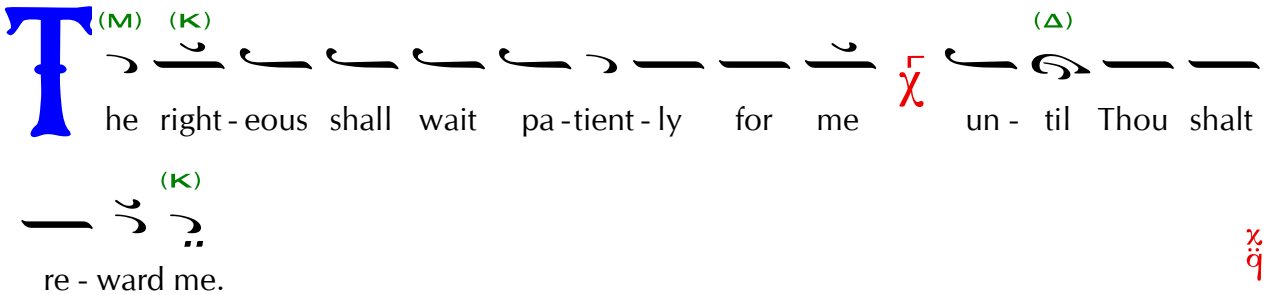
### Stichera #1

Διὰ τοῦ τιμίου σου Σταυροῦ



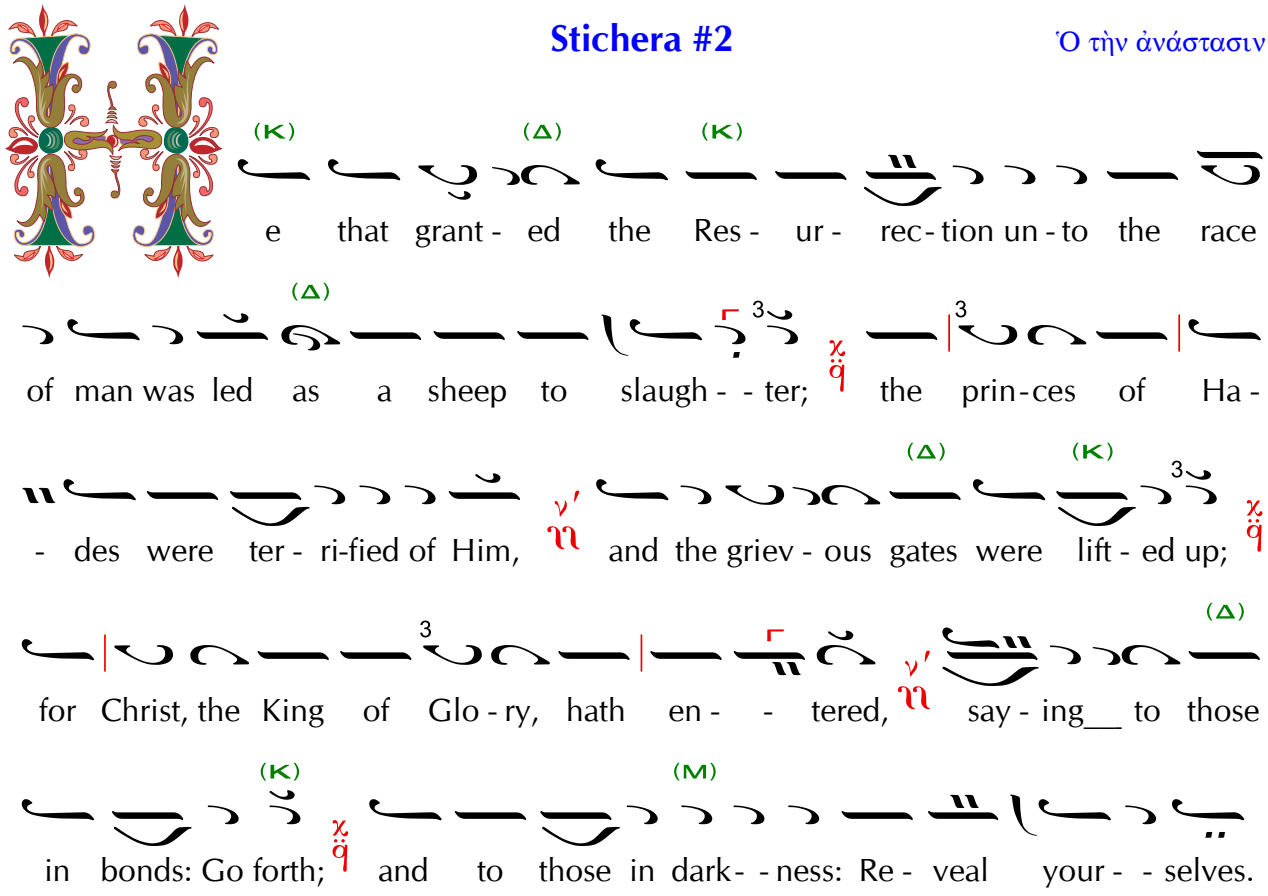
## Verse #2

Ἐμὲ ὑπομενοῦσι



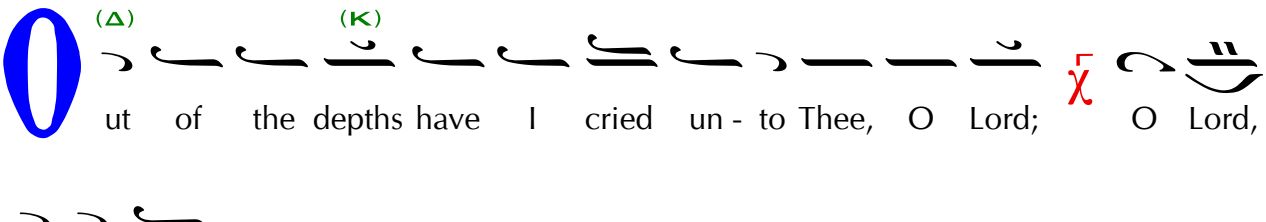

## Stichera #2

Ὁ τὴν ἀνάστασιν



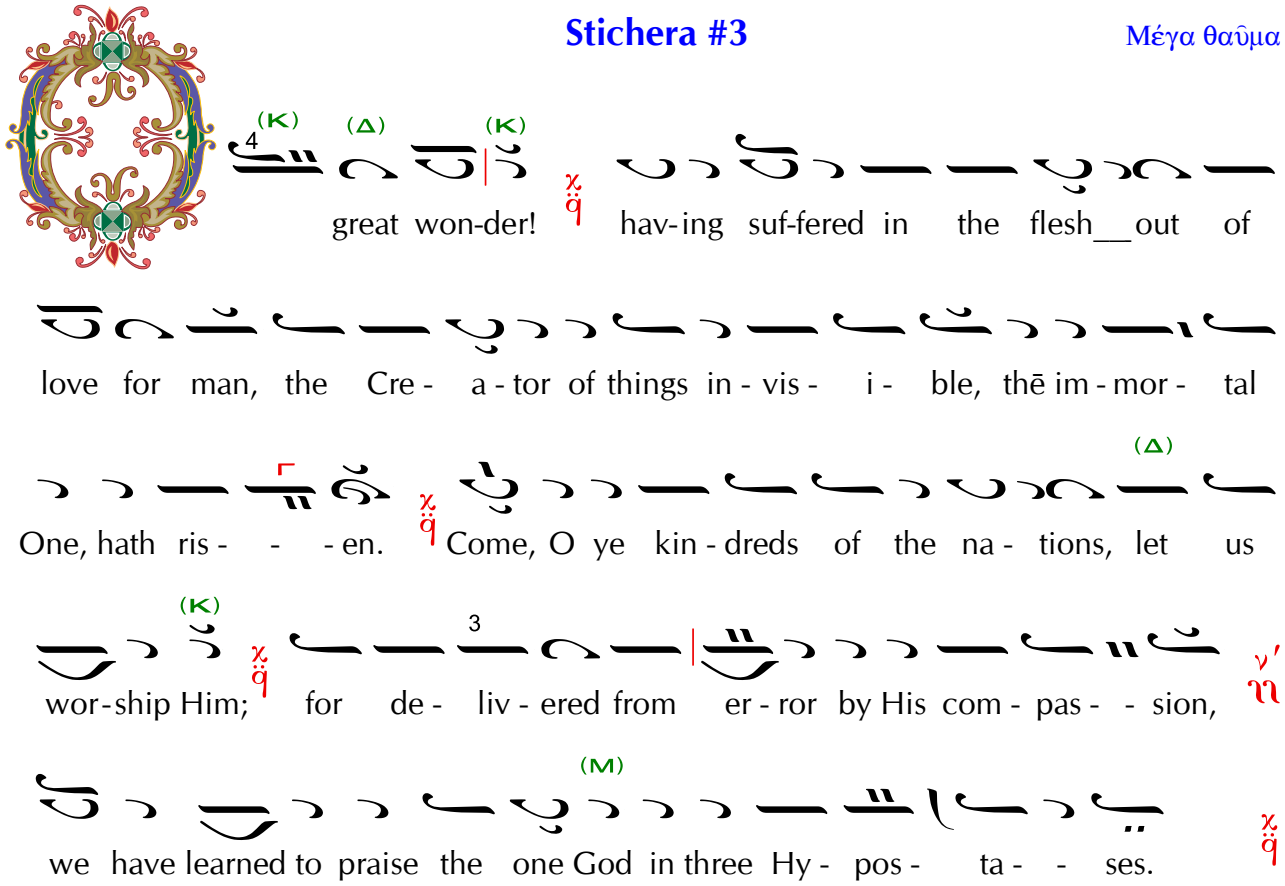
## Verse #3

Ἐκ βαθέων



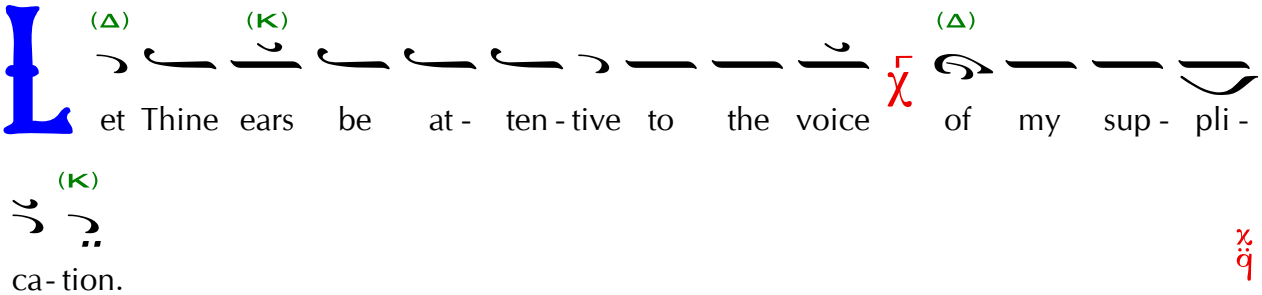

## Stichera #3

Μέγα θαῦμα



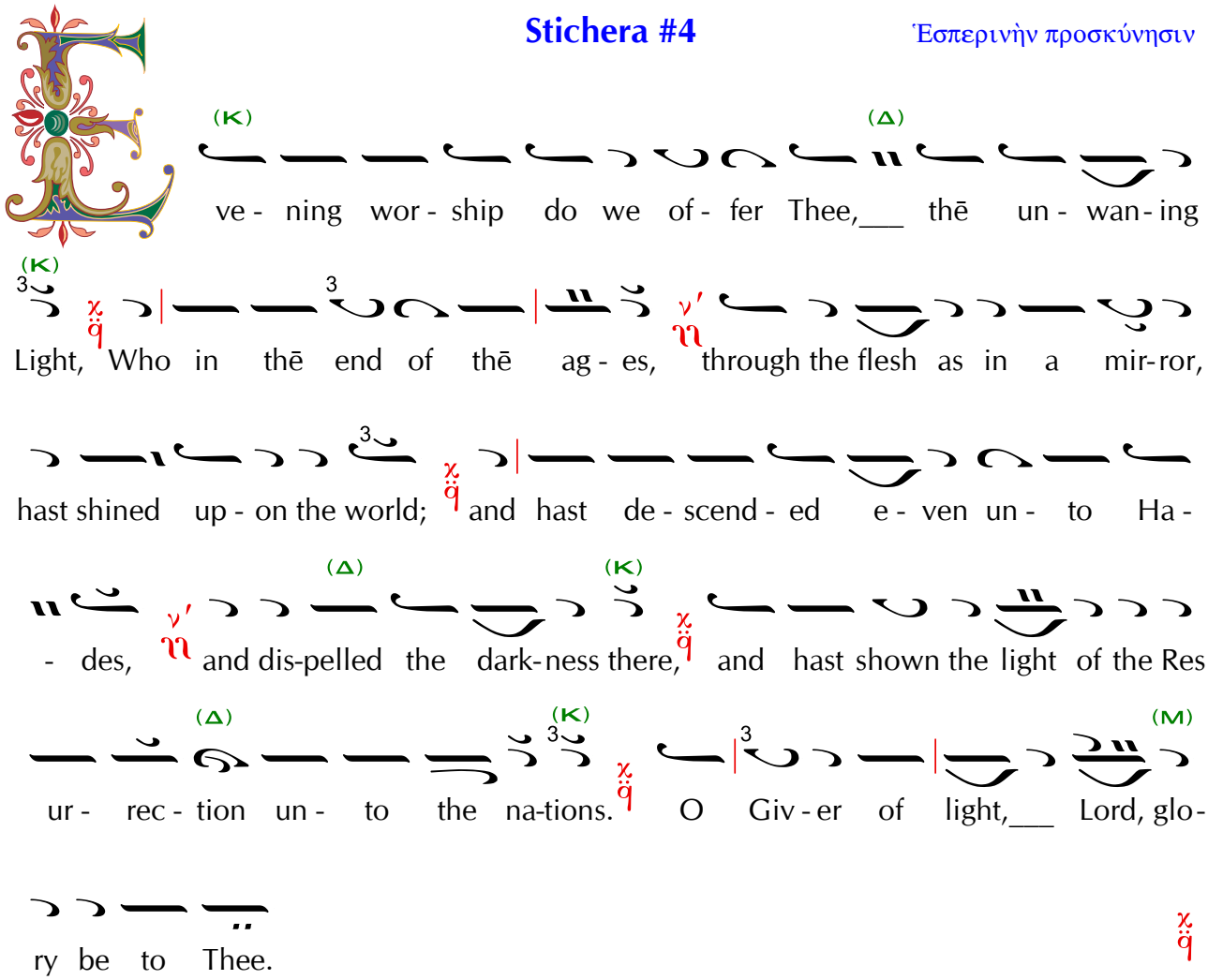
## Verse #4

Γενηθήτω τὰ ὦτα σου



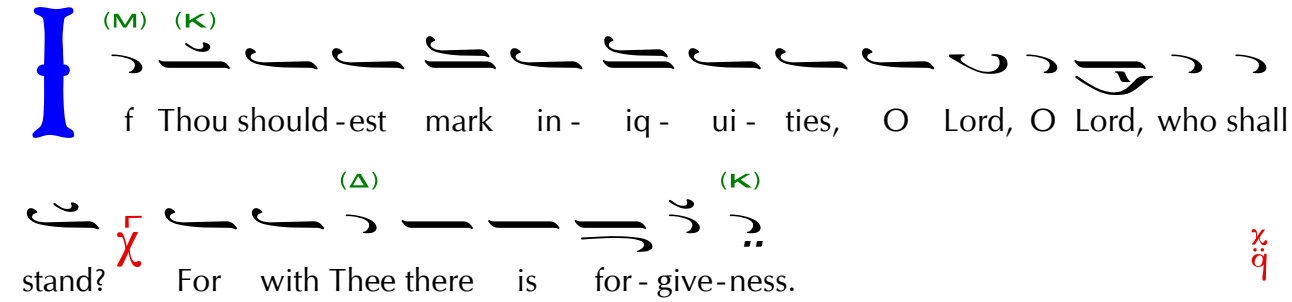

## Stichera #4

Ἑσπερινὴν προσκύνησιν



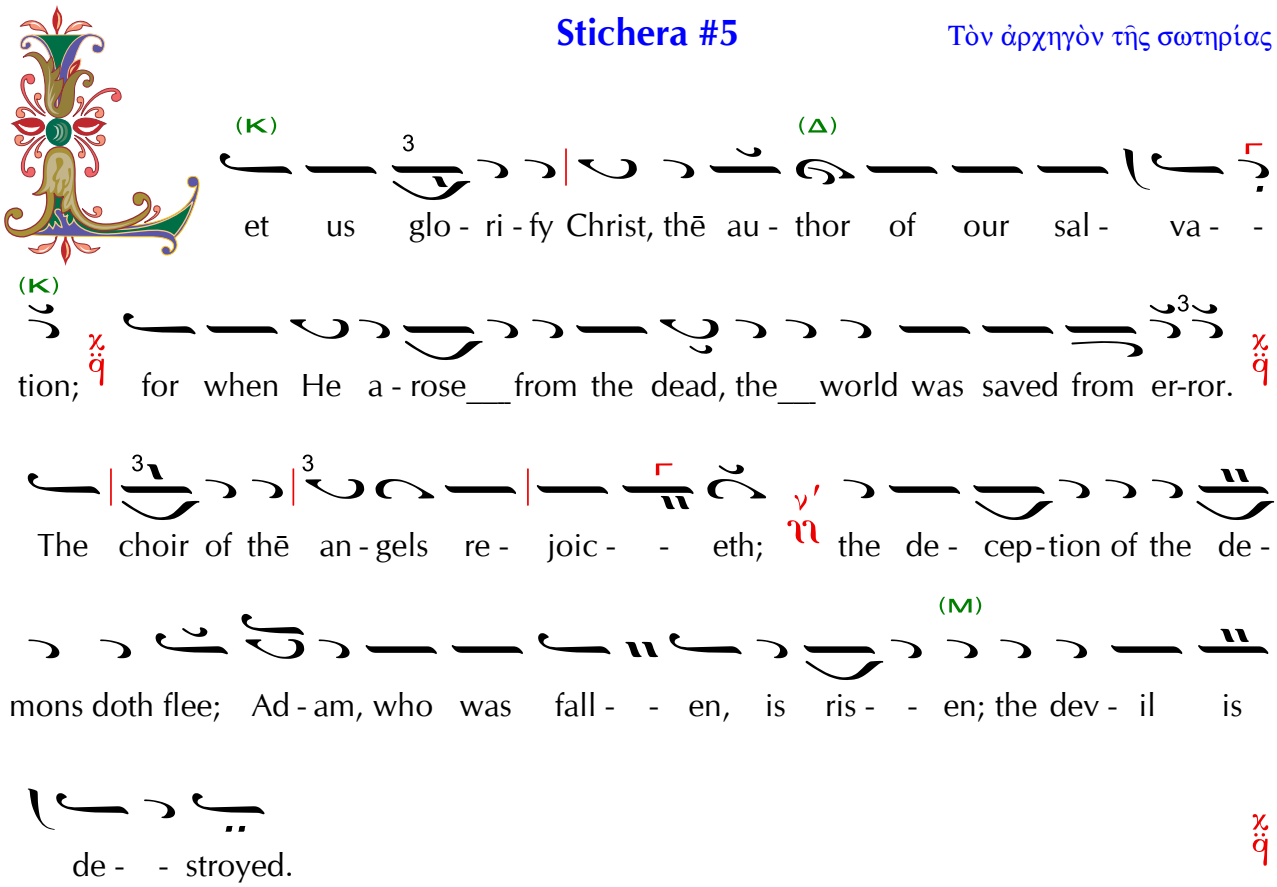
## Verse #5

Ἐὰν ἀνομίας



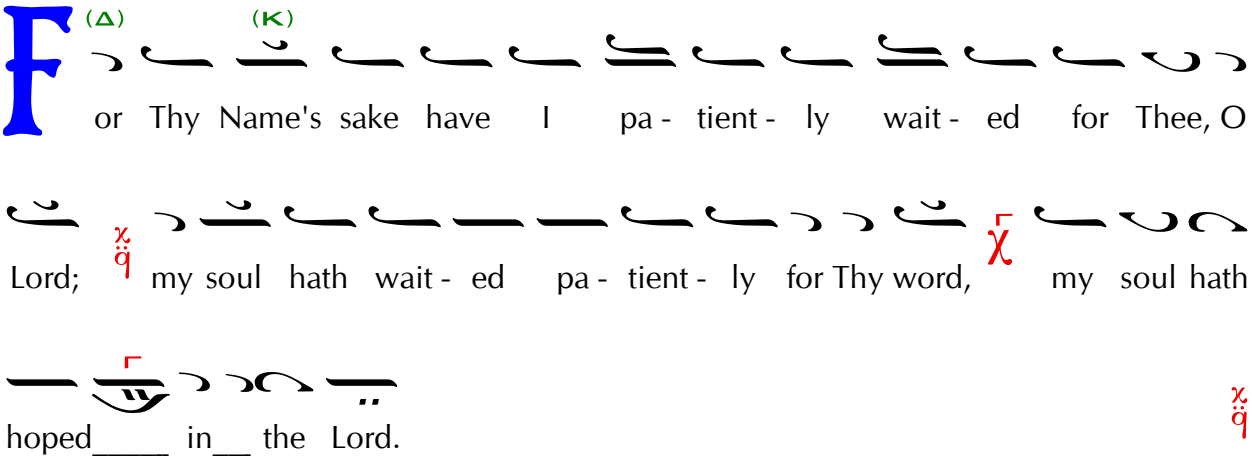

## Stichera #5

Τὸν ἀρχηγὸν τῆς σωτηρίας



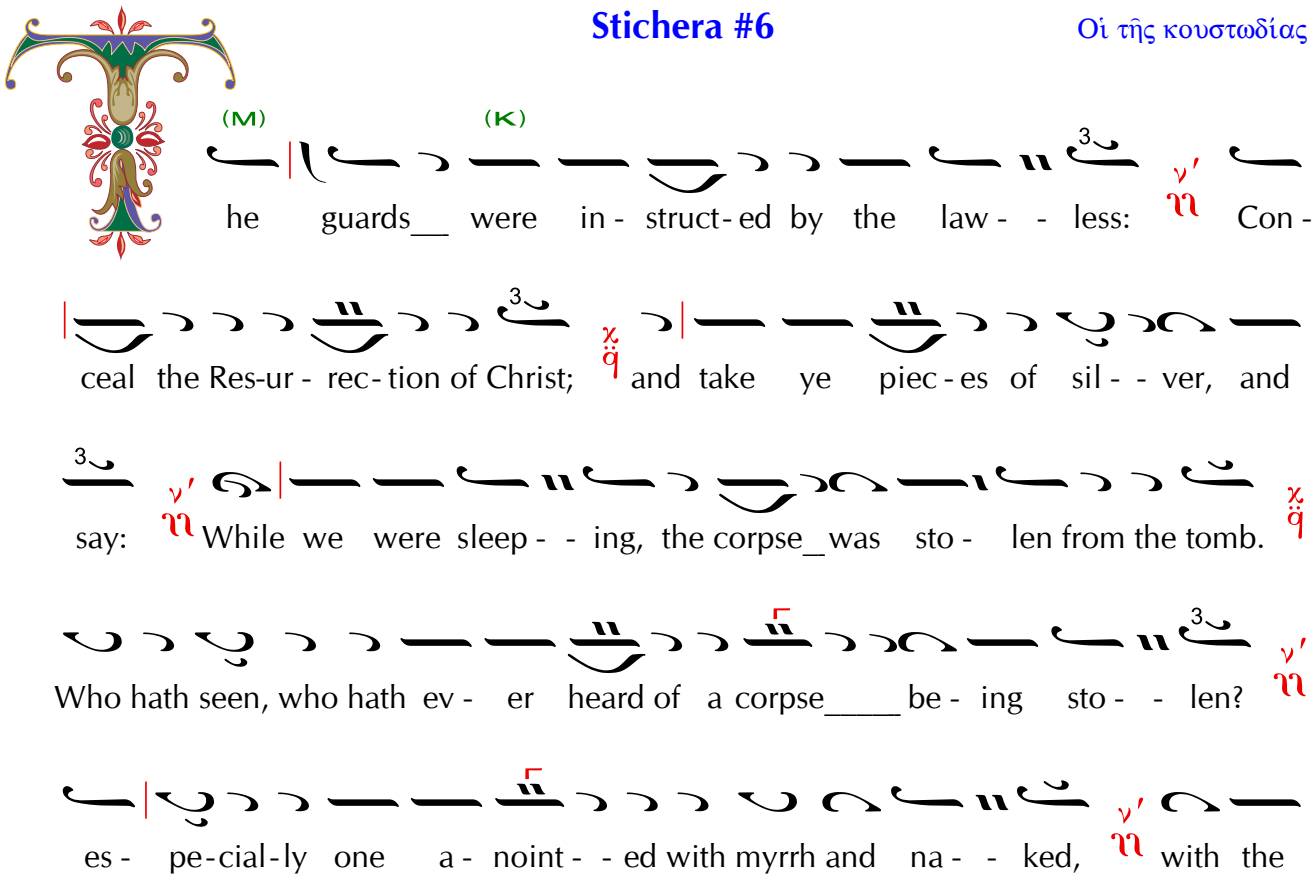
## Verse #6

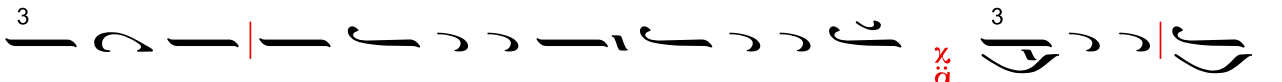
Ἕνεκεν τοῦ ὀνόματός σου




## Stichera #6

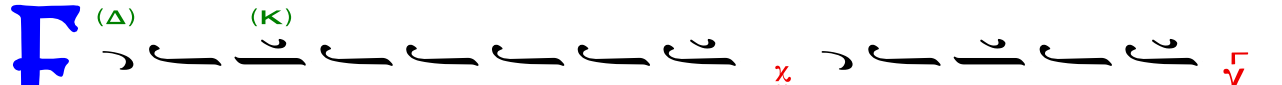
Οἱ τῆς κουστωδίας





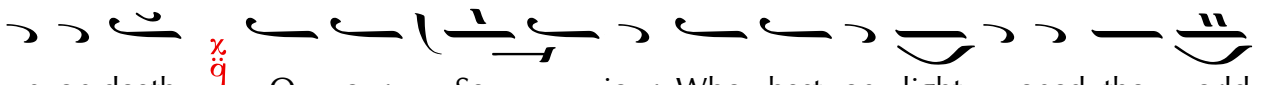
## Verse #7

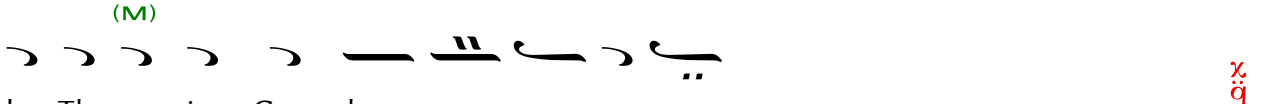
Ἀπὸ φυλακῆς πρωΐας



## Stichera #7

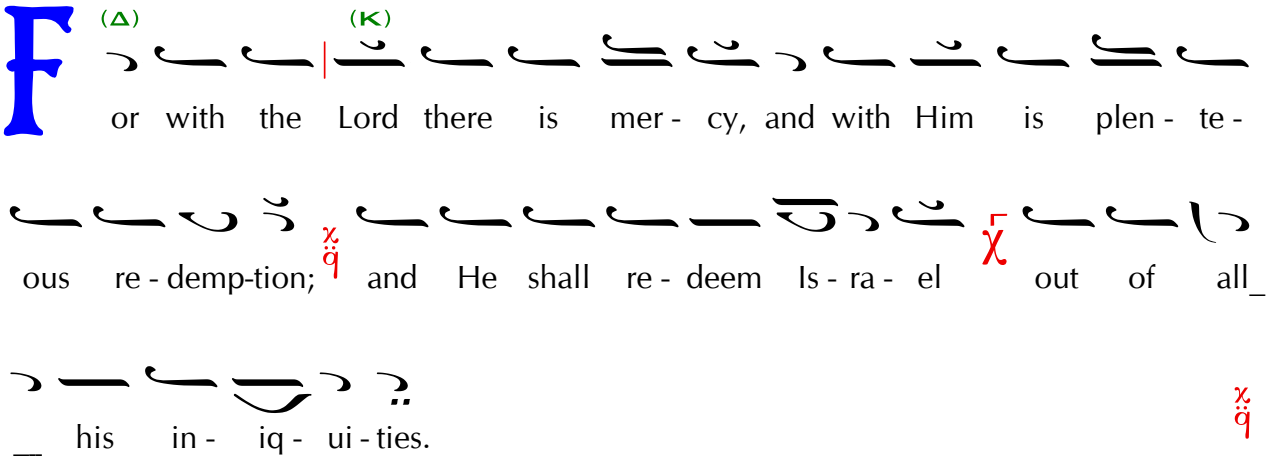
Κύριε ὁ τὸν ᾅδην



## Verse #8

Ὅτι παρὰ τῷ Κυρίῳ

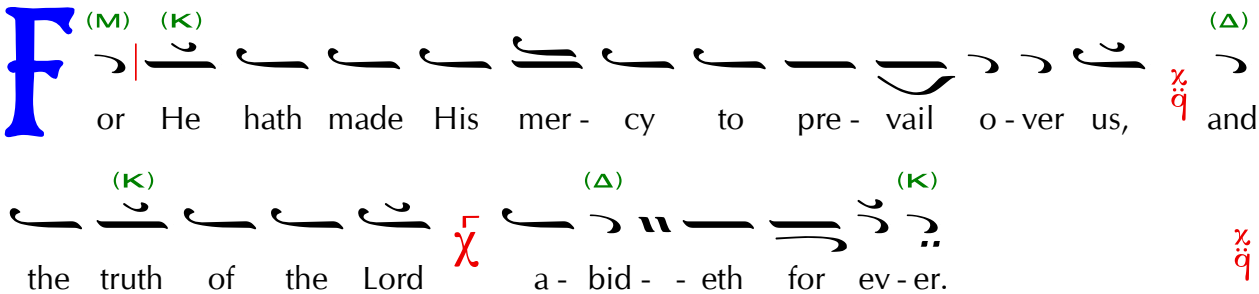



## Verse #9

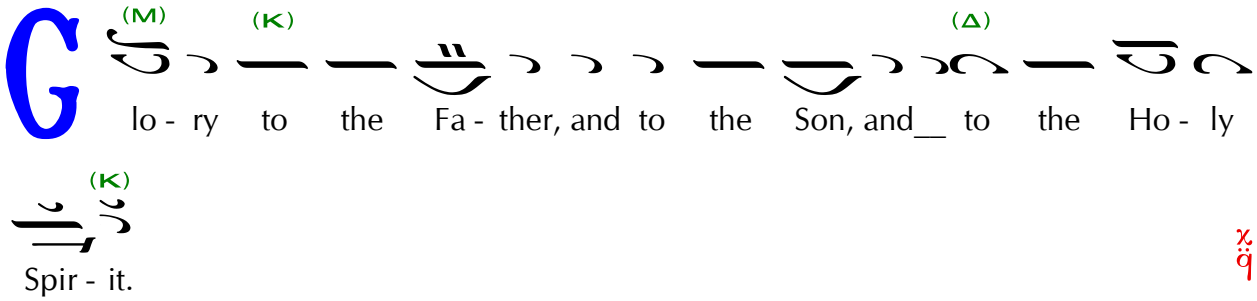
Αἰνεῖτε τὸν Κύριον

## Verse #10

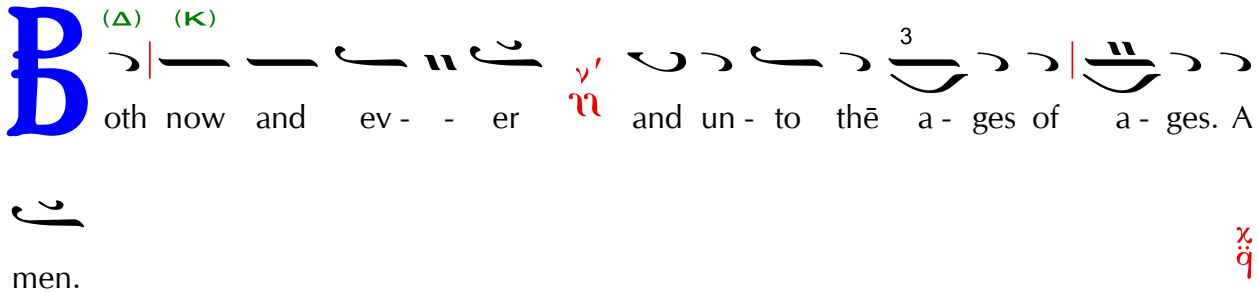
Ὅτι ἐκραταιώθη



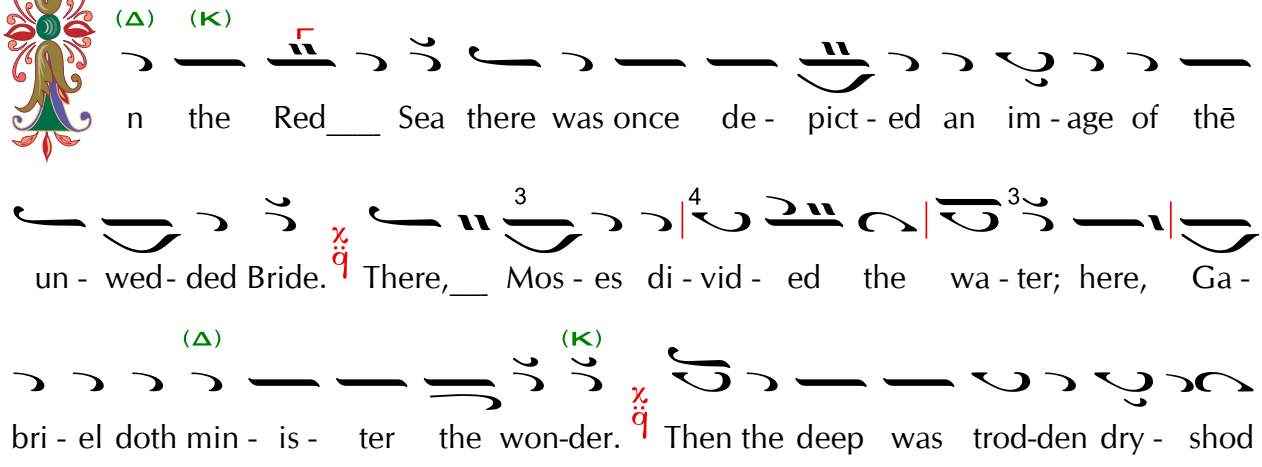
## Glory... Δόξα Πατρί




## Both now... Καὶ νῦν




## Dogmatic Theotokion Ἐν τῇ Ἐρυθρᾷ Θαλάσσῃ



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._____

# Brief Aposticha

## Plagal First Mode

Ἦχος λ π ϔ Κε

### Apposticha #1

Σὲ τὸν σαρκωθέντα χ 160

(K)

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

wast not part - ed from the Heav-ens, ν do we mag - ni - fy with voic-es of song. χ ϔ

For as the Lord Who lov - eth man, Thou didst ac - cept the Cross and death for

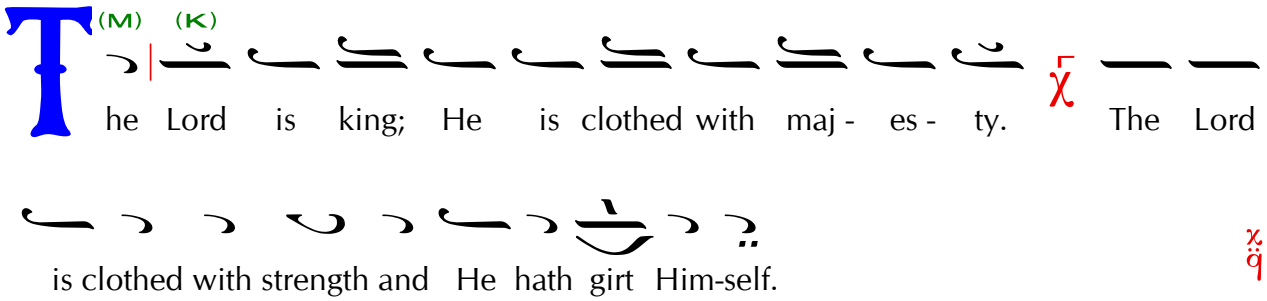
the sake of our race. χ ϔ De- spoil - ing the gates of Ha - - - des, Thou didst

(M)

a - rise on the third day, sav - ing our souls. χ ϔ

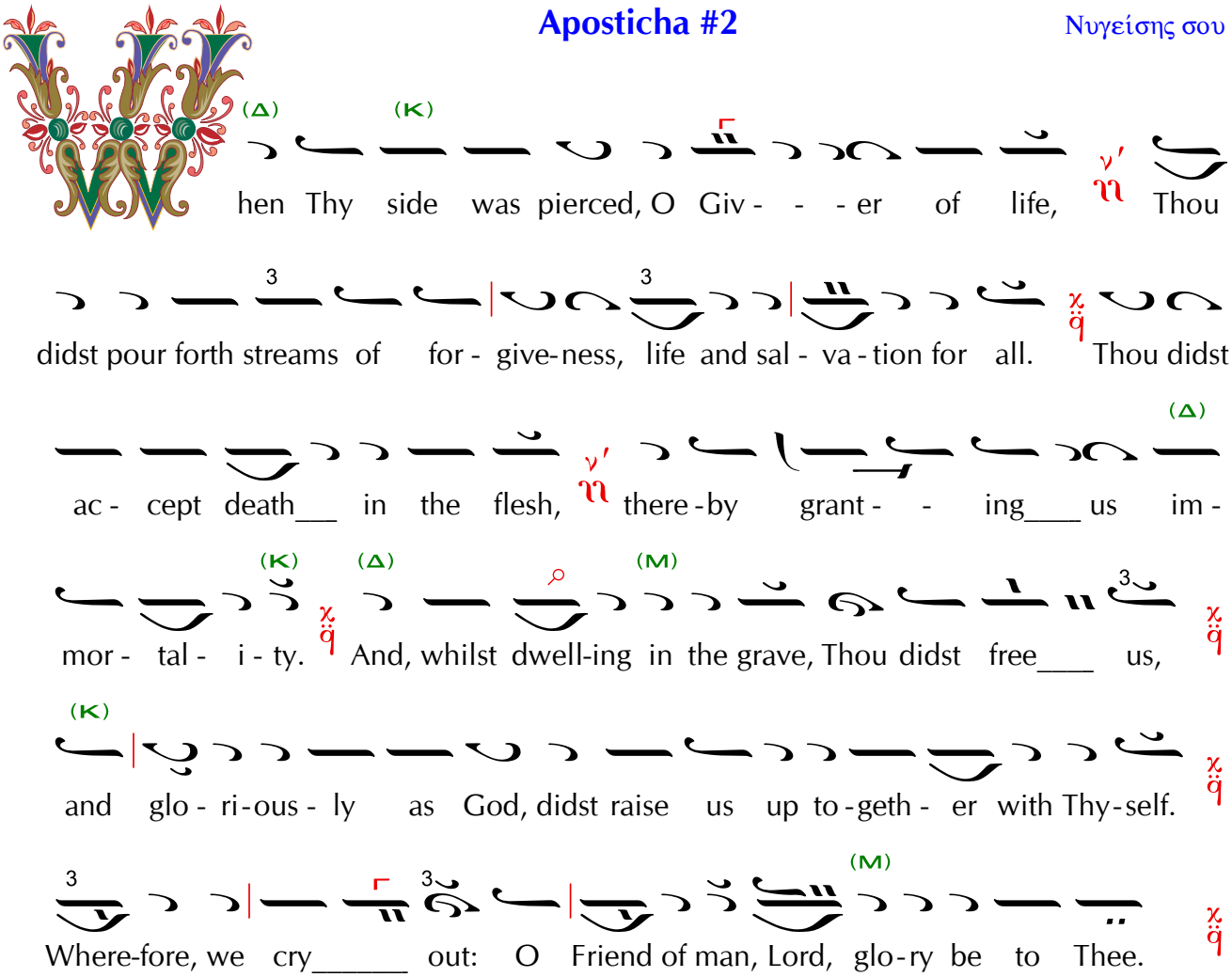
## Verse #2

Ὁ Κύριος ἐβασίλευσεν



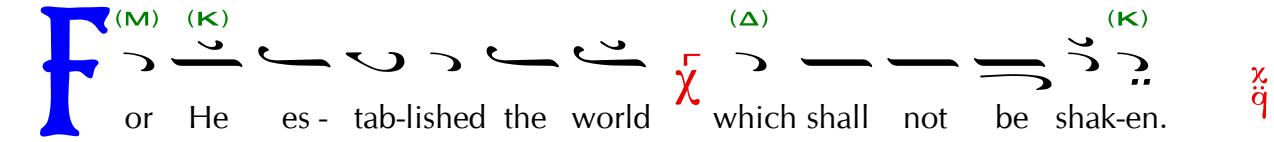

## Apostícha #2

Νυγείσης σου



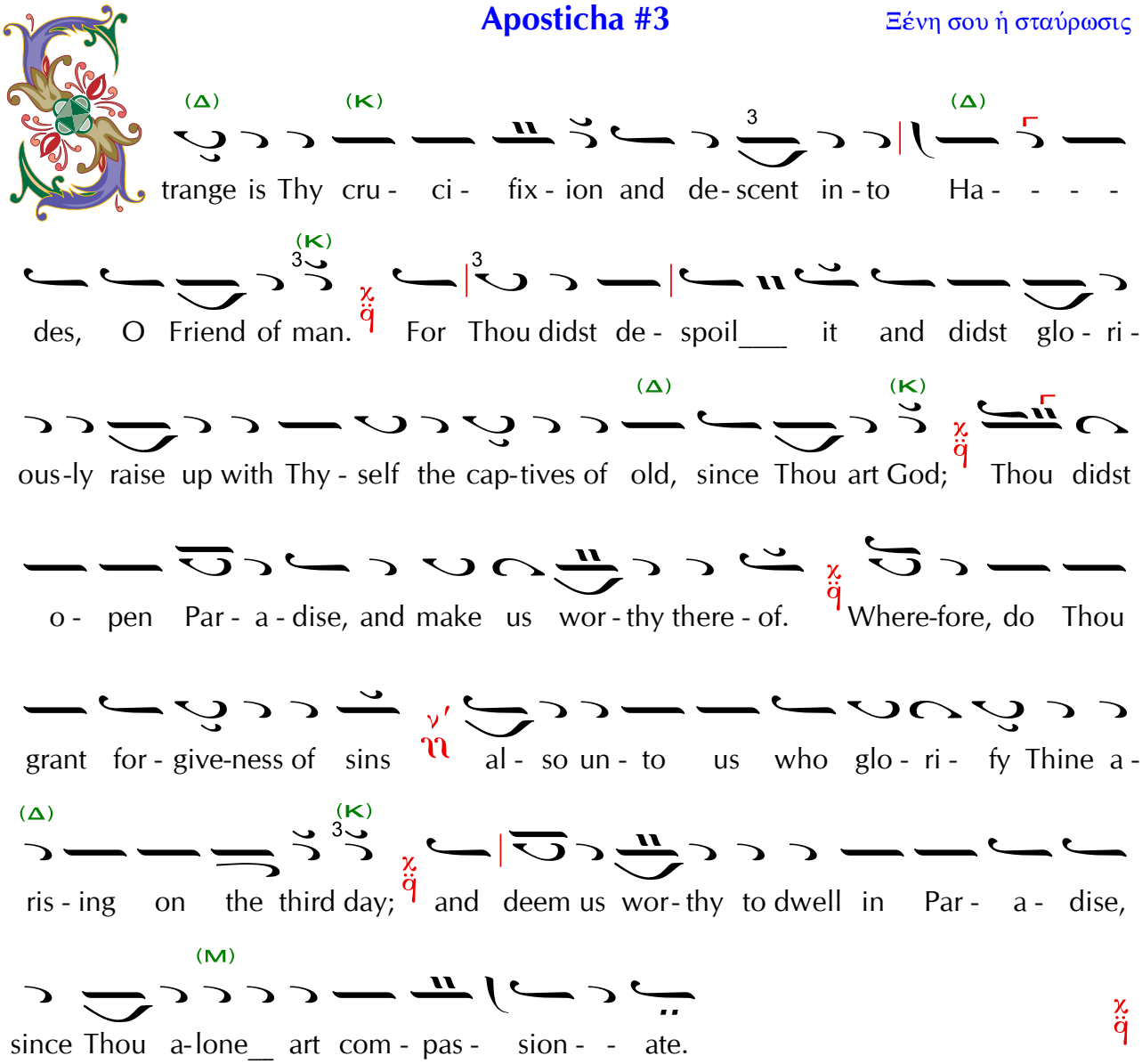
## Verse #3

Καὶ γὰρ ἐστερέωσε



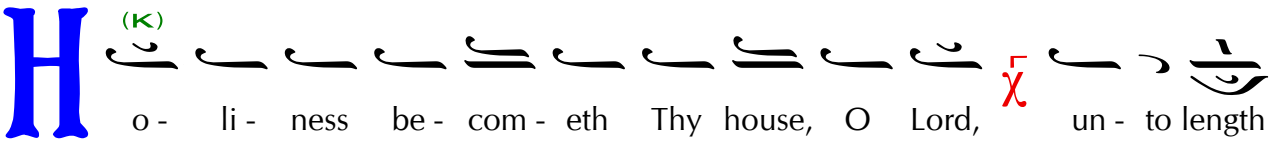

## Aposticha #3

Ξένη σου ἡ σταύρωσις



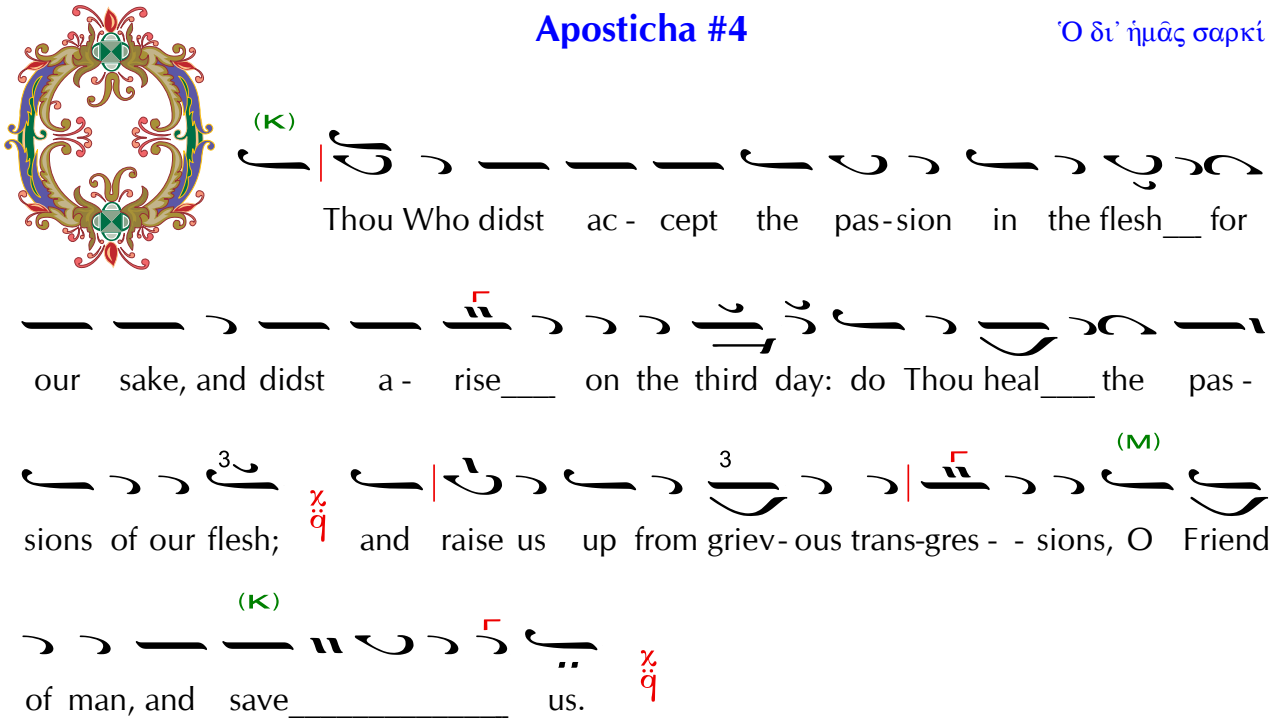
## Verse #4

Τῷ οἴκῳ σου πρέπει



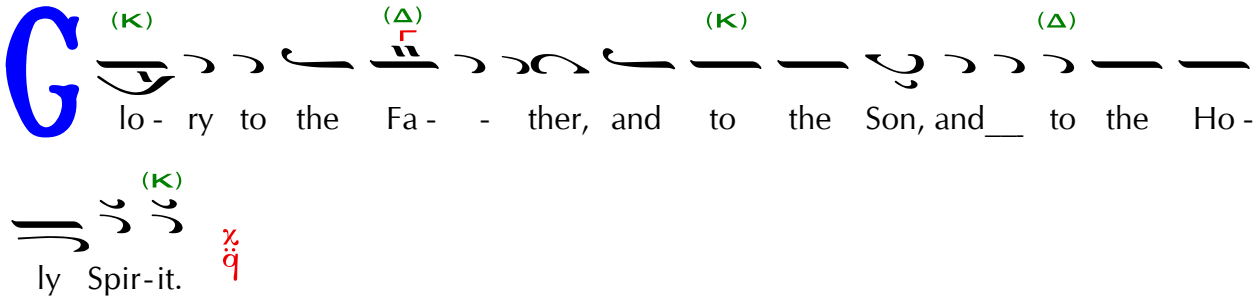

## Aposticha #4

Ὁ δι' ἡμᾶς σαρκί



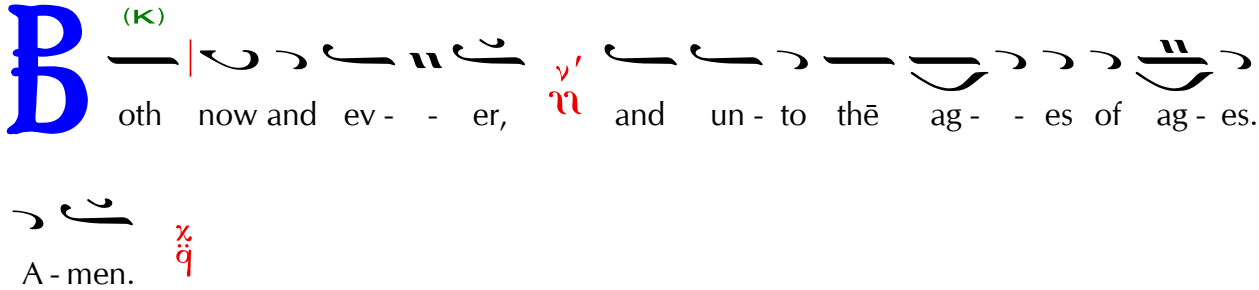
## Glory...

Δόξα Πατρί



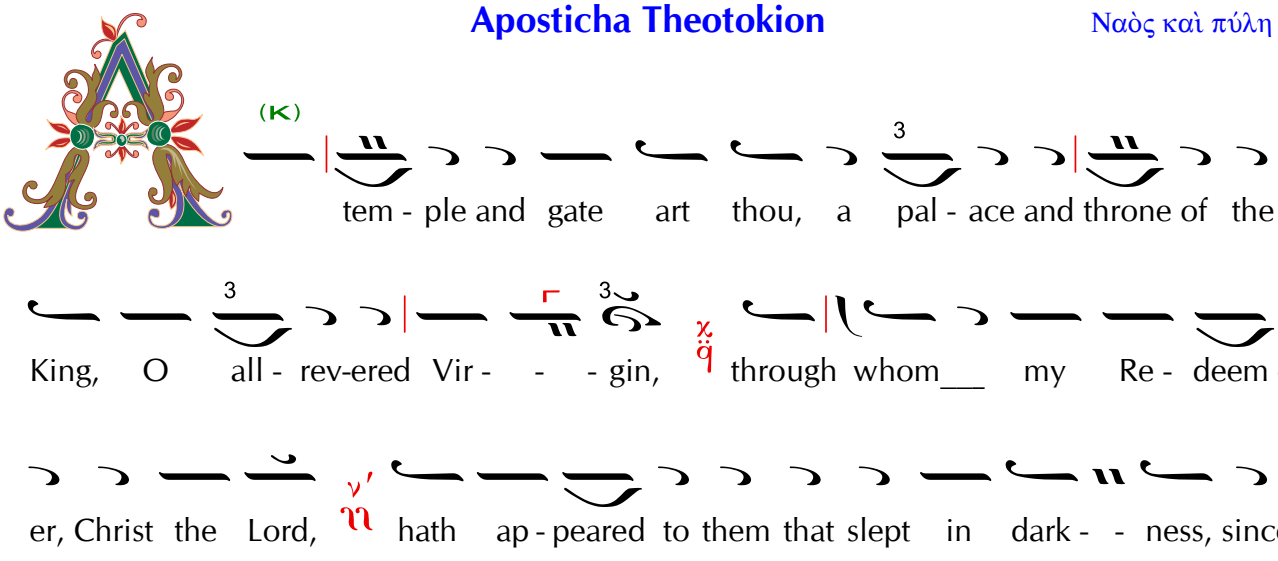

## Both now...

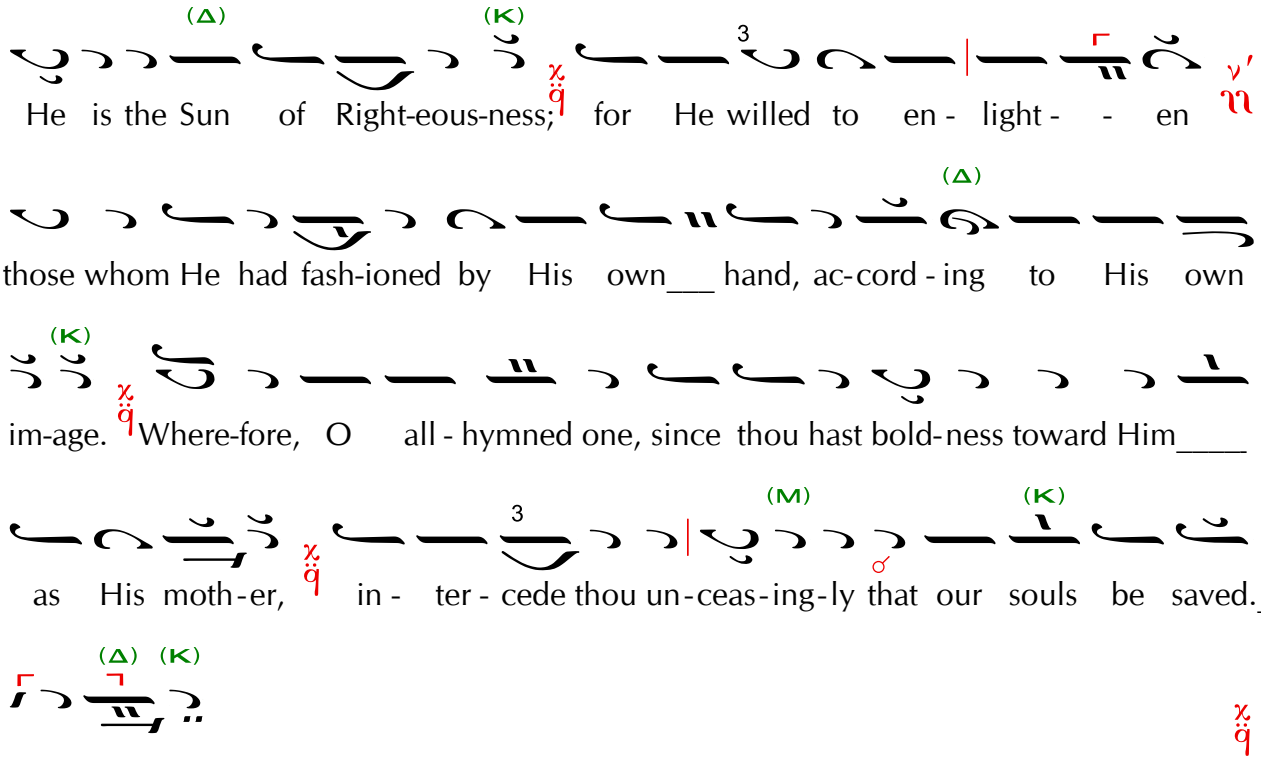
Καὶ νῦν




## Apposticha Theotokion

Ναὸς καὶ πύλη






We must think of what we sing rather than allow our mind, seized by extraneous thoughts as is often the case, to lose the fruit of our labor. One must sing with a manner and melody befitting holy religion; it must not proclaim theatrical distress but rather exhibit Christian simplicity in its very musical movement; it must not remind one of anything theatrical, but rather create compunction in the listeners.

—St. Niceta of Remesiana