PLAGAL FIRST MODE

Lord, I Have Cried

Lord, I have cried unto Thee,

hearken unto me; hearken unto me, O Lord.
Let My Prayer

Kατευθυνθήτω

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

Plagal First Mode

S
et, O Lord, a watch before my mouth, and a door of enclosure around 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 re-

180

Θεὸς Κύριε

S
set, O Lord, a watch before my mouth, and a door of enclosure around about my lips.
prove 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 up on the earth, so have their bones been scattered nigh 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.

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 with in me, then Thou knewest my paths.

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 unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land_ of the liv-ing.

17
Attend unto my supplication, for I am brought ver-y low.

18
Deliv-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 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

Plagal First Mode

Verse #1

'Εξάγαγε ἐκ φυλακῆς

Ring my soul out of prison that I may confess____

Thy_________ Name.

Stichera #1

Διὰ τοῦ τιμίου σου Σταυροῦ

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 hast saved________________
Verse #2

Thee, O Only - - be - got - - ten One.

Stichera #2

Thee, O Only - - be - got - - ten One.

Emē úpomeνouσα

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____ Hades were ter - ri - fied_

Thee, O Only - - be - got - - ten One.

Emē úpomeνouσα

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____ Hades were ter - ri - fied_

Thee, O Only - - be - got - - ten One.

Emē úpomeνouσα

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____ Hades were ter - ri - fied_

Thee, O Only - - be - got - - ten One.

Emē úpomeνouσα

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____ Hades were ter - ri - fied_

Thee, O Only - - be - got - - ten One.

Emē úpomeνouσα

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____ Hades were ter - ri - fied_

Thee, O Only - - be - got - - ten One.
Plagal First Mode  -  Slow Stichera

Verse #3

Ek batheon

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

Stichera #3

Mega thaima

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

Eve - ning wor - ship do we of - fer Thee, the un - wan - ing
Light, Who in the end of the ages, through the flesh as
in a mir - ror, hast shined up - on the
world; and hast de - scend - ed even un - to Ha -
des, and dis - pel - led 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

Θέαν άνομίας

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

Stichera #5

Τὸν ἀρχηγὸν τῆς σωτηρίας

Let us gloryfy 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 waited patiently for Thy word, my soul hath hoped
____ in _____ the ______ Lord.

Stichera #6

He guards were instructed by the____ law____ less:

Conceal the Resurrection_____ of____ Christ;

and take ye pieces_____ of____ silver,____ and____

_____ say: While we were sleeping, the corpse was stolen from

the____ tomb. Who hath seen, who hath ever heard of
Verse #7

Φ

from the morning watch until night from the morning watch let

Israel hope in the Lord.

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.

A corpse being stollen? especially one anointed with myrrh and naked, with the funeral shrouds being abandoned in the grave.

'Apò φυλακής πρωίας from the morning watch until night.
Stichera #7

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

Verse #8

Or with the Lord there is mer-cy, and with Him is plen-	ous re-demption; and He shall re-deem Is-ra-el out of all his
in-iqui-ties.
Verse #9

Aiveίτε τὸν Κύριον

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

Verse #10

Ότι ἐκραταίῳν

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

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

ἩΧὸς Ἁ Πα

Δόξα Πατρί...

Kai viv...

Both now and ever and unto the ages of ages. Amen.
Alternate Melodies

Δόξα Πατρί...

Kai ἑών...

lo- - - - - - - ry__ to the Fa- ther, and to___ the__ Son, __ and to the Ho- - - ly Spir- - - - it.

G

both now and___ ev- - - - - - - er and un- to thē____

a- - - ges___ of a- - - - - ges._____ A- - - men.
Old (Slow) Sticheraric Melodies

Δόξα Πατρί...

Kæ vûv...

men.
Dogmatic Theotokion

Plagal First Mode

Ἐν τῇ Ἑρυθρῇ Θαλάσσῃ

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 trod, dry-shod by Isaiah; now Christ is born seedlessly of the
The sea, after the passage of Israel, remained untrodden; the blameless one, after the birth of Emmanuel, remained undeviled.

O Thou Who art, and ever before didst exist, and hast appeared as man, O God: have mercy on us.
Slow Aposticha

Plagal First Mode

 Hermes Ἡχος Ἰα Πα

Aposticha #1 Σὲ τὸν σαρκωθέντα

hee, O Christ our Saviour, 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 -

Thou didst a - rise on the___ third____ day, sav -

- ing our____ souls.

Verse #2  Ὡ Κύριος ἐβασίλευσεν

he Lord is king; He is clothed with maj - es - ty. The Lord is
clothed with strength and He hath girt____ Him - - - self.

Aposticha #2  Νυγείσης σου

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

Thou didst pour forth streams of for - - give - - ness,____ life and____ sal -
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, we cry out:

O Friend of man, Lord, glory be to Thee.
Verse #3

Kai γάρ ἐστερέωσε

or He established the world which shall not be shaken.

Aposticha #3

Σένη σου ἡ σταύρωσις

trange is Thy crucifixion and descent into Hades, O Friend of man. For Thou didst despoil it and didst glorious ly raise up with Thyself the captives of old, since Thou art God; Thou didst open Paradise, and make us worship Thy there of. Therefore, do Thou grant forgiveness of sins altogether unto

www.stanthonymsmonastery.org/music/Vespers.htm
Verse #4

Thou Who didst accept the passion in the flesh

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

Aposticha #4

Those who glorify Thee arising on the third day; and deem us worthy to dwell in Paradise, since Thou alone art compassionate.

userService.do: sendMail?subject=Page%20232%20Plagal%20First%20Mode%20-%20Slow%20Aposticha&body=us who glorify Thine arising on the third day; and deem us worthy to dwell in Paradise, since Thou alone art compassionate.

Verse #4

The house becometh Thy house, O Lord, unto length of days.

Aposticha #4

Thee have mercy.
Thou heal the passions of our flesh; and raise us up from grievous transgressions, O Friend of man, and save us.
Ἀποστίχια Θεοτοκίων

Πλαγιαλ Φόρμα Ερατομοτηρίου

Ἡχός Ἐστὶν Πάτρα

Τάσις καὶ πύλη

Ταυτότητα

Aposticha Theotokion

Plagal First Mode

Ἡχὸς Ἐστὶν Πάτρα

Nás kai púlē

Nao; καὶ πύλη

Ἀ

tem-ple and gate art thou, a pal-

ace 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 en-light-en 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.
\textit{Apolytikion of the Resurrection}

\textbf{Plagal First Mode}

\[ \text{Ὁ Ἡχος } \lambda \dot{q} \ \overline{KE} \]

\[ \chi 160 \]

Τὸν συνάναρχον Λόγον

\textit{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...

Both now...

rec- - - - - tion.

lo- 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 ages of ages.

A- men.
Resurrectional Theotokion  Χαίρε πύλη Κυρίου

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 barest 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.

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

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 suppliance 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

Plagal First Mode

S

(et, O Lord, a watch be-fore my mouth, and a door of en-

clo-sure round a-bout my lips.

2

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

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

3

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_
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
Plagal First Mode - Verses of Psalms

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 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 Stichera on page 246.
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.

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

Verse #1

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

Stichera #1

Dia to
timion sou Staurou

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.
Verse #2

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

Stichera #2

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

"Εκ βαθέων

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

Stichera #3

Μέγα θαύμα

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 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 in-iqu-i-ties, O Lord, O Lord, who shall stand? For with Thee there is for-give-ness.

Stichera #5

et us glo-ri-fy Christ, the au-thor of our sal-vation; for when He a-rise 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

Ένεκεν τοῦ ὄνομάτος σου

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

Οἱ τῆς κοσμωδίας

he guards were instructed by the lawless: Conceal the Resurrection of Christ; and take ye pieces of silver, 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 nacked, with the
Verse #7

Aπὸ φυλακὴς προίας

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

Stichera #7

Χύριε ὁ τῶν ἁθην

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  "Оτι παρὰ τῷ Κυρίῳ

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  Αἰνεῖτε τὸν Κύριον

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

Verse #10  "Оτι ἑκραταιώθη

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

Δόξα Πατρί

G

Lo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Spirit.

Both now...

Καί νῦν

B

Both now and ev - er and un - to the a - ages of ages. A - men.

Dogmatic Theotokion

Ἐν τῇ Ἑρυθρῇ Θαλάσσῃ

n 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.
Brief Aposticha

Plagal First Mode

Aposticha #1

he, 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. Despoiling 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 Him-self.

Aposticha #2

Then 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 Thy-self.

Wherefore, we cry out: O Friend of man, Lord, glory be to Thee.
Verse #3

Kai gar esteréose

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

Aposticha #3

Zeéni sou h staúrwsis

trange 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-
o-us-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-passionate.
Verse #4

H

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

of days.

Aposticha #4

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

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

Both now...  

Καὶ νῦν

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

Amen.

Aposticha Theotokion  

Ναὸς καὶ πύλη

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.

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