PLAGAL SECOND MODE

Lord, I Have Cried

Lord, I have cried unto Thee, hearken unto me; O Lord, I have cried unto Thee, hearken unto me.
Plagal Second Mode - Lord I Have Cried

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 Second Mode**

Θοῦ Κύριε

1. Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

2. Incline not my heart unto words of evil, to make excuses in sins,

3. With men that work iniquity; and I will not join with their chosen.

4. The righteous man will chasten me with mercy and reprove.
me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judgments been.

They shall hear my words, for they be sweetened; as a clod of earth is broken 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.
The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way wherein I have walked they hid for me a snare.

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

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 living.

17 Attend unto my supplication, for I am brought very low.

18 Deliver me from them that persecute me, for they are stronger than I.

On Saturdays, continue with Slow Stichera on page 269 or with Brief Stichera on page 300. 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 Second Mode**

'Ἡχος Ἄνω Πα

**Verse #1**

Ἐξάγαγε ἐκ φυλακῆς

Bring my soul out of prison that I may confess

Thy__________ Name.

**Stichera #1**

Νίκην ἔχων

on-quer-ing Hades, O____ Christ, Thou__ didst____ as-

cend____ the______ Cross, _______ that with Thy-self Thou might-est raise_

_____ them that sat________ in the____ dark-____ ness____ of____ death,

O Thou__ Who art free____ a-mong____ the______ dead.  Thou Who
Verse #2

Τῇ ἐμῇ ὑπομενοῦσίνι

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

Stichera #2

Σήμερον ὁ Χριστός

aving trampled on death, Christ is risen today, as He said, and hath granted joy unto the world; that while crying out, we all may thus chant the hymn: O Well-spring of life, O Un-approach-
Verse #3

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

Stichera #3

From Thee, O Lord, Who art in all creation, whither shall we sinners flee? To Heaven? but Thou Thyself dost dwell there. To Hades? but Thou hast trampled on
Let Thine ears be attentive to the voice of my supplication.

Verse #4

Γενηθήτω τὰ ὄτα σου

Let Thy Cross, O Christ, do we boast,
and Thy Res- ur-re-c- tion do we praise and glo-
ri-fy; for Thou art our God; be- side__
_____Thee we know none oth-
er.

Verse #5

Εάν ἀνομίας

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

Stichera #5

Διὰ παντός εὐλογοῦντες

v- er bless- ing the Lord, we praise His Res-
ur-re-c- tion; for He en- dured the ______
Cross, and by death de- stroyed death.
**Verse #6**

"Ἐνεκὲν τοῦ ὅνομάς 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**

Δόξα τῇ δυνάμει σου

_Look to Thy might, O Lord; for Thou hast destroyed him that had the dominion of_ death. Thou hast renewed us by Thy Cross, granting us life and incorruption.
Plagal Second Mode - Slow Stichera

Verse #7

from the morning watch until night

let Israel hope in the Lord.

Stichera #7

hy burial, O Lord, rent a sun
der the bonds of Hades, and crushed them. Thy resurrection from the dead enlightened the world. Lord, glory be to Thee.
Verse #8

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

Verse #9

Praise the Lord, all ye nations; praise Him, all ye peoples.
Verse #10

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

Righteous Symeon

The God-Receiver
Glory... Both Now...

Plagal Second Mode

\[ \chi \, 84 \]

Δόξα Πατρί...

Kai vív...

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

oth now and ev - er and un - to the a - ges of a - ges. A - men.
Alternate Melodies

Δόξα Πατρί...

Kαι νῦν...

N

B

S

Alternate Melodies

Δόξα Πατρί...

Kαι νῦν...
Old (Slow) Sticheraric Melodies

Δόξα Πατρι...

N

eh__ Glory to the Fa__ ther, and

to the Son, and to the Ho__ ly

Spirit it.

Kαὶ εὐφ...

B

both now and ever and

unto the ages of ages.

Amen.
Dogmatic Theotokion

Plagal Second Mode

'Hχοζ Ἡ πα, Ρα

Τίς μὴ μακαρίσει σε

ho would not call thee blest, O all-holy Virgin?

Who would not praise thine untravailing giving of birth? For the only-begotten Son,

Who shone forth from the Father timelessly, hath come forth from thee, the pure one, having become ineffably in car-

www.stanthonymonastery.org/music/Vespers.htm
The value of prayer can be inferred from the way the demons attack us during services in church.

—St. John of the Ladder
Slow Aposticha

Plagal Second Mode

Ὑχος λ π Πα

Aposticha #1

Τὴν ἁνάστασίν σου

Angels in the Heavens, O Christ our Saviour,

praise Thy Resurrection with hymns; deem us always

so who are on earth worthy to glorify Thee with a pure heart.
Verse #2

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

av - ing crushed the bra - zen gates and shat - tered the bars of Ha - des, as om - nip - o - tent God Thou didst raise up the fall - en race of man. Where - fore al - so, we cry out with one ac - cord: Thou Who art risen from the dead, Lord, glo -
Verse #3

Kai γὰρ ἐστερέωσε

or He established the world which shall not be shaken.

Aposticha #3

Σαίως ἡμᾶς

lishing to set right our former mutability, Christ is nailed to the Cross and laid in the grave. Seeking Him with tears, the myrrh-bearing women spake with lamentation:

Woe unto us, O Saviour of all. How didst Thou deign to dwell in
the __ grave? And hav - ing deigned to dwell _____ there - - in, how _
_ wast Thou sto - len? How wast Thou re - moved? What place hath_ hid -
 - den Thy life - bear - ing Bod - - - y? _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
But, O Mas - ter, re - veal ______ Thy - - - self ______ to ______ us, as
Thou _____ didst_ prom - ise, and cause our tear - ful ______ la - ment_____
to ______ cease. And as they__ grieved, an Angle cried____
____ out to ___ them: Cease your lam - en - ta - tion_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
and tell ______ thē_____ a - pos - - - tles that the
Lord_____ is__ ris - en, grant - ing_______ un - to_______ the_____
__ world for - - give - ness and_ _ great mer - - - cy.
Verse #4

Θὸ οἶκῳ σου πρέπει

H

ο-λι-νεσσ bé-com-éth Thy house, O Lord, unto length of__________ days.

Aposticha #4

Σταυρωθεὶς ως ἠβουλήθης

B

ε-ινγ γρα-κι-fied as Thou didst will, O Christ, and
de-spoil-ing death by Thy burial, as________

God, Thou didst rise on the third day with glo-__ry,____

grant-ing unto the world un-__end-__-

-ing__________ life and great mer-__cy.__
Aposticha Theotokion

Plagal Second Mode

Ὁ θεοτόκης και λυτρωτής μου

Ὁ θεοτόκης και λυτρωτής μου

Ὑ Κρόος Ἱερά Παῖς

Lord, came forth from thy womb, O all-pure one.

Being en-clothed with me, He freed Adam from ancient curse. Wherefore, O all-pure one,

to thee, the true Mother of God and Virgin,

do we unceasingly cry out the an-

www.stanthonymsmonastery.org/music/Vespers.htm
gel's greeting: ______ Re-joice! Re-joice, O Lady,

protection____ and____ shelter and salvation of_

_______ our ______ souls. ___________
When the angelic powers were at Thy tomb, then they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate body. Thou hast destroyed Hades and wast not tried there-by. Thou didst meet the Virgin and didst grant life to us.

O Thou Who art risen from the dead, Lord, glory be
Glory...  Δόξα Πατρι

G

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

Both now...  Καὶ νῦν

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

es. A-men.
Resurrectional Theotokion  Ὄ τὴν εὐλογημένην

hou, Who didst call Thy Mother blessed, campest of Thine own free will unto the passion, shin-ing forth up-on the Cross, wish-ing to seek out Ad-am, and say-ing unto the an-gels: Re-joice with Me, for the drach-ma that was lost is found. Thou Who hast wisely or-dered all things, glo-ry be to Thee.

When you stand in church, be careful not to look here and there or curiously examine how each one of the brethren stands or sings. Rather, pay attention only to yourself and to the chanting and to your sins.

—St. Symeon the New Theologian
Plagal Second Mode - Brief

Lord, I Have Cried

Translated:

Lord, I have cried unto Thee; hearken unto me, O Lord. Attend to the voice of my supplication when I...
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 Second Mode (Soft Chromatic)

Θοῦ Κύριε

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make ex-

cuses 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-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 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 stum-
bling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.

I will pour out before Him my supplication, mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way where in I have walked they hid for me a snare.
I looked up - on my right hand, and be - held, and there was none that did know me.

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

I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my sup - pli - ca - tion, for I am brought very low.

Deliv - er me from them that per - se - cute me, for they are stronger than I.

On Saturdays, continue with Stichera on page 300. 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.
Brief Stichera

Plagal Second Mode

Verse #1

Εξάγαγε ἐκ φυλακῆς

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

Stichera #1

Νίκην ἔχων

on-quering Ha-des, O Christ, Thou didst ascend the Cross, that with Thy self Thou mightest raise them that sat in the darkness of death,

O Thou Who art free among the dead. Thou Who dost pour forth life from Thine own light, O omnipotent Saviour, have mercy on us.
Verse #2  Εμὲ ὑπομενόσι

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

Stichera #2  Σήμερον ὁ Χριστός

aving trampled on death, Christ is risen today, as He said, and hath granted joy unto the world; that while crying out, we all may thus chant the hymn: O Well-spring of life, O Unapproachable Light, O omnipotent Saviour, have mercy on us.
Verse #3

ˈEk βαθέων

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

Stichera #3

Σὲ Κύριε

Rom Thee, O Lord, Who art in all creation, whither shall we sinners flee? To Heaven? but Thou Thyself dwell-est there. To Hades? but Thou hast trampled on death. To the depths of the sea? but Thy hand is there, O Master. Unto Thee do we flee for refuge; falling down before Thee, we make en treaty: Thou Who didst rise from the dead, have mercy on us.
**Verse #4**

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

**Stichera #4**

In Thy Cross, O Christ, do we boast, and Thy Resurrection do we praise and glorify; for Thou art our God; beside Thee we know none other.
Verse #5

`Εὰν ἀνομίας

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

Stichera #5

Διὰ παντὸς εὐλογοῦντες

ver bless-ing the Lord, we praise His Resur-rec-tion; for He en-dured the Cross, and by death de-stroyed death.
Verse #6

"Ενεκεν 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

Δόξα τῇ δυνάμει σου

Lo - ry to Thy might, O Lord; for Thou hast destroyed him that had the dominion of death. Thou hast renewed us by Thy Cross, granting us life and incorruption.
Verse #7

\[ \text{Verse #7} \]

\[ \text{From the morning watch until night, let Israel hope in the Lord.} \]

Stichera #7

\[ \text{Stichera #7} \]

\[ \text{From the morning watch until night, let Israel hope in the Lord.} \]
Verse #8

"Οτι 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

"Ότι ἐκραταίωθη

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

Δόξα Πατρί

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

**Both now...**

Καὶ νῦν

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

**Dogmatic Theotokion**

Τίς μὴ μακαρίσει σὲ

Who would not call thee blest, O all-holy Virgin? Who would not praise thine unwavering giving of birth? For the only be-gotten Son, Who shone forth from the Father time-less-ly, hath come
forth from thee, the pure one, having become ineffably incarnate, being God by nature and becoming man by nature for our sake; not that He was divided into two persons,

but that He is known in two unmingled natures. Him do thou be-seech, O august and all-blessed one, to have mercy on our souls.

—St. John Chrysostom
Brief Aposticha

Plagal Second Mode

Aposticha #1

n-gels in the Heav-ens, O Christ our Sav-iour, praise Thy

Res-ur-rec-tion with hymns; deem us al-so who are on earth wor-thy to glo-

ri-fy Thee with a pure heart.
Verse #2

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

Aposticha #2

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

 максимально - On account of the Lord is king, He is clothed with majesty. He hath girt Himself with strength.

Aposticha #2

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

Aposticha #2

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

Wherefore so, we cry out with one accord: Thou Who art risen from the dead, Lord, glory be to Thee.
Verse #3

Kai gár ἐστερέωσε

Verse #3

Apostichia #3

Verse #3

Apostichia #3

Verse #3
ise, and cause our tearful lament to cease. And as they grieved,
an Angel cried out to them: Cease your lamentation and tell
the apostles that the Lord is risen, granting unto the world for-
giveness and great mercy.

Verse #4

Σταυρωθεὶς ὡς ἡμουλήθης

Aposticha #4

He - ding cru - ci - fied as Thou didst will, O Christ, and de - spoil -
Glory...

Δόξα Πατρι

Both now...

Kai vun

Amen.
Aposticha Theotokion

Ὁ παντελῆς Ἀνατολής

Creator and Redeemer, Christ the Lord, came forth from thy womb, O all-pure one. Being en-clothed with me, He freed Adam from the ancient curse. Wherefore, O all-pure one, to thee, the true Mother of God and Virgin, do we unceasingly cry out the angel’s greeting: Rejoice! Rejoice, O Lady, protection and shelter and salvation of our souls.