Grave Mode

Lord, I Have Cried

Intonation: #21

Andante  ♩-84

Lord, I have cried unto Thee,

hearken unto me; hearken unto

me, O Lord. Lord, I have cried unto

www.stanthonymonastery.org/music/Vespers.htm
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O the wise invention
of the teacher who contrives
that in our singing we learn what is profitable,
and that thereby doctrine is somehow more deeply impressed
upon our souls! What is learned under duress tends not to be retained,
but what suavely ingratiates itself somehow adibes
within our souls more steadfastly.

- St. Basil the Great
Let My Prayer

Grave Mode

Let my prayer be set forth as in -
cense before Thee, the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.
Verses of Psalms
140, 141, and 129

Grave Mode

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

Incline not my heart unto words of evil, to make excuse with excuses in sins,

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

www.stanthonyssmonastery.org/music/Vespers.htm
The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleas - 

tures; swallowed up near by the rock have their judg - es been.

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.
For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

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

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.
I will pour out before Him my supplication,
mine affliction before Him will I declare.

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

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

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

Flight hath failed me, and there is none that watcheth out.
for my soul.

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

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

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

On Saturdays, continue with Slow Stichera on page 388 or with Brief Stichera on page 427. 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.

Grave Mode - Verses of Psalms

www.stanthonysonastery.org/music/Vespers.htm
Verse #1

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

Stichera #1

Come, let us rejoice in the Lord Who crushed the domination of death, and enlightened the race of man. Let us cry out with the body...
i less hosts: O our Creator and Saviour, glory be to Thee.

Verse #2

'Eme upomevoupsi

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

Stichera #2

Stauron upomeinas

The Cross and burial hast Thou endured for us, O Saviour; and, as God,

www.stanthonyssmonastery.org/music/Vespers.htm
Thou hast slain death by death. Wherefore, we worship Thy Resurrection on the third day. Lord, glory be to Thee.

Verse #3

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.
On seeing the arising of the Creator, the apostles marvelled, crying out with angelic praise: This is the glory of the Church; this is the wealth of the Kingdom! O Thou Who didst suffer for us, Lord, glory

Grave Mode - Slow Stichera

Stichera #3

'Απόστολοι ἰδόντες
Verse #4

Генетим та οτα σου

Let Thine ears be attentive to the voice of

my supplication.

Stichera #4

Καὶ συνελήφθης

Though Thou wast taken captive by lawless men, O Christ, yet Thou art my God,

and I am not ashamed. Thou wast smit -
ten on the back; I do not deny
it. Thou wast nailed to the Cross, and I conceal it not. In Thine arising
do I boast, for Thy death is my life. Omnipotent and manifold
be - friend - ing Lord, glory
be to Thee.
Verse #5

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

Stichera #5

In ful-fill-ment of Da-vid’s proph-e-cy, in Si-on Christ un-beiled His maj-es-ty to His dis-ci-
ples, revealing Himself as the One Who is praised and ever glorified with the Father and the Holy Spirit; once, being without flesh as the Word, but now for us becoming incarnate, being put to death as man, and arising...
ing according to His power,

as the Friend of man.

Verse #6

Συνεχείς το ονόματός 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.
Thou didst descend into Hades, O Christ, as Thou didst will. Thou didst despoil death since

Thou art God and Master; and

Thou didst rise on the third day,

and from the bonds of Hades and

corruption didst Thou also

www.stanthonysonastery.org/music/Vespers.htm
raise up Adam, who cried out

and said: Glory to Thy Resurrection, O only Friend

of man.

Verse #7

'Από φυλακής προίας

From the morning watch until night, from the morning watch

let Israel hope in the Lord.
In the grave wast. Thou laid. as one that

sleep - eth, O Lord; and Thou didst rise on

the third day as One might - y

in strength, raising up Adam

with Thy self out of the corruption of death, since Thou art

omnipotent.
Verse #8

'Ωτι παρὰ τὸ Κυρίῳ

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

Αἰνεῖτε τὸν Κύριον

O 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.
Glory... Both Now...

Grave Mode

Andante $\frac{1}{84}$

A1

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

A2

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

www.stanthonyssmonastery.org/music/Vespers.htm
Alternate Melodies

**Grave Mode - Glory**

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**B1**

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

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**B2**

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

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www.stanthonysmonastery.org/music/Vespers.htm
Old (Slow) Sticheraric Melodies

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

Spir - - - it.

Both now and ev - - - er,

and un - to the ages of

a - - - - - g - es. A - - men.
Dogmatic Theotokion

Grave Mode

Andante  \( \frac{4}{4} \)

Thou art known to be a mother,

Thou art known to be a mother,

surpassing nature, O Theotokos; and surpassing reason and understanding,

surpassing nature, O Theotokos; and surpassing reason and understanding,

and didst remain a virgin. And no tongue can

and didst remain a virgin. And no tongue can
explain the miracle of thy child birth; for even as the conception was strange, O pure one, so the manner of birth is incomprehensible. For whereas-ever God will eth, the order of nature is overcome. Wherefore, knowing thee to be the Mother...
er of God, we all beseech thee fervently: Intercede thou that our souls be saved.

The "Quick to Hear" (Gorgopotikes) Panagia of Docheiariou Monastery on the Holy Mountain
Dogmatic Theotokion

Diatonic Grave Mode

Andante \( \frac{4}{4} \)  \( \Delta \o\nu \)  

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

the Son, and to the Ho - - - ly

Spir - it.

Kai vûn

Both now and ev - - - er, and unto the a - - gases of a - - - g - es. Amen.

www.stanthonymsmonastery.org/music/Vespers.htm
Thou art known to be a mother, O

Theotokios; and surpassing nature,

passing reason and understanding, thou didst remain a virgin. And no tongue

can explain the miracle.
of thy child—birth; for even as the conception was strange, O pure one, so the manner of birth is incomprehensible. For where ever God will—eth, the order of nature is overcome. Wherefore, know—
Pray gently and calmly, sing with understanding and rhythm; then you will soar like a young eagle high in the heavens. Psalmody calms the passions and curbs the uncontrolled impulses in the body.

-Evagrios the Solitary (From the Philokalia)
Slow Aposticha

Grave Mode

Aposticha #1

\'Anésthēs ék toú tásōu

F F C F C F

Thou didst rise from the grave, O Saviour

D D C D C

of the world; and together with Thy

F G D

flesh, Thou didst also raise up man. Lord,

Un.

glory be to Thee.

www.stanthonymsmonastery.org/music/Vespers.htm
Verse #2

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

Come, let us wor-ship Him Who is ris-en from the dead, and Who hath en-light-ened all things. For he hath freed us from the tyr-an-ny of Hades by
Verse #3

Kai γὰρ ἐστερέωσε

For He established the world which shall not be shaken.

Apostich #3

Υπὸ τὸν ὀδὴν κατελθὼν

When Thou didst descend to Hades be -
low, O Christ, Thou didst despoil

death; and arising on the third day,

Thou also raise us who glorify

Thine omnipotent arising,

O Lord, Thou Friend of man.

Verse #4

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

of days.
Thou didst appear awesome, O

Lord, while lying in the grave as one

that sleepeth; and arising on the

third day as One might - - - y,

Thou didst also raise Adam who cried

out: Glory to Thy Resurrection,

www.stanthonymsmonastery.org/music/Vespers.htm
Grave Mode - Slow Aposticha

of man.
Aposticha Theotokion

Grave Mode

Andante ♩=84

Fleeing for refuge under thy shelter, O Lamb

dy, all we, the earth-born, cry out to thee: O Theotokos, our hope, deliver us from our countless offenses.
and save _______ our ______ souls. _________
Andante

B♭

Fleeing for refuge under thy shelter, O Lady,

all we, the earth-born, cry out to thee:

B♭

kos, our hope, deliver us from our

Aposticha Theotokion

Diatonic Grave Mode

Γυτό τήν σήν

www.stanthonsmonastery.org/music/Vespers.htm
The Apostle admonishes women to be silent in church, yet they do well to join in a psalm; this is gratifying for all ages and fitting for both sexes. Old men ignore the stiffness of age to sing [a psalm], and melancholy veterans echo it in the joy of their hearts; young men sing one without the bane of lust, as do adolescents without threat from their insecure age or the temptation of sensual pleasure; even young women sing psalms with no loss of wifely decency, and girls sing a hymn to God with sweet and supple voice while maintaining decorum and suffering no lapse of modesty. Youth is eager to understand [a psalm], and the child who refuses to learn other things takes pleasure in contemplating it; it is a kind of play, productive of more learning that that which is dispensed with stern discipline.

-St. Ambrose, *On Psalm 1*
By Thy Cross Thou didst abolish death; to the thief Thou didst open Paradise; Thou didst transform the myrrh-bearers' lamentation, and didst order Thine Apostles to preach that Thou art risen, O Christ our God, bestowing great mercy upon the world.
Glory...

Δόξα Πατρί

Glo - 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

Resurrectional Theotokion

Ὡς τῆς ἕμων ἀναστάσεως

As the treas - ur - y of our sal - va - tion, O all-hymned one,
do thou lead up from the pit and abyss of offenses

them that hope in thee; for them that were liable because of sin hast thou saved by giving birth to Salvation, O thou who before childbirth wast virgin, and in childbirth wast virgin, and after childbirth again remainest virgin.
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 supplication 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.
Bring my soul out of prison that I may confess Thy Name.

Come, let us rejoice in the Lord Who crushed the dominion of death, and enlightened the race of man. Let us cry out with the bodiless hosts: O our Creator and Saviour, glory be to Thee.
Verse #2

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

Stichera #2

The Cross and burial hast Thou endured for us, O Saviour; and, as God, Thou hast slain death by death. Wherefore, we worship Thy Resurrection on the third day. Lord, glory be to Thee.
Verse #3

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

Stichera #3

On seeing the arising of the Creator, the apostles marvelled, crying out with angelic praise:

This is the glory of the Church; this is the wealth of the Kingdom! O Thou Who didst suffer for us,
Lord, glory be to Thee.

Verse #4

Γενηθήτω τά ὁτα σου

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

Stichera #4

Κάν συνελήφθης

Though Thou wast taken captive by lawless men, O Christ, yet

Though art my God, and I am not ashamed. Thou wast smitten

on the back; I do not deny it. Thou wast nailed_
to the Cross, and I conceal it not. In Thine arising do I boast, for Thy death is my life. O omnipotent and man-be-friend-ing Lord, glory be to Thee.

Verse #5

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

For with Thee there is for-given-ness.

Stichera #5

In ful-fill-ment of Da-vid’s proph-e-cy, in Si-on
Christ unveiled His majesty to His disciples, revealing Himself as the One Who is praised and ever glorified with the Father and the Holy Spirit; once, being without flesh as the Word, but now for us becoming incarnate, being put to death as man, and arising according to His power, as the Friend of man.
Verse #6

"Ενεκέν τοῦ ὄνόματός 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

Κατήλθες ἐν τῷ ἁδί

Thou didst descend into Hades, O Christ, as Thou didst will. Thou didst despise death since Thou art God and Master; and Thou didst rise on the third day, and
from the bonds of Hades and corruption didst Thou also raise up Adam, who cried out and said: Glory to Thy Resurrection, Only Friend of man.

Verse #7

'Από φυλακής πρωΐας

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

Stichera #7

'Εν τάφῳ κατετέθης

In the grave wast Thou laid as one that sleepeth, O Lord;
and Thou didst rise on the third day as One might - y in

strength, rais - ing up Ad - am with Thy - self out of the cor -

rup - tion of death, since Thou art om - nip - o - tent.

**Verse #8**

`Ότι 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

Aiveite ton Kourion

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

Verse #10

'Ofi ekpatiwrh

For He hath made His mercy to prevail over us, and the truth of the

Lord abideth for ever.

Glory...

Doxa Patrhi

Glory to the Father, and to the Son, and to the

Holy Spirit.
Both now...

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

Dogmatic Theotokion

Thou art known to be a mother surpassing nature, O Theotokos; and surpassing reason and understanding, thou didst remain a virgin. And no tongue can explain the miracle of thy childbirth;

www.stanthonyssmonastery.org/music/Vespers.htm
for even as the conception was strange, O pure

one, so the manner of birth is incomprehensible.

For wheresoever God will eth, the order of nature is overcome. Wherefore,

knowing thee to be the Mother of God, we all beseech thee fervently: Intercede thou that our souls be saved.
Brief Aposticha

Grave Mode

Aposticha #1

'Though didst rise from the grave, O Saviour of the world; and together with Thy flesh, Thou didst also raise up man. Lord,
glory be to Thee.

Verse #2

The Lord is king; He is clothed with majesty. The Lord is clothed with strength

www.stanthonysonastery.org/music/Vespers.htm
Come, let us worship Him Who is risen from the dead,
and Who hath enlightened all things. For He hath freed us
from the tyranny of Hades by His arising on the
third day, granting us life and great mercy.

For He established the world which shall not be shaken.
When Thou didst descend to Hades below, O Christ, Thou

didst despoil death; and arising on the third day,

Thou also raise us who glorify Thine omnipotent

tent arising, O Lord, Thou Friend of man.

Verse #4

Holiness becometh Thy house, O Lord, unto length of days.
Thou didst appear awesome, O Lord, while lying in the grave as one that sleepeth; and arising on the third day as One mightily, Thou didst also raise Adam who cried out: Glory to Thy Resurrection, O only Friend of man.

Glory...

Glo - ry to the Fa - ther, and to the Son, and to the
C Un.

Holy Spirit.

Both now...

Kai vuv

Both now and ever, and unto the ages of


Aposticha Theotokion

Υπὸ τὴν σὴν

Fleeing for refuge under thy shelter, O

Lady, all we, the earth-born, cry—

out to thee: O Theotokos, our hope, de-
Liv - er us from our count - less of - fen - ces and

save our souls.

ST. ATHANASIUS THE ATHONITE