Lord, I Have Cried

"Hys barus Γα

Lord, I have cried unto Thee, hearken unto me; O Lord, tend to the voice of my supplication.
Let My Prayer

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

Grave Mode

Ὅχος βαρύς

Θεὸς 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 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 reprove.
3. As for the oil of the sinner, let it not anoint my head.

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

6. They shall hear my words, for they be seasoned; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hea- des.

7. For unto 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
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.
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 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 323
or with Brief Stichera on page 352.
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**

**Grave Mode**

'H孝ς βαρύς ~ Γα

**Verse #1**

Deu'te ajgalliaswvmeqa

*Bring my soul out of prison that I may confess*

*Thy_______ Name.*

**Stichera #1**

Δεύτε ἀγαλλιοσώμεθα

*Come, let us rejoice________ in_______ the_______ Lord*

*Who crushed the domin- - - - - ion of____ death, and en- light- - - - - ened the__ race____________ of_______ man.*

*Let us cry out with*
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

Exaptheon

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

Stichera #3

Apóstolo iđótês

In 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 King—dom!

O Thou Who didst suffer for us, Lord, glory be to Thee.

Verse #4

Γενηθήτω τά ὡτά σου

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

Stichera #4

Καν συνελήφθης

Though Thou wast taken captive by lawless men, O Christ, yet Thou art my God, and am not
If Thou should-est mark in-iqui-ties, O Lord, O Lord, who shall stand? For with Thee there is for-give-ness.
Stichera #5

Δαυίτικήν προφητείαν

n ful-fill-ment of Da-vid's proph-e-cy, in Si-on Christ un-veiled His maj-es-ty to His dis-ci-ples, re-vealing Him-self as the One

Who is praised and ev-er glo-ri-fied with the Fa-ther

and the Ho-ly Spir-it; once, be-ing with-out flesh

____ as the Word, but now for us be-com-ing in-car-nate, be-ing put to death as man,

____ and a-ris-ing ac-cord-ing to His pow-er, as the Friend of man.

www.stanthonsmonastery.org/music/Vespers.htm
Verse #6

"Ενεκεν τοῦ ὄνομάτος σου

Or 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 άδη

hou didst descend into Hades,

O Christ, as Thou didst will. Thou didst spoil death since Thou art God and Master;

and Thou didst rise on the third day, and

from the bonds of Hades and corruption didst
Grave Mode - Slow Stichera

Verse #7

From the morning watch until night from the morning watch

let Israel hope in the Lord.

Stichera #7

In the grave wast Thou laid as one that sleepeth,

O Lord; and Thou didst rise on the third day

as One mighty in strength raising up Adam with
Verse #8

"Ὅτι παρὰ τῷ Κυρίῳ

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

Verse #9

Αἰνεῖτε τὸν Κύριον

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 forever.
Glory... Both Now...

Grave Mode

Ἡχὸς βαρύς

Δόξα Πατρί...

Kai vív...

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 a - - - ges

of___ a - - - ges. A - - men.
Alternate Melodies

Δόξα Πατρί...

G

lo-
-ry__ to the__ Fa-
-ther,___ and__ to the__

Son, and___ to___ the Ho-
-ly Spir-
-it.____

Kαι νῦν...

B

oth now_____ and_ ev-
-er and____ un-
to___ theē

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

Δόξα Πατρι...

Kai vův...
Dogmatic Theotokion

Grave Mode

"Ἡχός βαρύς γά

Mήτηρ μὲν ἐγνώσθης

hou art known to be a mother surpassing na-

ture, O The- o- to- kos; and surpassing rea-

son and un- derstand- ing, thou

didst remain a vir- gin. And no tongue

can explain the mir- acle of thy

child- birth; for even as the concep- tion was
When it happens to me

that the song moves me more than the thing which is sung,

I confess that I have sinned blamefully and then prefer not to hear the singer.

—Blessed Augustine
Dogmatic Theotokion

Diatonic Grave Mode

"Ἡχὸς βαρύς Ἰωάννης Ντοσα Πατρί

Glory...

Both now...

Both now and ever and unto the ages. Amen.
Dogmatic Theotokion

Mήτηρ μὲν ἐγνώσθης

hou 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 child birth; even as the conception was strange, O pure one, so the manner of birth is incomprehensible.

For where so-
Wherefore, knowing thee to be the Mother of God, we all beseech thee fervently: Intercede thou that our souls be saved.
Slow Aposticha

Grave Mode

Ἁχρός βαρύς Γά

Aposticha #1

Ἀνέστης ἐκ τοῦ τάφου

hast risen from the grave, O ___________ Saviour _________________

of __________ the __________ world; __ and together with Thy _________________

flesh, Thou didst also raise up man. Lord, __________ glory ___________

to ______________ Thee. ___________
Verse #2

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

Aposticha #2

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.
Verse #3

For He established the world which shall not be shaken.

Aposticha #3

Then Thou didst descend to Hades below,

O Christ, Thou didst spoil death; and arising on the third day, Thou also raise us who glorify Thine omnipotent arising,

Lord, Thou Friend of man.
Verse #4

Hou didst appear awesome, O Lord, while lying in the grave as one that sleepeth; and arising on the third day as One might, Thou didst also raise Adam who cried out: Glory to Thy Resurrection, O Only Friend of man.

Aposticha #4

Thou oike sou prpei


**Aposticha Theotokion**

**Grave Mode**

'Ἡχὸς βαρύς Ἐκκλησίας

 yap tihn sijn

weeping for refuge under thy shelter, O Lady, all we, the earth-born, cry out to thee: O Theotokos, our hope, deliver us from our count-less offences and save our souls.
Aposticha Theotokion

Diatonic Grave Mode

Ἡχὸς βαρύς ᾽Ζω

Ὑπὸ τὴν σὴν

Lee-ing for refuge un-der thy

shelter, O La-udy,

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

O The-o-to-kos, our hope,

deliver us from our countless of-fenses and save our souls.
Apolytikion of the Resurrection

Grave Mode

Ἡχὸς βαρύς Ἡχὸς βαρύς Ἡχὸς βαρύς

Katelwása to stauró sou

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 Πατρι

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.

Resurrectional Theotokion

Ὡς τῆς ἡμῶν ἀναστάσεως

The treasury of our salvation, 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.
Grave 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 suppli-
Let My Prayer

As my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.
**Brief Stichera**

**Grave Mode**

`Ἡχος βαρύς Γα

**Verse #1**

`Εξάγαγε ἐκ φυλακῆς

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

**Stichera #1**

`Δεῦτε ἀγαλλιασόμεθα

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

"Ek basheon

0

out of the depths have I cried unto Thee, O Lord; O Lord,

_hear my voice.

Stichera #3

"Apostoloi idontes

_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

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

Stichera #4

Though Thou wast taken captive by lawless men, O Christ, yet Thou 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 manifold Lord, glory be to Thee.
Verse #5

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

Stichera #5

In full-ment of David’s prophecy, in Sion 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

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

Hou dost descend into Hades, O Christ, as Thou dost 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 raise up Adam, who cried out and said: Glory to Thy Resurrection, O only Friend of man.
Verse #7

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

Stichera #7

In the grave wast Thou laid as one that sleepeth, O Lord; and
Thou didst rise on the third day as One mighty in strength, raising
up Adam with Thyself out of the corruption of death,
since Thou art omnipotent.
Verse #8

"Oti para tō Kurión

F

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

Aiveîte tôn Kúrion

O

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

Verse #10

"Oti ἐκραταῖωθη

F

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

Δόξα Πατρι

G

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

Both now...

Kαί νῦν

B

Both now and ever and unto the ages of ages.

Amen.

Dogmatic Theotokion

Μήτηρ μὲν ἑγνώσθης

T

Mother 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 child's birth; for even as the conception was strange, O pure one, so the manner of birth is incomprehensible. For whatever ever God wills, the order of nature is overthrown. Wherefore, knowing thee to be the Mother of God, we all beseech thee fervently: Intercede thou that our souls be saved.

Not if someone utters the words of the psalm with his mouth, does that one sing to the Lord; but, all who send up the psalmody from a clean heart, and who are holy, maintaining righteousness toward God, these are able to sing to God, harmoniously guided by the spiritual rhythms.

—St. Basil the Great
Brief Aposticha

Grave Mode

"Ἡχος βαρύς

Aposticha #1

Ἀνέστης ἐκ τοῦ τάφου

hou 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 and He hath girt Himself.

Aposticha #2

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 rising on the third day, granting us life and great mercy.
Verse #3

Kαί γὰρ ἐστερέωσε

For He established the world which shall not be shaken.

Aposticha #3

Ὑπὸ τὸν θανὸν κατελών

When Thou didst descend to Hades below, O Christ,

Thou didst spoil death; and arising on the third day,

Thou didst also raise us who glorify Thine omnipotent arising, O Lord, Thou Friend of man.
Verse #4

H

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

Aposticha #4

hou didst appear awe some, O Lord, while lying in the grave as one that sleep eth; and arising on the third day as One might y, Thou didst also raise Adam who cried out: Glory to Thy Resurrection, O only Friend of man.
Glory...

Δόξα Πατρί

Both now...

Καὶ νῦν

Aposticha Theotokion

Ὑπὸ τὴν σήν