PLAGAL FOURTH MODE

Lord, I Have Cried

Lord, I have cried unto Thee, hearken unto me; hearken unto me, O Lord.
en 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.
Verses of Psalms
140, 141, and 129

Plagal Fourth Mode

Θου 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 right-eous man will chasten me with mercy and reprove...
3. me; 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 sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.

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

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

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 within me, then Thou knewest my paths.

13 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 -

On Saturdays, continue with Slow Stichera on page 374 or with Brief Stichera on page 400. 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 Fourth Mode

Verse #1

Bring my soul out of prison that I may confess__

_Thy_______ Name.

Stichera #1

An evening hymn and rational adoration do we offer unto_____ Thee,

O____ Christ;____ for Thou________ wast well - - pleased to have mer-

- - - cy______ on_______ us,__________ through the____ Res - ur -
Verse #2

The righteous shall wait patiently for me until

Thou shalt reward me.

Stichera #2

Lord, cast us not away from Thy presence, but be well-pleased to have mercy on us, through the Resurrection.
Verse #3

Ἐκ βαθέων

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

Stichera #3

Xαίρε Σιών ἁγία

Rejoice, O holy Simon, thou mother of the churches and dwelling-place of God; for thou wast first to receive redemption of sins, through the Resurrection.

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

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

Stichera #4

he Word, Who was begotten of God the Father before the ages, and Who in these latter times was incarnate of her who knew not wedlock, hath, of His own will, endured crucifixion and death, and, by the Resurrection, hath saved man who...
Verse #5

Εάν ἀνομίας

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

Τὴν ἑκ νεκρῶν

e glo-ri-fy Thy Res-ur-rec-tion from the dead, O Christ, where-by Thou didst free the race of Adam from the tyr-an-ny of Hades; and, as God, Thou hast be-stowed upon the world life ever-lasting and great
Verse #6

Ἐνεκεν τοῦ ὄνομάτός 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 σοι Χριστέ

Lovery be to Thee, O Christ Our Saviour, Only-begotten Son of God, Who wast nailed to the Cross and didst arise from the tomb on the third day.
Verse #7

F
from the morn-ing watch un-til night
let Is-ra-el hope in the Lord.

Stichera #7

W
e glo-ri-fy Thee, O Lord, Who didst will-ly endure the Cross for us, and we wor-ship Thee, O Om-nip-o-ent Sav-iour. Cast us not a-way from Thy pres-ence, but heark-en and save us by Thy Res-ur-rec-
tion, O Friend of man.

www.stanthonymsmonastery.org/music/Vespers.htm
Verse #8

"Oti parà tò Kúríw

F (N)

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

Aíveíte tông Kúriôn

O (N)

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

Verse #10

"Oti ēkrataióthē

F (N)

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

Plagal Fourth Mode

Δόξα Πατρί...

Καὶ νῦν...

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

Δόξα Πατρί...

Kai vîn...

G

lo-ry to the Fa-ther, and___ to the____ Son, and___

___ to the___ Ho-ly__________ Spir-___ it.

B

oth now and___ ev-ver___ and un-to thë___ a-

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

Δόξα Πατρί...

Kai vív...

www.stanthonsmonastery.org/music/Vespers.htm
Dogmatic Theotokion

Plagal Fourth Mode

Ὁ Βασιλεὺς τῶν οὐρανῶν

Ὁ Βασιλεὺς τῶν οὐρανῶν

he King of the Heav- - - - ens, out of love

for man, hath ap- peared on earth and lived a- mong men. For He that hath
tak- en flesh of the pure Virgin, and come forth from her with what He hath
received, is one Son,
When pleasure predominates during psalmody,
then through this pleasure we are brought
down to passions of the flesh.

—St. Basil the Great
Slow Aposticha

Plagal Fourth Mode

Ἡχος Ἀνήλθες ἐπὶ Σταυροῦ

Aposticha #1

hou didst ascend the Cross, O ______ Jesus,

Who didst descend from Heaven. Thou cam-est unto _____ death,

O Immortal Life. Thou cam-est__

unto_____ those in darkness, O Thou Who_ art_____ the____ True______
Verse #2

Ω Κύριος ἐβασίλευσεν

Τὸν Κύριον ἐστὶ βασιλεὺς; Εἰς βασιλείαν οὐκ ἔστιν Κύριος; Εἰς βασιλείαν οὐκ ἔστιν Κύριος; Ἐρήμω老年

The Lord is king; He is clothed with majesty. The Lord is clothed with strength and He hath girt Himself.
et us glorify Christ, Who is risen from the dead. For, taking upon Himself
soul and body, He separated one from the other by His passion. His immaculate soul descending into Hades, which also He spoiled; and the holy Body of the Redeemer of our souls knew no corruption in the grave.
Verse #3

For He established the world which shall not be shaken.

Aposticha #3

With psalms and hymns we glorify Thy Resurrection from the dead, O Christ, where by Thou didst free us from the tyranny of Hades; and as God Thou didst be stow life everlasting and great mercy.
Verse #4

To oike sou prepei

H

"H

H

o- li- ness be- com- eth Thy house, O Lord, un- to length_ of________ days.

Aposticha #4

"O Deisota ton apantow

Aposticha #4

mas- ter of____ all, in- com- pre-

hen- si- ble Mak- er____ of____ heav- en____ and____

_ earth, by Thy pas- sion up- on the____ Cross Thou hast be-

come a well- spring of dis- pas- sion____ for____ me; and

by ac- cept- - ing bur- - - i- - - al and a- ris-

- - - ing in__ glo- - - ry, Thou didst raise up Ad- am_
Glory to Thine arising on the third day, where by Thou hast granted unto us life everlasting and for-giveness of sins, since Thou alone art compassionate.
Aposticha Theotokion

Plagal Fourth Mode

"Hχος λή α Ἀνθικα Τεοτοκιον

un-wed-ded Vir-gin,___ who in-
ex-press-i-bly con-ceived God_______ in______ the_______ flesh,

O Moth-er__ of the__ Most_______________ High____

_ God: Re-ceive the pe-ti-tions of thy sup-pli-ants, O

all-blame-less______ one. O thou who grant-est__

un-to_______ all pu-ri-fi-ca-tion from__
of-offenses, re-ceive now__ our en-treat-__

www.stanthonymsmonastery.org/music/Vespers.htm
ies, and be seech that we all be
saved.
ἈΠΟΛΥΤΙΚΙΟΝ OF THE
Resurrection

Plagal Fourth Mode

Ἔξ ύψους κατῆλθες

from the heights didst Thou come down, O Compassionate One. And
Thou didst submit to three-day burial that from the passions Thou might deliver us. O our Life and Resurrection, O Lord, glory be to Thee.
Glory...

Δόξα Πατρι

G

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

Both now...

Καὶ νῦν

B

Both now and ever, and unto the ages of ages

Amen.

Resurrectional Theotokion

Ὁ δι’ ἡμᾶς γεννηθεὶς

Thou Who for our sakes wast born of a Virgin,

and didst suffer crucifixion, O Good One, and didst de-spoil__death by death, and as God, didst reveal the Resurrection: Dis-
No one in such chanting with a ready
and eager mind will be blamed if he be weakened by old age,
or young, or have a rough voice, or is altogether ignorant of rhythm. What is
here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a
clear conscience. If having these you have entered into God's sacred choir, you may
stand beside David himself. There is no need of zithers, nor of taut strings, nor
of a plectrum, nor skill, nor any instruments. But if you will, you can make
yourself into a zither, mortifying the limbs of the flesh, and forming
full harmony between body and soul. For when the flesh does not
lust against the spirit, but yields to its commands, and
perseveres along the path that is noble and
admirable, you thus produce
a spiritual melody.

—St. John Chrysostom
Plagal Fourth Mode - Brief

Lord, I Have Cried

‘Hχος Λ Νη

Κύριε ἐκέκραζα

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.
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.

when I cry unto Thee: Harken unto me, O Lord.

Plagal Fourth Mode - Lord I Have Cried
Brief Stichera

Plagal Fourth Mode

**Verse #1**

bring my soul out of pris- on that I may con-fess Thy Name.

**Stichera #1**

an eve-ning hymn and ra-tion-al ad-o-ra-tion do we of- fer un-to Thee, O Christ; for Thou wast well-pleased to have mer-cy on us, through the Res-ur-rec-tion.
**Plagal Fourth Mode - Brief Stichera**

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**Verse #2**

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

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**Stichera #2**

Lord, O Lord, cast us not away from Thy presence, but be well-pleased to have mercy on us, through the Resurrection.
Verse #3

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

Stichera #3

_e-joice, O holy Sis-ron, thou moth-er of the church-es and dwell-ing-place of God;_ for thou wast first to re-

cieve re-mis-sion of sins, through the Res-ur-rec-tion._
Verse #4

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

Stichera #4

The Word, Who was begotten of God the Father before the ages, and Who in these latter times was incarnate of her who knew not wedlock, hath, of His own will, endured crucifixion and death, and, by the Resurrection, hath saved man who was slain of old.
Verse #5

Θὰν ἀνομίας

Ἑβραϊκά

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

Stichera #5

Τὴν ἐκ νεκρῶν

Ἑλληνικά

e glo - ri - fy Thy Res - ur - rec - tion from the dead, O Christ, where-by Thou didst free the race of Adam from the tyr - an - ny of Ha - des; and, as God, Thou hast be-stowed up - on the world life ev - er-las - ting and great mer - cy.
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

Lo - ry__ be to Thee, O Christ Sav - iour, On - ly - be - - got - - ten Son of God, Who wast nailed_to the Cross and didst a - rise from the tomb__ on the third day.
**Verse #7**

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

**Stichera #7**

e glori - fy Thee, O Lord, Who didst will - ing - ly en - dure the Cross for us, and we wor - ship Thee, O Om - nip - - o - tent Sav - iour.

Cast us not a - way from Thy pres - - ence, but heark-en and save us by Thy Res - ur - rec - - tion, O Friend of man.
Verse #8

"Oti parà to Kuriō

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 Kúriôn

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

Verse #10

"Oti ékrataiôthē

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 ever and unto the ages of ages. Amen.

Dogmatic Theotokion

Ὁ Βασιλεὺς τῶν οὐρανῶν

The King of the Heavens, out of love for man, hath appeared on earth and lived among men. For He that hath taken flesh of the pure Virgin, and come forth from her with what He hath received, is one Son, twofold of nature, but not in hypostasis.
Wherefore, proclaiming Him as truly perfect God and perfect man,
we confess Christ our God. Do thou beseech Him, O Mother who knew not wedlock, to have mercy on our souls.
Brief Aposticha

Plagal Fourth Mode

Aposticha #1

'Anēltheς epit Staurou 160

hou didst as-cend the Cross, O Jesus, Who didst de-scend from Heav-

en. Thou cam-est un-to death, O Im-mor-tal Life. Thou cam-est un-
to

those in dark-ness, O Thou Who art the True Light. Thou cam-est un-
to the fall-en, O Res-ur-rec-
tion of all. O our Light

and our Sav-iour, glo-ry be to Thee.
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

Let us glory Christ, Who is risen from the dead. For, taking up upon Himself soul and body, He separated one from the other by His passion. His immaculate soul descended into Hades, which also He despised; and the holy Body of the Redeemer of our souls knew no corruption in the grave.
Verse #3

Kαί γὰρ ἐστερέωσε

or He established the world which shall not be shaken.

Aposticha #3

Ψάλμοις καὶ ὑμνοῖς

with psalms and hymns we glorify Thy Resurrection

from the dead, O Christ, where-by Thou didst free us from the tyranny of Hades; and as God Thou didst bestow life everlasting and great mercy.
Verse #4

Ἡ ὀἶκος σου πρέπει

ο-λι-νεσ-συ be-come-th Thy house, O Lord, un-to length of days.

Aposticha #4

Ὤ Δέσποτα τῶν ἀπάντων

Mas-ter of all, in-com-pre-hen-si-ble

Mak-er of heav-en and earth, by Thy pas-sion up-on the Cross

Thou hast be-come a well-spring of dis-pas-sion for me; and by ac-
cept-ing bur-i-al and a-ris-ing in glo-ry, Thou didst raise

up Ad-am al-so with Thine al-might-y hand. Glo-ry to Thine a-
ris-ing on the third day, where-by Thou hast grant-ed un-to us

life ev-er-last-ing and for-give-ness of sins, since Thou
Plagal Fourth Mode - Brief Aposticha

Glory... Δόξα Πατρί

Both now... Καὶ νῦν

Aposticha Theotokion Ἀνύμφευτη Παρθένε

www.stanthonymsmonastery.org/music/Vespers.htm
When you have children, teach them music.

But, of course, real music—angelic, not dances and songs.

Music assists the development of the perception of spiritual life.

The soul becomes refined. It begins to understand spiritual music as well.

—St. Barsanuphius of Optina