

# PLAGAL FOURTH MODE



Lord, I Have Cried

Ἦχος λ̄ δ̄ Νη

ᾠχ̄ 84

Κύριε ἐκέκραξα



ord, I have cried un - to Thee, heark - en

un - to me; heark-en un - to me, O

Lord, Lord, I have cried un - - to Thee, heark-

en un - to me; at - tend to the voice of

my sup - pli - - - - ca - - - - - tion when I cry

un - - to Thee: Hark-en un -

- - - to me O Lord.



### Let My Prayer

Κατευθυνθήτω

et my prayer be set forth as in - cense be - -

- - - - - fore Thee, the lift - ing up of my

hands as an eve - - ning sac - ri - - - fice;

heark-en un - - - - to me, O Lord.



# VERSES OF PSALMS

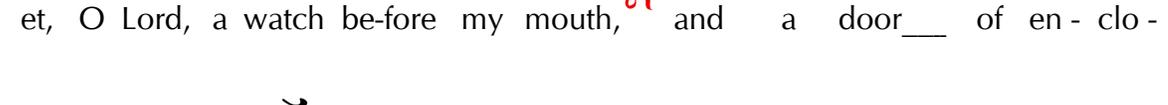
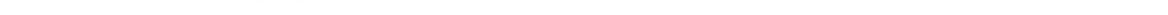
## 140, 141, AND 129

### Plagal Fourth Mode

Ἦχος λ̣ δ̣ Νη

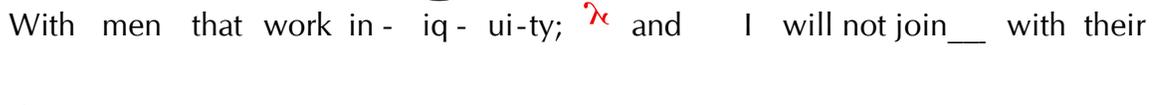
180

Θοῦ Κυρίου

**S** <sup>(N)</sup>  et, O Lord, a watch be-fore my mouth, <sup>Δ</sup>  and a door\_\_ of en - clo -  
 sure round a - bout my lips. <sup>γ</sup> 

**2** <sup>(N)</sup>  In - cline\_\_ not my heart\_\_ un-to words of e - - vil, to make ex -

<sup>3</sup>  cuse with\_\_ ex - cus - es in sins,

**3** <sup>(N)</sup>  With men that work in - iq - ui-ty; <sup>6</sup>  and I will not join\_\_ with their

 cho - sen. <sup>γ</sup> 

**4** <sup>(N)</sup>  The right-eous man will chas - ten me with mer-cy and re - prove\_\_

me; <sup>3</sup> as for the oil of the sin - - - ner, let it not a - noint my

head.

5 <sup>(N)</sup> For yet more is my prayer in the pres - ence of their

pleas - - ures; <sup>Δ</sup> swal-lowed up near by the rock have their judg-es been. <sup>γ</sup>

6 <sup>(N)</sup> They shall hear my words, for they be sweet - - ened; <sup>6 λ</sup> as a clod

of earth is bro - ken up - on the earth, <sup>3</sup> <sup>6 λ</sup> so have their bones been scat-tered nigh -

un - to Ha - des. <sup>γ</sup>

7 <sup>(N)</sup> <sup>3</sup> For un - to Thee, O Lord, O Lord, <sup>(Δ)</sup> are mine eyes, in Thee have I

hoped; <sup>Δ</sup> take not my soul a-way. <sup>γ</sup>

8 <sup>(N)</sup> Keep me from the snare which they have laid for me, <sup>3</sup> <sup>6 λ</sup> and from the stum -

  
 bling-blocks of them that work in - iq - ui - ty.

**9**   
 The sin - - - ners shall fall in - to their own net; I am a-lone

  
 un - til I pass by.

**10**   
 With my voice un - to the Lord have I cried, with my voice

  
 un - to the Lord have I made my sup - pli - ca - tion.

**11**   
 I will pour out be - fore Him my sup - pli - ca - - tion, mine af -

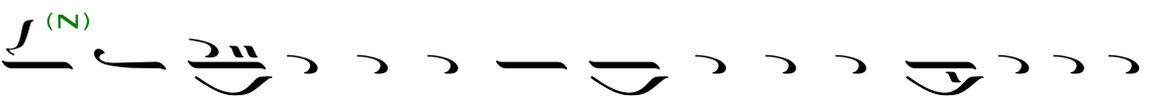
  
 flic - tion be - fore Him will I de - clare.

**12**   
 When my spir - it was faint - ing with - in me, then Thou knew - est

  
 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 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\_\_ un-to 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 374  
 or with Brief Stichera on page 400.  
 On other days continue on following page.*

19 <sup>(N)</sup> Bring my soul out of pris - - on that I may con-fess Thy Name. <sup>3</sup> <sup>v</sup>

20 <sup>(N)</sup> The right-eous shall wait pa-tient-ly for me un-til Thou shalt re-

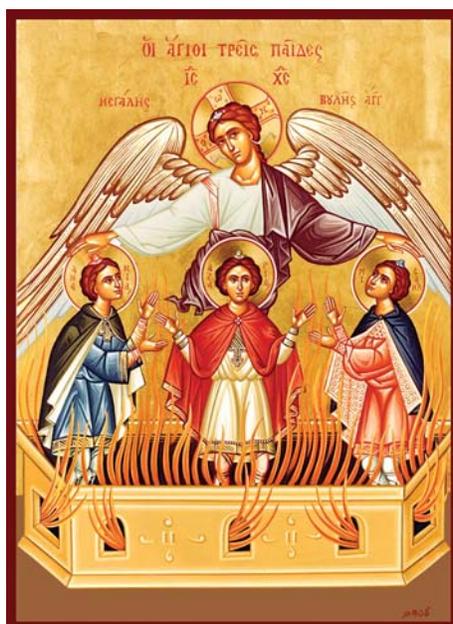
ward me. <sup>v</sup>

21 <sup>(N)</sup> Out of the depths have I cried un-to Thee, O Lord; O Lord, hear my

voice. <sup>v</sup>

22 <sup>(N)</sup> Let Thine ears be at-ten-tive to the voice of my sup-pli-ca-

tion. <sup>v</sup>



# SLOW STICHERA

## Plagal Fourth Mode

ᾠχος λ π δι Νη

### Verse #1

Ἐξάγαγε ἐκ φυλακῆς Ⲭ

**B** <sup>(N)</sup> ring my soul out of pris - on Ⲭ that I may con - fess

Ⲭ Thy Ⲭ Name. Ⲭ

### Stichera #1

Ἐσπερινὸν ὕμνον



<sup>(N)</sup> n eve - ning\_\_ hymn and ra - - - tion - - - al ad - o -

- - - - ra - - - - tion Ⲭ do we of - fer un - to\_\_ Thee,

O\_\_ Christ; <sup>4</sup> Ⲭ <sup>6</sup> Ⲭ for Thou\_\_ <sup>(Δ)</sup> wast well - - pleased to have mer -

- - - cy\_\_ on\_\_ <sup>(Π)</sup> us, <sup>(N)</sup> through the\_\_ Res - ur -

rec - - - - tion.

γ  
δ

Verse #2

Ἐμὲ ὑπομενοῦσι γ  
δ

**T**<sup>(N)</sup> he right-eous shall wait pa-tient-ly for me un - - til

Thou shalt re-ward me. γ  
δ

Stichera #2

Κύριε, Κύριε



**L**<sup>(N)</sup> ord, O Lord, cast us not a - - way from

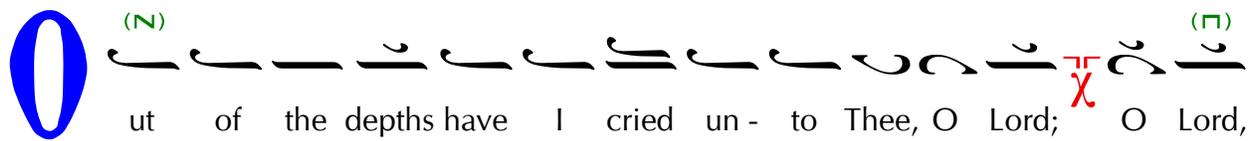
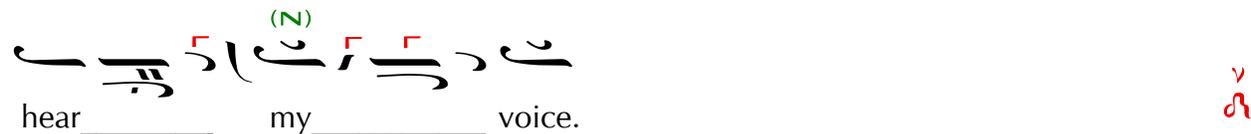
Thy pres - - - - ence, but be well - - pleased to

have mer - - - - - cy on us, through

the Res - ur - - rec - - - - - tion. γ  
δ

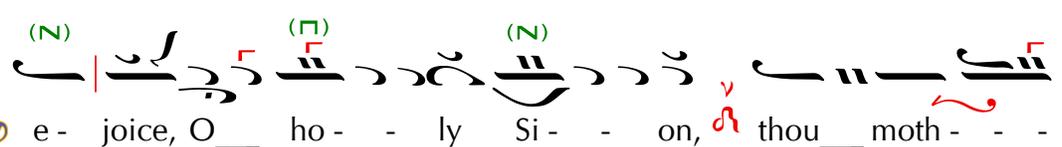
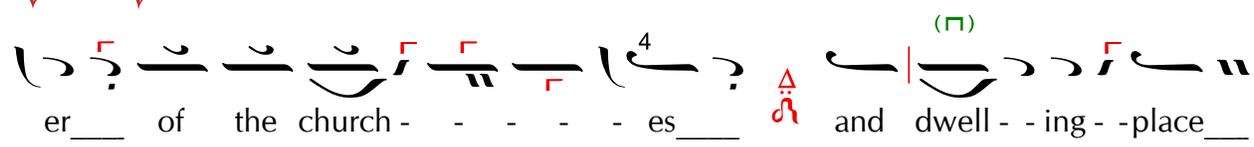
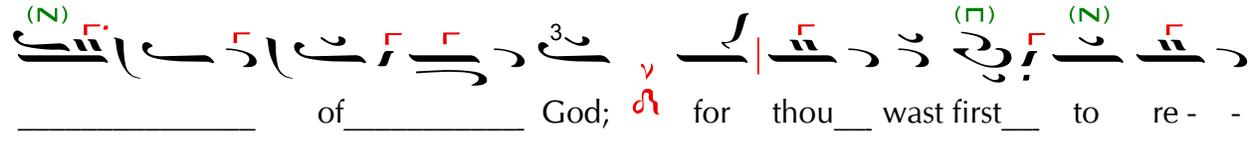
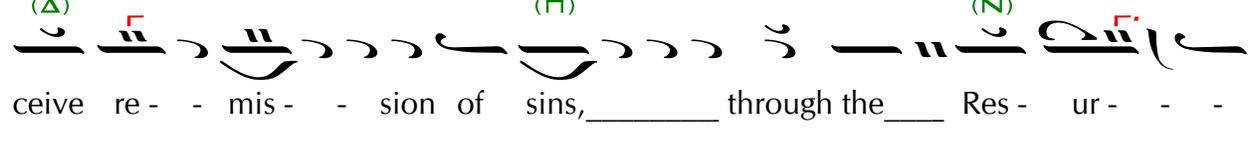
## Verse #3

Ἐκ βαθέων 

 <sup>(N)</sup> ut of the depths have I cried un - to Thee, O Lord; <sup>(Π)</sup> O Lord,  
 <sup>(N)</sup> hear \_\_\_\_\_ my \_\_\_\_\_ voice. 

## Stichera #3

Χαῖρε Σιών ἁγία

  <sup>(N)</sup> e - joice, O\_ ho - - ly <sup>(Π)</sup> Si - - on, <sup>(N)</sup> thou\_ moth - - -  
 <sup>(Π)</sup> er\_ of the church - - - - es\_ <sup>(Δ)</sup> and dwell - - ing - - place\_  
 <sup>(N)</sup> \_\_\_\_\_ of \_\_\_\_\_ God; <sup>(Π)</sup> <sup>(N)</sup> for thou\_ wast first\_ to re - -  
 <sup>(Δ)</sup> ceive re - - mis - - sion of sins, \_\_\_\_\_ through the \_\_\_\_\_ Res - ur - - -  
 <sup>(N)</sup> - rec - - - - tion. 

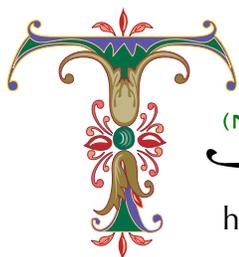
Verse #4

Γενηθήτω τὰ ὦτα σου Ⲭ ⲙ

**L** <sup>(N)</sup> et Thine ears be at - ten - tive Ⲭ to the voice \_\_\_\_\_ of \_\_\_\_\_  
 \_\_\_\_\_  
 my sup - pli - ca - - - - tion. ⲙ

Stichera #4

Ὁ ἐκ Θεοῦ



<sup>(N)</sup> he <sup>(Π)</sup> Word, <sup>(N)</sup> Who \_\_\_\_\_ was be - - got - - - - - ten \_\_\_\_\_ of God the \_\_\_\_\_  
 \_\_\_\_\_ Fa - - - ther \_\_\_\_\_ Ⲭ <sup>(Δ)</sup> be - fore \_\_\_\_\_ the \_\_\_\_\_ ag - - - -  
 es, ⲁ <sup>(Γ)</sup> <sup>(Δ)</sup> and Who in these lat - - ter \_\_\_\_\_ times ⲁ <sup>(N)</sup> was in - car - - -  
 nate of her who knew \_\_\_\_\_ not wed - - - lock, ⲙ <sup>(N)</sup> hath, of His  
 own \_\_\_\_\_ will, en - - dured cru - ci - fix - - ion and \_\_\_\_\_ death, ⲁ  
 and, by the Res - ur - - rec - - - tion, hath saved \_\_\_\_\_ man \_\_\_\_\_ who \_\_\_\_\_

was slain \_\_\_\_\_ of \_\_\_\_\_ old.

γ  
δ

## Verse #5

Ἐὰν ἀνομίας

χ

**I** f Thou should - est mark in - iq - ui - ties, O Lord, O Lord, who

shall stand? For with Thee there is for - give - - - ness.

γ  
δ

## Stichera #5

Τὴν ἐκ νεκρῶν



e glo - ri - fy Thy Res - ur - - - rec - - - tion from

\_\_\_\_\_ the dead, O \_\_\_\_\_ Christ, \_\_\_\_\_ where-by Thou didst free \_\_\_\_\_ the \_\_\_\_\_

race \_\_\_\_\_ of \_\_\_\_\_ Ad - - - am \_\_\_\_\_ from the tyr - an - ny \_\_\_\_\_ of

Ha - - des; and, as \_\_\_\_\_ God, Thou hast be-stowed \_\_\_\_\_ up - - on \_\_\_\_\_

the \_\_\_\_\_ world \_\_\_\_\_ life \_\_\_\_\_ ev - er - - last - ing \_\_\_\_\_ and great \_\_\_\_\_

mer - - - - - cy.

γ  
δ

Verse #6

Ἔνεκεν τοῦ ὀνόματός σου

χ

**F**<sup>(N)</sup> or Thy Name's sake have I pa - tient - ly wait - ed for Thee, O

Lord; <sup>γ</sup>δ my soul hath wait - ed pa - tient - ly for Thy word, <sup>6</sup>χ <sup>7</sup>χ my soul

<sup>(Π)</sup> hath hoped <sup>(N)</sup> in <sup>(N)</sup> the <sup>(N)</sup> Lord.

γ  
δ

Stichera #6

Δόξα σοι Χριστέ



<sup>(Δ)</sup> lo - - - ry <sup>(N)</sup> be to Thee, O <sup>(Γ)</sup> <sup>(Δ)</sup> Christ

Sav - - - - iour, <sup>(Π)</sup> <sup>(N)</sup> On - ly - be - - got - - ten Son <sup>(N)</sup> of God, <sup>(N)</sup>

Who wast nailed <sup>(Δ)</sup> to the <sup>(N)</sup> Cross <sup>(Δ)</sup> and didst a - -

rise <sup>(Π)</sup> from <sup>(N)</sup> the <sup>(N)</sup> tomb <sup>(N)</sup> on the <sup>(N)</sup> third <sup>(N)</sup> day.

γ  
δ

## Verse #7

Ἄπο φυλακῆς πρωΐας 

**F** <sup>(N)</sup> rom the morn - ing watch un - til night <sup>γ</sup> from the morn - ing watch

 <sup>6</sup> let Is - ra - el <sup>(Π)</sup> hope <sup>(N)</sup> in <sup>γ</sup> the <sup>γ</sup> Lord. <sup>γ</sup>



## Stichera #7

Σὲ δοξάζομεν Κύριε

**M** <sup>(N)</sup> e glo - ri - fy <sup>6</sup> Thee, O <sup>γ</sup> Lord, <sup>γ</sup> Who didst will - ing -

<sup>(Π)</sup> - ly en - - dure <sup>(N)</sup> the Cross <sup>γ</sup> for us, <sup>γ</sup> and we wor - ship Thee, O

<sup>α</sup> Om - nip - - - - - o - tent Sav - - - - - iour. <sup>Δ</sup> Cast <sup>(Π)</sup> us not

a - way from <sup>(N)</sup> Thy pres - - - - - ence, <sup>γ</sup> but <sup>(Δ)</sup> heark - - - - -

en <sup>(Π)</sup> and <sup>Δ</sup> save <sup>(Π)</sup> us <sup>Δ</sup> by Thy Res - ur - rec -

- - - - - tion, <sup>(N)</sup> O Friend <sup>γ</sup> of <sup>γ</sup> man. <sup>γ</sup>

Verse #8

Ὅτι παρὰ τῷ Κυρίῳ Ⲭ ⲙ

**F** <sup>(N)</sup> or with the Lord there is mer- cy, ⲙ and with Him is plen-  
 te-ous re-demp-tion; Ⲃ and He shall re-deem Ⲭ Is-ra-el out of all  
 his in- - iq- - - - ui- - - - ties. ⲙ

Verse #9

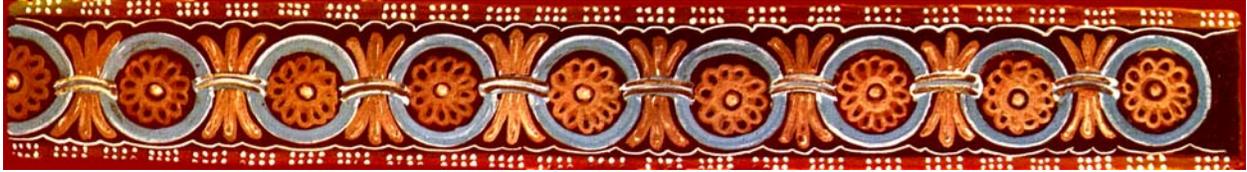
Αἰνεῖτε τὸν Κύριον Ⲭ

**O** <sup>(N)</sup> praise the Lord, all ye na- tions; Ⲭ praise \_\_\_\_ Him, \_\_\_\_  
 all ye peo- - - - ples. ⲙ

Verse #10

Ὅτι ἐκραταιώθη Ⲭ

**F** <sup>(N)</sup> or He hath made His mer- cy to pre- vail o-ver us, Ⲃ and  
 the truth of the Ⲭ Lord\_\_ a - - bid - - - eth for ev - - - - er. ⲙ



# GLORY... BOTH NOW...

## Plagal Fourth Mode

84

Ἦχος λ̄ δ̄ Νη

Δόξα Πατρί...

**G** lo - - ry to the Fa-ther, and to the \_\_\_ Son, and to the Ho - ly\_

\_\_\_ Spir - - - it. \_\_\_

84

Καὶ νῦν...

**B** oth now \_\_\_ and \_\_\_ ev - - er and un - to thē a - - - ges

of a - - - - ges. \_\_\_ A - - - men.

84

Alternate Melodies

Δόξα Πατρι...

**G** <sup>(Z)</sup> lo - ry to the Fa - - - ther, and <sup>(Γ)</sup> to the Son, and <sup>(Z)</sup> <sup>(Γ)</sup> to the Ho - ly Spir - - - it. <sup>(γ)</sup>

The first system of musical notation for 'Glory to the Father...' begins with a large blue 'G' and consists of two lines of neumes. The first line contains the text 'lo - ry to the Fa - - - ther, and' followed by a bar line and 'to the Son, and'. The second line contains 'to the Ho - ly Spir - - - it.' and ends with a red 'γ' symbol. Green annotations '(Z)' and '(Γ)' are placed above the first and last notes of the first line, and '(Z)' and '(Γ)' are placed above the first and last notes of the second line. Red annotations 'Δ' and 'σ' are placed above the notes for 'and' and 'to' in the second line.

Kai vñv...

**B** <sup>(Z)</sup> oth now and <sup>(Δ)</sup> ev - - - er <sup>(Δ)</sup> and un - to the a - - <sup>(Z)</sup> <sup>(Δ)</sup> ges <sup>(Δ)</sup> of a - - - - - ges. A - - - men. <sup>(γ)</sup>

The second system of musical notation for 'Kai vñv...' begins with a large blue 'B' and consists of two lines of neumes. The first line contains the text 'oth now and' followed by a bar line and 'ev - - - er' followed by a red 'Δ' symbol, and 'and un - to the a - -'. The second line contains '- - ges' followed by a red 'Δ' symbol, 'of a - - - - - ges.' followed by a bar line and 'A - - - men.' and ends with a red 'γ' symbol. Green annotations '(Z)' and '(Δ)' are placed above the first and last notes of the first line, and '(Z)' and '(Δ)' are placed above the first and last notes of the second line. Red annotations 'Δ' and 'σ' are placed above the notes for 'and' and 'to' in the first line, and 'Δ' is placed above the note for 'of' in the second line.

## Old (Slow) Sticheraric Melodies

Δόξα Πατρι...

γ  
δ

**G** lo - - - - ry to the Fa - - - - ther, and to  
 the and to the Son, and to the  
 Ho - - - - ly Spir - - - -  
 it.

γ  
δ

Καὶ νῦν...

**B** oth now and ev - - - - er and un - - to the a -  
 - - - - ges (n)  
 of a - - - - ges. A - - men.

γ  
δ



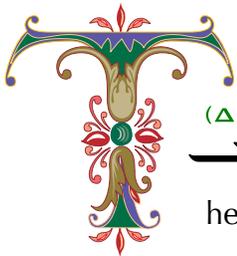
# DOGMATIC THEOTOKION

## Plagal Fourth Mode

ᾠχος λ π δι Νη

χ 84

Ὁ Βασιλεὺς τῶν οὐρανῶν



(Δ) he King of the Heav- - - - ens, (N) out of love\_

for man, Δ hath ap- - peared on earth and

(N) lived\_ a - mong\_ men. 4 γ For He\_ that hath\_

(Δ) tak - en\_ flesh of the pure\_ (N) Vir - - - gin, Δ and

come\_ forth\_ from\_ her\_ 6 λ with what\_ He\_

hath\_ (M) re - - - - ceived, γ (Γ) is one\_ Son, λ

two-fold of nature, but not in hypothesis.

Wherefore, proclaiming Him as truly perfect God and perfect man, we confess Christ our God.

Do thou beseech Him, O Mother who knewest not wedlock, to have mercy on our souls.

\_\_\_\_\_

When pleasure predominates during psalmody,  
then through this pleasure we are brought  
down to passions of the flesh.

—St. Basil the Great



# SLOW ἈPOSTICHA

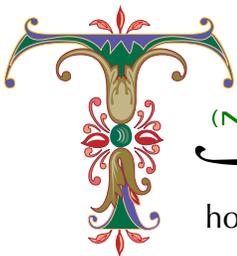
## Plagal Fourth Mode

Ἦχος λ̣ ρ̣ δ̣ Νη

λ̣ 88

### Aposticha #1

Ἀνήλθες ἐπὶ Σταυροῦ

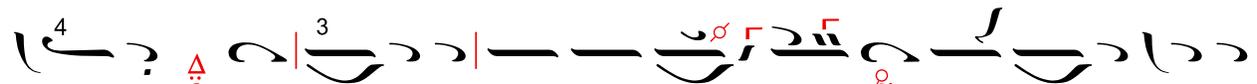


hou didst as - - cend the Cross, O \_\_\_\_\_ Je - - - -sus, \_\_\_\_\_

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

 Ὁ Κύριος ἐβασίλευσεν 


  
**T**  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

Χριστὸν δοξολογήσωμεν



et us glo- - - - ri- fy\_\_ Christ, Who is ris-  
 - en from\_\_ the\_\_ dead.\_\_\_\_ For, tak-ing up- - - on Him - self  
 \_\_ soul\_\_\_\_ and\_\_ bod- - - - y, He\_\_ sep- - a - -  
 rat- - - ed\_\_ one from thē oth- er by\_\_\_\_ His pas- - -  
 sion.\_\_\_\_ His im- mac- - u- late\_\_ soul de- scend- ed in- to Ha-  
 - - - des,\_\_\_\_ which al- so He\_\_\_\_ de- - - -  
 spoiled; and the ho- - - ly\_\_ Bod- - - y of the Re- deem- er\_\_ of our  
 \_\_ souls\_\_ knew no cor- rup- - - - tion in\_\_\_\_ the\_\_\_\_  
 \_\_ grave.

## Verse #3

Καὶ γὰρ ἐστερέωσε Ⲭ ⲛ

**F** <sup>(N)</sup> or He es- tab-lished the Ⲭ world \_\_\_ which \_\_\_ shall not be

ⲛ shak - - - en. ⲛ

## Aposticha #3

Ψαλμοῖς καὶ ὕμνοις ⲛ ⲛ

<sup>(N)</sup> ith psalms and \_\_\_ hymns we \_\_\_ glo - ri - - fy \_\_\_ Thy

<sup>(Π)</sup> <sup>(N)</sup> <sup>(Π)</sup> <sup>(N)</sup> Res - ur - rec - tion from the \_\_\_ dead, \_\_\_ O \_\_\_ Christ, ⲛ ⲛ where - by

<sup>(Π)</sup> <sup>(N)</sup> Thou didst \_\_\_ free \_\_\_ us from the tyr - - an - - ny \_\_\_ of Ha - - - des; ⲛ ⲛ

<sup>(Δ)</sup> and as \_\_\_ God Thou \_\_\_ didst \_\_\_ be - - - - stow \_\_\_

<sup>(Π)</sup> <sup>(N)</sup> \_\_\_ life ⲛ ⲛ ev - er - - last - ing \_\_\_ and great \_\_\_ mer - - - -

ⲛ cy. ⲛ

Verse #4

Τῷ οἴκῳ σου πρόπει Ⲭ ⲁ

**H** <sup>(Z)</sup> o - li - ness be - com - eth Thy house, O Ⲭ Lord, <sup>(Π)</sup> un - to length  
 of \_\_\_\_\_ days. ⲁ

Aposticha #4

Ὁ Δέσποτα τῶν ἀπάντων ⲁ ⲁ



<sup>(Z)</sup> mas - - - - - ter of \_\_\_\_\_ all, ⲁ in - com - pre -  
 hen - si - - - - ble Mak - - er <sup>(Δ)</sup> of \_\_\_\_\_ heav - - - - en \_\_\_\_\_ and \_\_\_\_\_  
 \_\_\_\_\_ earth, ⲁ by Thy pas - - - - sion up - on the \_\_\_\_\_ Cross ⲁ Thou hast be -  
 come a well - - spring of dis - pas - - - - sion \_\_\_\_\_ for \_\_\_\_\_ me; ⲁ and  
 by ac - cept - - - - ing bur - - - - i - - - - al ⲁ and a - ris -  
 - - - - ing in \_\_\_\_\_ glo - - - - ry, Thou didst raise up Ad - - - - - am \_\_\_\_\_

al - - - so <sup>(□)</sup> with\_Thine al - - - -might - - y \_\_\_\_\_  
 hand. <sup>(□)</sup> Glo - - - ry to Thine a - ris - ing on \_\_\_\_\_ the third <sup>(N)</sup>  
 day, <sup>(Δ)</sup> where - by \_\_\_\_\_ Thou hast grant - - - ed \_\_\_\_\_ un - to \_\_\_\_\_ us  
 life \_\_\_\_\_ ev - - er - - - last - - - - ing <sup>(□)</sup> and  
 for - give - - - ness of \_\_\_\_\_ sins, \_\_\_\_\_ since Thou a - lone <sup>(□)</sup>  
 art \_\_\_\_\_ com - pas - - - sion - - - - ate. <sup>(N)</sup>





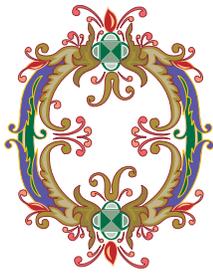
# ἈPOSTICHA THEOTOKION

Plagal Fourth Mode

Ⲫ 84

ᾠχος λ π ς Νη

Ἄνύμφευτε Παρθένε



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

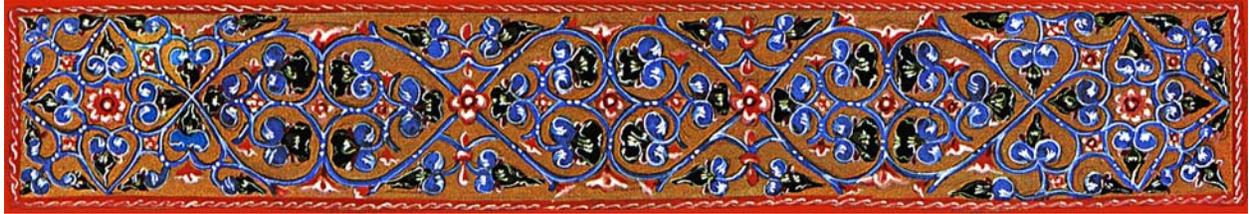
all - - blame - - - - less one. O thou who grant - est

un - - - - to all pu - ri - fi - ca - - - tion from

of - - - fen - - - - ces, re - ceive now our en - treat - - - -

ies, and be - seech that we all be saved.





# APOLYTIKION OF THE RESURRECTION

Plagal Fourth Mode

ᾠχος λ π δι 12

160

Ἐξ ὕψους κατήλθες



(Γ) (Π) (Μ) (Γ) 3  
rom the heights didst Thou come down, O Com - pas-sion-ate One. And

(Π) (Μ) (Γ) (Π) (Ν)  
Thou didst sub - mit to three - day bur - i - - al \_\_\_ that from the pas -

(Δ)  
sions \_\_\_ Thou might de - liv - - er us. O our Life \_\_\_ and Res - ur - rec -

(Ν) (Μ) (Γ)  
- tion, O Lord, glo - ry \_\_\_ be to \_\_\_ Thee.



## Glory...

Δόξα Πατρί



**G** <sup>(Γ)</sup> <sup>(N)</sup> <sup>(M)</sup>  
 lo - ry to the Fa - ther, and to the Son, and to the Ho - ly \_\_\_ Spir -

it.



## Both now...

Καὶ νῦν

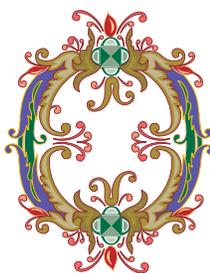
**B** <sup>(M)</sup> <sup>(N)</sup>  
 oth now and ev - er, and un - to thē ag - - es of ag - - es

A - men.



## Resurrectional Theotokion

Ὁ δι' ἡμῶς γεννηθεὶς



<sup>(Γ)</sup> <sup>3</sup> <sup>3</sup> <sup>3</sup> <sup>3</sup>  
 Thou Who for our sakes wast born of \_\_\_ a \_\_\_ Vir - gin, 

<sup>(N)</sup> <sup>3</sup> <sup>(M)</sup> <sup>3</sup> <sup>(N)</sup>  
 and didst suf - fer cru - ci - fix - ion, O \_\_\_ Good One,  and didst de - spoil \_

<sup>3</sup> <sup>3</sup>  
 \_\_\_ death by death,  and as God, didst re - veal the Res - ur - rec - tion: Dis -

dain them not which Thou hast fash - ioned\_\_ with Thy\_\_ hand; show us Thy  
 love for man-kind, O Mer - ci - ful One; ac - cept the The - o - to -  
 kos that gave Thee birth, who in - ter - ced - - eth for us; and do Thou,  
 our Sav - iour, save\_\_ a de - spair - ing peo - - ple.\_\_\_\_\_

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 rhytm. 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

Ἦχος λ ϝ Νη

Χ 160

Κύριε ἐκέκραξα

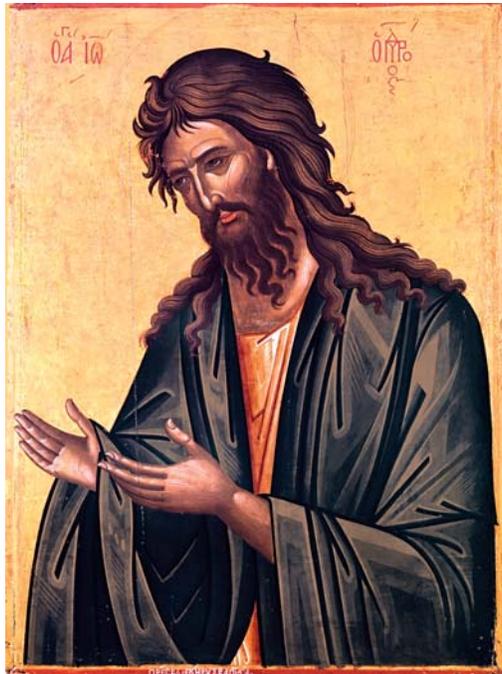


ord, I have cried\_ un - to Thee, \_\_ heark-en un-to me;  $\Delta$  heark-

en\_\_ un - - to me, O Lord. Lord, \_\_\_ I have cried \_\_\_ un-to Thee, heark-en

un - to me;  $\Delta$  at - tend\_\_ to the voice of my sup - pli - ca - tion  $\gamma$

(Δ) ————— (N) —————  
 when I cry un- to Thee: Hark-en un-to me O Lord.



Let My Prayer

Κατευθυνθήτω

**L** (N) —————  
 et my prayer be set forth as in - - cense be - fore Thee,

—|—————  
 the lift - ing up\_\_ of my hands as an eve-ning sac - ri - fice;

—————  
 heark-en un-to me,\_\_ O Lord.



# BRIEF STICHERA

## Plagal Fourth Mode

ᾠχος λ π δι Νη

### Verse #1

Ἐξάγαγε ἐκ φυλακῆς 

**B**<sup>(N)</sup> ring my soul out of pris - on  that I may\_\_ con - fess Thy

  
Name.



### Stichera #1

Ἑσπερινὸν ὕμνον



**A**<sup>(N)</sup> n eve - ning hymn and ra - - tion - al ad - o - ra - - -

tion do we of - fer un - to Thee, O Christ; <sup>4</sup>  for Thou\_\_ <sup>3</sup> wast well-pleased

to have mer - - cy on us, through the Res - ur - rec - tion. 

Verse #2

Ἐμὲ ὑπομενοῦσι Ⲭ ⲙ

**T**<sup>(N)</sup> he right-eous shall wait pa-tient-ly for me Ⲭ un - til Thou shalt

re - ward me. ⲙ

Stichera #2

Κύριε, Κύριε



**L**<sup>(N)</sup> ord, O Lord, cast us not a - way\_\_ from Thy pres-ence, Ⲭ<sup>4</sup> but

be well-pleased to have mer - - cy on us, through the Res - ur - rec -

tion. ⲙ

## Verse #3

Ἐκ βαθέων Ⲛ ⲛ

**O** <sup>(N)</sup> ut of the depths have I cried un- to Thee, O Lord; Ⲛ O Lord, hear

Ⲛ ⲛ

my voice. ⲛ

## Stichera #3

Χαῖρε Σιών ἁγία



<sup>(N)</sup> e- joice, O ho- - ly <sup>3</sup> Si- - - on, ⲛ thou moth-er of

the church-es and dwell - ing-place of God; <sup>4</sup> ⲛ for thou wast first to re-

ceive re- mis - - sion of sins, Ⲛ through the Res- ur- rec - - - tion. ⲛ

Verse #4

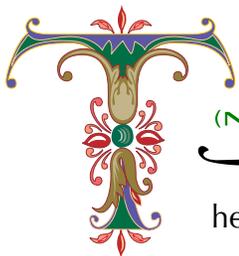
Γενηθήτω τὰ ὦτα σου Ⲭ ⲙ

**L**<sup>(N)</sup> et Thine ears be at-ten-tive to the voice Ⲭ of my sup- pli- ca-

tion. ⲙ

Stichera #4

Ὁ ἐκ Θεοῦ



**T**<sup>(N)</sup> he Word, Who was be- got-ten\_ of God the Fa- ther be- fore

thē ag- - - es, Ⲃ Ⲭ and Who in these lat- ter times\_ was in- car- nate

of her who knew not wed-lock, ⲙ hath, <sup>(Δ)</sup> <sup>(N)</sup> of His own\_ will, en-dured

cru-ci- fix- ion and death, and, <sup>4</sup> Ⲃ Ⲭ by the Res- ur- rec-tion, hath saved man who was

slain\_ of\_ old. ⲙ

## Verse #5

Ἐὺν ἀνομίᾳς 

**I** <sup>(N)</sup> f 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



**M** <sup>(N)</sup> e glo - ri - fy Thy Res - ur - rec - tion from the dead, O  
 Christ, <sup>(Δ)</sup> where-by  Thou didst free the race of Ad - am from the tyr -  
 an - ny of Ha - des;  and, as God, Thou hast be-stowed\_up - on the  
 world  life ev - er - last - ing and great mer - - cy. 

Verse #6

Ἔνεκεν τοῦ ὀνόματός σου ✠ ϣ

**F** <sup>(N)</sup> or Thy Name's sake have I pa-tient-ly wait-ed for Thee, O

Lord; ✠ my soul hath wait-ed pa-tient-ly for Thy word, ✠ my soul hath hoped

in the Lord. ϣ

Stichera #6

Δόξα σοι Χριστέ



<sup>(Δ)</sup> lo-ry\_\_ be to Thee, O Christ Sav-iour, <sup>(N)</sup> ✠ On-ly-be--got--

ten Son of God, ϣ Who wast nailed\_\_ to the Cross and didst a- rise from the

tomb\_\_ on the third day. ϣ

## Verse #7

Ἀπό φυλακῆς πρωΐας Ⲫ ⲟ

**F**<sup>(N)</sup> rom the morn - ing watch un - til night, ⲱ from the morn - ing watch

Ⲫ let Is - - ra - el hope in the Lord. ⲟ

## Stichera #7

Σὲ δοξάζομεν Κύριε



**W**<sup>(N)</sup> e glo - ri - fy Thee, O Lord, ⲉ Who didst will - ing - ly en - dure

the Cross for us, ⲉ and we wor - ship Thee, O Om - nip - - o - tent Sav - iour.

ⲟ Cast us not a - way from Thy pres - - - ence, ⲉ but heark - en and save

<sup>(N)</sup> us by Thy Res - ur - rec - - tion, O Friend\_\_ of\_\_ man. ⲟ

Verse #8

Ὅτι παρὰ τῷ Κυρίῳ Ⲭ ⲱ

**F** <sup>(N)</sup> or with the Lord there is mer- cy, ⲱ and with Him is plen-  
 te- ous re- demp- tion; ⲱ and He shall re- deem Is- ra- el Ⲭ out of all  
 his in- iq- ui- ties. ⲱ

Verse #9

Αἰνεῖτε τὸν Κύριον Ⲭ ⲱ

**O** <sup>(N)</sup> praise the Lord, all ye na- tions; Ⲭ praise Him, all ye peo- ples. ⲱ

Verse #10

Ὅτι ἐκραταιώθη Ⲭ ⲱ

**F** <sup>(N)</sup> or He hath made His mer- cy to pre- vail o- ver us, ⲱ  
 and the truth of the Ⲭ Lord a- bid- - eth for ev- er. ⲱ

## Glory...

Δόξα Πατρί



**G** <sup>(N)</sup> <sup>(Δ)</sup> <sup>(N)</sup>  
 lo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir -

it.



## Both now...

Καὶ νῦν

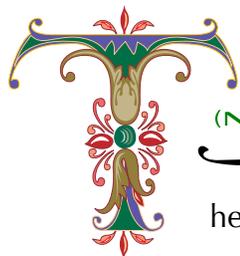
**B** <sup>(N)</sup>  
 oth now and ev - er  and un - to thē a - - ges of a - -

ges. A - men.



## Dogmatic Theotokion

Ὁ Βασιλεὺς τῶν οὐρανῶν



**T** <sup>(N)</sup>  
 he King \_\_\_\_\_ of the Heav-ens, out of love for man,  hath ap -

peared on earth and lived a-mong men. <sup>4</sup>  For He that hath tak - en flesh \_\_\_\_\_

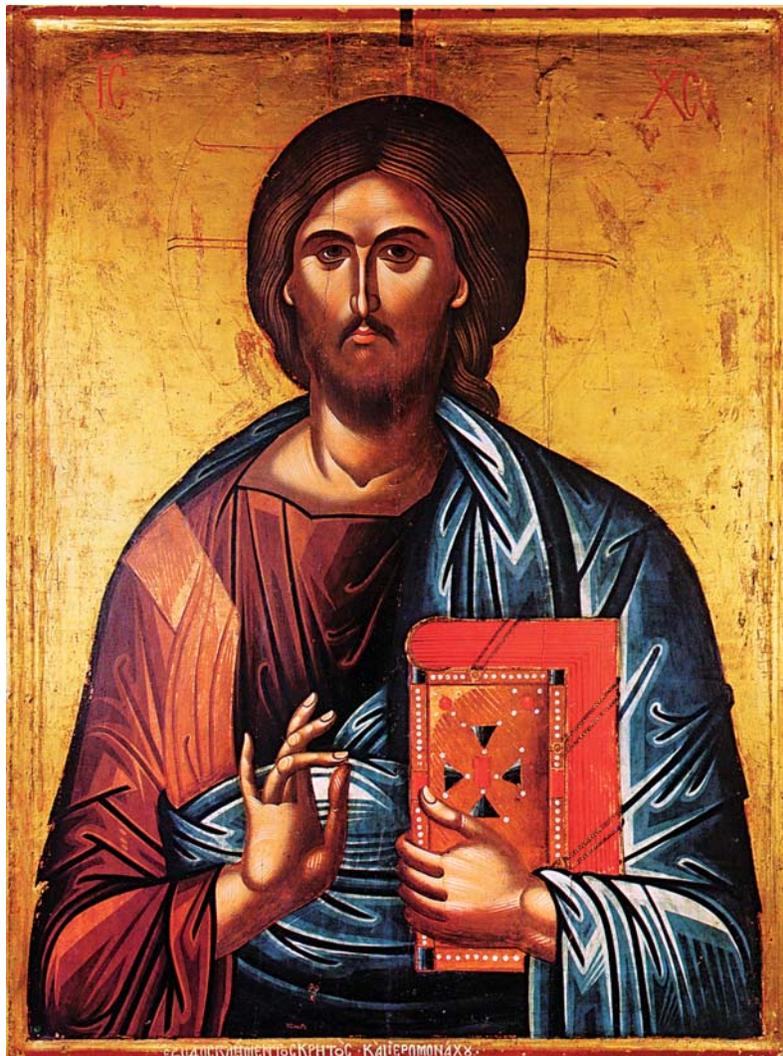
<sup>(Δ)</sup> <sup>(N)</sup>  
 of the pure\_\_ Vir-gin,  and come forth from her with what He hath re-ceived, 

is one Son, two - - fold of na - - ture, but not in hy - pos - ta - sis. 

Where - - fore, pro-claim-ing Him as tru - ly per - fect God and per-fect\_ man, <sup>(Δ)</sup> <sup>(N)</sup>

we con-fess Christ our God. <sup>4</sup> <sup>γ</sup> Do thou be - seech Him, O Moth - er who knew - <sup>3</sup>

est\_\_not wed - - lock, to have mer - cy on our souls. <sup>3(Δ↓)</sup> <sup>(M)</sup> <sup>γ</sup>





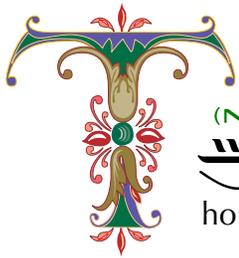
# BRIEF ΑPOSTICHA

## Plagal Fourth Mode

ᾠχος λ̣ ρ̣ Νη

### Aposticha #1

Ἀνήλθες ἐπὶ Σταυροῦ Χ̣ 160



(N)  
 thou didst as-cend the Cross, O Je - - sus, Who didst de-scent from Heav -  
 en. Δ Thou cam-est un-to death, O ϒ Im -mor-tal Life. ϒ Thou cam-est un - - to  
 those in dark-ness, O Thou Who art the True ϒ Light. ϒ Thou cam-est un -  
 to the fall - en, O (Δ) Res-ur - rec - - tion of all. Δ O our Light (N)  
 and our Sav-iour, glo-ry be ϒ to Thee.

Verse #2

Ὁ Κύριος ἐβασίλευσεν Ⲭ ⲙ

**T**<sup>(N)</sup> he Lord is king; He is clothed with maj-es - ty. ⲁ ⲙ The Lord is

clothed with Ⲭ strength and ⲁ ⲙ He ⲁ hath girt Him-self. ⲙ

Aposticha #2

Χριστὸν δοξολογήσωμεν



**L**<sup>(N)</sup> et us glo - ri - fy Christ, Who is ris - en from the dead. ⲙ For,

tak - - - ing up - on Him - self ⲁ soul and bod - y, ⲁ He sep -

a - rat-ed one from thē oth - er by His pas - - - sion. ⲉ Ⲭ His im - mac -

u - late soul de - scend - - ed in - to Ha - - des, ⲁ which al - so He de -

spoiled; and the ho - ly Bod - y of the Re - deem - er of our souls ⲁ

knew no cor - rup - tion in ⲁ the ⲁ grave. ⲙ

## Verse #3

Καὶ γὰρ ἐστερέωσε Ⲡ ⲟ

**F** <sup>(N)</sup> or He es - tab - lished the world Ⲡ which shall not be shak - en. ⲟ

## Aposticha #3

Ψαλμοῖς καὶ ὕμνοις



<sup>(N)</sup> ith psalms and hymns we glo - ri - fy Thy Res - ur - rec - tion <sup>(Δ)</sup>  
 from\_ the dead, O Christ, Ⲡ where - by\_ Thou didst free us from the tyr -  
 an - ny of Ha - des; ⲟ and as God Thou didst be - stow life\_ ev -  
 er - last - ing and great mer - cy. ⲟ

Verse #4

Τῷ οἴκῳ σου πρόπει Ⲭ ⲙ

**H** <sup>(N)</sup> o - li - ness be - com - eth Thy house, O Lord, Ⲭ un - to length



of days.



Aposticha #4

Ἦ Δέσποτα τῶν ἀπάντων

<sup>(N)</sup> Mas - - ter of all, in - com - pre - hen - si - ble <sup>3</sup>

<sup>(Δ)</sup> Mak - er of heav - - en and earth, <sup>(N)</sup> by Thy pas - - sion up-on the Cross <sup>ⲟ</sup>

Thou hast be - come a well-spring of dis - pas - - sion for me; <sup>ⲙ</sup> <sup>Ⲭ</sup> and by ac - <sup>4</sup>

cept - ing bur - i - al and a - ris - ing in glo - - - ry, <sup>ⲟ</sup> <sup>Ⲭ</sup> Thou didst raise <sup>6</sup>

up Ad - am al - so with Thine al - might - y hand. <sup>ⲙ</sup> <sup>Ⲭ</sup> Glo - - ry to Thine a -

ris - ing on the third day, <sup>ⲟ</sup> <sup>Ⲭ</sup> where - by Thou hast grant - ed un - to us <sup>3</sup>

life ev - er - last - - ing <sup>(Δ)</sup> <sup>ⲟ</sup> <sup>Ⲭ</sup> and for - give - - ness of sins, since Thou <sup>(N)</sup>

a - lone\_\_ art com - pas - - sion - - ate.

### Glory...

Δόξα Πατρί

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

it.

### Both now...

Καὶ νῦν

**B** oth now and ev - - er, and un - to thē ag - - es of ag - es. A -

men.

### Aposticha Theotokion

Ἄνυμφευτε Παρθένε



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 - fen -  
 - ces, re - ceive now our en - treat - - ies, and be - seech that we all  
 be saved.

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