Slow Stichera
Third Mode

'Ἡχος η Γα

Verse #1

Εξάγαγε ἐκ φυλακῆς

Bring my soul out of prison that I may confess

Thy Name.

Stichera #1

Τῷ Σῶ Σταυρῷ

By Thy Cross, O Christ our Saviour, the dominion of death hath been destroyed, and the deception of the devil hath been abolished, and the race of man, having been saved by faith,
Verse #2

Thou shalt reeward me.

Stichera #2

Paradise is opened again; and, whilst acclaiming Thee, the whole of creation
Verse #3

Ἐκ βαθέων

Οὗτοι τοῦ Πατρὸς

Stichera #3

Doxázω τοῦ Πατρὸς

Third Mode - Slow Stichera

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

Glory to the might of the Father and the Son, and the power of the Holy Spirit do I praise.

Even the invisible, the uncreated God-head, the Trinity one in

www.stanthonysmonastery.org/music/Vespers.htm
Verses #4

γενηθήτω τὰ ὄτα σου

VERSE #4

let Thine ears be attentive to the voice of my__

supplication.___

Stichera #4

τὸν σταυρὸν σου

STICHERA #4

hy precious Cross do__ we worship__ O__

Christ, and Thy Resurrection__ we praise__ and__

glorify;__ for by Thy wounds__

--ing are we____ all____ healed.
Verse #5

Εὰν ἀνομίας

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

Stichera #5

Τημούμεν τόν Σωτῆρα

e praise the Saviour, Who was in-car-nate of the Vir-gin, for He was cruci-fied for our sake and arose on the third day, grant-ing us 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

Oing down to those in Hades, Christ proclaimed the glad tidings, saying:
Take courage, I have conquered now; I am the Resurrection; having destroyed the gates of death, I shall lead you up.

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Verse #7

`Απὸ φυλακής προίας

from the morning watch until night from the morning watch let

Israel hope in the Lord.

Stichera #7

Oi ἀναξίως ἑστώτες

who stand unworthily in Thine described house sing an evening hymn, crying from

the depths: O Christ God, Who didst enlighten the world by Thy Resurrection on the third day, rescue Thy people out of the hand of Thine enemies, O Friend
Verse #8

Ότι παρὰ τῷ Κυρίῳ

Or with the Lord there is mercy, and with Him is plentiful re-demp-tion; and He shall re-deem Is-ra-el out of all his in-iqui-ties.

Verse #9

Αἰνεῖτε τὸν Κύριον

Praise the Lord, all ye na-tions; praise Him, all ye people.
Verse #10

"Oti ekratopoi"  

or He hath made His mercy to prevail over us,

and the truth of the Lord abideth for ever.

Since human nature rejects
and avoids what is difficult, even if beneficial,
and accepts virtually nothing unless it seems to offer pleasure,
through David the Lord prepares from men this potion which is sweet
by reason of its melody and effective in the cure of disease by reason of its
strength. For a psalm is sweet to the ear, it penetrates the soul when it gives
pleasure, it is easily remembered when sung often, and what the harshness
of the Law cannot force from the minds of man it excludes by the
suavity of song. For whatever the Law, the Prophets and
even the Gospels teach is contained as a remedy
in the sweetness of these songs.

—St. Niceta of Remesiana