Brief Aposticha

Plagal Fourth Mode

Ἀνήλθες ἐπὶ Σταυρὸν

Aposticha #1

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

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

The Lord is king; He is clothed with majesty. The Lord is clothed with strength and He hath girt Him-self.

Aposticha #2

Χριστὸν δοξολογήσωμεν

Let 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 descended into Hades, which also He despoiled; 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

Ψαλμοίς καί ὑμνοῖς

with psalms and hymns we glorify Thy Resurrection from the dead, O Christ, whereby Thou didst free us from the tyranny of Hades; and as God Thou didst bestow life everlasting and great mercy.
Verse #4

H

ο-λι-νες βε-κο-μεν-θυ Θυ πα-ν-το-λος, ὑπο-προ-

of days.

Aposticha #4

Ω Δέσποτα τῶν ἀπάντων

Ma-ster 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 also 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
Glory...

Δόξα Πατρί

Both now...

Καὶ νῦν

Aposticha Theotokion

Ἄνυμφευτε Παρθένε

www.stanthonyssmonastery.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