Lenten Prokeimena

"Turn Not Away"

For Forgiveness Sunday and the Second and Fourth Sundays of Lent

Plagal Fourth Mode

adapted from traditional melody by Petros Peloponnesios (d. 1777)

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\[ \text{\textcopyright } \text{Thy coun-te-nance} \]

\[ \text{\textcopyright } \text{from} \]

\[ \text{\textcopyright } \text{af-flict} \]

Duration: 3:15

Intonation: #26
Verses:

2. May Thy salvation, O God, be quick to help me.

3. Let beggars behold it and be glad.

4. Seek after God, and your soul shall live.

* Final ending:
Fresco from the Protaton of the Holy Mountain
"Thou Hast Given"

For the First, Third, and Fifth Sundays of Lent

Plagal Fourth Mode

adapted from traditional melody
by Petros Peloponnesios (d. 1777)

Duration: 1:45

Intonation: #26

Verses:

2. From the ends of the earth unto Thee have I cried. I will dwell in Thy tabernacle unto the ages.

3. I shall be sheltered in the shelter of Thy wings. For Thou, O God, hast heard my prayers.

4. So will I chant unto Thy Name unto the ages, that I may pay my vows from day to day.
Reading, keeping vigil and prayer focus the wandering mind. Hunger, toil, and solitude quell inflamed desire. Psalmody, patience, and pity arrest seething anger. And these are to be practiced at the appropriate time and in good measure, for what is excessive and ill-timed is not lasting, and what does not last is harmful rather than beneficial.

—Evagrius the Solitary