

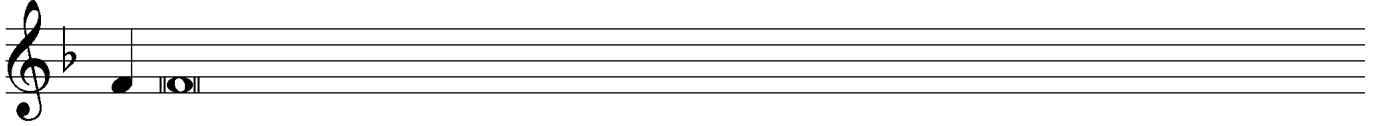
First Sunday of the Great Fast.

On Sunday evening at Vespers sing 10 stichera on "Lord, I have cried".

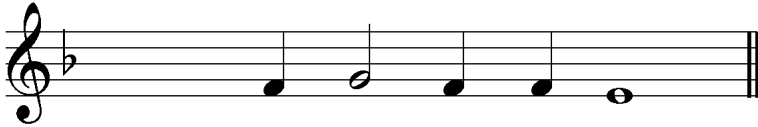
First, 4 penitential stichera in the Tone of the week;

Next, these 3 stichera from the Triodion:

Tone 4 (melody: "You have given us a sign")



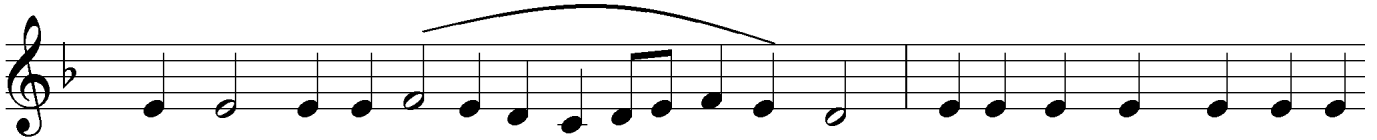
(I) If you, Lord, should mark in - i - qui - ties, O Lord, who will stand? But



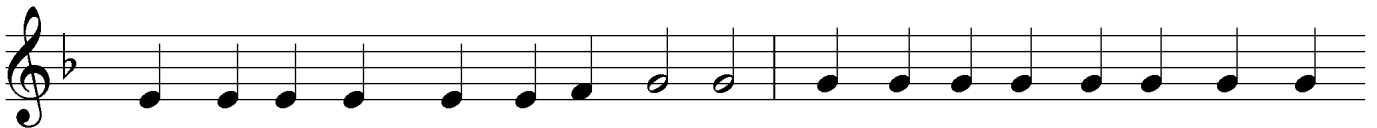
there is for - give - ness with you.



Grant me con - tri - - - - tion, and es - trange - ment from e - - - - vil,



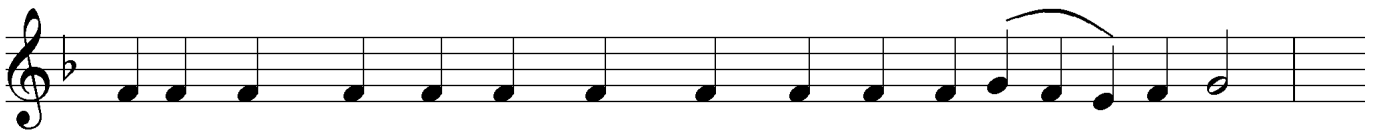
and per - fect a - mend - - - - - - - - - - ment, for I am now sunk in the



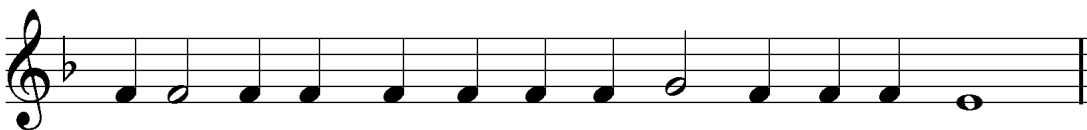
depths of the pas - sions of the bod - y and sep - a - rat - ed far from you,



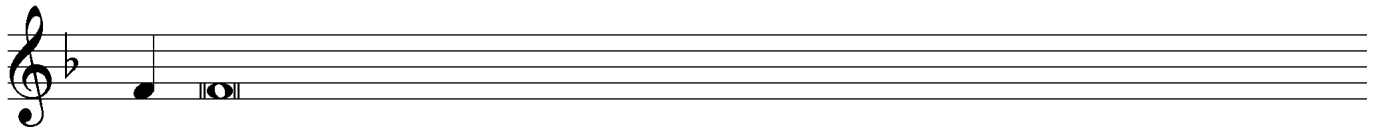
O God, the King of all; and I have no oth - er hope but you. In



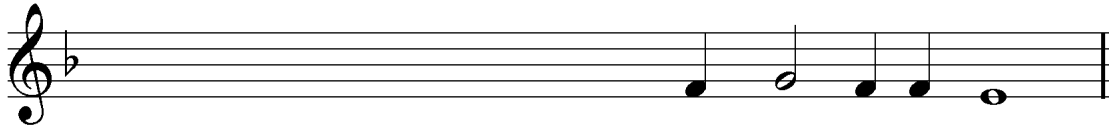
the a - bun - dance of your good - ness, save me, the prod - - - - i - gal,



O Je - sus all - pow - er - ful, the Sav - iour of our souls.



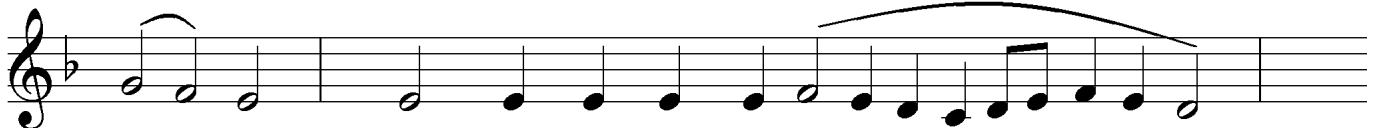
(II) For your name's sake I have wait - ed for you, O Lord; my soul has



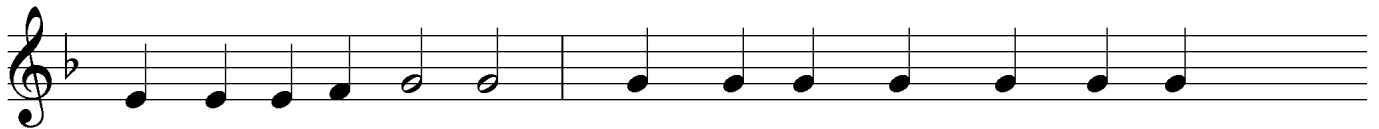
wait - ed on your word, my soul has hoped in the Lord.



Mos - es the in - spired was made clean through his long - ing for



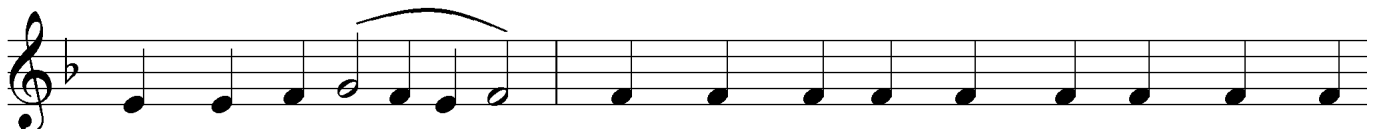
fast - - ing. There - fore, my hum - ble soul,



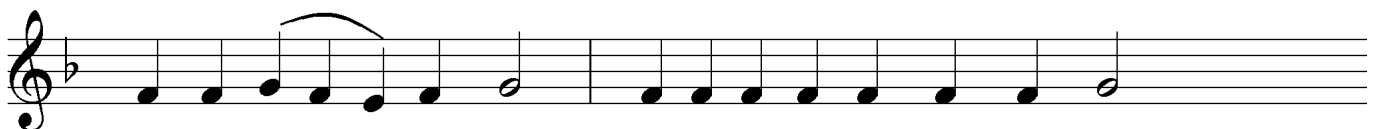
fol - low his ex - am - ple: make haste to cleanse your - self from



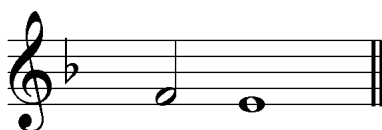
e - - - - - vil in the day of ab - sti - nence, so that you may



be - hold the Lord who grants you for - give - ness and cleans - ing



and de - liv - - - - er - ance, as he is tru - ly good and loves



man - kind.

Tone 6 (melody: "The Archangel"):

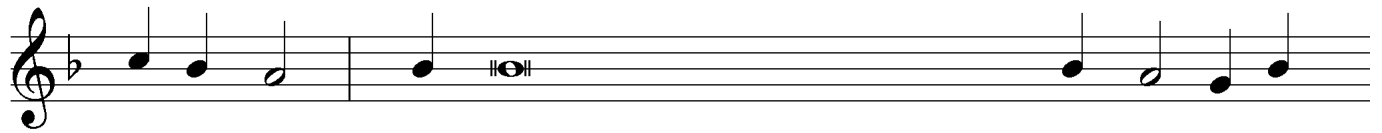
(I) From the morn - ing watch un - til night, from the morn - ing watch let
Is - - - ra - - - el hope in the Lord.
Let us now set out with joy on the sec - ond week of the
Fast, and like E - li - - - as the Thes - bite let us
fash - ion for our - selves from day to day, O breth - ren,
a fier - - y char - - - i - - - ot of the four great
vir - - - - - tues; let us ex - - alt our minds
through free - - - dom from the pas - - - - - sions; let us arm our
flesh with pu - - ri - - - ty; and let us put the en - e - - - my to
flight and gain the vic - - - - to - - - ry.

Then from the Menaion: 3 stichera; Glory. Both now. Theotokion.

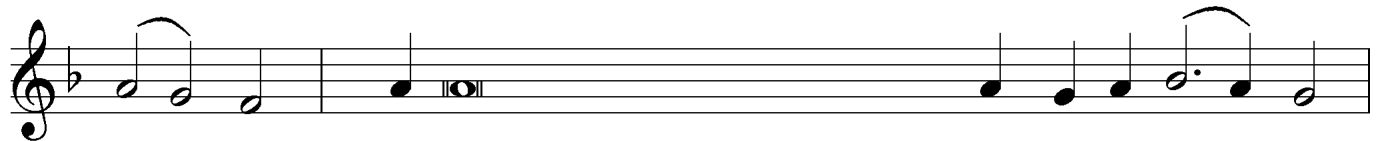
Aposticha, Tone 8



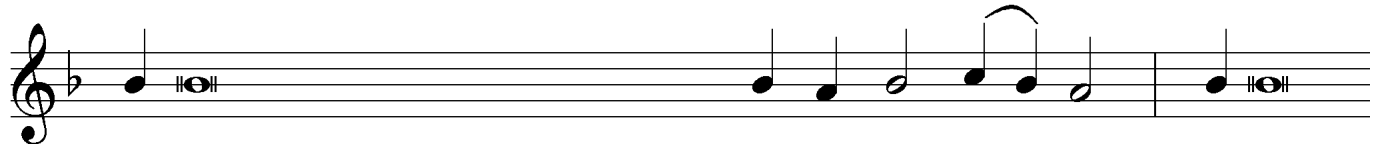
(I) Come, let us cleanse our - selves by acts of alms - giv - ing and mer - cy



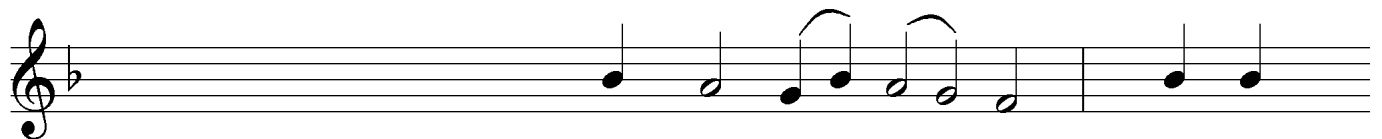
to the poor, not sound - ing a trum - pet or mak - ing a show of our



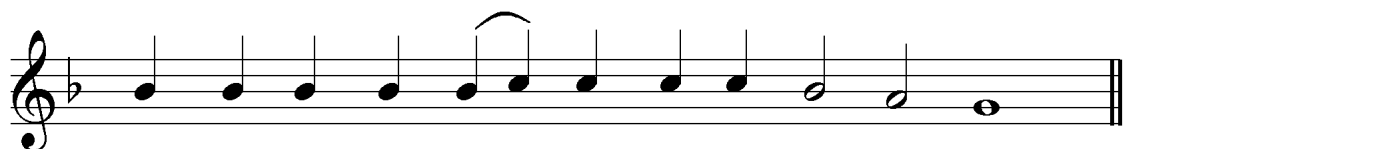
good deeds. Do not let the left hand know the work of the right hand;



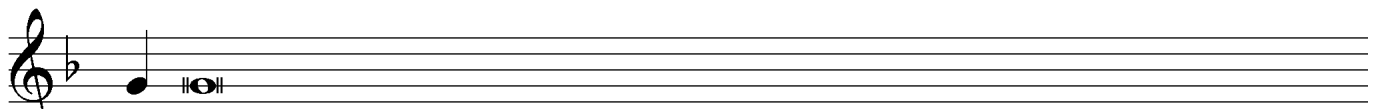
do not let vain - glo - ry scat - ter the fruit of alms - giv - - ing; but in



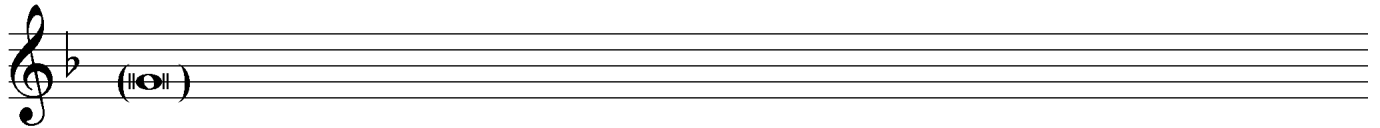
se - cret let us call on him who knows all se - - crets: Fa - ther,



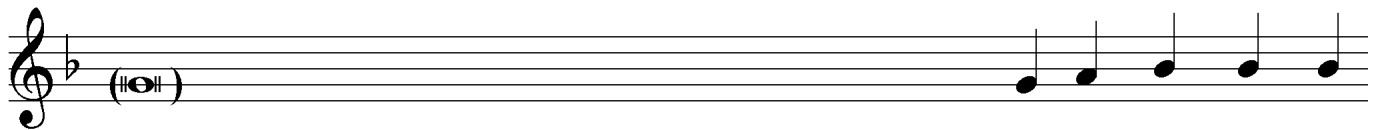
for - give our trans - gres - sions, as you love man - kind.



(II) To you I lift up my eyes, to you who dwell in the heavens. As the eyes



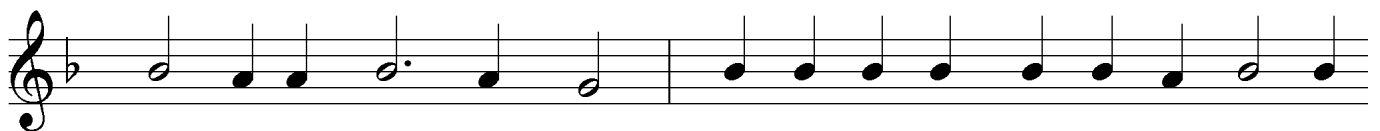
of ser - vants look to the hand of their mas - ter, or as the eyes of a maid



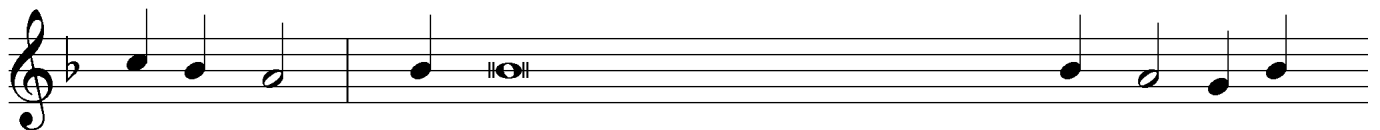
to - ward the hand of her mis - tress: so our eyes look to the Lord our God



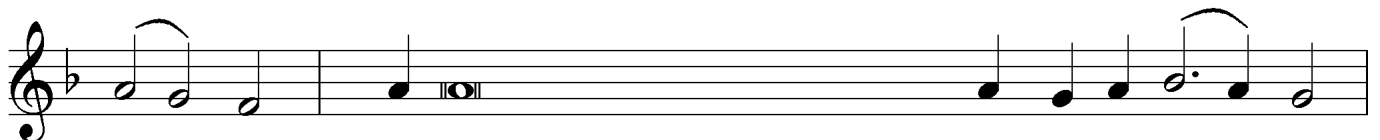
un - til he show us his mer - - - - - cy.



Come, let us cleanse our - selves by acts of alms - giv - ing and mer - cy



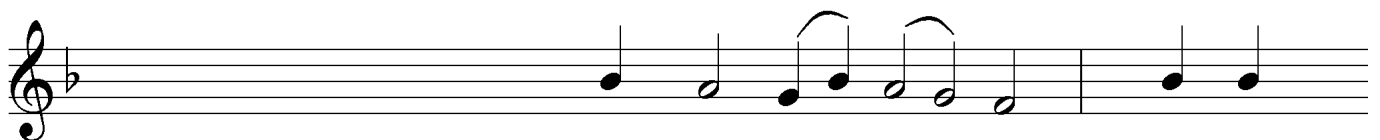
to the poor, not sound - ing a trum - pet or mak - ing a show of our



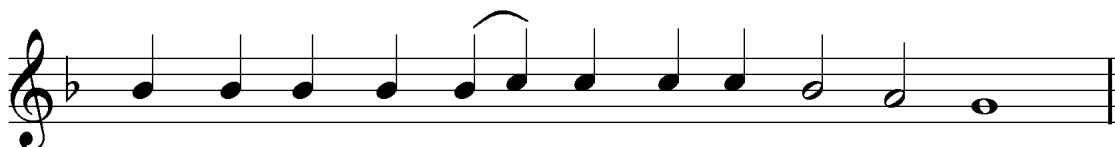
good deeds. Do not let the left hand know the work of the right hand;



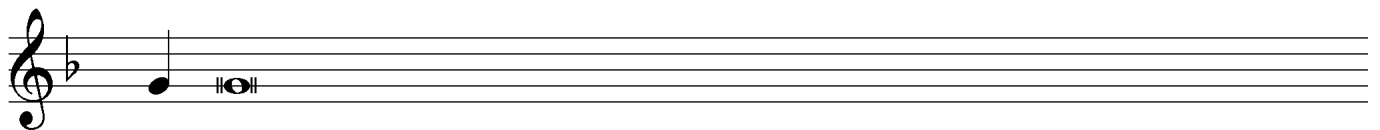
do not let vain - glo - ry scat - ter the fruit of alms - giv - - ing; but in



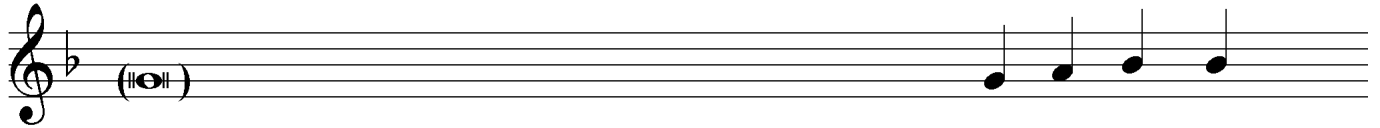
se - cret let us call on him who knows all se - - crets: Fa - ther,



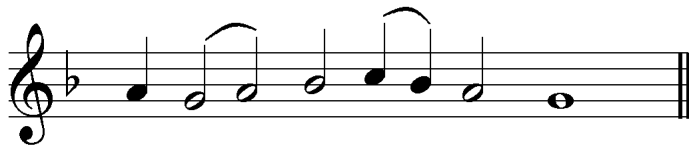
for - give our trans - gres - sions, as you love man - kind.



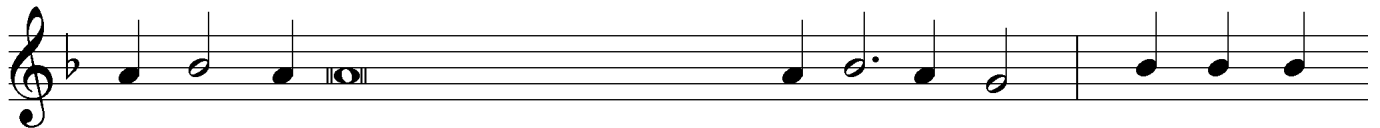
(I) Have mer - cy on us, O Lord, have mer - cy on us: for we have our fill of



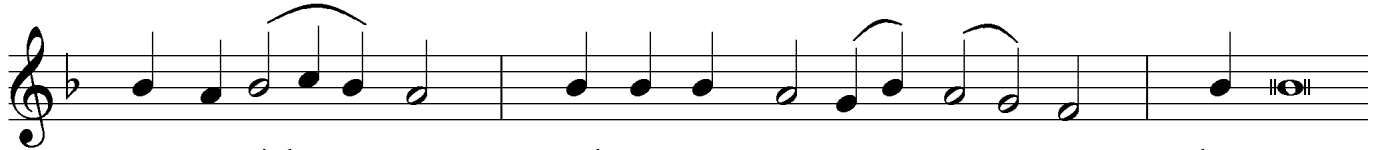
de - ri - sion; our soul has its fill; mock - er - y for those at ease, and



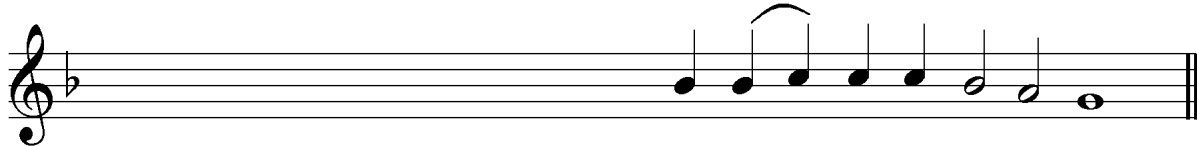
de - ri - - - sion for the proud.



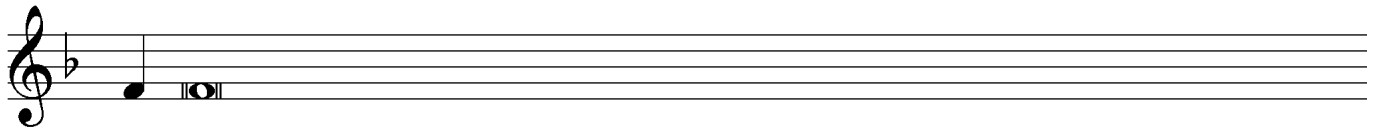
O Mar - tyrs of the Lord, you sanc - ti - fy eve - ry place and you heal



eve - ry sick - - - ness, and we en - treat you, pray now that our



souls may be de - liv - ered from the snares of the en - e - my.



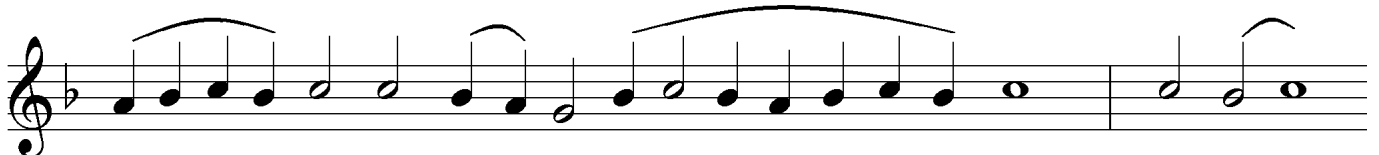
(II) Glo - ry to the Fath - er and to the Son, and to the Ho - ly Spi - rit.



Both now and for ev - er, and to the ag - es of ag - es. A - - - men.



The heav - en - ly be - ings sing praise to you, O joy - - ful



Moth - - - - er with - out a bride - - - - - groom; and we



glo - - - ri - - - - fy your un - - fath - om - a - ble giv - - - ing



birth. O Moth - - er of God, pray that our



souls may be saved.