

VESPERS PROPER FOR MARCH 8TH, 2021

from the Menaion

THIRD SUNDAY EVENING OF THE GREAT FAST

¹**Our venerable father and confessor Theophylact** of Nicomedia in Bythinia, who was exiled for the sake of the veneration of the holy icons and died at Strobilis in Caria. (845)

Psalm 140 (*Tone 7*) – (p.8)

O Lord, I have cried to you, hear me. Hear me, O Lord! O Lord,
I have cried to you, hear me; re - ceive the voice of my pray'r when I call up-on
you. Hear me, O Lord! Let my
pray'r ascend to you like in - cense and the lift-ing up of my hands like an
eve-ning sac - ri - fice. Hear me, O Lord!

Continue with Psalm 140: "O Lord, set a guard before my mouth..." (p.8).

Stichera at the Lamplighting Psalms – (p.9)


4 stichera in the tone of the week from the Triodion:

Cantor - (Tone 7):

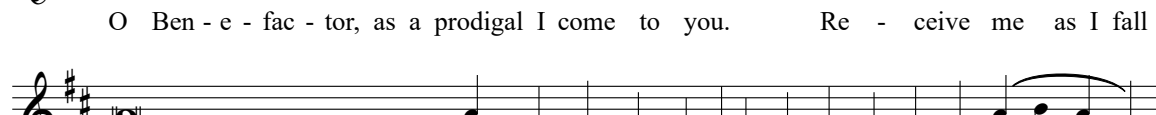
Bring my soul out of this pris-on and then I shall praise your name.

Sticheron

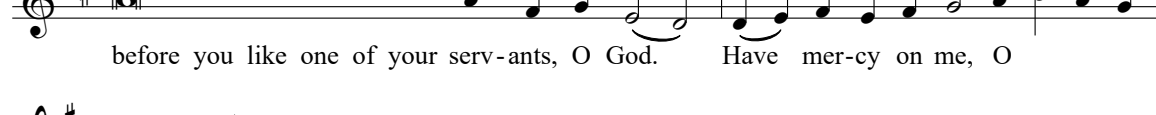
(10)



O Ben - e - fac - tor, as a prodigal I come to you. Re - ceive me as I fall



before you like one of your serv-ants, O God. Have mer-cy on me, O



Lov - er of us all.

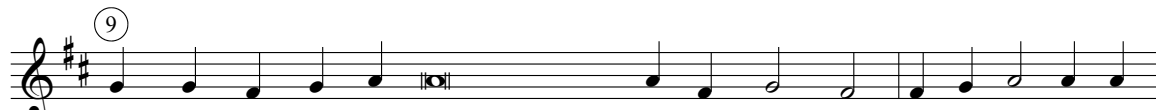
Cantor:



A - round me the just will assem-ble be-cause of your good - ness to me.

Sticheron

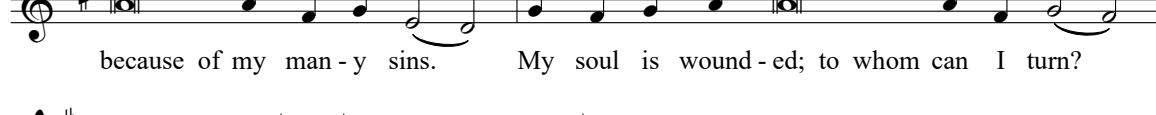
(9)



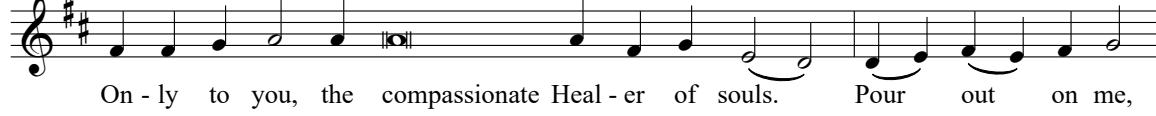
Like one who has fall - en among thieves and is wound - ed, so have I fall - en



because of my man - y sins. My soul is wound - ed; to whom can I turn?

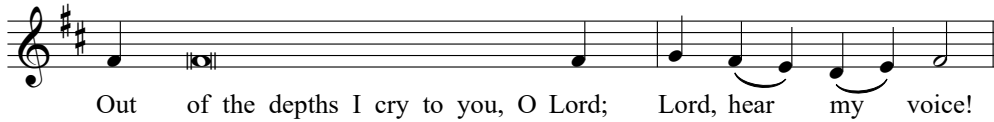


On - ly to you, the compassionate Heal - er of souls. Pour out on me,

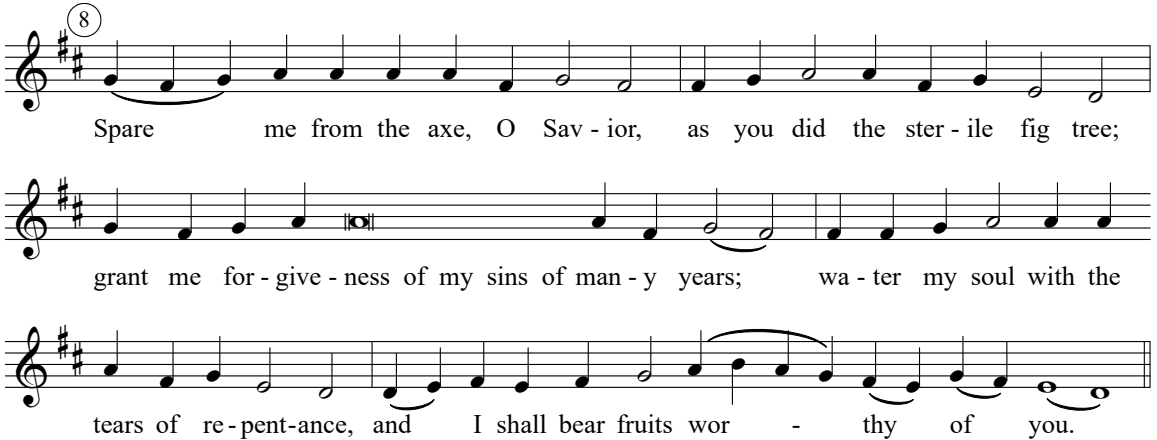


O God, your great mer - cy.

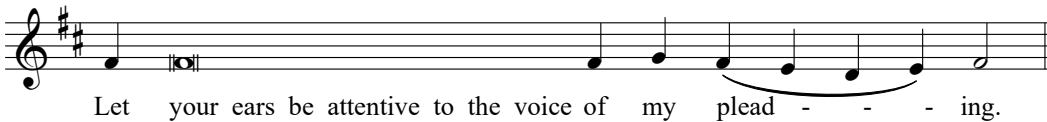
Cantor:



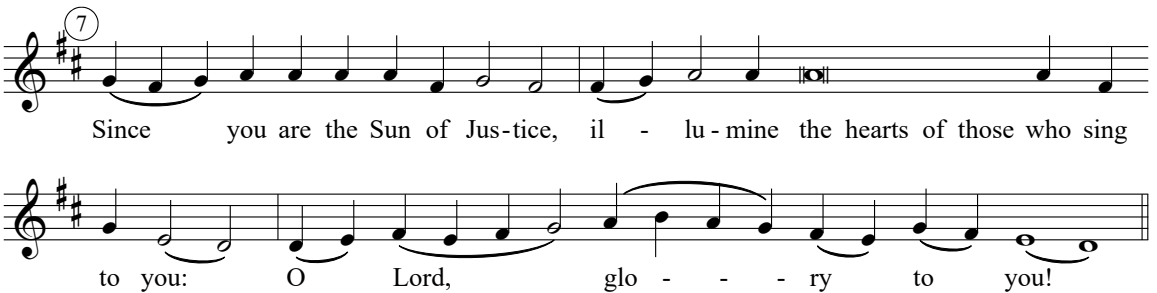
Sticheron



Cantor:

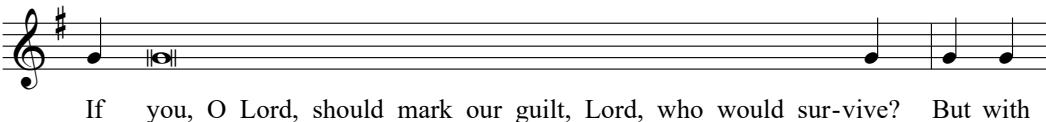


Sticheron



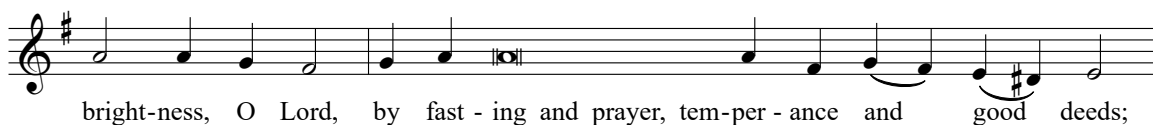
3 stichera for the Third Sunday of the Great Fast from the Triodion:

Cantor – (Tone 8):

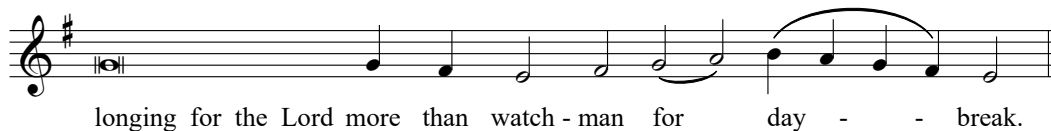




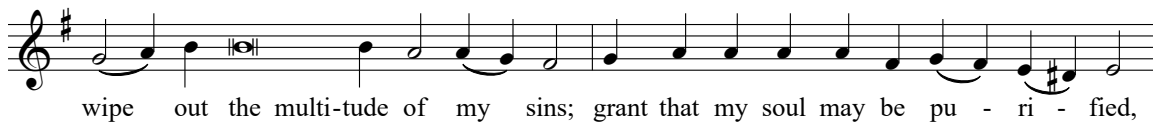
Sticheron

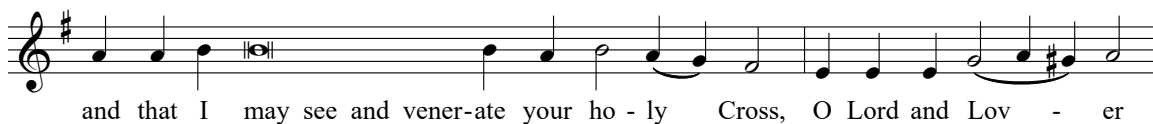


Cantor:



Sticheron

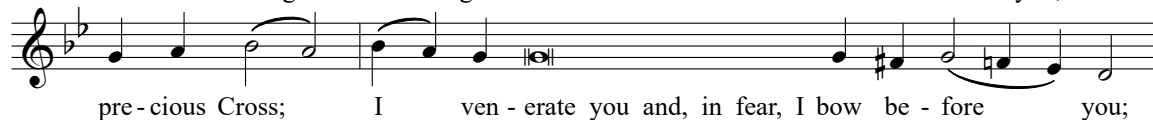
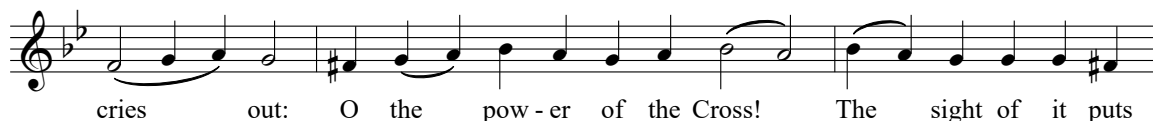
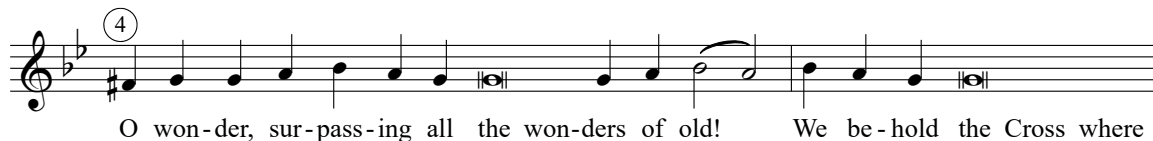


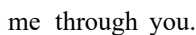


Cantor – (Tone 3):

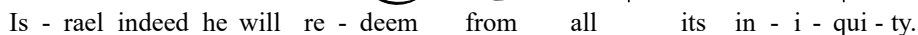
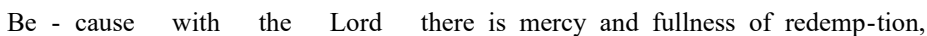


Sticheron





Cantor - (Tone 1):



3

Ho - ly fa - ther The - o - phy - lact, pro - tect - ed by the con - stant care of God,

you were kept safe and sound, be - com - ing an unshakable ram - part for the Church.

The or - deals and intrigues of the heretics could not dis - turb you. In - ter - cede now that

our souls be giv - en peace and great mer - cy.

Praise the Lord, all you na-tions, ac-claim him all you
 peo - - - - - ples!

Sticheron

(2)

Ho - ly fa - ther The - o - phy - lact, see - ing God face to face and en - joy - ing
u - nion with him now, you are di - vin - ized by a - dop - tion.
You joy - fully found that u - nique bless - ed - ness for which you aspired, O
bless - ed hier - arch, who dwell at home with the an - gels.

Detailed description: This block contains the musical notation for a Sticheron, marked with a circled '2'. It consists of four staves of music in G major (one sharp). The melody is written in a treble clef. The lyrics are: 'Ho - ly fa - ther The - o - phy - lact, see - ing God face to face and en - joy - ing u - nion with him now, you are di - vin - ized by a - dop - tion. You joy - fully found that u - nique bless - ed - ness for which you aspired, O bless - ed hier - arch, who dwell at home with the an - gels.' The music features various note values including quarter, eighth, and half notes, with some notes beamed together. There are also rests and a double bar line at the end of the fourth staff.

Cantor:

Strong is the love of the Lord for us; he is faith - ful
for - ev - - - er.

Detailed description: This block contains the musical notation for the Cantor's part. It consists of two staves of music in G major. The melody is written in a treble clef. The lyrics are: 'Strong is the love of the Lord for us; he is faith - ful for - ev - - - er.' The music features quarter and eighth notes, with a double bar line at the end of the second staff.

Sticheron

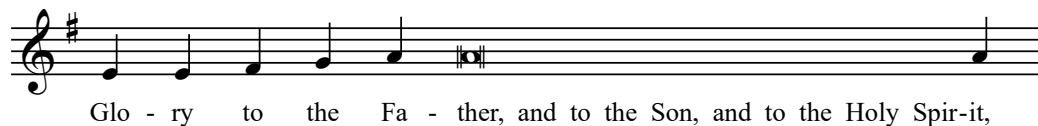
(1)

Ho - ly fa - ther The - o - phy - lact, leav - ing earth, you hastened toward heav - en:
you were wor - thy, O bless - ed one, to in - hab - it the ce - les - tial dwell - ings,
be - cause of the exile that you en - dured for Christ. In - ter - cede now that

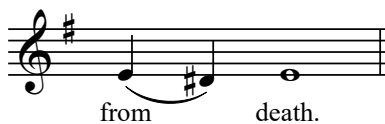
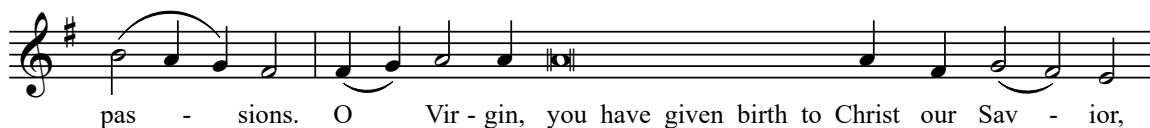
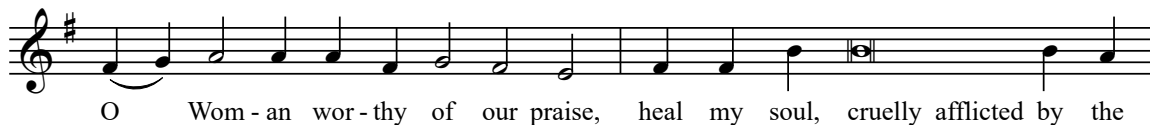
Detailed description: This block contains the musical notation for a Sticheron, marked with a circled '1'. It consists of three staves of music in G major. The melody is written in a treble clef. The lyrics are: 'Ho - ly fa - ther The - o - phy - lact, leav - ing earth, you hastened toward heav - en: you were wor - thy, O bless - ed one, to in - hab - it the ce - les - tial dwell - ings, be - cause of the exile that you en - dured for Christ. In - ter - cede now that'. The music features various note values including quarter, eighth, and half notes, with some notes beamed together. There are also rests and a double bar line at the end of the third staff.



Cantor - (Tone 1):



Theotokion



Continue with "Wisdom..." and the Hymn of the Evening (p. 12)

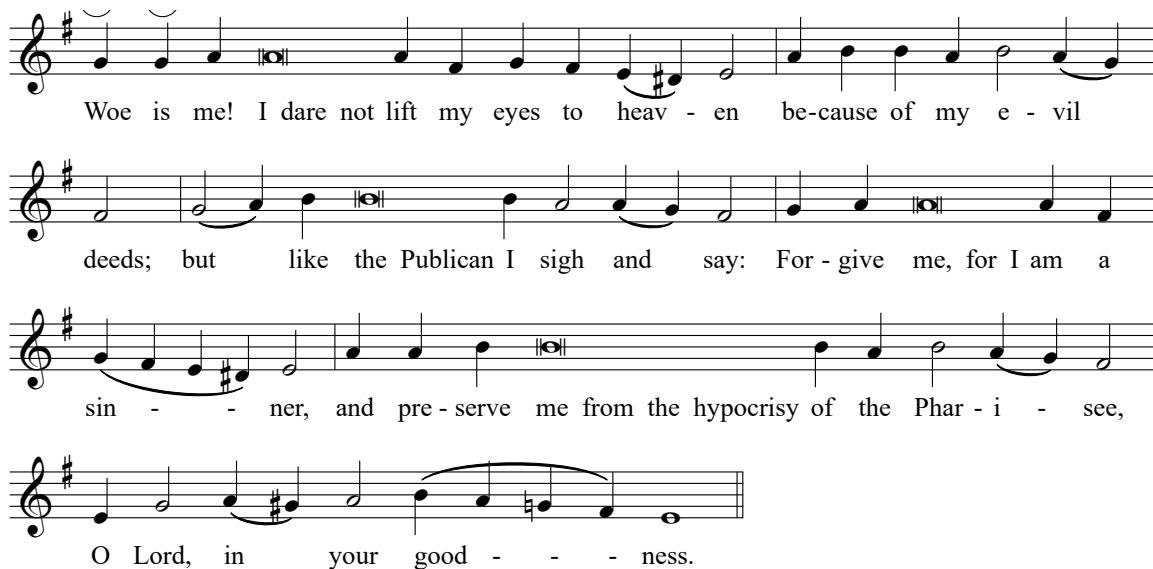
The Prokeimenon for the Third Sunday (p. 13).

Aposticha – (p.18)

The aposticha are from the Triodion:

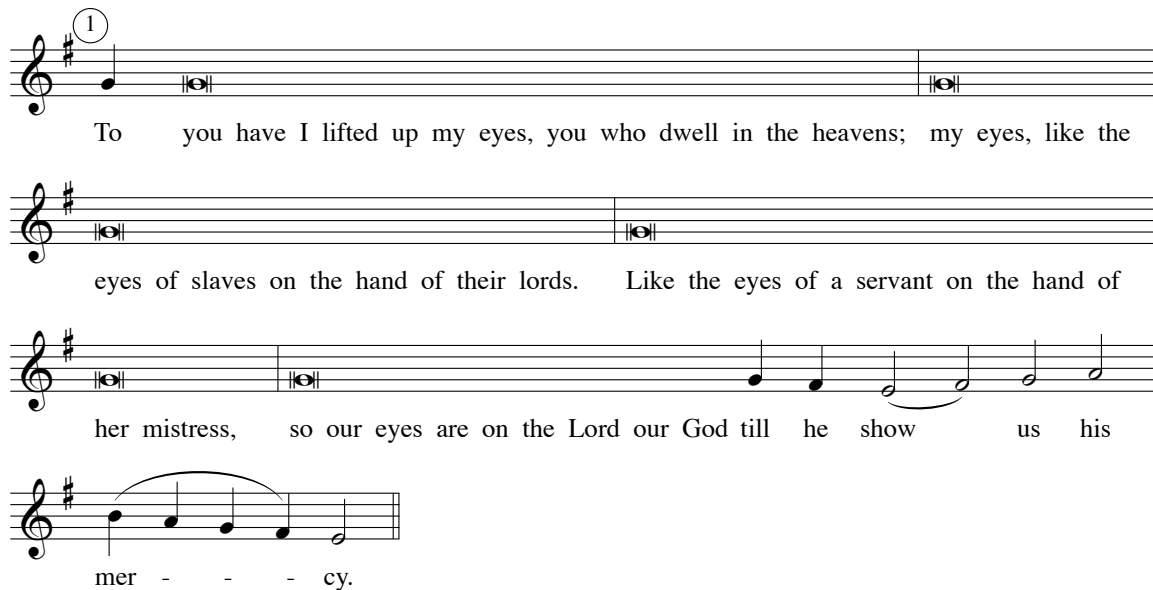
(Tone 8)

(1) (2) Aposticheron:



Woe is me! I dare not lift my eyes to heav - en be-cause of my e - vil
deeds; but like the Publican I sigh and say: For - give me, for I am a
sin - - ner, and pre - serve me from the hypocrisy of the Phar - i - see,
O Lord, in your good - - - ness.

Cantor:



To you have I lifted up my eyes, you who dwell in the heavens; my eyes, like the
eyes of slaves on the hand of their lords. Like the eyes of a servant on the hand of
her mistress, so our eyes are on the Lord our God till he show us his
mer - - - cy.

Repeat: "Woe is me..."

10



for the sal - va - tion of our souls.

Continue with the Prayer of the Holy Prophet Simeon (p. 18).

¹Format 23: Sundays During the Triodion