

VESPERS PROPER FOR JULY 12TH, 2021

from the Menaion & Octoechos

¹The holy martyrs Proclus and Hilary at Ancyra in Galatia, under the emperor Trajan and governor Maximus. Proclus was the uncle of Hilary. They were arrested for being Christians. Proclus said to the torturers, "When you are afraid to transgress the Emperor's commands and risk falling into temporal punishment, how much more do we Christians fear to transgress against God's commands and fall into eternal torment!" Our venerable father Michael of Malein, a wealthy man of noble birth who gave away all his goods and became a hermit on Mt. Kyminas in Bithynia. He had many disciples, of whom the best-known is St. Athanasius the Athonite. (3rd century)

Psalm 140 (Tone 1) - (p.9)

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 as - cend to you like in - cense and the lift - ing up of my hands
like an eve - ning sac - ri - fice. Hear me O Lord!

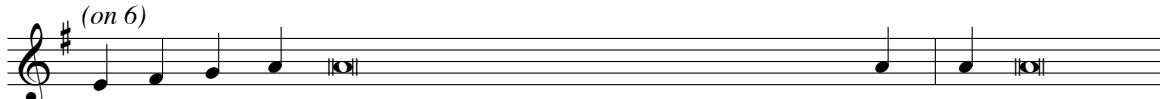
Continue with Psalm 140: "O Lord, set a guard before my mouth..." (p.9).

Stichera at the Lamplighting Psalms

3 stichera for the holy martyrs Proclus and Hilary from the Menaion:

Cantor - (Tone 1):

(on 6)



If you, O Lord, should mark our guilt, Lord, who would survive? But with you is



found for - give - ness: for this we re - vere you.

Sticheron

(6)



Since you en-dured count-less tor - ments, you have both re-ceived shin-ing crowns,



O Proc-lus and Hi - la - ri - on. Thus we cel-eb-rate your fes-tive me-mo-rial with faith,



en - treat - ing you to in - ter - cede cease - less - ly on our be - half.

Cantor:

(on 5)



My soul is wait-ing for the Lord. I count on his word. My soul is longing for the



Lord more than watch - man for day - break.

Sticheron

(5)



Proc-lus, you were a - ble to en - dure the lac - er - a - tion of your flesh,

for you had your gaze fixed on the e - ter - nal joys of Par - a - dise
 and the nev - er setting Light, O bless - ed one. As you now re - joice in it,
 in - ter - cede that those who hon - or you may one day al - so be
 en - light - - - - ened there - in.

Cantor:

(on 4)

Let the watch-man count on day - break and Is - ra - el on the Lord.

Sticheron

(4)

Hi - la - ri - on and Proc - lus, vic - to - ri - ous ath - letes of the Lord,
 like two stars you give light to the whole cre - a - tion by the ra - diance of
 your mir - a - cles, scat - ter - ing the dark - ness of the pas - sions.

Thus we sing to you, as we keep your mem - o - ry with joy

3 stichera for our venerable father Michael from the Menaion:

Cantor – (Tone 5):

(on 3)

Musical notation for the first sticheron, Cantor part, on three-line staff.

Be - cause with the Lord there is mercy and fullness of redemp - tion, Is - ra - el

Musical notation for the first sticheron, Cantor part, on three-line staff.

in - deed he will re - deem from all its in - i - qui - ty.

Sticheron

(3)

Musical notation for the second sticheron, Sticheron part, on three-line staff.

O ven - er - a - ble fa - ther, from your youth you em-braced the an - gel - ic life,

Musical notation for the second sticheron, Sticheron part, on three-line staff.

re - gard-ing the beauties of the world as but trash. Ev-er mind-ful of di-vine

Musical notation for the second sticheron, Sticheron part, on three-line staff.

glo - ry, you a - void - ed passing glory as a mere shad - ow. Now you share

Musical notation for the second sticheron, Sticheron part, on three-line staff.

in true glory, having cast down the bonds of the flesh; and, stand - ing before the

Musical notation for the second sticheron, Sticheron part, on three-line staff.

light of the three - fold Sun, you de - light in the ra - diance of Christ.

Musical notation for the third sticheron, Sticheron part, on three-line staff.

Be - seech him with - out ceas - ing, thatt he grant to the Church oneness of mind,



Cantor:

(on 2)



Sticheron

(2)



those in the dark - ness of de - spair, nev - er - set - ting morning-star, all-honorable

ember of re - pent - ance, di - vine pearl of the virtues, great lamp of alms - giv - ing

and prayer, in - ter - ces - sor for or - phans and wid - ows, law - ful stand - ard of the Church

and ac - tive lumi - nar - y of ab - sti - nence: en - treat Christ with - out ceas - ing,

that He grant to the Church oneness of mind, peace and great mer - - - cy.

Cantor:

(on I)

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

Sticheron

①

O ven - er - a - ble fa - ther, you were sanc - tified e - ven be - fore your birth,

as was the most sa - cred Jer - e - mi - ah; for to her who gave you birth

the Moth - er of the Lord foretold that she would be giv - en fruit in you, and she

clear - ly proclaimed that you should be given to her from your ear - li - est in - fan - cy.

Im - me - diate - ly, with upright intent, she received you, O wise in God, who fled the

tu - mult of life and loved the life of still - ness, through which you passed. And you

plant-ed communi - ties of those like you, as sand by the well-springs of the wa - ters

of the Spir - it of God.

Cantor - (Tone 6):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Doxastikon

O ven - erable fa - ther Mi - chael, the whole world is filled with the fame of your

ho - ly deeds; through them, you have received the recompense of your la - bors in heav - en. You de - stroyed hordes of de - mons and have been united to the

choirs of an - gels, whose pure lives you im - i - tat - ed. By your bold-ness with

Christ our God, ask peace for our souls!

Cantor - (Tone 6):

Now and ev - er and for - ev - er. A - men.

Theotokion

O The - o - to - kos, according to the Arch an - gel's prom - ise, in your womb you con ceived the Word of the un - begotten Fa - ther and the Spir - it;

you man-ifested yourself to be high - er than the Cher-u-bim, Ser - a-phim,
 and Thrones.

Continue with "Wisdom..." and the Hymn of the Evening (p. 12)
 The Prokeimenon is for the Day of the Week (pp. 13-15).

Aposticha - (p.21)

The aposticha are from the Octoechos:

(Tone 6)

Aposticheron:

(1)

At your ter - rifying com-ing, O Christ, grant that we may not hear: I do
 not know you! We have placed our hope in you, O Sav - ior. Al-though
 we have not kept your laws because of our in-dif-fer - ence, still we pray to
 you to save our souls.

Cantor:

(1)

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 hands of her

mistress, so our eyes are on the Lord our God till he show us his mer - cy.

Aposticheron:

(2)

I have had nei - ther re - pent-ance nor tears! For this reason, I implore you
O Christ God, to con - vert me before my end and give me re - morse
so that I may be de - liv - - ered from tor - - - - ment.

Cantor:

(2)

Have mer-cy on us, Lord, have mercy. We are filled with contempt. Indeed all too
full is our soul with the scorn of the rich, with the proud man's dis-dain.

Aposticheron:

(3)

Your mar - tyrs did not de ny you, O Lord, nor did they stray from your
com - mands. Through their prayers, have mer - cy on us.

Cantor (Tone 8):

Glo - ry to the Father and to the Son, and to the Ho - ly Spir - - it.

Doxastikon

All the monks honor you, O Michael, holy father, as a spir - it - u - al guide.

Through you, we have set out on the nar - row path; bless - ed are you

for hav - ing served Christ and for hav - ing broken the power of the

En - e - my, O com - pan - ion of the an-gels, the just and the saints.

With them, ask the Lord to have mer - cy on our souls.

Cantor (Tone 8):

Now and ev - er and for - ev - - er. A - men.

Theotokion

Re - joice, O Loving Pal ace! O Spir - it - ual Dove! Re - joice, O City of

our Cre - a - tor! Re - joice, O Refuge of the Faith - ful! Re joyce, O

For tress and In - ter-ces - sion, Re-joice, O Salvation and Deliverance of those who
 love you! Re - joice, O Bridge which brings all to heav - en!
 Re - joice, O most Spir - it - ual One, O ho - ly La - dy!

Continue with the Prayer of the Holy Prophet Simeon (p. 21).

Troparion & Theotokion - (p.23)

Troparion of the holy martyrs Proclus and Hilarion - Tone 2

The an-gels looked down and were a-mazed by your suf-fer-ings. By your flesh,
 you van-quished the spir-it-foe, O ho-ly ones, and speared him by the
 pow'r of the cross. Pray for us in our need, O Pro-clus and Hi-la-ri-on,
 that we too may con-quer the en-e-my and save our souls.

Cantor (Tone 8):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly
 Spir - - - it.

Troparion of our venerable father Michael - Tone 8

Hav - ing soared on men - tal wings to a vi - sion of God,
you left be - hind all the nois - es of the world, O bless - ed saint.

You de - spised all the ex - pla - na - tions ac - cord - ing to the flesh
but sought the wis - dom from on high. You pre - sent your - self as a mod - el

for all of us, say - ing: It is a good thing to live with God.

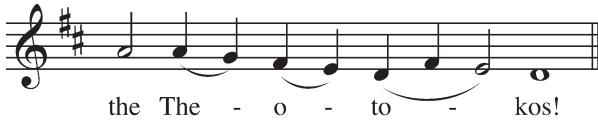
Cantor (Tone 8):

Now and ev - er and for - ev - er. A - - - men.

Theotokion

Re - joice, O wom - an who at the an - gel's greet - ing, con - tained the
joy of the world! Re - joice, for you gave birth to your

Cre - a - tor and Lord! Re - joice, for you were made wor - thy to be - come



Continue with the Litany of Daily Vespers (p.23) and then the Dismissal (p. 24).

¹Format 3: Two Saints on a Weekday