

# VESPERS PROPERs FOR JULY 19<sup>TH</sup>, 2021

## from the Menaion & Octoechos

<sup>1</sup>**Our venerable mother Macrina**, sister of Basil the Great, Gregory of Nyssa and Peter of Sebaste, in the monastery of Annesinus on the river Irim in Pontus, virgin. She was learned in the Sacred Scriptures and led a solitary life, and provided a wonderful example of those possessing the desire for God, who had forsaken the vanity of the world. (379)

**Our venerable father Dios** at Constantinople, called the Wonderworker, archimandrite, who left his home in Antioch and was ordained in Constantinople and founded a monastery under the Rule of the Akoemeti (i.e., the “Unsleeping”). (430)

### Psalm 140 (*Tone 4*) - (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 ascend to you like in - cense  
and the lifting up of my hands like an eve-ning sac - ri - fice. Hear  
me, O Lord!

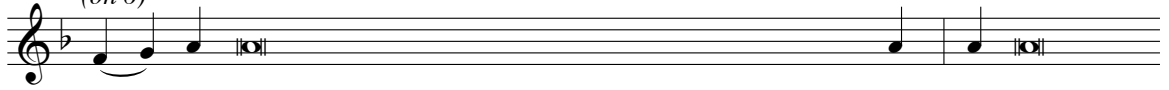
*Continue with Psalm 140: "O Lord, set a guard before my mouth..." (p.9).*

### Stichera at the Lamplighting Psalms

*3 stichera for our venerable mother Macrina from the Menaion:*

**Cantor - (Tone 4):**

(on 6)



If you, O Lord, should mark our guilt, Lord, who would sur-vive? But with you is



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

## (6) Sticheron

You have preserved your virginity uncorrupted \* and without stain; \* you lived a life of integrity and distributed all your wealth. \* You made the law of Christ the reality of your life; \* you have followed him by renouncing the vanities of the world, \* even while living on this earth. \* Because of this you were granted a reward in heaven by Jesus \* the Lover of us all \*\* and the Savior of our souls.

**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.

## (5) Sticheron

You have shown that the spiritual \* is truly noble, eternal, and wise. \* Because of this, you were drawn to avoid every taint of sin, \* to be free of all worldly cares, \* to even transform the bonds of the family \* which have neither blemish nor fault but rather are pleasing to God. \*\* And so you appeared pure and immaculate before your Bridegroom.

**Cantor:**

(on 4)



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

#### (4) Sticheron

At the time of your death, \* O most praiseworthy one, \* your countenance became as bright as the stars. \* You were extolled by Christ as his holy virgin \* because you were

kind and merciful, \* compassionate and God-like. \* Having lived a life equal to the angels, \*\* you became pleasing to God by your life of virtue.

*3 stichera for our venerable father Dios from the Menaion:*

**Cantor – (Tone 4):**

(on 3)

Be - cause with the Lord there is mercy and fullness of redemp-tion,  
Is - rael indeed he will re-deem from all its in - i - qui - ty.

### (3) Sticheron

We sing to you, O blessed Dios, \* as a star rising mystically in the firmament of the Church. \* Your divine light ceaselessly illumines the soul and spirit \* of those who venerate your radiant feast each year, \* acclaiming you as the author of miracles, \*\* a holy priest and the jewel of monks.

**Cantor:**

(on 2)

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

### (2) Sticheron

Like another Aaron, \* whose staff blossomed, \* you entered the holy priesthood. \* Like Moses, you drew water from the rock. \* Like Elijah, you raised a dead person by your prayers. \* You are glorified by incomparable miracles \* and crowned by the fame of holiness, \*\* O blessed and godly-minded father Dios.

**Cantor:**

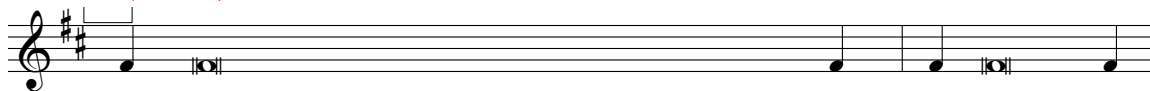
(on 1)

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

### (1) Sticheron

Having manifestly inherited the lights of the Holy Spirit, \* you drove out the spirits of evil \* and built a holy place for spiritual contemplation. \* There, each day, mercy is found by the multitude \* who venerate in faith your memory, \* your valiant struggles and your wondrous miracles, \*\* O Dios, glory of the fathers!

**Cantor - (Tone 7):**



Glo - ry to the Father and to the Son and to the Holy Spir-it, now and ever and

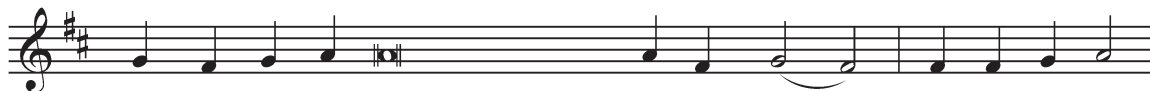


for - ev - er. A - men.

**Theotokion**



To-geth-er with the an-gels, let us all cry out with songs to the The - o - to - kos,



since she has giv - en birth to the Savior of the World. She still re-mains



a virgin after giv-ing birth. She de - liv - ered the world from error by



giv-ing birth. She gave us the Food which will never be con-sumed.



With her milk she fed the Sav - ior of our Souls.

*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 7)*

## Aposticheron:


①



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



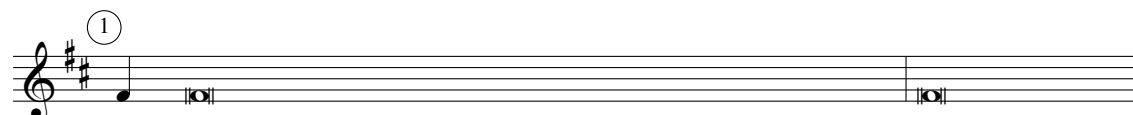
before you like one of your serv - ants, O God. Have mer - cy on me,




O Lov - er of us all.

## Cantor:

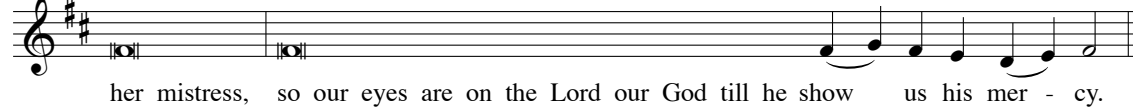
①



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 hand of



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


## Aposticheron:



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



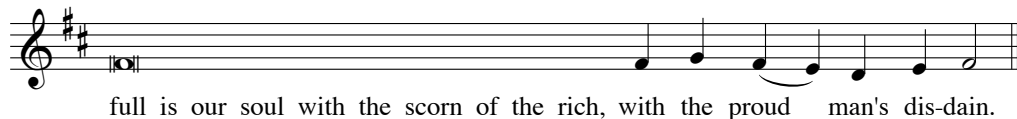
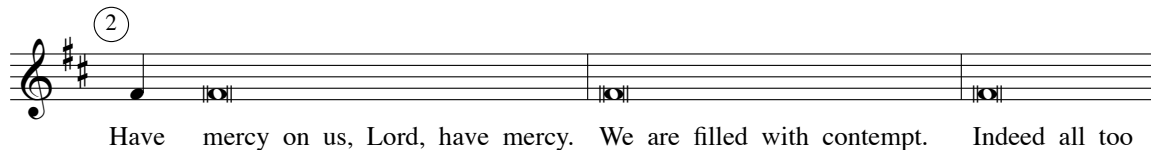
be-cause of my man - y sins. My soul is wound-ed; to whom can I turn?



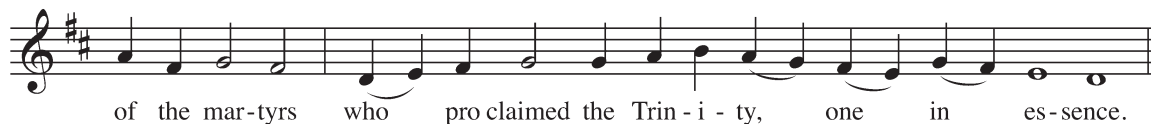
On - ly to you, the compassionate Heal-er of souls. Pour out on me,



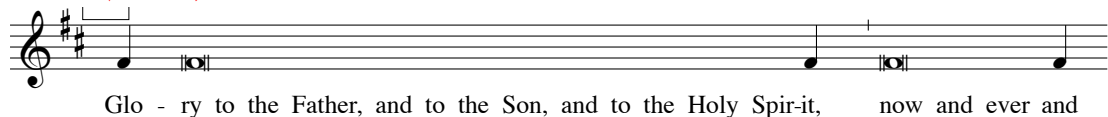
**Cantor:**



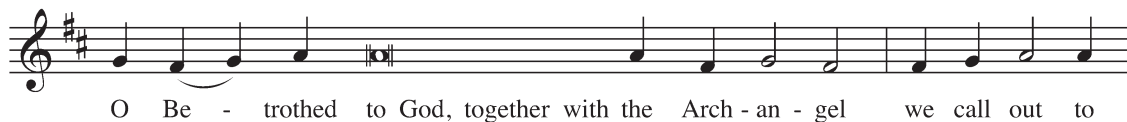
**Aposticheron:**

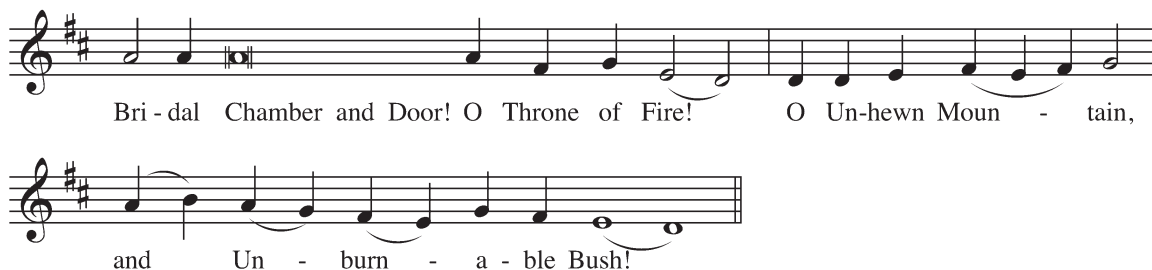


**Cantor (Tone 7):**



**Theotokion**

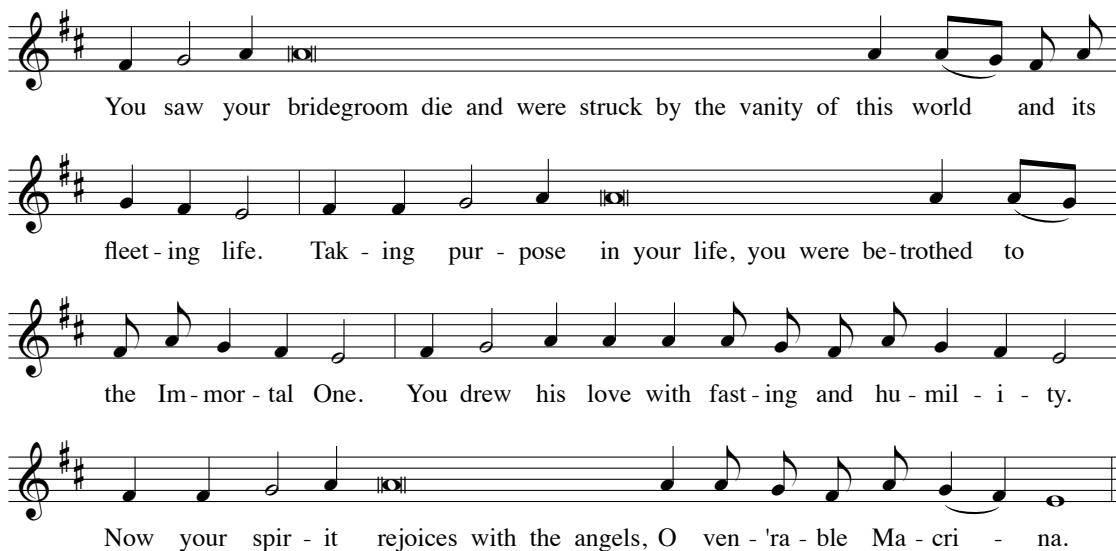




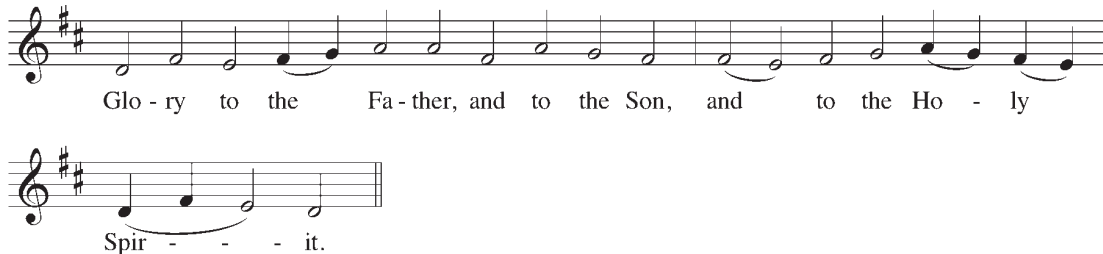
*Continue with the Prayer of the Holy Prophet Simeon (p. 21).*

### **Troparia & Theotokion - (p.23)**

#### **Troparion - Tone 2**



#### **Cantor (Tone 8):**



#### **Troparion - Tone 8:**

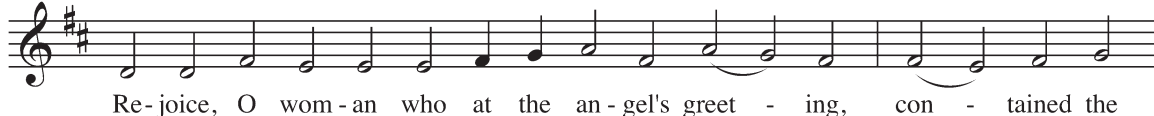




**Cantor (Tone 8):**



### Theotokion



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

<sup>1</sup>Format 3: Two Saints on a Weekday