

VESPERS PROPER FOR FEBRUARY 12TH, 2024

from the Triodion & Menaion

CHEESEFARE SUNDAY (SUNDAY OF FORGIVENESS)

¹**Our holy father Meletius, archbishop of Antioch**, was elected to the patriarchal see in 360, but within a month he was sent into exile by Emperor Constantius. Reinstated in 379, he held a council of 150 bishops and took a prominent role in the Ecumenical Council of Constantinople (381). He was persecuted on account of the Nicene faith with frequent exile and soon after presiding over the First Ecumenical Council of Constantinople departed to the Lord. His virtues were celebrated with the highest praises by Saints Gregory of Nyssa and John Chrysostom (381)

Psalm 140 (*Tone 4*)

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.8).

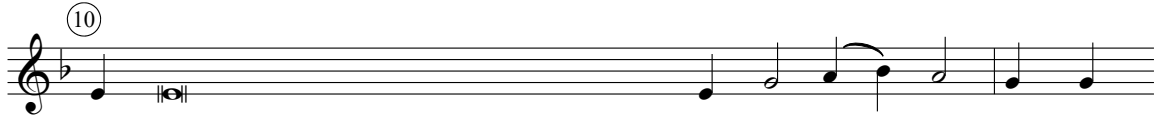
Stichera at the Lamplighting Psalms

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

(on 10)



Sticheron



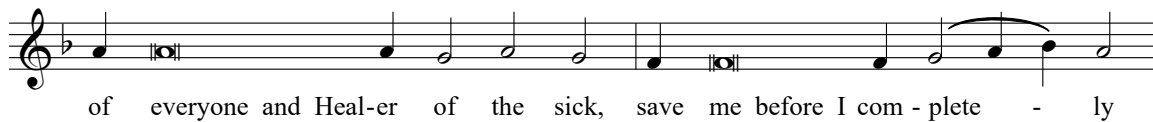
Cantor:



Sticheron



2



Cantor:

(on 8)



Sticheron

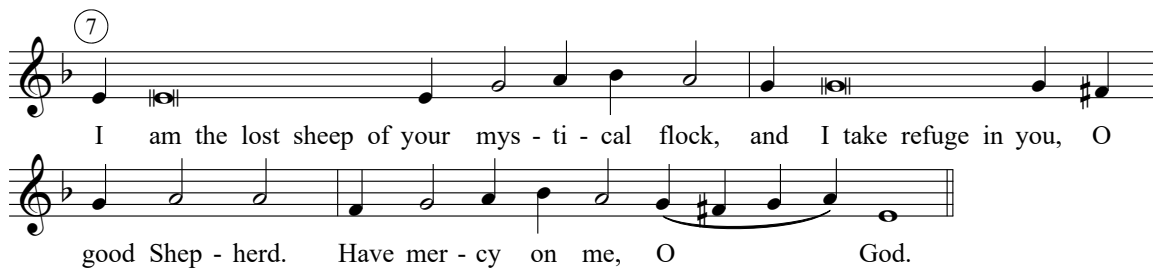


Cantor:

(on 7)



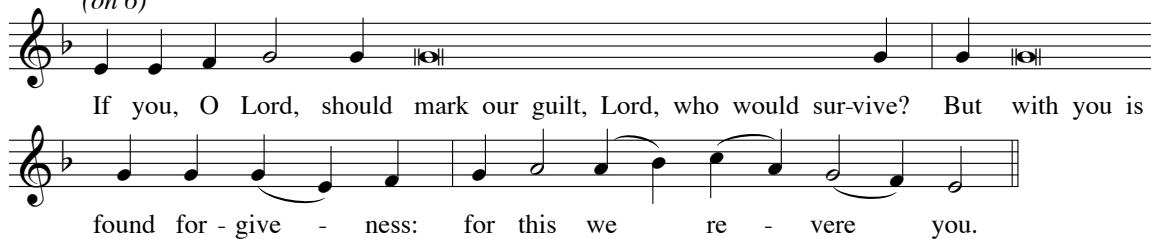
Sticheron



3 stichera for Cheesefare Sunday from the Triodion:

Cantor – (Tone 2):

(on 6)



If you, O Lord, should mark our guilt, Lord, who would sur-vive? But with you is
found for - give - ness: for this we re - vere you.

Sticheron

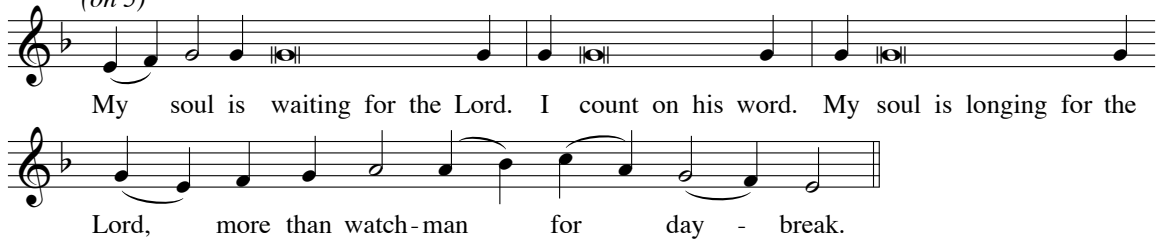
Tone 2 podoben: Jehda ot dreva



En - ter - ing in - to the a - re - na of the ho - ly Fast, let us
make ev - 'ry ef - fort to hum - ble our flesh by ab - sti-nence;
in prayer and with tears let us seek the Lord our Sav - ior, and, that
we might turn a - way from our e - vil deeds, let us say to him:
We have sinned a - gainst you, O Christ our King; save us
as you saved the Nin - e - vites of old, and in your good - ness, grant us a share
in the King - dom of Heav - en.

Cantor:

(on 5)



(5) Sticheron

(5)



Cantor:

(on 4)



Sticheron

(4)

Let us be - gin the time of this bright Fast giv - ing our-selves
to spir - it - ual strug - gle. Let us san - cti - fy our souls and
pur - i - fy our flesh. Let us not on - ly fast from food; let us al - so
ab - stain from ev - 'ry pas - sion and cul - ti - vate spir - it - ual vir - tues.
And let us faithfully per - se - vere in this, so that we may be wor - thy
to see the ho - ly Pas - sion of Christ our God and the joy of his
ho - ly Res - ur - rec - tion.

3 stichera for holy father Meletius 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.

Sticheron

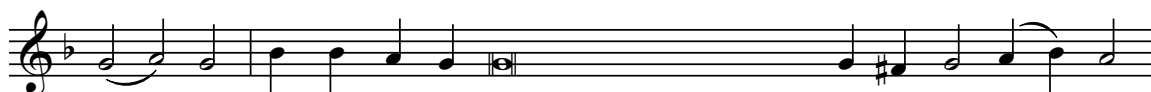
(3)



You wise - ly taught that the Word, co - eternal with the Fa - ther, and bo - di - less,



was united to his flesh in his Per - son with - out un - dergoing change or con -



fu - sion. He may be con - templated in two natures and in two en - er - gies,



which may not be separated from one an - o - ther be - cause of their real u - nion.

Cantor:

(on 2)



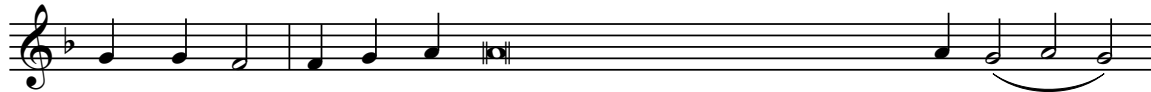
Praise the Lord, all you na - tions, ac - claim him all you peo - ples!

Sticheron

(2)



O blessed Me - le - tius, you delighted in the law of the Lord. As the



Script - ures say, you be - came a tree planted near the waters of asce - ti - cism.

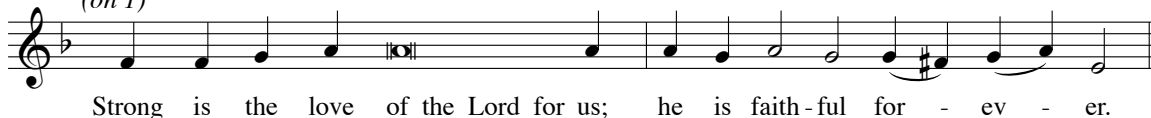


You yield - ed the fruit of the vir - tues by the grace of the one who enlight - ened



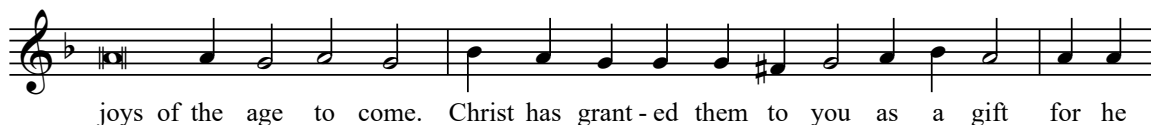
Cantor:

(on 1)

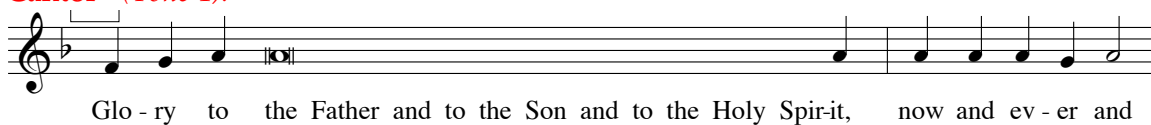


Sticheron

(1)



Cantor - (Tone 4):





for - ev - er. A - men.

Theotokion



O Most Im-mac-u-late One, wheth-er I sail on the sea, travel on land, or rest at home,



give me grace and keep my mind a - lert. En - a - ble me to do God's will,



so that be - cause of the sins of my life, I will find myself hastening under



your pro - tec - tion on the day of judg - - - ment.

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

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

Aposticha

The aposticha are from the Triodion:

(Tone 4)

(1) (2) Aposticheron:



The light of your grace has shone upon our souls, O Lord. Be - hold, this is the



favorable time, the sea-son of con - ver - sion. Let us turn away from the works



of dark-ness, and let us clothe ourselves with the ar - mor of light, so that



cross-ing the o-cean of the Fast, we may come to the harbor of the Resurrection

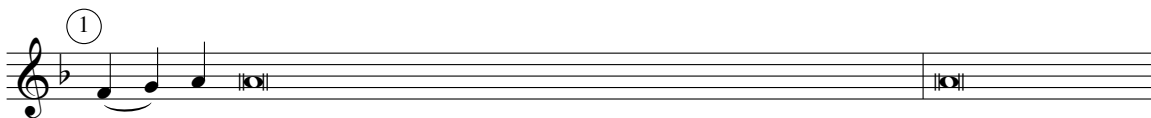


on the third day with our Lord Je - sus Christ, the Sav - ior of



our souls.

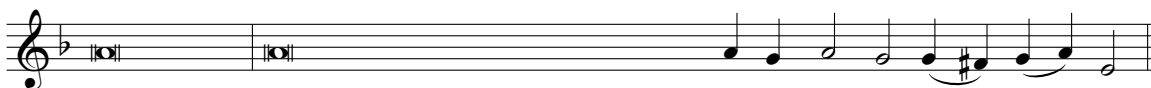
Cantor:



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 hands of



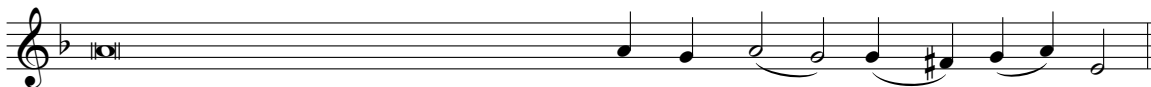
her mistress, so our eyes are on the Lord our God till he show us his mer - cy.

Repeat: "*The light of your grace...*"

Cantor:



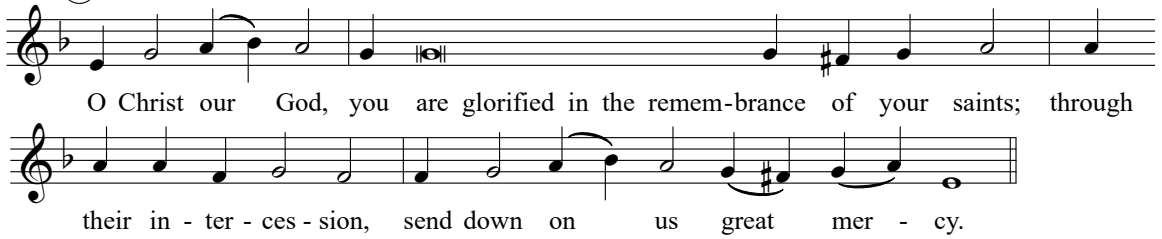
Have mer-cy on us, Lord, have mercy. We are filled with contempt. Indeed all too



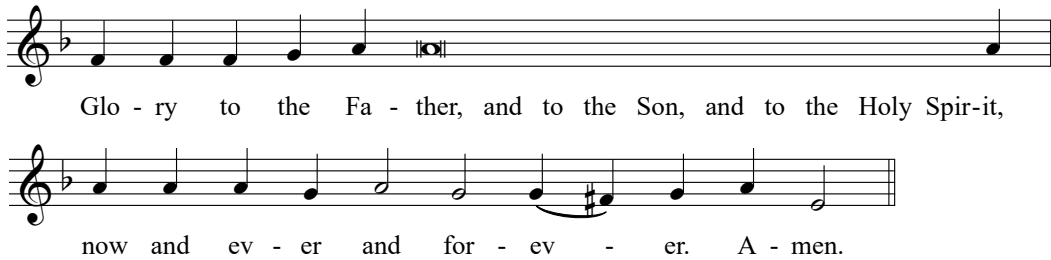
full is our soul with the scorn of the rich, with the proud man's dis - dain.

Aposticheron:

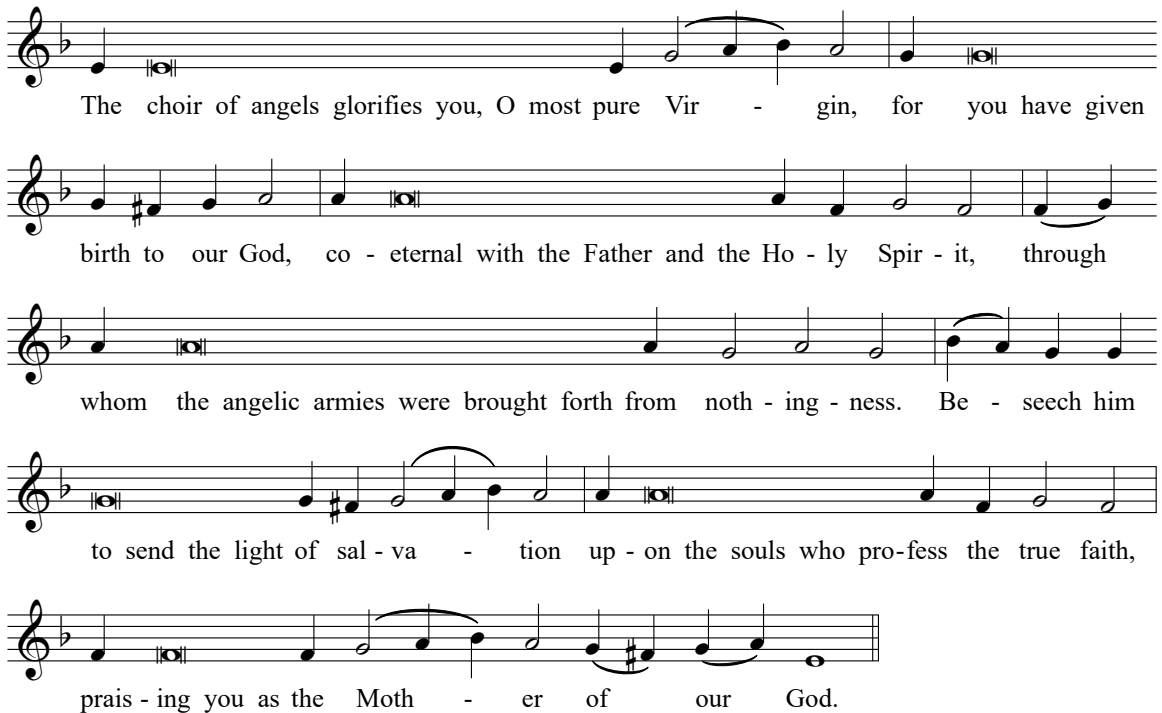
(3)



Cantor (Tone 4):



Theotokion



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

