

Vespers on Cheesefare Sunday

PR: Pr: Blessed is our God, always, now and ever, and
forever.

R: Amen.

Glory be to You, our God, glory to You!

Heavenly King, Comforter, Spirit of Truth, Who are everywhere present and fill all things,
Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save
our souls, O gracious Lord.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*Three times*)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

O most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our
transgressions; O Holy One, come to us and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

Our Father Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on
earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we
forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Pr: For Thine is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, now and
ever, and forever.

R: Amen.

Lord, have mercy. (*Twelve times*).

Glory be to the Father, and to the Son, and to the Holy
Spirit, now and ever, and forever. Amen.

R: Amen.

Come, let us adore the King, our God.

Come, let us adore Christ, the King and our God.

Come, let us adore and bow down to the only Lord Jesus Christ the King and our God.

(Sit)

PSALM 103

Bless the Lord, O my soul!

You are very great, O Lord my God.
Clothed in pomp and brilliance;
arrayed with light as with a cloak.
Stretching out the sky as a tent cloth,
covering your lofty halls with water.
You make the clouds your conveyance;
you surge on the wings of the wind.

You make spirits your messengers,
and flaming fire your attendants.
You settle the earth on its firm foundation;
it shall stand unmoved from age to age.

The abyss covers it like a garment,
waters stand over the mountains.
At Your rebuke they will take flight;
at the peal of Your thunder they will fear.

They hurdle the hills and run down the dales,
to the place you have chosen for them.
You have set up a boundary not to be passed;
they shall never return to cover the earth.

Down in the gullies You make springs to rise;
water shall go down between the
mountains.

They shall give drink to the beasts of the
field,
wild asses will seek them to quench their
thirst.

The birds of the air will abide by them;
from among the rocks they will raise their
song.

From your lofty halls you refresh the
mountains;
the earth shall be fed with the fruit of
your works.

You make green pastures for the cattle,
and food plants for the service of man.
So that bread may be brought for from the
earth,
and wine that gladdens the heart of man.

So that oil may put a gleam upon his face;
and that bread may strengthen the heart
of man.

The trees of the plain will be satisfied,
the cedars of Lebanon that He planted.
The sparrows will build their nests in them;
and the herons will call them their home.
To the deer belong high mountains,
to rodents the shelter of the rocks.

You have made the moon to mark the
seasons,
the sun knows the time of its setting.
You establish darkness and it is night,
wherein the forest creatures prowl around.

Young lions roar for their prey,
and call out to God for their meat.
As the sun rises, they will come together,
and lay themselves down in their dens.

Man will go out to his labor,
and work until eventide.
How great are your works, O Lord!

In wisdom You have made them all. The earth is filled with Your creatures.

Even the wide and open sea itself,
within it there are countless creeping things, living beings small and large.
Upon it there are ships a-sailing,
and that great beast You made to have fun.

All of them look up to You,
to give them their food in due time.
You provide and they gather up;
You open Your hand and they are full.

You hide your face and they cringe;
You suspend their breath, and the die and return to their dust.
You send forth your breath and they live;
You renew the face of the earth!

May the Lord's glory endure forever,
may the Lord rejoice in His works.
He looks upon the earth and makes it quake;
He touches the mountains and they smoke.

I will sing to the Lord as long as I live,
I will praise my God as long as I last.
Would that my thoughts be pleasing to Him;
and I will rejoice in the Lord.

May sinners vanish from the earth,
and may the wicked be no more.
Bless the Lord,
O my soul!

The sun knows the time of its setting.
You establish darkness and it is night.
How great are your works, O Lord!

In wisdom You have wrought them all.

Glory be to the Father, and to the Son, and to the Holy Spirit,
now and ever, and forever. Amen.

Alleluia! Alleluia! Alleluia!
Glory be to You, O God *(three times)*

(You may sit during the Litany)

LITANY OF PEACE

Pr: In peace, let us pray to the Lord.

R: Lord, have mercy. *(after each petition)*

Pr: For peace from on high, and for the salvation of our souls, let us pray to the Lord.

Pr: For peace throughout the world, for the well-being of God's holy churches and for the unity of all, let us pray to the Lord.

Pr: For this holy church, and for all who enter it with faith, reverence and the fear of God, let us pray to the Lord.

Pr: For our most holy universal Pontiff N., Pope of Rome, for our most blessed Patriarch, N., our most reverend Metropolitan, N., our God-loving Bishop, N., the reverend priesthood, the diaconate in Christ, and all the clergy and the people, *let* us pray to the Lord.

Pr: For our nation under God, for our government and for all the military, let us pray to the Lord.

Pr: For this city, for every city and country and for the faithful who live in them, let us pray to the Lord.

Pr: For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Pr: For the seafarers and travelers, for the sick and the suffering, for those held captive and for their salvation let us pray to the Lord.

Pr: That we may be delivered from all tribulation, wrath and misfortune, let us pray to the Lord.

Pr: Help and save, have mercy and protect us, O God, by your grace.

Pr: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

R: To you, O Lord.

Pr: For all glory, honor and worship befit you, Father, Son and Holy Spirit, now and forever and ever.

R: Amen.

(Stand)

PSALM 140

O Lord, I have cried to You, hear me.
receive the voice of my prayer when I call upon You.

Let my prayer rise like incense before You,
the lifting up of my hands like an evening sacrifice.

Set a guard, O Lord, before my mouth
and a portal around my lips.

Incline my heart away from evil dealings,
from finding excuses for sinful deeds.

In company with those who work iniquity,
let me not partake of what they chose.
May the just man chasten me with justice and reprove me;
may the oil of the wicked never touch my head.

Yet even then shall I pray for their welfare.
Their rulers were swallowed near the rock.
My words will be heard for they were sweet.
As a lump of clay broken on the ground so
their bones were strewn near the grave.

To you, Lord, O Lord, my eyes are lifted up;
In You have I hoped; let not my soul be lost.

Keep me from the snare that was set up for me
and from the stumbling blocks of the wicked.

The wicked will fall into their own nets,
while I remain alone until I can escape.

PSALM 141

With all my voice I cry to the Lord,
with all my voice I entreat the Lord.
I pour out my trouble before Him;
I tell him all my distress while my spirit
faints within me.
But You, O Lord, know my path.
On the way where I shall walk they have
hidden a snare to entrap me.

Look on my right and see:
there is no one who takes my part.
I have no means of escape,
not one who cares for my soul.
I cry to You, O Lord.
I have said: "You are my refuge,
all I have in the land of the living."

Listen then to my cry
for I am in the depths of distress.
Rescue me from those who pursue me
for they are stronger than I.
Bring my soul forth from prison,
and then I shall praise Your name.
The just will gather around me,
when You have been good to me.

PSALM 129

Out of the depths I cry to You;
O Lord, O Lord hear my voice!
Let Your ears be attentive
to the voice of my call.

(Tone 2 Podoben – "Jehda ot dreva")

If you, O Lord mark iniquities, Lord who can stand? ~~ But with you IS forgiveness.

Let us all hasten to purify our flesh through fasting / as we enter the di-vine battlefield, / the arena of the cleans-ing great fast. / Let us tearfully pray to the Lord our Savior, / turning away com-plete-ly from sin / "We have sinned against You, O Christ the King. / Save us as You saved the Ninevites, / and O Com-pass-ionate One / let us partake of Your hea-ven-ly king-dom.

For Your Name's sake, O Lord, I have waited for You, my soul has trusted in the Lord.

If I were to i-mag-ine the punishments / all my deeds de-serve, O Lord, / I would fall into des-pair, O Savior. / I have disobeyed Your no-ble commands, / wasting my life in extravagance. / Wherefore I beg of you: / cleanse me with showers of forgiveness / and strengthen me with fast-ing and prayer, / for You a-lone are compassionate. / Reject me not, All-Boun-tiful One, / Whose goodness is be-yond ev-ry measure.

(STAND)

(Tone 2 – Samohlasen)

Glory be to the Father, and to the Son, and to the Holy Spirit, now and ev-er and for-*ev-* er. Amen. /

Let us be-gin the season of Fast, *with joy*, / giv-ing ourselves to spi-rit-ual deeds, / cleansing our soul and body by control-ling our passions, / as we limit our food and live on the virtues of the Spir-it. / Let us per-se-vere in our long-ing for Him / that we may be worthy to be-hold the most solemn Pas-sion of Christ / and the most Holy Pass-o-ver, / rejoicing the while with spir-it-ual hap-pi-ness.

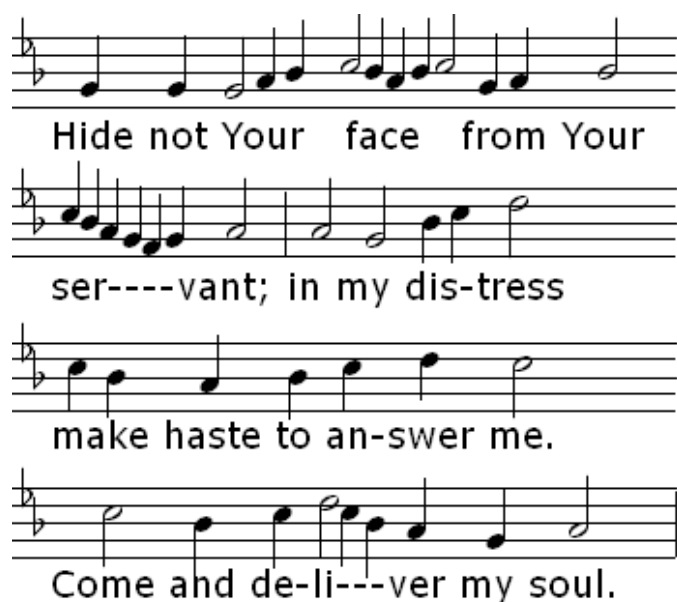
(The priest in phelonion makes the entrance with the censor.)

Pr: Wisdom! Be attentive!

R: O Joyful Light! Light and Holy Glory of the Father Immortal, the Heavenly, Holy the Blessed One; O Jesus Christ! Now that we have reached the setting of the sun and see the evening light, we sing to God, Father, Son and Holy Spirit. It is fitting at all times to raise a song of praise in measured melody to You, O Son of God, the Giver of Life. Behold the universe sings Your glory!

Great Prokimenon

Pr: Let us be attentive! Peace be with all!
Wisdom, be attentive!



Hide not Your face from Your
ser----vant; in my dis-tress
make haste to an-swer me.
Come and de-li---ver my soul.

Pr: *But I am afflicted and in pain; let Your saving help, O God, lift me up.*

Pr: *See, you lowly ones, and be glad; see the Lord and your souls shall find life.*

(The priest removes his phelonion and goes before the Royal Doors.)

**O Lord, keep us this night / without sin.
Blessed are You, O Lord, God of our fathers,
/and praised and glorified is Your name
forever.**

**Let Your mercy, O Lord, be upon us, /
because we have set our hope in You.**

**Blessed are You, O Lord, /
teach me Your commandments**

**Blessed are You, O Master, / make me
understand Your commandments.**

**Blessed are You, O Holy One, /
enlighten me with Your laws.**

**O Lord, Your mercy endures forever; / do
not despise the work of Your hands.**

**It is proper to praise You, / and hymns
belong to You.**

**Glory belongs to You, Father, Son and
Holy Spirit, / now and ever, and forever.
Amen.**

(SIT)

THE LITANY OF SUPPLICATION

Pr: Let us complete our evening prayer to the
Lord.

R: Lord, have mercy.

Pr: Protect us, save us, have mercy on us and
preserve us, O God, by your grace.

R: Lord, have mercy.

Pr: That this whole night and the coming day
may be perfect, holy, peaceful, and without sin,
let us beseech the Lord.

R: Grant it, O Lord.

Pr: For an angel of peace, a faithful guide, a
guardian of our souls and bodies, let us
beseech the Lord.

R: Grant it, O Lord. *(and this is sung after each
petition)*

Pr: For the pardon and remission of our sins
and offenses, let us beseech the Lord.

Pr: For what is good and beneficial to our
souls and for the peace of the world, let us
beseech the Lord.

Pr: That we may spend the rest of our life in peace and repentance, let us beseech the Lord.

Pr: For a Christian, painless, unashamed, peaceful end of our life, and for a good account before the fearsome judgment-seat of Christ, let us beseech the Lord.

Pr: Remembering our most holy, most pure, most blessed and glorious Lady, the Mother of God and ever-Virgin Mary with all the Saints, let us commend ourselves and one another, and our whole life, to Christ our God.

R: To You, O Lord.

Pr: For You are a merciful and gracious God, and we render glory to You, Father, Son and Holy Spirit, now and ever, and forever.

R: Amen.

(*STAND*)

Pr: Peace be with all!

R: And with your spirit.

Pr: Bow your heads to the Lord.

R: To You, O Lord.

Pr: O Lord, our God, You lowered the heavens when You came down for the salvation of the human race. Now, look upon Your servants and upon Your inheritance; for they have bowed their heads to You, the Judge, both awesome and loving. They do not await human help, but look for Your mercy, and are ready to receive Your salvation. Guard them at all times, this evening and tonight, against all enemies, against the devil's assaults, against vain thoughts and evil dreams. May the might of Your kingdom be blessed and exalted,

Father, Son, and Holy Spirit, now and ever, and forever.

R: Amen.

Hymns at the Praises (Tone 4)

(*SIT*)

Your grace has ri-sen, O Lord, / the illumination of our souls has *shone* forth. / Now is the acceptable time, the season of *repen-tance* is here. / Let us cast a-side the works of darkness, and put on the ar-mor of light / that we might pass through the tem-pest of the Fast / and reach the goal of the third day resurrection of Jesus Christ our Lord *and* Sa-vior, / Who is the Sa-vior of our souls.

I lift up my eyes to You, to You Who have Your home in heaven – eyes like the eyes of slaves fixed on their master's hand; - like the eyes of a slave girl fixed on the hand of her mistress, - so are our eyes fixed on the Lord our God for Him to take pity on us.

O Christ, our God, we give glo-ry to You / when we *re*-member Your saints. / Now through their prayers send upon us Your great *mercy*.

(*STAND*)

Glory be to the Father and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

The choirs of angels praise you , O most holy Mo-ther of God; / for you bore God Who ever exists with the Father and the Ho-ly Spir-it. / by Whose will the choirs of angels wer created out of nothingness. / Therefore *be*-seech Him to save our souls from *cor-rup*-tion. / for we praise *you* with true faith, O most pure One!

(*The priest returns to the ambon.*)

Canticle of Simeon

Now You may dismiss Your servant, O Lord,
according to Your word in peace.
Because my eyes have seen Your salvation
which You have prepared in the sight of
all the peoples.
A Light of Revelation to the Gentiles
and the glory of Your people Israel.

Holy God, Holy and Mighty, Holy and
Immortal, have mercy on us. (*Three times*)

Glory be to the Father, and to the Son, and to
the Holy Spirit, now and ever, and forever.
Amen.

O most Holy Trinity, have mercy on us; O
Lord, cleanse us of our sins; O Master, forgive
our transgressions; O Holy One, come to us
and heal our infirmities for your name's sake.

Lord, have mercy. (*Three times*)
Glory be to the Father, and to the Son, and to
the Holy Spirit, now and ever, and forever.
Amen.

Our Father Who art in heaven, hallowed be
Thy name. Thy kingdom come, Thy will be
done on earth as it is in heaven. Give us this
day our daily bread, and forgive us our
trespasses as we forgive those who trespass
against us, and lead us not into temptation,
but deliver us from evil.

Pr: For Thine is the kingdom, and the power,
and the glory, Father, Son, and Holy Spirit,
now and ever, and forever.

R: Amen.

Lenten Tropars

(*Tone 1*)

Rejoice, O Virgin Mother of God, Mary full of
grace; / the Lord is with you, blessed are you
among women, / and blessed is the fruit of
your womb / for you gave birth to the Savior
of our souls.

prostration

Glory be to the Father, and to the Son and to
the Holy Spirit.

Saint John, we pray to you, the baptizer of
Christ, / remember us that we may escape
from our transgressions / for to you was
given grace to intercede for us.

prostration

Now and ever and forever. Amen.

Pray for us, holy Apostles, Prophets, Martyrs
and all the Saints, / that we may escape
sorrows and tribulations / for we accept you
as powerful intercessors before the Savior.

prostration

We hasten to your protection, / O Virgin
Mother of God. / Turn not away from our
prayers in our tribulations, / but save us from
all troubles for you alone are pure and
blessed.

Lord, have mercy. (40)

Give the blessing!

PR: Blessed and glorified are You, O Christ
our God, always, now and ever, and forever.

R: Amen.

PR: O Heavenly King, strengthen our civil authorities, establish the Faith on a solid foundation, give peace to the nations and secure protection for this holy place. Establish our departed ancestors, brothers and sisters, in the mansion of the Just; and deign to receive us who repent and confess, for You are the merciful God Who loves mankind.

R: Amen.

Lord, have mercy. (3)

Glory be to the Father, and to the Son, and to the Holy Spirit, / now and ever, and forever. Amen.

More honorable than the Cherubim and beyond compare more glorious than the Seraphim, who a virgin gave birth to God the Word; you, truly the Mother of God, we magnify.

Bless us Father, in the name of the Lord.

PR: Through the prayers of our Holy Fathers, O Lord Jesus Christ, our God, have mercy on us.

R: Amen.

Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

(prostration)

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

(prostration)

O Lord and King, grant me the grace to be aware of my sins, and not to judge my brother; for You are blessed now, and ever and forever. Amen.

(prostration)

The Request for Forgiveness

*And the people come to the front, row by row, and standing before the priest they say: **Father, forgive me, a sinner.** And if they are able, they make a prostration.*

The priest says: May God Himself forgive you, and have mercy on you. The priest then also requests forgiveness and makes a prostration before the faithful.

Prayer for the Great Fast

ALL KNEEL

PR: O Lord, Jesus Christ, our God, and hope of all on land and of those far away at sea, You have established these holy days of fasting by Your law and the prophets, as a way for our mortification and repentance.

At the proper time, You showed Yourself in the flesh on this earth, and by Your fast of forty days and nights, You made the practice of fasting holy and commanded us to follow Your example.

As a merciful and gracious God, help us to complete these days of the Fast with perfect repentance, with humility instead of hypocrisy, with fervent prayer, with hunger and thirst, with frequent prostrations, and with a contrite heart.

Send us an angel of peace to watch over our lives, to protect us from all the snares of our enemies, and to help us to do good deeds. Make us strong by Your power so that we may finish the spiritual works of the Great Fast. Then, with our passions in control and our souls and bodies properly cleansed, we will be worthy to take part, without condemnation, of Your most pure Body and Your most precious and life-giving Blood.

For You are the Lover of Mankind, and we glorify You, with Your Eternal Father, and Your All-Holy Spirit, now and ever and forever.

R: Amen.

Dismissal

PR: Glory be to You, O Christ, our God, our hope; glory be to You!

R: Glory be to the Father, and to the Son, and to the Holy Spirit, / now and ever, and forever. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing!

PR: May Christ, our true God, have mercy on us and save us through the prayers of His most pure Mother, and through the intercession of the Holy Angels, the holy and praise-worthy Apostles, and of Saint _____, whom we remember today, and through the prayers of all the saints, for He is gracious and loves mankind.

R: Amen.

Having suffered, the passion for us, Jesus Christ, Son of God, have mercy, have mercy, have mercy on us.

Preter-pivoy za nas strasti, Isuse Khriste, Syne Bozhy, pomiluy, pomiluy, pomiluy nas.