

MARCH 31

Wednesday of the Fifth Week of Great Lent

**Rest of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts
and Apostle to the Americas**

"Lord I Call..." Tone 5

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,
when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

v. (10) Bring my soul out of prison, that I may give thanks to Your name!

v. (9) The righteous will surround me; for You will deal bountifully with me.

v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!

Tone 5 Idiomelon (from the Lenten Triodion)

Banished from Your straight path by the passions, O Christ,

in my wretchedness I have fallen down into the pit.

The Levite and the priest both passed me by,

but You, O Christ, had mercy on me.

You tore up the handwriting of my sins by the weapon of the Cross,
enlightening me with passionlessness and enthroning me on high with
the Father.

Therefore I cry to You://

"O incomprehensible Lord, glory to You!"

v. (7) Let Your ears be attentive to the voice of my supplications!

Tone 8

I went down from Jerusalem,
slipping away from the commandments that You wrote there for all nations,
and I journeyed to Jericho,
yielding to my lusts like the dwellers there of old,
whom You gave to be slaughtered for their sins by Your people.
Through disobedience I fell into soul-destroying passions as though into
the hands of thieves;
beating me, they left me almost dead.
But, O Lord, as You voluntarily endured the nails and the spear because
of man's sin,
and wrought universal salvation through the Cross in Jerusalem,//
heal me, and save me!

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

Tone 8 (from the Lenten Triodion, by Joseph) (What shall we call you)

O faithful, let us control our passions through abstinence;
let us have love as our food!
Let us strive to live a life that is acceptable to God!
For our sake, He was raised upon the Cross,
and His side was pierced by a spear.
In this way we shall enjoy the food of eternal life,//
glorifying the Savior of our souls.

v. (5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.

Of old, we received death from the tree,
but now we find life again through the Tree of the Cross.
So let us put to death the impulses of the passions!
O faithful, let us entreat the Benefactor,
that, shining with the radiance of divine works, and adorned with virtues,
we may attain the saving Resurrection,//
glorifying the Savior of our souls!

v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!

Tone 2 *(from the Lenten Triodion, by Theodore)*

We praise Your life-bearing Cross, O Lord,
the suffering of Your holy flesh on our behalf,
the spear, the slaughter, the derision,
the spitting, scourging, and the buffeting,
the robe of purple and the crown of thorns.
By these, You have delivered us from the curse.
Therefore, we entreat You://
“Enable us to complete the time of the fast in peace!”

v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

Tone 6* *(from the Menaion, for St. Innocent)*

Called to the New World by the grace of God
as a skilled helmsman of the ship of Christ,
you endured dangers on the sea,
as you led those adrift in darkness, delusion and the storms of passions
to the calm harbor of salvation.
Pray for us now, Holy Father Innocent,//
before the Holy Trinity!

v. (2) Praise the Lord, all nations! Praise Him, all peoples!

A prophet raised up from among the Aleuts
heard from an angel that you would journey afar,
leaving your family to speak with a great man.
Once his words had been fulfilled,
by the infinite wisdom and mercy of God
we received you again as the first bishop to rule our land.//
Intercede now for the flock you have gathered!

v. (1) For His mercy is abundant towards us; and the truth of the Lord endures forever.

* Music for the stichera for St. Innocent from the Department of Liturgical Music and Translations can be downloaded at www.oca.org. This stichera is listed as the Stichera at the Aposticha.

People of two continents with different tongues and customs
rejoice today through you in the mystery of the tongues of Pentecost
and in the fall of the cursed tower of human pride,
which kept at enmity all the nations of the earth,
until they were swept into the net of faith//
worshipping the consubstantial Trinity.

Glory to the Father, and to the Son, and to the Holy Spirit;

Tone 6 *(from the Menaion, for St. Innocent)*

In mortal danger from a storm at sea,
you looked to the North Star of the Church of Christ,
and, through the prayers of St. Herman of Alaska,
found grace and deliverance//
With him now intercede for our souls!

now and ever, and unto ages of ages. Amen.

Tone 6 *(Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?
Who will not sing of your most pure childbearing?
The only-begotten Son shone timelessly from the Father,
but from you He was ineffably incarnate.
God by nature, yet Man for our sake,
not two persons but one known in two natures.
Entreat Him, O pure and all-blessed Lady//
to have mercy on our souls!

Tone 4 **Prokeimenon**

Lord, You have been our refuge / from generation to generation. *(Ps 89/90:1)*

v: Before the mountains were brought forth, or the earth and the world were made. (Ps 89/90:2)

Reading from Genesis (15:1-15)

Tone 4 Prokeimenon

He who dwells in the shelter of the Most High / will abide in the shadow of the Almighty. (Ps 90/91:1)

v: He will say to the Lord: "You are my Protector" (Ps 90/91:2)

Reading from Proverbs (15:7-19)

Gospel: John 10:9-16

Aposticha

Tone 5 Idiomelon *(from the Lenten Triodion)*

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in my wretchedness I have fallen down into the pit.
The Levite and the priest both passed me by,
but You, O Christ, had mercy on me.
You tore up the handwriting of my sins by the weapon of the Cross,
enlightening me with passionlessness and enthroning me on high with
the Father.

Therefore I cry to You: //
"O incomprehensible Lord, glory to You!"

v: I lift up my eyes to You, enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us. (Ps 122/123:1-2)

Tone 8

I went down from Jerusalem,
slipping away from the commandments that You wrote there for all nations,
and I journeyed to Jericho,
yielding to my lusts like the dwellers there of old,
whom You gave to be slaughtered for their sins by Your people.
Through disobedience I fell into soul-destroying passions as though into
the hands of thieves;
beating me, they left me almost dead.
But, O Lord, as You voluntarily endured the nails and the spear because
of man's sin,
and wrought universal salvation through the Cross in Jerusalem, //
heal me, and save me!

v: Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud. (Ps 122/123:3-4)

Your martyrs, O Lord,
forgetting the things of the present life
and despising torture in their longing for the life to come,
were granted this eternal life as their inheritance,
and now they rejoice with the angels.//
At their supplications bestow upon Your people Your great mercy.

*Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.*

O Lord, the Sun of righteousness,
When the sun beheld You hanging on the Cross,
it hid its rays, and the light of the moon was changed to darkness;//
and Your all-blameless Mother was pierced to the very heart!

(And the rest of lenten daily Vespers)