

**MARCH 31**

**Tuesday of the Fifth Week of Great Lent**

**Vespers (sung on Monday)**

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

**"Lord I Call..." Tone 3**

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

**Tone 3**      *(from the Lenten Triodion, by Joseph)*

You have given us this time of the fast, O Word of God,  
so that we might turn and live;  
so that no one would perish.  
Enable us all to please You well,  
and to serve You in fervent compunction, O Christ;  
that we may be like the chaste and wise harlot of old,  
who, through the pouring out of myrrh and fervent tears,//  
received remission of her transgressions.

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

Like the blind man, I cry from my heart:  
“Enlighten the eyes of my heart, O Son of God!  
Like the faithful Canaanite woman, I cry to You:  
Have mercy on me, O bountiful One;  
for my soul is possessed by pleasure's demons.  
When You have delivered it from the darkness of passions,  
enable me to spend the rest of my life in purity,//  
that I may glorify Your great love!”

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

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

The divinely-radiant grace of abstinence  
shines on us today more than the sun,  
enlightening our souls and dispelling the clouds of sinful passions.  
Let us all hasten to embrace it with joy,  
and with good courage persevere in the course of the fast!  
Let us cry out with gladness to Christ://  
“O Gracious One, sanctify those who faithfully fulfill the fast!”

*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.*

**Tone 2\***      *(from the Menaion, for St. Innocent)*

O Holy Father Innocent,  
like the Apostles long ago,  
you accepted the Lord's command to baptize all peoples in His name;  
you left your homeland to proclaim His truth  
to an island people sitting in darkness.//  
With them lead us down the path to the Kingdom of Heaven!

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

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\* Music for the stichera for St. Innocent from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

Like the betrothed of the Theotokos,  
you worked with your hands in humility;  
and through you, like Constantine, churches blossomed throughout the land,  
built for the feeding of the flock//  
that you gathered and led into the Kingdom of Heaven.

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

Like the Holy Brothers† from Thessalonica,  
who brought illumination to your forefathers,  
you labored to bring this same inheritance  
to untaught peoples placed in your care;  
that, worshipping the One True God in words of many tongues,//  
they might, by the Word, be led into the Kingdom of Heaven.

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

**Tone 2**      *(from the Menaion, for St. Innocent)*      *(With what crowns)*

With what crowns of praise shall we adorn the wise Apostle of our land?  
With the radiant Gospel of salvation he came bodily to enlighten an island  
people,  
who sat in darkness and ignorance;  
by planting there the Orthodox Faith//  
he brought to them great mercy from Christ our God.

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

With what songs of praise shall we now bless Innocent, our Teacher wise  
in God?  
As the first archpastor to rule our land,  
by word and deed he taught us the way we must go  
to attain the glorious Kingdom, won and promised to us by Christ,//  
from Whom we have great mercy.

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

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† Sts. Cyril and Methodius

**Tone 2**      *(from the Menaion, for St. Innocent)*

Truly the Lord guided you along paths of many labors,  
through many lands, to many peoples,  
to enlighten a multitude of hearts,  
and to guide and counsel an army of souls//  
down the narrow path that alone leads into the Kingdom of Heaven.

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

**Tone 2**      *(Theotokion – Dogmatikon)*

The shadow of the Law passed when grace came;  
as the Bush burned, yet was not consumed,  
so the Virgin gave birth, yet remained a Virgin.  
The Righteous Sun has risen instead of a pillar of flame.//  
Instead of Moses, Christ, the Salvation of our souls.

**Tone 4**      **Prokeimenon**

Guide me in Your way, Lord that I may walk in Your truth! *(Ps 85/86:11)*

*v: Incline Your ear, Lord, and hear me! (Ps 85/86:1)*

**Reading from Genesis (13:12-18)**

**Tone 4**      **Prokeimenon**

The Lord loves the gates of Zion / more than all the dwellings of Jacob. *(Ps 86/87:2)*

*v: His foundations are on the holy mountains. (Ps 86/87:1)*

**Reading from Proverbs (14:27-15:4)**

**Old Testament Readings** *(St. Innocent)*

**Composite 2** *(Proverbs 10:7,6; 3:13-16; 8:6,32,4,12,14,17,5-9; 1:23)*

**Composite 3** *(Wisdom 4:7, 16, 17, 119; 20:5-7)*

**Composite 4** *(Proverbs 10:11; Wisdom 6:12-16; 7:30; 8:2-4,7-9,21; 9:1-4)*

## Aposticha

### Tone 7      Idiomelon *(from the Lenten Triodion)*

Like the man who fell among thieves and was wounded by them,  
so I have fallen in my sins, wounded in soul.  
To whom can I turn and run for healing,  
but to You, O Physician of souls and bodies?//  
Pour out Your great mercy on me, O God!

*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 4

We have deprived ourselves of the former joys of Paradise;  
we have driven ourselves to a life of dishonor by sin.  
We have forsaken the former life of virtue,  
and instead we have fallen among thieves,  
deadened by transgressing your saving teachings.  
But, O Master, born of Mary,  
with dispassion You shared in our passions:  
we entreat You, bind up our sinful sores;  
pour out Your mercy on us with Your healing care,//  
as the Lover of mankind!

*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)*

### Tone 4      *(to the Martyrs)*

You accepted the patient endurance of the holy martyrs;  
accept also our hymns of praise, O Lover of mankind,//  
and, by their supplications, grant us Your great mercy!

*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)*

My Maker and Redeemer, Christ the Lord,  
was born of you, O most pure Virgin.  
By accepting my nature, He freed Adam from his ancient curse.  
Unceasingly we magnify you as the Mother of God!  
Rejoice, O celestial Joy!  
Rejoice, O Lady://  
the Protection, Intercession and Salvation of our souls!

**Tone 4**      **Troparion†** *(for St. Innocent)*

O Holy Father Innocent,  
in obedience to the will of God,  
you accepted dangers and tribulations,  
bringing many peoples to the knowledge of truth.  
You showed us the way;  
now by your prayers help lead us//  
into the Kingdom of Heaven!

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

**Tone 4**      **Resurrectional Dismissal Theotokion**

The mystery of all eternity,  
unknown even by Angels,  
through you, Theotokos, is revealed to those on earth:  
God incarnate by union without confusion.  
He voluntarily accepted the Cross for us,  
by which He resurrected the first-created man,//  
saving our souls from death.

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