

MARCH 3

First Monday of Great Lent, Forgiveness Vespers (sung on Sunday)

Martyr Eutropius of Amasea, and with him Martyrs Cleonicus and Basiliscus

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

Tone 3* *(Penitential stichera in the Tone of the week)*

We offer You our evening hymn, O Christ,

with incense and spiritual songs.//

O Savior, have mercy on us!

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

Save me, O Lord my God:

You are the Salvation of all!

The storm of my passions troubles me;

the yoke of my sins weighs me down.

Stretch out Your hand to help me;

lead me to the light of repentance.//

for You alone are the compassionate Lover of man!

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

* Music for the penitential stichera can be downloaded at <http://oca.org/liturgics/music-downloads/penitential-stichera>.

O Lord, gather my scattered mind,
and cleanse my barren heart!
Grant me repentance – as You gave to Peter,
groans – as You gave the Publican, and tears – as to the Harlot,
so that I may cry to You with a loud voice://
“Save me, O God, as You alone are tender-hearted and the Lover of man!”

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

Often, when I am singing hymns,
I find myself committing sins.
With my tongue I am singing praises,
but with my soul, I am pondering evil things.//
But correct both through repentance, O Christ God, and save me!

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 Joseph) (Joseph of Arimathea)*

Let us humble the flesh by abstinence,
as we follow the divine path of pure fasting!
With prayers and tears let us seek the Lord, Who saves us!
Let us put an end to anger, crying out:
“Save us for we have sinned against You!
Save us, O Christ our King, as You saved the men of Nineveh,//
and make us partakers of Your heavenly Kingdom, O compassionate One!”

v. (5) For Your Name’s sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

When I think of my deeds, O Lord,
I am filled with despair,
and know that I am worthy of every torment.
I have despised Your commandments, O Savior.
I have spent my life as a prodigal.
I pray to You, O only merciful One:
“Cleanse me by repentance,
enlighten me through prayers and fasting,//
and despise me not, O most gracious Benefactor of all!”

† Music for the stichera from the Lenten Triodion can be downloaded at <http://oca.org/liturgics/music-downloads/lenten-triodion>.

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)*

Let us begin the fast with joy!
Let us prepare ourselves for spiritual efforts!
Let us cleanse our soul and cleanse our flesh!
Let us abstain from every passion as we abstain from food!
Let us rejoice in virtues of the Spirit and fulfill them in love,
that we all may see the Passion of Christ our God, //
and rejoice in spirit at the holy Pascha!

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 1 *(from the Menaion, for the Martyrs) (O all-praised martyrs)*

O martyrs, three in number,
you contended mightily against those who cruelly condemned you.
You endured many cruel pains with faith
and received the Kingdom on high. //
Therefore, pray that God will grant our souls peace and great mercy!

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

Let us praise Eutropius with spiritual songs,
together with the steadfast Cleónicus and Basiliscus!
By the grace of piety,
they utterly consumed the tinder of ungodliness with fire.
Now they illumine the ends of the earth
like brilliant beacons with divine and fiery radiance, //
casting all delusion into darkness.

v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.

When your heads were cut off, O courageous sufferers,
you crushed the head of the Enemy beneath your beautiful feet.
You are unwavering stars and living sacrifices,
treasures of the temple of heaven.
O glorious Eutropius, Basiliscus and Cleonicus, //
entreat for peace for us all!

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

Tone 1 *(Theotokion)*

Rejoice, O strange and wonderful report, O chaste Virgin;
rejoice, holy tree of Paradise, planted by God;
rejoice, blotting out of evil demons;
rejoice, two-edged sword, beheading the enemy by your strange and marvelous
birth-giving!
O Maiden, all-holy and supremely blameless,//
call us back, who are in exile.

Tone 8 **Great Prokeimenon**

Turn not away Your face from Your child, for I am afflicted: / hear me speedily,
draw near unto my soul, and deliver it! *(Ps. 68:21-22a)*

V. Let Your salvation, O God, uphold me! (Ps. 68:34b)

V. Let the poor see and be glad! (Ps. 68:37a)

V. Seek God, and your soul shall live! (Ps. 68:37b)

Aposticha

Tone 4 *Idiomelon* *(from the Lenten Triodion)*

Your grace hath shone forth, O Lord:
the grace which illuminates our soul.
This is the acceptable time!
This is the time of repentance!
Let us lay aside the works of darkness and put on the armor of light,
that passing through the Fast as through a great sea
we may reach the Resurrection on the third day//
of our Lord Jesus Christ, the Savior of our souls.

*V. I lift up mine 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 122:1-2)*

(Repeat: "Your grace hath shone forth, O Lord...")

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. 122:3-4)

Tone 4 *(for the Martyrs)*

You are glorified
in the memory of Your saints, O Christ God.//
At their supplications, send down on us 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.*

Tone 4 *(from the Lenten Triodion)*

The angelic hosts glorify you, O Mother of God,
for you gave birth to God,
co-eternal with the Father and the Spirit,
Who, by His own desire, created the angelic hosts out of nothing.
Beseech Him to deliver from corruption and to enlighten//
the souls of those who rightly praise you, O most pure one!

Tone 8 **The Lenten Troparia**

Rejoice, O Virgin Theotokos, Mary, full of grace: the Lord is with you.
Blessed are you among women, and blessed is the Fruit of your womb//
for you have borne the Savior of our souls.

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

O Baptiser of Christ, remember us all,
that we may be delivered from our iniquities//
for to you is given grace to intercede for us!

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

Intercede for us, O holy Apostles and all the saints,
that we may be delivered from perils and sorrows//
for we have acquired you as fervent intercessors before the Savior!

Beneath your compassion we take refuge, O Theotokos.
Do not despise our supplications in adversity//
but deliver us from perils, O only pure and only blessed one!