

**LENTEN VESPERS ON THIRD SUNDAY OF GREAT LENT  
SUNDAY, MARCH 07, 2010; TONE 6**

THEOPHYLACT THE CONFESSOR, BISHOP OF NICOMEDIA; APOSTLE HERMAS OF THE SEVENTY

Priest: Blessed is our God always, now and ever, and unto ages of ages.

Choir: Amen.

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*NOTE: This section between the lines is omitted if the Ninth Hour was served before Vespers.*

Priest: Glory to Thee, O God, glory to Thee.  
O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O gracious Lord.

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*  
All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.  
Lord, have mercy. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. 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.

Priest: For Thine is the kingdom and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages.

Reader: Amen.  
Lord, have mercy. (*Twelve times*)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

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Reader: Come, let us worship and fall down before God our King.  
Come, let us worship and fall down before Christ, our King and our God.  
Come, let us worship and fall down before Christ Himself, our King and our God.

THE PSALM OF INTRODUCTION—PSALM 103

Reader: Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire.

Who establisheth the earth in the sureness thereof; it shall not be turned back forever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid.

The mountains rise up and the plains sink down, unto the place where Thou hast established them. Thou appointedst a bound that they shall not pass, neither return to cover the earth. He sendeth forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst. Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice.

He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and green herb for the service of men, to bring forth bread out of the earth; and wine maketh glad the heart of man. To make his face cheerful with oil; and bread strengtheneth man's heart.

The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for the harts, and so is the rock for the hares.

He hath made the moon for seasons; the sun knoweth his going down. Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad; young lions roaring after their prey, and seeking their food from God. The sun ariseth, and they are gathered together, and they lay them down in their dens. Man shall go forth unto his work, and to his labor until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

The earth is filled with Thy creation. So is this great and spacious sea, wherein are things creeping innumerable, small living creatures with the great. There go the ships; there this leviathan, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled. Thou wilt take their spirit, and they shall cease; and unto their dust shall they return. Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth.

Let the glory of the Lord be unto the ages; the Lord will rejoice in His works. Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being.

May my words be sweet unto Him; I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul.

The sun knoweth his going down. Thou appointedst the darkness, and there was the night. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)  
O our God and our Hope, glory to Thee!

THE GREAT EKTENIA

- Deacon: In peace, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For the peace from above, and for the salvation of our souls, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For this Holy House, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For our father and Metropolitan PHILIP, for our Bishop JOSEPH, for the venerable Priesthood, the Deaconate in Christ, for all the clergy and the people, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: (In the United States) For the President of the United States, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.  
(In Canada) For Her Majesty, the Queen, for the Prime Minister of Canada, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: That He will aid them and grant them victory over every enemy and adversary, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.
- Choir: Lord, have mercy.
- Deacon: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

Choir: Amen.

“O LORD, I HAVE CRIED” IN TONE SIX

Choir: O Lord, I have cried out unto Thee, hear Thou me; hear Thou me, O Lord. O Lord, I have cried out unto Thee, hear Thou me. Give ear to the voice of my supplication when I cry out unto Thee: hear Thou me, O Lord.

Choir: Let my prayer be set forth before Thee as the incense, and the lifting up of my hands as the evening sacrifice; hear Thou me, O Lord.

- + Set a watch, O Lord, before my mouth, and a protecting door round about my lips.
- + Incline not my heart to evil words, to make excuses in sins.
- + With men that work iniquity; and I will not communicate with the choicest of them.
- + The just man shall correct me in mercy and shall reprove me; but let not the oil of the sinner anoint my head.
- + For my prayer also shall still be against the things with which they are well pleased; their judges falling upon the rock have been swallowed up.
- + They shall hear my words, for they are sweet; as when the thickness of the earth is broken upon the ground, their bones are scattered by the side of hell.
- + But to Thee, O Lord, Lord, are mine eyes; in Thee have I put my trust, take not away my soul.
- + Keep me from the snare which they have laid for me, and the traps of the workers of iniquity.
- + Let the wicked fall into their own nets, whilst I alone escape.
- + I cried unto the Lord with my voice, with my voice unto the Lord, did I make my supplication.
- + I poured out my supplication before Him; I showed before Him my trouble.
- + When my spirit was overwhelmed within me, then Thou knewest my path.
- + In the way wherein I walked have they secretly laid a snare for me.
- + I looked on my right hand, and beheld, but there was no man that would know me.
- + Refuge failed me; no one cared for my soul.
- + I cried unto Thee, O Lord; I said: Thou art my refuge and my portion in the land of the living.
- + Attend unto my cry, for I am brought very low.
- + Deliver me from my persecutors, for they are stronger than I.

The Penitential Stichera in Tone Six

*Verse 10. Bring my soul out of prison, that I may praise Thy Name.*

I have no repentance and no tears. Therefore I entreat Thee, O Savior: before the end comes cause me to turn back and grant me compunction that I may be delivered from torment.

*Verse 9. The righteous shall wait for me until Thou recompense me.*

At Thy fearful coming, O Christ, may we not hear the words: "I know ye not." For we have put our trust in Thee, O Savior, though in our negligence we keep not Thy commandments; yet we entreat Thee, spare our souls.

*Verse 8. Out of the depths have I cried to Thee, O Lord, Lord hear my voice.*

Heal the wounds of my heart, inflicted on me through my many sins, O Savior and Physician of our souls and bodies; for Thou dost always grant forgiveness of transgressions unto those that ask. Give me tears of repentance and remission of my sins, O Lord, and have mercy on me.

*Verse 7. Let Thine ears be attentive to the voice of my supplication.*

Finding me naked, stripped of virtues, the enemy wounded me with the arrow of sin; but, O God, Physician of our souls and bodies, heal the wounds of my soul and have mercy on me.

For Third Sunday of Great Lent in Tone Eight

*Verse 6. If Thou, O Lord, shouldst mark iniquities, O Lord, who shall stand? For with Thee there is forgiveness, that Thou mayest be feared.*

O Lord, Who willingly didst stretch out Thy hands on the Cross, prepare us to adore it with reverent hearts, shining forth well with fasting, fervent prayer, abstinence and charity; for Thou art good and the Lover of mankind.

*Verse 5. Because of Thy Name have I waited for Thee, O Lord; my soul hath waited upon Thy word, my soul hath hoped in the Lord.*

O most compassionate Lord, blot out the multitude of my sins by the multitude of Thy mercies. Make me worthy to behold Thy Cross and to embrace it with a pure soul in this week of abstinence; for Thou art the Lover of mankind.

Also for Third Sunday of Great Lent in Tone Three

*Verse 4. From the morning watch until night, from the morning watch let Israel trust in the Lord.* What a great wonder to behold the Tree on which Christ was crucified in the flesh, with the world adoring it and being lighted therewith, crying, O the power of the Cross, which when demons behold they are burned, and by its sign it is revealed consuming them with flames. Wherefore, I bless thee, O pure Tree, honor and adore thee with fear, glorifying God Who granted me through thee unending life.

For St. Theophylact in Tone One

*Verse 3. For with the Lord there is mercy and with Him is abundant redemption, and He will deliver Israel from all his iniquities.*

Though kept in a prison under guard, thou wast guarded from all harm by God, O Father Theophylact; and thou wast seen to be an unshaken tower of the Church, while standing firm, unbending in temptations and all the plots that heretics devised. Intercede now with the Lord our God that He grant peace and Great Mercy to our souls.

*Verse 2. Praise the Lord, all ye nations; praise Him, all ye people.*

Departing from earth, thou didst ascend unto Heaven, and in heavenly tabernacles wast thou accounted worthy to abide for the sake, O Father, of the exiles thou didst bear with bravery and

patience for Christ our God, O blest Theophylact; and do thou now intercede with Him that He grant peace and Great Mercy to our souls.

*Verse 1. For His mercy is great toward us, and the truth of the Lord endureth forever.*

As far as is possible for man, thou now seest God while seen of Him, enjoying a union with Him closer and greater; made God by adoption, thou with infinite delight hast found that which alone is desirable and blessed, as thou now dwellest with the angels in the heights, O wise Hierarch, blest Father Theophylact.

#### THEOTOKION FROM THE MENAION IN TONE ONE

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

Do thou, O all-hymned one, heal my soul, which is terribly diseased with wicked passions; for thou, O holy Virgin, hast conceived Christ our God, the Healer and the Savior of all men, Who healeth every sickness and malady, but smote with mortal wounds all the devil's wickedness and spite and delivered us from bitter death itself.

#### THE HOLY ENTRANCE

*(While the Theotokion is chanted, the following dialogue occurs QUIETLY as the clergy make the entrance.)*

Deacon: Let us pray to the Lord. Lord, have mercy.

Priest: In the evening and in the morning and at noonday we praise Thee, we bless Thee, we give thanks unto Thee, and we pray unto Thee, O Master of all, Lord Who lovest mankind: Direct our prayer as incense before Thee, and incline not our hearts unto words or thoughts of evil, but deliver us from all who seek after our souls. For unto Thee, O Lord, Lord, are our eyes, and in Thee have we hoped. Put us not to shame, O our God. For unto Thee are due all glory, honor, and worship: to the Father and to the Son and to the Holy Spirit; now and ever, and unto ages of ages.

Deacon: Amen.

*(When the clergy reach the center of the soleia, the first part of the great censuring begins. After the first part of the great censuring is completed, this next dialogue occurs QUIETLY.)*

Deacon: Bless, father, the Holy Entrance.

Priest: Blessed is the entrance to Thy Holy Place, always, now and ever, and unto ages of ages. Amen.

*(After the choir has finished, the following is said ALOUD.)*

Deacon: Wisdom! Let us attend!

#### O GLADSOME LIGHT

Choir: O gladsome Light of the holy glory of the Father Immortal, heavenly, holy, blessed Jesus Christ. In that we now are come unto the setting of the sun and behold the light of evening, we hymn Thee: Father, Son, and Holy Spirit, God. For meet it is that at all times Thou shouldst be magnified by voices holy. O Son of God, Who bestowest life; for which cause all the world doth glorify Thee.

#### PROKEIMENON FOR THIRD SUNDAY OF GREAT LENT IN TONE EIGHT

Deacon: The Evening Prokeimenon!

Choir: Thou hast given an inheritance, O Lord, to them that fear Thy Name. (TWICE)

*Verse 1. From the ends of the earth I cried unto Thee. (Refrain)*

*Verse 2. I shall be protected under the cover of Thy wings. (Refrain)*

*Verse 3. I will praise Thy Name forever. (Refrain)*

#### THE EVENING PRAYER

People: Vouchsafe, O Lord, to keep us this evening without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy Name forever. Amen.

Let Thy mercy be upon us, O Lord, even as we have set our hope on Thee. Blessed art Thou, O Lord; teach me Thy statutes. Blessed art Thou, O Master; make me to understand Thy statutes. Blessed art Thou, O Holy One; enlighten me with Thy statutes.

Thy mercy, O Lord, endureth forever. O despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

#### THE EKTENIA OF SUPPLICATION

Deacon: Let us complete our evening prayer unto the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Deacon: That the whole evening may be perfect, holy, peaceful and sinless, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Pardon and remission of our sins and transgressions, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: All things good and profitable for our souls and peace for the world, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the fearful judgment seat of Christ, let us ask of the Lord.

Choir: Grant this, O Lord.

Deacon: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each another, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thou art a good God and lovest mankind, and unto Thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

#### THE PEACE

Priest: Peace be to all.

Choir: And to thy spirit.

Deacon: Let us bow our heads unto the Lord.

Choir: To Thee, O Lord.

- *All bow their heads as the priest says the following prayer:*

Priest: O Lord our God, Who didst bow the heavens and come down for the salvation of mankind: Look upon Thy servants and Thine inheritance; for unto Thee, the fearful Judge Who yet lovest mankind, have Thy servants bowed their heads and submissively inclined their necks, awaiting not help from men but entreating Thy mercy and looking confidently for Thy salvation. Guard them at all times, both during this present evening and in the approaching night, from every foe, from all adverse powers of the devil, and from vain thoughts and from evil imaginations.

Blessed and glorified be the might of Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

#### THE APOSTICHA FOR THIRD SUNDAY OF LENT IN TONE EIGHT

Because of my evil deeds, I, in my wretchedness, dare not gaze with mine eyes on heaven. But like the publican, sighing, I cry to Thee: God, forgive me, a sinner, and deliver me from pharisaic hypocrisy; for Thou alone art compassionate.

*Verse 1. Unto Thee have I lifted up mine eyes, O Thou that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaiden look unto the hands of her mistress, so do our eyes wait upon the Lord our God, until He take pity upon us.*

Because of my evil deeds, I, in my wretchedness, dare not gaze with mine eyes on heaven. But like the publican, sighing, I cry to Thee: God, forgive me, a sinner, and deliver me from pharisaic hypocrisy; for Thou alone art compassionate.

*Verse 2. Have mercy upon us, O Lord, have mercy upon us: for we are utterly humiliated. Let shame come on them that prosper, and abasement on the proud.*

Every place ye sanctify, O martyrs of the Lord, and every sickness ye heal. Wherefore, now, intercede with Christ, asking Him to deliver our souls from the traps and snares of the enemy.

THEOTOKION FOR THIRD SUNDAY OF LENT IN TONE EIGHT

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

The celestials do praise thee, O full of grace, the spouseless Mother. We glorify thine inapprehensible birth-giving. Wherefore, O Theotokos, intercede for the salvation of our souls.

THE HYMN OF ST. SIMEON THE GOD-RECEIVER

Choir: Lord, now lettest thou Thy servant depart in peace, according to Thy word; for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people, a light to lighten the Gentiles and the glory of Thy people Israel.

THE TRISAGION PRAYERS

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)  
*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (THRICE)

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

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

LENTEN APOLYTIKIA IN TONE FIVE

Rejoice, O Virgin Theotokos, Mary full of grace; the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, for thou didst give birth to the Savior of our souls. *(The clergy and people prostrate.)*

O Baptizer of Christ, remember our congregation, that we may escape from our iniquities, for to thee was given grace to intercede for us. *(The clergy and people prostrate.)*

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

O pure apostles, and all ye saints, pray for our sakes, that we escape tribulations and sorrows, for we have taken ye as fervid intercessors with the Savior. *(The clergy and people prostrate.)*

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

We have taken refuge under the wing of thy compassion, O Theotokos. Turn not away from our beseechings in tribulation, but save us from distress, O thou who alone art pure and blessed. *(No prostration.)*

Reader: Lord, have mercy. (40 times)

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption bearest God the Word and art truly Theotokos: we magnify thee.

Bless, father, in the name of the Lord.

Priest: Christ our God, the Existing One, is blessed, always, now and ever, and unto ages of ages.

Reader: Amen. O heavenly King, support our believing kings; confirm their faith; guide the nations; give peace to the world and preserve well this holy church. Grant repose to our departed fathers and brothers, in the dwelling-places of the righteous. Receive us in repentance and confession, for Thou art good and the Lover of mankind.

#### THE PRAYER OF ST. EPHRAIM THE SYRIAN

Priest: O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk. (*The clergy and people prostrate.*)

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*The clergy and people prostrate.*)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen. (*The clergy and people prostrate.*)

#### THE DISMISSAL

Priest: Glory to Thee, O Christ our God and our hope, glory to Thee.

Choir: Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. Lord, have mercy (*thrice*). Father, bless.

Priest: May Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of *Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of our righteous father Theophylact the confessor, bishop of Nicomedia; and Apostle Hermas of the Seventy, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

Choir: Amen.