



# The Office of LENTEN VESPERS

*on Sunday–Friday evenings, without a priest*

✠ *If Vespers follows Typica, begin below: “Come let us worship..”*



✠ *But if Vespers is served alone, the SENIOR LAYMAN begins:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*The designated READER responds:*

Amen. Glory to thee, our God, glory to thee.

O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of blessings, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

**O**UR 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*And the SENIOR LAYMAN:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*The READER continues:*

Amen. Lord, have mercy. 12x

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



Come, let us worship 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.

*Psalm 103*

**B**LESS THE LORD, O my soul! O Lord my God, thou art very great! Thou art clothed with honor and majesty, who coverest thyself with light as with a garment, who hast stretched out the heavens like a tent. Who hast laid the beams of thy chambers on the waters, who makest the clouds thy chariot, who ridest on the wings of the wind, who makest the winds thy messengers, fire and flame thy ministers. Thou didst set the earth on its foundations, so that it should never be shaken. Thou didst cover it with the deep as with a garment; the waters stood above the mountains. At thy rebuke they fled; at the sound of thy thunder they took to flight. The mountains rose, the valleys sank down to the place which thou didst appoint for them. Thou didst set a bound which they should not pass, so that they might not again cover the earth. Thou makest springs gush forth in the valleys; they flow between the hills. They give drink to every beast of the field; the wild asses quench their thirst. By them the birds of the air have their habitation; they sing among the branches. From thy lofty abode thou waterest the mountains; the earth is satisfied with the fruit of thy work. Thou dost cause the grass to grow for the cattle, and plants for man to cultivate. That he may bring forth food from the earth, and wine to gladden the heart of man, oil to make his face shine, and bread to strengthen man's heart. The trees of the Lord are watered abundantly, the cedars of Lebanon which he planted. In them the birds build their nests; the stork has her home in the fir trees. The high mountains are for the wild goats; the rocks are a refuge for the badgers. Thou hast made the moon to mark the seasons; the sun knows its time for setting. Thou makest darkness, and it is night, when all the beasts of the forest creep forth. The young lions roar for their prey, seeking their food from God. When the sun rises, they get them away and lie down in their dens. Man

goes forth to his work and to his labor until the evening. O Lord, how manifold are thy works! In wisdom hast thou made them all; the earth is full of thy creatures. Yonder is the sea, great and wide, which teems with things innumerable, living things both small and great. There go the ships, and Leviathan which thou didst form to sport in it. These all look to thee, to give them their food in due season. When thou givest to them, they gather it up; when thou openest thy hand, they are filled with good things. When thou hidest thy face, they are dismayed; when thou takest away their breath, they die and return to their dust. When thou sendest forth thy Spirit, they are created; and thou renewest the face of the ground. May the glory of the Lord endure for ever, may the Lord rejoice in his works. Who looks on the earth and it trembles, who touches the mountains and they smoke! I will sing to the Lord as long as I live; I will sing praise to my God while I have being. May my meditation be pleasing to him, for I rejoice in the Lord. Let sinners be consumed from the earth, and let the wicked be no more! Bless the Lord, O my soul!

The sun knows its time for setting. Thou makest darkness, and it is night. O Lord, how manifold are thy works! In wisdom hast thou made them all.

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

Alleluia, alleluia, alleluia. Glory to thee, O God. 3x

*In place of the Great Litany, the READER says:*

Lord, have mercy. 12x

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

✠ *On Sunday evening, continue immediately "Lord, I call..."*

## The Kathisma


*The READER reads the appointed section of the Psalter (usually the eighteenth kathisma, except in the fifth week of Great Lent).*

*In place of the Little Litany, the READER says:*

Lord, have mercy. 3x

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

## LORD, I CALL

 *We sing in the tone of the first hymn (or read) the following:*



**L**ORD, I call upon thee, hear me. \* Hear me, O Lord! \* Lord, I call upon thee, hear me; \* receive the voice of my prayer \* when I call upon thee. \*\*\* Hear me, O Lord!

**L**ET my prayer arise \* in thy sight as incense, \* and let the lifting up of my hands \* be an evening sacrifice. \*\*\* Hear me, O Lord!

*The READER continues:*

Set a guard over my mouth, O Lord, keep watch over the door of my lips! Incline not my heart to any evil, to busy myself with wicked deeds in company with men who work iniquity; and I will not join their chosen ones! Let a good man strike or rebuke me in mercy, but let the oil of the wicked never anoint my head; for my prayer is continually against their evil deeds. When they are given over to those who shall condemn them, then my words will be heard. As a rock which one cleaves and shatters on the land, so shall their bones be strewn near hell. But my eyes are toward thee, O Lord; Lord, in thee I seek refuge. Do not take

away my soul. Keep me from the trap which they have laid for me, and from the snares of evildoers! Let the sinners together fall into their own nets, let me alone pass through. I cry with my voice to the Lord, with my voice I make supplication to the Lord, I pour out my complaint before him, I tell my trouble before him. When my spirit is faint, thou knowest my way! In the path where I walk they have hidden a trap for me. I look to the right and watch, but there is none who takes notice of me; no refuge remains to me, no man cares for me. I cry to thee, O Lord; I say, thou art my refuge, my portion in the land of the living. Give heed to my cry; for I am brought very low! Deliver me from my persecutors; for they are too strong for me!

 *We sing (or read) the LORD, I CALL hymns after each verse (usually beginning after 6, but occasionally after 10 or 8).* 

10: *℣*. Bring my soul out of prison, \* that I may give thanks to thy name!

*℣*. The righteous will surround me; \* for thou wilt deal bountifully with me.

8: *℣*. Out of the depths I cry to thee, O Lord; \* Lord, hear my voice.

*℣*. Let thine ears be attentive \* to the voice of my supplication.

6: *℣*. If thou, O Lord, shouldest mark iniquities, Lord, who could stand? \* But there is forgiveness with thee.

*℣*. For thy Name's sake have I waited for thee, O Lord, my soul hath waited for thy word; \* my soul hath hoped in the Lord.

*℣*. From the morning watch until the night, from the morning watch, \* let Israel hope in the Lord.

℣. For with the Lord there is mercy, and with him is plentiful redemption, and he will deliver Israel \* from all his iniquities.

℣. Praise the Lord, all nations! \* Praise him, all peoples!

℣. For his mercy is abundant towards us; \* and the truth of the Lord endureth forever.

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

Now and ever and unto ages of ages. Amen.

✠ *We sing the Lamplighting Hymn*

**G**LADSOME LIGHT of the holy glory of the immortal Father, heavenly, holy, blessed: O Jesus Christ! Now that we have come to the setting of the sun, and behold the light of evening we praise God: Father, Son, and Holy Spirit; for meet it is at all times to worship thee with voices of praise, O Son of God, and Giver of Life; therefore all the world doth glorify thee.

**Prokimena and Readings**

☩ *We sing (or read) the first appointed prokimenon,<sup>1</sup> followed by the reading from Genesis. Then we sing (or read) the second prokimenon, followed by the reading from Proverbs.* ☩

☩ *When appointed, other scripture LESSONS are read now.* ☩

✠ *The READER continues:*

Vouchsafe, O Lord, to keep us this evening without sin. Blessed art thou, O Lord, God of our fathers, and praised and glorified is thy Name forever. Amen.

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<sup>1</sup>*On Sunday evenings, there is only one prokimenon and no readings.*

Let thy mercy, O Lord, be upon us, 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: despise not the works of thy hands. To thee is due praise, to thee is due song, to thee is due glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

*In place of the Evening Litany, the READER says:*

Lord, have mercy. 12x

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

## APOSTICHA

☞ *We sing (or read) the first APOSTICHA hymn.* ☞

*The READER says these verses after each hymn.*

℣. To thee I lift up my eyes, O thou who art 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.

℣. 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.

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

Now and ever and unto ages of ages. Amen.



✠ *And the READER continues:*

### Hymn of St Symeon

**L**ORD, 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 enlighten the Gentiles, and to be the glory of thy people Israel.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

**O**UR 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*And the SENIOR LAYMAN:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*We respond: Amen.*

✠ *On Fridays and Feasts,<sup>2</sup> continue below, p. 15.*



✠ *All other days, we sing or read:*

*The Lenten Troparia*

**R**EJOICE, 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 hast borne the Savior of our souls. (*prostration*)

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

**O**BAPTIZER of Christ, remember us all, that we may be delivered from our iniquities for to thee is given grace to intercede for us. (*prostration*)

Now and ever and unto ages of ages. Amen.

**I**NTERCEDE for us, O holy apostles and all you saints, that we may be delivered from perils and sorrows, for we have acquired you as fervent intercessors before the Savior. (*prostration*)

**B**ENEATH thy 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. (*bow*)

✠ *The READER continues:*

Lord, have mercy. 40x

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

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<sup>2</sup>*The eves of 24 Feb, 9 Mar, 25 Mar, and any other Lenten weekday for which a Gospel reading is appointed at Matins.*

More honorable than the cherubim and more glorious beyond compare than the seraphim; without corruption thou gavest birth to God the Word: true Theotokos, we magnify thee.

O Lord, bless.

*The SENIOR LAYMAN says:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*The READER continues:*

Amen. O Heavenly King, strengthen the Orthodox Christians, confirm the faith, calm the nations, give peace to the world, preserve well this holy church; grant repose in the mansions of the righteous, to our fathers and brethren who have departed this life, and accept us in repentance and confession, for thou art good and lovest mankind.

*The SENIOR LAYMAN leads the PRAYER OF ST EPHRAIM:*<sup>3</sup>

**O** LORD AND MASTER OF MY LIFE, give me not a spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art thou unto ages of ages. Amen. (*prostration*)

*And we make twelve bows from the waist, quietly saying "O God, cleanse me a sinner" each time. And again, the whole prayer "O Lord and Master..." with only one prostration at the end.*

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<sup>3</sup>On Sunday evenings, the prayer is said once only, with three prostrations.

✠ *If Typica was not read, continue with the dismissal on p. 14.*



✠ *If Typica was read, the READER continues with its ending:*

Holy God, Holy Mighty, Holy Immortal: have mercy on us. 3x

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

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. 3x

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

*The PEOPLE say:*

**O**UR 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*And the SENIOR LAYMAN:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*The READER responds:*

Amen. Lord, have mercy. 12x

O most holy Trinity, Consubstantial Power, Undivided Kingdom, Origin of all Good: be graciously inclined unto me, a sin-

ner. Make steadfast my heart and give it understanding, and take away from me every defilement. Enlighten my mind, that I may ever glorify, praise, and worship thee, and say: One is holy, one is Lord: Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, henceforth and forevermore. 3x

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

*Psalm 33*

I WILL BLESS the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the afflicted hear and be glad. O magnify the Lord with me, and let us exalt his name together! I sought the Lord, and he answered me, and delivered me from all my fears. Look to him, and be radiant; so your faces shall never be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and delivers them. O taste and see that the Lord is good! Happy is the man who takes refuge in him! O fear the Lord, you his saints, for those who fear him have no want! The young lions suffer want and hunger; but those who seek the Lord lack no good thing. Come, O sons, listen to me, I will teach you the fear of the Lord. What man is there who desires life, and covets many days, that he may enjoy good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are toward the righteous, and his ears toward their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from the earth. When the righteous cry for help, the Lord hears, and delivers them out of all their troubles. The Lord is near to the brokenhearted, and saves the crushed in spirit. Many are

the afflictions of the righteous; but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.

It is truly meet to bless thee, O Theotokos: ever-blessed and most pure and the Mother of our God. More honorable than the cherubim and more glorious beyond compare than the seraphim; without corruption thou gavest birth to God the Word: true Theotokos, we magnify thee.

**The Dismissal** (*sung or read*)

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

Lord, have mercy. 3x

O Lord, bless.

*The SENIOR LAYMAN says:*

Through the prayers of our holy fathers,  
O Lord Jesus Christ our God,  
have mercy on us.

*The PEOPLE respond:*

Amen.



END of VESPERS on FRIDAYS & FEASTS

After the "Our Father...",  
☩ we sing (or read) the troparion and theotokion. ☩

✠ In place of the **Augmented Litany**, the READER says:

Lord, have mercy. 12x

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

O Lord, bless.

The SENIOR LAYMAN says:

Through the prayers of our holy fathers, O Lord Jesus Christ  
our God, have mercy on us.

The READER continues:

Amen. O Heavenly King, strengthen the Orthodox Christians, confirm the faith, calm the nations, give peace to the world, preserve well this holy church; grant repose in the mansions of the righteous, to our fathers and brethren who have departed this life, and accept us in repentance and confession, for thou art good and lovest mankind.

The SENIOR LAYMAN leads the PRAYER OF ST EPHRAIM:

**O** LORD AND MASTER OF MY LIFE, give me not a spirit of sloth,  
despair, lust of power, and idle talk. (*prostration*)

But give rather a spirit of chastity, humility, patience, and love  
to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions,  
and not to judge my brother; for blessed art thou unto ages of  
ages. Amen. (*prostration*)

✠ *If Typica was not read, continue with the dismissal on p. 17.*



✠ *If Typica was read, the READER continues with its ending:*

O most holy Trinity, Consubstantial Power, Undivided Kingdom, Origin of all Good: be graciously inclined unto me, a sinner. Make steadfast my heart and give it understanding, and take away from me every defilement. Enlighten my mind, that I may ever glorify, praise, and worship thee, and say: One is holy, one is Lord: Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, henceforth and forevermore. 3x

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

*Psalm 33*

**I** WILL BLESS the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the afflicted hear and be glad. O magnify the Lord with me, and let us exalt his name together! I sought the Lord, and he answered me, and delivered me from all my fears. Look to him, and be radiant; so your faces shall never be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and delivers them. O taste and see that the Lord is good! Happy is the man who takes refuge in him! O fear the Lord, you his saints, for those who fear him have no want! The young lions suffer want and hunger; but those who seek the Lord lack no good thing. Come, O sons, listen to me, I will teach you the fear of the Lord. What man is there who desires life, and covets many days, that he may enjoy good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and



do good; seek peace, and pursue it. The eyes of the Lord are toward the righteous, and his ears toward their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from the earth. When the righteous cry for help, the Lord hears, and delivers them out of all their troubles. The Lord is near to the brokenhearted, and saves the crushed in spirit. Many are the afflictions of the righteous; but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.

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**The Dismissal** (*sung or read*)

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

Lord, have mercy. 3x

O Lord, bless.

*The SENIOR LAYMAN says:*

Through the prayers of our holy fathers,  
O Lord Jesus Christ our God,  
have mercy on us.

*The PEOPLE respond:*

Amen.