

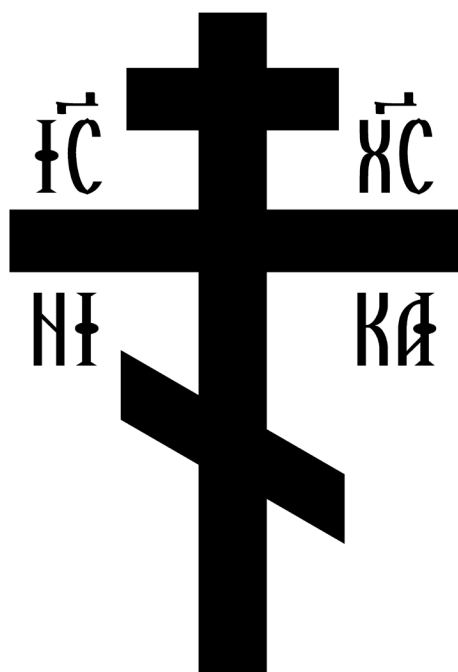
**Music for the Weekdays of Great Lent  
in the Eight Tones**

Δόμη εἰγίχη ζένη μῦροφόρων  
**Holy Myrrh-bearers**  
Ο Οἶκος τῶν Ἁγίων Μυροφόρων

[www.myrrh-bearers.org](http://www.myrrh-bearers.org)

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MMXXVI





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MMXXVI

*The Lenten Triodion*

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Choral arrangements from

*Music for the Orders of Matins, First Hour, Third Hour, Sixth Hour, Ninth Hour, Typica, Vespers, the Divine Liturgy of the Presanctified Gifts, and the Commemoration of the Departed as used during the first week of Great Lent*

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and

*Music for the All-Night Vigil, Tone I through Tone VIII*

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A.D. 2026 Nine Martyrs of Cyzicus

2026 г. Девяти мучеников Кизических

# Music for the Weekdays of Great Lent in the Eight Tones

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# Tone I

## Matins

### Alleluia and Hymns to the Trinity, Tone I

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia Al- le- lu- ia, Al- - - le- lu- - - i- a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

Through bodily images let us ascend to the spiritual and immaterial understanding of the bodiless powers; singing the Thrice-Holy Hymn and awaiting the illumination of the Godhead in three Persons, let us cry aloud as the cherubim to the one and only God: Holy, holy, holy art Thou, our God;

## Monday

Through the med- i- a- tions of Thy Bod- i- less

This system consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains four measures of music, each with a chord. The lyrics are: "Through the med- i- a- tions of Thy Bod- i- less". The bass staff contains four measures of music, each with a chord. The key signature is one sharp (F#).

Ones have mer- cy on us.

This system consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains four measures of music, each with a chord. The lyrics are: "Ones have mer- cy on us.". The bass staff contains four measures of music, each with a chord. The key signature is one sharp (F#).

## Tuesday

Through the in- ter- ces- sions of Thy Fore- run-

This system consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains four measures of music, each with a chord. The lyrics are: "Through the in- ter- ces- sions of Thy Fore- run-". The bass staff contains four measures of music, each with a chord. The key signature is one sharp (F#).

ner have mer- cy on us.

This system consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains four measures of music, each with a chord. The lyrics are: "ner have mer- cy on us.". The bass staff contains four measures of music, each with a chord. The key signature is one sharp (F#).

## Wednesday and Friday

Through the pow- er of Thy Cross pre- serve

This musical score is for Wednesday and Friday. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the pow- er of Thy Cross pre- serve". The music features a series of chords in the treble clef, with some notes beamed together. The bass line consists of simple chords and a few moving notes.

us, O Lord.

This musical score is a continuation of the previous one. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "us, O Lord.". The music features a series of chords in the treble clef, with some notes beamed together. The bass line consists of simple chords and a few moving notes.

## Thursday

Through the in- ter- ces- sions of Thy holy A- pos- tles, and Saint

This musical score is for Thursday. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the in- ter- ces- sions of Thy holy A- pos- tles, and Saint". The music features a series of chords in the treble clef, with some notes beamed together. The bass line consists of simple chords and a few moving notes.

Nich- o- las, have mer- cy on us.

This musical score is a continuation of the previous one. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Nich- o- las, have mer- cy on us.". The music features a series of chords in the treble clef, with some notes beamed together. The bass line consists of simple chords and a few moving notes.

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

With all the heavenly hosts, let us offer the Thrice-Holy Hymn of praise and cry aloud as the cherubim to Him who dwells on high: Holy, holy, holy art Thou, our God;

Through the in-ter-ces-sions of all Thy

This musical score is for the first part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the in-ter-ces-sions of all Thy". The music features a simple harmonic structure with chords and single notes.

saints, have mer-cy on us.

This musical score is for the second part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "saints, have mer-cy on us.". The music features a simple harmonic structure with chords and single notes.

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

Rising from sleep, we fall down before Thee, loving Lord, and with the angels' song we cry to Thee, All-powerful: Holy, holy, holy art Thou, our God;

Through the The-o-tok-os, have

This musical score is for the third part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the The-o-tok-os, have". The music features a simple harmonic structure with chords and single notes.

mer-cy on us.

This musical score is for the fourth part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "mer-cy on us.". The music features a simple harmonic structure with chords and single notes.

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## Sessional Hymns, Tone I

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

I am the prodigal: conceived in sin, I dare not look up to the height of heaven. But trusting in Thy love for man, I cry: God be merciful to me and save me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

If the righteous scarcely shall be saved, how will it be with me a sinner? I have not borne the heat and burden of the day: yet, O God, number me with those who came at the eleventh hour, and save me.

Glory to the Father... Both now...

#### *Theotokion*

O full of grace, beholding in thee the wonder of all wonders, the creation rejoices. For without seed thou hast conceived, and ineffably hast borne as child Him upon whom the leaders of the angelic hosts dare not gaze. O Theotokos, pray to Him for the salvation of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

The victorious martyrs clothed themselves in Thee, O Lord: Thou wast their glory in their sufferings, their crown and their reward. Steadfastly enduring torment, they overthrew the wicked; and through the power of God they were granted victory from heaven. At their prayers, O God, give us Thy great mercy.

### Tuesday

#### *Sessional Hymns of Repentance*

Make haste to open unto me Thy fatherly embrace, for as the Prodigal I have wasted my life. In the unfailing wealth of Thy mercy, O Saviour, reject not my heart in its poverty. For with compunction I cry unto Thee, O Lord: Father, I have sinned against heaven and before Thee.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Fearful is Thy judgement-seat, and Thy judgement is just; but my works are very evil. Come, merciful Lord, before it is too late: save me and deliver me from punishment. Redeem me, Master, from the condemnation of the goats, and count me worthy to stand at Thy right hand, O Judge most just.

Glory to the Father... Both now...

#### *Theotokion*

Unconsumed thou hast conceived the fire of the Godhead, and without seed thou hast borne the Lord who is the fount of life. O Theotokos full of grace, preserve from death those who magnify thee.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

As faithful soldiers ye believed with one accord; ye were not terrified, O saints, by the threats of the tyrants, but taking up the precious Cross, eagerly ye followed Christ, and finishing the course, ye received victory from heaven. Glory be to Him who gave you strength; glory be to Him who crowned you; glory be to Him who through you grants healing unto all.

### **Wednesday**

*Sessional Hymns of the Cross*

Beholding Thee, O Christ, stretched dead upon the Cross, Thine all-blameless Mother cried aloud: 'O my Son, coeternal with the Father and the Spirit, what is this ineffable act of love, whereby in Thy compassion, Master, Thou hast saved the work of Thine own hands?'

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Lord, who lovest man, we venerate the wood of Thy Cross, for Thou the Life of all wast nailed upon it. O Saviour, Thou hast opened Paradise unto the thief who turned to Thee with faith, and Thou hast counted him worthy of Thy joy when he confessed to Thee, 'O Lord, remember me'. Accept us also as Thou hast accepted Him, for we cry aloud: 'We all have sinned, but in Thy compassion do Thou reject us not.'

Glory to the Father... Both now...

*Stavrotheotokion*

When the Ewe saw Thee her Lamb, crucified upon the Tree between two thieves, O longsuffering Word, Thy side pierced by a spear, with a mother's grief she cried: 'O my Son, what is this strange and fearful mystery? How is God, whom nothing can contain, confined within a tomb? What words have power to describe these things? Forsake not Thy Mother, my beloved Child.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Accept in supplication, O Lord who lovest mankind, the sufferings that the saints endured for Thee; and, we beseech Thee, heal all our distress.

### **Thursday**

*Sessional Hymns of the Apostles*

With the net of their preaching and the rod of the Cross, the fishermen overcame the pagans skilled in cunning speech, and they taught the nations to glorify with holy worship Thee, the true God. Therefore we cry unto Thee who hast given them power: Glory to the Father and the Son; glory be to the consubstantial Spirit; glory be to Him who through the apostles has enlightened the world.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

O wise fishers of the inhabited earth, ye received from God the gift of compassion. Intercede for us who cry aloud: O Lord, save Thy people and Thy city, and through the apostles deliver our souls from distress.

Glory to the Father... Both now...

*Theotokion*

In ways past speech and understanding, without father thou hast borne on earth Him who has no mother in heaven. O Theotokos, pray to Him for the salvation of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Let us all pray to the martyrs of Christ, for they intercede for our salvation. Let us all draw near to them with faith, for they dispense the grace of healing, and as guardians of the faith they drive away the hosts of demons.

**Friday**

*Sessional Hymns of the Cross*

When Thou wast crucified, O Christ, the tyranny of the devil was destroyed, the power of the enemy was trampled underfoot. For it was not an angel or a man that saved us, but Thou Thyself, O Lord: glory be to Thee.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Putting his trust in the weapon of the Cross, the pious Emperor Constantine was victorious in battle over his enemies. This weapon makes the powers of hell to tremble; it is the salvation of the faithful and the glory of Saint Paul.

Glory to the Father... Both now...

*Stavrotheotokion*

Gaining thy protection, O Most Pure, by thine intercessions we are released from danger. Guarded always by the Cross of thy Son, we all of us magnify thee with the reverence that is thy due.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

The victorious martyrs clothed themselves in Thee, O Lord: Thou wast their glory in their sufferings, their crown and their reward. Steadfastly enduring torment, they overthrew the wicked; and through the power of God they were granted victory from heaven. At their prayers, O God, give us Thy great mercy.

## Exapostilaria, Tone I

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*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

O Christ who makest light to shine, cleanse my soul from every sin;

### Monday

Through the med- i- a- tions of Thy Bod- i- less

The musical notation consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is primarily composed of quarter notes and half notes, with some chords. The lyrics are placed below the treble staff.

Ones and save me.

The musical notation continues with two staves. The treble staff features a melodic line with a fermata over the final note. The bass staff provides harmonic support. The lyrics are placed below the treble staff.

## Tuesday

Through the in-ter-ces-sions of Thy Fore-run-ner

This system of music consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The lyrics are: "Through the in-ter-ces-sions of Thy Fore-run-ner". The melody is primarily composed of chords, with some eighth-note runs in the treble staff.

O Lord, and save me.

This system of music consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The lyrics are: "O Lord, and save me.". The melody features a half-note chord in the treble staff and a half-note chord in the bass staff.

## Wednesday and Friday

Through the pow-er of Thy Cross, O Lord, and

This system of music consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The lyrics are: "Through the pow-er of Thy Cross, O Lord, and". The melody is primarily composed of chords, with some eighth-note runs in the treble staff.

save me.

This system of music consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The lyrics are: "save me.". The melody features a half-note chord in the treble staff and a half-note chord in the bass staff.

# Thursday

Through the in-ter-ces-sions, O Lord, of Thine A-pos-tles,

The first system of musical notation consists of a treble and bass staff in G major. The treble staff contains a series of chords: G4-B4-D5, G4-A4-B4, G4-A4-B4, G4-A4-B4, and G4-B4-D5. The bass staff contains a series of chords: G2-B2-D3, G2-A2-B2, G2-A2-B2, G2-A2-B2, and G2-B2-D3. The lyrics are placed below the treble staff.

and Saint Nich-o-las, and save me.

The second system of musical notation continues the treble and bass staves. The treble staff has chords: G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, and G4-B4-D5. The bass staff has chords: G2-A2-B2, G2-A2-B2, G2-A2-B2, G2-A2-B2, and G2-B2-D3. The lyrics are placed below the treble staff.

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

O Christ who makest light to shine, cleanse my soul from every sin;

Through the in-ter-ces-sions of Thy Saints, O

The third system of musical notation continues the treble and bass staves. The treble staff has chords: G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-B4-D5, G4-A4-B4, G4-A4-B4, and G4-B4-D5. The bass staff has chords: G2-A2-B2, G2-A2-B2, G2-A2-B2, G2-A2-B2, G2-A2-B2, G2-B2-D3, G2-A2-B2, G2-A2-B2, and G2-B2-D3. The lyrics are placed below the treble staff.

Lord, and save me.

The fourth system of musical notation continues the treble and bass staves. The treble staff has chords: G4-A4-B4, G4-A4-B4, G4-A4-B4, G4-B4-D5, and G4-B4-D5. The bass staff has chords: G2-A2-B2, G2-A2-B2, G2-A2-B2, G2-B2-D3, and G2-B2-D3. The lyrics are placed below the treble staff.

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

O Christ who makest light to shine, cleanse my soul from every sin;

Through the in-ter-ces-sions of the The-o-tok-os, O

The musical score for the first system consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It contains a series of chords: G4-B4-D5, A4-C5-E5, B4-D5-F#5, G4-B4-D5, A4-C5-E5, B4-D5-F#5, G4-B4-D5, and a final chord G4-B4-D5 with a fermata. The lower staff is in bass clef with the same key signature and time signature. It contains a series of notes: G3, A3, B3, C4, D4, E4, F#4, G4, A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, D6, E6, F#6, G7, A7, B7, C8, D8, E8, F#8, G9, A9, B9, C10, D10, E10, F#10, G11, A11, B11, C12, D12, E12, F#12, G13, A13, B13, C14, D14, E14, F#14, G15, A15, B15, C16, D16, E16, F#16, G17, A17, B17, C18, D18, E18, F#18, G19, A19, B19, C20, D20, E20, F#20, G21, A21, B21, C22, D22, E22, F#22, G23, A23, B23, C24, D24, E24, F#24, G25, A25, B25, C26, D26, E26, F#26, G27, A27, B27, C28, D28, E28, F#28, G29, A29, B29, C30, D30, E30, F#30, G31, A31, B31, C32, D32, E32, F#32, G33, A33, B33, C34, D34, E34, F#34, G35, A35, B35, C36, D36, E36, F#36, G37, A37, B37, C38, D38, E38, F#38, G39, A39, B39, C40, D40, E40, F#40, G41, A41, B41, C42, D42, E42, F#42, G43, A43, B43, C44, D44, E44, F#44, G45, A45, B45, C46, D46, E46, F#46, G47, A47, B47, C48, D48, E48, F#48, G49, A49, B49, C50, D50, E50, F#50, G51, A51, B51, C52, D52, E52, F#52, G53, A53, B53, C54, D54, E54, F#54, G55, A55, B55, C56, D56, E56, F#56, G57, A57, B57, C58, D58, E58, F#58, G59, A59, B59, C60, D60, E60, F#60, G61, A61, B61, C62, D62, E62, F#62, G63, A63, B63, C64, D64, E64, F#64, G65, A65, B65, C66, D66, E66, F#66, G67, A67, B67, C68, D68, E68, F#68, G69, A69, B69, C70, D70, E70, F#70, G71, A71, B71, C72, D72, E72, F#72, G73, A73, B73, C74, D74, E74, F#74, G75, A75, B75, C76, D76, E76, F#76, G77, A77, B77, C78, D78, E78, F#78, G79, A79, B79, C80, D80, E80, F#80, G81, A81, B81, C82, D82, E82, F#82, G83, A83, B83, C84, D84, E84, F#84, G85, A85, B85, C86, D86, E86, F#86, G87, A87, B87, C88, D88, E88, F#88, G89, A89, B89, C90, D90, E90, F#90, G91, A91, B91, C92, D92, E92, F#92, G93, A93, B93, C94, D94, E94, F#94, G95, A95, B95, C96, D96, E96, F#96, G97, A97, B97, C98, D98, E98, F#98, G99, A99, B99, C100, D100, E100, F#100, G101, A101, B101, C102, D102, E102, F#102, G103, A103, B103, C104, D104, E104, F#104, G105, A105, B105, C106, D106, E106, F#106, G107, A107, B107, C108, D108, E108, F#108, G109, A109, B109, C110, D110, E110, F#110, G111, A111, B111, C112, D112, E112, F#112, G113, A113, B113, C114, D114, E114, F#114, G115, A115, B115, C116, D116, E116, F#116, G117, A117, B117, C118, D118, E118, F#118, G119, A119, B119, C120, D120, E120, F#120, G121, A121, B121, C122, D122, E122, F#122, G123, A123, B123, C124, D124, E124, F#124, G125, A125, B125, C126, D126, E126, F#126, G127, A127, B127, C128, D128, E128, F#128, G129, A129, B129, C130, D130, E130, F#130, G131, A131, B131, C132, D132, E132, F#132, G133, A133, B133, C134, D134, E134, F#134, G135, A135, B135, C136, D136, E136, F#136, G137, A137, B137, C138, D138, E138, F#138, G139, A139, B139, C140, D140, E140, F#140, G141, A141, B141, C142, D142, E142, F#142, G143, A143, B143, C144, D144, E144, F#144, G145, A145, B145, C146, D146, E146, F#146, G147, A147, B147, C148, D148, E148, F#148, G149, A149, B149, C150, D150, E150, F#150, G151, A151, B151, C152, D152, E152, F#152, G153, A153, B153, C154, D154, E154, F#154, G155, A155, B155, C156, D156, 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# Tone I

## Vespers

### Lord, I Have Cried, in Tone I

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried unto Thee, hear-ken un-to me.

The first system of music consists of a treble and bass staff in G major. The treble staff begins with a whole note chord of G4, B4, and D5. The bass staff begins with a whole note chord of G2, B1, and D2. The lyrics are written below the notes.

Hear-ken un-to me, O Lord.

The second system of music continues the treble and bass staves. The treble staff has notes G4, B4, D5, G4, B4, D5, G4. The bass staff has notes G2, B1, D2, G2, B1, D2, G2.

Lord, I have cried unto Thee, hear-ken un-to me;

The third system of music continues the treble and bass staves. The treble staff has notes G4, B4, D5, G4, B4, D5, G4. The bass staff has notes G2, B1, D2, G2, B1, D2, G2.

attend to the voice of my sup-pli-ca-tion, when I cry un-to Thee.

The fourth system of music continues the treble and bass staves. The treble staff has notes G4, B4, D5, G4, B4, D5, G4, B4, D5, G4, B4, D5, G4, B4, D5, G4. The bass staff has notes G2, B1, D2, G2, B1, D2, G2, B1, D2, G2, B1, D2, G2, B1, D2, G2.

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lift-ing up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

## Stichera to the Martyrs, Tone I

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

At the prayers, O Lord, of all the saints and of the Theotokos, grant us Thy peace and have mercy upon us, for Thou only art compassionate.

The confession of faith that ye made in the arena, O ye saints, filled with fear the hosts of demons and set men free from error. As ye were beheaded ye cried out: 'May the sacrifice of our souls be acceptable in Thy sight, O Lord; for, desiring Thee who lovest man, we have despised this quickly passing life.'

Wise was the exchange ye made, O saints! Ye gave your blood, and received heaven as your reward; ye suffered tribulation for a time, and now make glad eternally. Wisely have ye traded: forsaking things corruptible, ye have received things incorruptible; and rejoicing with the choirs of angels ye sing continually the praises of the consubstantial Trinity.

O martyrs worthy of all praise, your bodies were not buried in the earth, yet heaven has received you; the gates of Paradise were opened to you, and entering within ye have eaten from the tree of life. Pray to Christ that He may grant peace and great mercy to our souls.

Glory to the Father...

*For the Dead  
by St John of Damascus*

What pleasure in this life remains unmarked by sorrow? What glory can endure upon this earth unchanged? All is feebler than a shadow, more deceptive than a dream; for death in a single moment takes all things away. But in the light of Thy countenance, O Christ, and in the joy of Thy beauty, give rest to those whom Thou hast chosen, for Thou lovest mankind.

## Dogmatic Theotokion, Tone I

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

Both now and ever, and unto the a- ges of a- ges A- men.

Let us hymn the Virgin Mary,/ the glory of the whole world,/ who sprang forth from men and gave birth unto the Master,/ the portal of heaven,/ and the subject of the hymnody of the incorporeal hosts/ and adornment of the faithful;/ for she hath been shown to be heaven and the temple of the Godhead./ Having destroyed the middle-wall of enmity,/ she hath brought forth peace and opened wide the kingdom./ Therefore, having her as the confirmation of our faith,/ we have as champion the Lord born of her./ Wherefore, be of good courage!/ Yea, be ye of good cheer, O people of God, // for He vanquisheth the foe, in that He is almighty!

## Tone II Matins

### Alleluia and Hymns to the Trinity, Tone II

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- ia, Al- - le- lu- - i- - a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

*Stichos:* Zeal shall lay hold upon and un instructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

Doing as the powers on high, we on earth offer Thee, O loving Lord, a hymn of victory:  
Holy, holy, holy art Thou our God;

## Monday

Through the med- i- a- tions of Thy Bod- i- less Ones, have

This system of music is written for a soprano and bass voice. The key signature has one sharp (F#) and the time signature is 4/4. The melody consists of quarter notes and half notes. The lyrics are: "Through the med- i- a- tions of Thy Bod- i- less Ones, have".

mer- cy on us.

This system continues the melody from the first system. The lyrics are: "mer- cy on us.". The music concludes with a double bar line and repeat dots.

## Tuesday

Through the in- ter- ces- sions of Thy Fore- run- ner, have

This system of music is written for a soprano and bass voice. The key signature has one sharp (F#) and the time signature is 4/4. The melody consists of quarter notes and half notes. The lyrics are: "Through the in- ter- ces- sions of Thy Fore- run- ner, have".

mer- cy on us.

This system continues the melody from the first system. The lyrics are: "mer- cy on us.". The music concludes with a double bar line and repeat dots.

## Wednesday and Friday

Through the pow- er of Thy Cross, pre- serve

This musical system consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The treble staff contains a series of chords: four quarter notes (G4, A4, B4, C5), followed by two pairs of beamed eighth notes (G4-A4, B4-C5), and finally a pair of beamed eighth notes (G4-A4) with a fermata. The bass staff contains a series of chords: four quarter notes (D3, E3, F#3, G3), followed by two pairs of beamed eighth notes (D3-E3, F#3-G3), and finally a pair of beamed eighth notes (D3-E3) with a fermata.

us, O Lord.

This musical system continues the previous one. The treble staff has a pair of beamed eighth notes (G4-A4) with a fermata, followed by a quarter note (B4) with a fermata, and a quarter note (C5) with a fermata. The bass staff has a pair of beamed eighth notes (D3-E3) with a fermata, followed by a quarter note (F#3) with a fermata, and a quarter note (G3) with a fermata.

## Thursday

Through the in- ter- ces- sions of Thy holy Apostles and Saint

This musical system consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The treble staff contains a series of chords: four quarter notes (G4, A4, B4, C5), followed by a quarter note (D5) with a fermata. The bass staff contains a series of chords: four quarter notes (D3, E3, F#3, G3), followed by a quarter note (A3) with a fermata.

Nich- o- las, have mer- cy on us.

This musical system continues the previous one. The treble staff has a pair of beamed eighth notes (G4-A4) with a fermata, followed by a pair of beamed eighth notes (B4-C5) with a fermata, and a pair of beamed eighth notes (D5-E5) with a fermata. The bass staff has a pair of beamed eighth notes (D3-E3) with a fermata, followed by a pair of beamed eighth notes (F#3-G3) with a fermata, and a pair of beamed eighth notes (A3-B3) with a fermata.

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

O uncreated Nature, Maker of all things, open our lips that we may proclaim Thy praises, crying: Holy, holy, holy art Thou, our God;

Through the in-ter-ces-sions all of Thy saints, have mer-

This musical score is for the first part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the in-ter-ces-sions all of Thy saints, have mer-". The music features a mix of quarter and eighth notes, with some chords. There are fermatas over the final notes of the first and third measures.

cy on us.

This musical score is for the second part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "cy on us.". The music features a mix of quarter and eighth notes, with some chords. There are fermatas over the final notes of the first and third measures.

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

Thou, O Lord, hast raised me from my bed and sleep; enlighten my mind and my heart, and open my lips that I may praise Thee, Holy Trinity: Holy, holy, holy art Thou, our God;

Through the The-o- tok - os, have mer-

This musical score is for the third part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the The-o- tok - os, have mer-". The music features a mix of quarter and eighth notes, with some chords. There are fermatas over the final notes of the first and third measures.

cy on us.

This musical score is for the fourth part of the hymn. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "cy on us.". The music features a mix of quarter and eighth notes, with some chords. There are fermatas over the final notes of the first and third measures.

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## Sessional Hymns, Tone II

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

As the waves of the sea my transgressions have risen up against me, and as a boat alone in the deep, I am tossed by the storm of many sins. But guide me through repentance to a fair haven, O Lord, and save me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

I am a barren tree, O Lord, for I do not bear at all the fruit of compunction. I fear the axe and the fire that never shall be quenched, Therefore I pray Thee before I am condemned to torment: cause me to turn back and save me.

Glory to the Father... Both now....

#### *Theotokion*

Thou art a fountain of compassion, O Theotokos: count us worthy of thy loving-kindness. Look upon thy people that has sinned; and now, as always, manifest thy power. For putting our trust in thee we cry unto thee, Rejoice! as once did Gabriel, the chief captain of the heavenly hosts.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

O Thou who coverest the heaven with clouds, the saints on earth had Thee as their covering and protection: patiently they endured the torments lawless men inflicted on them, and they brought to nothing the error of idolatry. At their prayers, O Saviour, set us free from the invisible enemy and save us.

### Tuesday

#### *Sessional Hymns of Repentance*

'Have mercy upon me', said David, and I also cry to Thee: I have sinned, O Saviour; blot out my sins through repentance and have mercy upon me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

'Have mercy upon me, O God, have mercy upon me', David lamented over two sins; but I cry aloud to Thee over a thousand trespasses. He watered his bed with tears, but I have not a single tear to shed. In despair I pray: Have mercy upon me, O God, according to Thy great mercy.

Glory to the Father... Both now...

#### *Theotokion*

I need thy help, O Theotokos, disregard me not, for my soul trusts in thee; have mercy upon me.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Thou hast made Thy saints to shine brighter than gold, and in Thy love Thou hast glorified Thy holy ones. At their intercessions, Christ our God, grant peace to our life and make our prayer ascend as incense, O Thou who alone dost rest among the saints.

### **Wednesday**

*Sessional Hymns of the Cross*

In supplication we offer Thee, O Lord, Thy life-giving Cross, which in Thy love Thou hast granted unto us Thine unworthy servants. Save Thy city and its rulers, for they entreat Thee through the Theotokos, O Thou who alone lovest mankind.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

The enemy enslaved Adam through the fruit of a tree; and in the same way, O Lord, Thou hast Thyself enslaved the enemy through the tree of the Cross and through Thy Passion. As the second Adam Thou hast come, to seek the wanderer and restore the dead to life. O God, glory to Thee.

Glory to the Father... Both now....

*Stavrotheotokion*

Beholding Thee, O Christ, stretched dead upon the Tree, Thy Virgin Mother cried aloud with bitter tears: 'O my Son, what is this fearful mystery? How dost Thou, who givest life eternal unto all, suffer willingly a shameful death upon the Cross?'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

O martyrs of the Lord, blessed is the earth on which your blood was shed, and holy are the shrines that have received your bodies. For in the arena openly ye triumphed over the enemy, and with boldness ye preached Christ. We entreat you, pray to Him that in His love He may grant salvation to our souls.

### **Thursday**

*Sessional Hymns of the Apostles*

In Thy surpassing love for man, O Christ our God, Thou hast made the fishers wiser than those skilled in speech, and Thou hast sent them out as preachers into all the earth. Through them make strong Thy Church, and send Thy blessing down upon the faithful, O Thou who alone art merciful and lovest mankind.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

Through Thy surpassing love for man, O Christ our God, the fishers drew the nations into their net, and taught the ends of the earth to worship Thee. Through them make strong Thy Church and send Thy blessing down upon the faithful, O Thou who alone dost rest among the saints.

Glory to the Father... Both now...

*Theotokion*

We magnify thee, Theotokos, and we cry aloud: Rejoice, Cloud that held the never-setting Light, who hast carried in thy womb the Lord of glory.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Apostles, martyrs and prophets, hierarchs, holy monks and righteous men, who have fought the good fight to the end and kept the faith; since ye have boldness in the presence of the Saviour, intercede before Him, we entreat you, that in His love He may grant salvation to our souls.

**Friday**

*Sessional Hymns of the Cross*

We venerate Thy holy ikon, loving Lord, asking Thee to pardon our transgressions, Christ our God. For Thou of Thine own will wast pleased in the flesh to ascend upon the Cross, so to deliver from the bondage of the enemy those whom Thou hast fashioned. Therefore in thanksgiving we cry aloud to Thee: Thou hast filled all things with joy, our Saviour, when Thou hast come to save the world.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Thou, O Christ our God, hast worked salvation in the midst of the earth: Thou hast stretched out Thy most pure hands upon the Cross, gathering together all the nations that cry out: O Lord, glory to Thee.

Glory to the Father... Both now...

*Stravrotheotokion*

Most glorious art thou, O Virgin Theotokos; we sing thy praises. For through the Cross of thy Son, hell was laid low and death put to death; we who were dead have risen and been granted life, receiving the joy of Paradise that was ours at the beginning. Therefore with thanksgiving we glorify Christ our God, for He is strong and alone rich in mercy.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Founded on the Rock that cannot be shaken, the saints resisted tyrants bravely, and through torment they obtained their crowns. At their prayers save us, O God.

## Exapostilaria, Tone II

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

### Monday

Through the med- i- a- tions of Thy Bod- i- less Ones, and

The musical notation consists of two staves, treble and bass clef, in the key of D major. The melody is primarily chordal, with notes often beamed together. The lyrics are placed below the notes. The first staff contains the lyrics "Through the med- i- a- tions of Thy" and the second staff contains "Bod- i- less Ones, and".

save me.

The musical notation continues on two staves, treble and bass clef. The melody is primarily chordal. The lyrics "save" and "me." are placed below the notes. The piece concludes with a final cadence.

## Tuesday

Through the in-ter-ces-sions of Thy Fore-run-ner, O

This system of music is written for a two-part setting in G major. The upper staff (treble clef) features a melody of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5. The lower staff (bass clef) provides a simple accompaniment of quarter notes: G2, A2, B2, C3, D3, E3, F#3, G3. The lyrics are placed between the staves, with hyphens indicating syllables that span across bar lines.

Lord, and save me.

This system continues the two-part setting. The upper staff has a melody of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5. The lower staff has a simple accompaniment of quarter notes: G2, A2, B2, C3, D3, E3, F#3, G3. The lyrics are placed between the staves, with hyphens indicating syllables that span across bar lines.

## Wednesday and Friday

Through the pow-er of Thy Cross, O Lord, and

This system of music is written for a two-part setting in G major. The upper staff (treble clef) features a melody of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5. The lower staff (bass clef) provides a simple accompaniment of quarter notes: G2, A2, B2, C3, D3, E3, F#3, G3. The lyrics are placed between the staves, with hyphens indicating syllables that span across bar lines.

save me.

This system continues the two-part setting. The upper staff has a melody of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5. The lower staff has a simple accompaniment of quarter notes: G2, A2, B2, C3, D3, E3, F#3, G3. The lyrics are placed between the staves, with hyphens indicating syllables that span across bar lines.

# Thursday

Through the intercessions, O Lord, of Thine A- pos- tles and Saint

This system of music consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is primarily composed of chords. The lyrics are: "Through the intercessions, O Lord, of Thine A- pos- tles and Saint".

Nich- o- las, and save me.

This system of music continues the two-staff format. The lyrics are: "Nich- o- las, and save me.". The melody features a final cadence with a fermata over the final note.

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

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Through the in- ter- ces- sions of Thy saints, O Lord, and

This system of music continues the two-staff format. The lyrics are: "Through the in- ter- ces- sions of Thy saints, O Lord, and". The melody features a final cadence with a fermata over the final note.

save me.

This system of music continues the two-staff format. The lyrics are: "save me.". The melody features a final cadence with a fermata over the final note.

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

Send forth Thine eternal light, O Christ my God, and illumine the secret eyes of my heart;

Through the The- o- tok - os, have mer- -

This musical score is for the first part of the hymn. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "Through the The- o- tok - os, have mer- -". The word "The-" is split across two measures, and "mer-" is split across two measures. There are fermatas over the final notes of "The-" and "mer-".

cy on us.

This musical score is for the second part of the hymn. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "cy on us.". There is a fermata over the final note of "us.". The piece ends with a double bar line.

# Tone II

## Vespers

### Lord, I Have Cried, in Tone II

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried unto Thee, hear- ken un- to me.

The first system of musical notation consists of two staves, treble and bass clef, in the key of D major. The melody is written in a simple, homophonic style with block chords and single notes. The lyrics are: "Lord, I have cried unto Thee, hear- ken un- to me."

Hear- ken unto me, O Lord. Lord, I have cried unto Thee, hear- ken un- to me;

The second system of musical notation continues the melody. It features a repeat sign at the beginning of the second line. The lyrics are: "Hear- ken unto me, O Lord. Lord, I have cried unto Thee, hear- ken un- to me;"

attend to the voice of my sup- pli- ca- - tion when I cry un- to Thee.

The third system of musical notation continues the melody. The lyrics are: "attend to the voice of my sup- pli- ca- - tion when I cry un- to Thee."

Hear- ken un- to me, O Lord.

The fourth system of musical notation concludes the piece. It features a final cadence with a fermata over the final notes. The lyrics are: "Hear- ken un- to me, O Lord."

Let my prayer be set forth as incense before Thee,

the lifting up of my hands as an evening sacrifice.

Hearken unto me, O Lord.

## Stichera to the Martyrs, Tone II

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

Not desiring earthly pleasure, the victorious martyrs were granted heavenly blessings, and they have become fellow-citizens with the angels. At their prayers, O Lord, have mercy on us and save us.

Because the holy martyrs intercede for us and sing in praise of Christ, all error is destroyed and mankind is saved by faith.

The company of martyrs resisted tyrants, saying: 'We are soldiers of the Ruler of the powers on high; though ye give us up to fire and torture, we shall not deny the power of the Trinity.'

Great is the glory, O ye saints, that ye have gained through your faith. For by your sufferings ye were victorious over the enemy; and after death, as physicians of body and soul, ye drive out evil spirits and bring healing to the sick. Intercede before the Lord, that mercy be given to our souls.

Glory to the Father...

*For the Dead  
by St John of Damascus*

Woe is me! How great a struggle the soul endures at its parting from the body. Woe is me! How many tears it sheds, but there is none to pity it. Turning to the angels, it supplicates in vain; stretching out its hands to men, it finds no-one to help. Therefore, my beloved brethren, reflecting on the shortness of our life, let us ask Christ to give rest to the departed and to grant our souls great mercy.

## Dogmatic Theotokion, Tone II

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

Both now and ever, and unto the a- ges of a- ges. A-men.

The shadow of the law passed away when grace arrived;/ for, as the bush wrapped in flame did not burn,/ so did the Virgin give birth and yet remain a virgin./ In place of the pillar of fire,/ the Sun of righteousness hath shone forth./ Instead of Moses, Christ is come, // the salvation of our souls.

## Tone III Matins

### Alleluia and Hymns to the Trinity, Tone III

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- ia, Al- - - le-

lu- - - i- - a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

O Trinity, one in Essence and undivided, Unity in three co- eternal Persons, to Thee as God we sing the angels' hymn: Holy, holy, holy art Thou, our God;

## Monday

Through the mediations of Thy Bod- i- less Ones, have mer-

This system contains the first two measures of the Monday prayer. The treble clef staff features a series of chords, with the second measure containing a '3' indicating a triplet. The bass clef staff provides a simple harmonic accompaniment. The lyrics are: 'Through the mediations of Thy Bod- i- less Ones, have mer-'.

- cy on us.

This system contains the final two measures of the Monday prayer. The treble clef staff shows a triplet of chords in the second measure. The bass clef staff continues the accompaniment. The lyrics are: '- cy on us.'.

## Tuesday

Through the intercessions of Thy Fore- run- - - ner have

This system contains the first two measures of the Tuesday prayer. The treble clef staff features a series of chords, with the second measure containing a '3' indicating a triplet. The bass clef staff provides a simple harmonic accompaniment. The lyrics are: 'Through the intercessions of Thy Fore- run- - - ner have'.

mer- - cy on us.

This system contains the final two measures of the Tuesday prayer. The treble clef staff shows a triplet of chords in the first measure. The bass clef staff continues the accompaniment. The lyrics are: 'mer- - cy on us.'.

## Wednesday and Friday

Through the pow- er of Thy Cross, pre- serve

This system of music is written for a treble and bass clef in the key of D major. The lyrics are "Through the pow- er of Thy Cross, pre- serve". The melody in the treble clef consists of quarter notes and eighth notes, with some chords beamed together. The bass line provides a simple harmonic accompaniment with quarter notes.

us, O Lord.

This system continues the music from the first system. The lyrics are "us, O Lord.". The treble clef features a final cadence with a whole note chord. The bass line continues with quarter notes and ends with a whole note chord. The system concludes with a double bar line.

## Thursday

Through the intercessions of Thy holy Apostles and Saint

This system of music is written for a treble and bass clef in the key of D major. The lyrics are "Through the intercessions of Thy holy Apostles and Saint". The melody in the treble clef consists of quarter notes and eighth notes. The bass line provides a simple harmonic accompaniment with quarter notes.

Nich- o- las, have mer- cy on us.

This system continues the music from the first system. The lyrics are "Nich- o- las, have mer- cy on us.". The treble clef features a final cadence with a whole note chord. The bass line continues with quarter notes and ends with a whole note chord. The system concludes with a double bar line.

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

Daring to give glory to the one Godhead, to the eternal Father, the coeternal Son, and the timeless Spirit, as the cherubim we say: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy Saints, have

This musical system consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is primarily in the treble clef. The lyrics are: "Through the intercessions of all Thy Saints, have". The word "Saints," is followed by a long note in the treble clef, and "have" is followed by a long note in the bass clef.

mer- cy on us.

This musical system continues the melody from the first system. The lyrics are: "mer- cy on us.". The word "mer-" is followed by a long note in the bass clef, "cy" is followed by a long note in the treble clef, "on" is followed by a long note in the bass clef, and "us." is followed by a long note in the treble clef.

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

Suddenly the Judge will come, and the acts of every man will be laid bare. But at midnight let us cry with fear: Holy, holy, holy art Thou, our God;

Through the The- o- tok- - os, have mer-

This musical system consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is primarily in the treble clef. The lyrics are: "Through the The- o- tok- - os, have mer-". The word "The-" is followed by a long note in the treble clef, "o-" is followed by a long note in the bass clef, "tok-" is followed by a long note in the treble clef, "os," is followed by a long note in the bass clef, and "mer-" is followed by a long note in the treble clef.

cy on us.

This musical system continues the melody from the third system. The lyrics are: "cy on us.". The word "cy" is followed by a long note in the treble clef, "on" is followed by a long note in the bass clef, and "us." is followed by a long note in the treble clef.

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## Sessional Hymns, Tone III

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

At the dread Judgement I shall be convicted without accusers, and condemned without witnesses; for the book of my conscience will be opened and my hidden works revealed. O God, before Thou shalt examine mine actions in the presence of the whole creation, be merciful to me and save me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

How long, my soul, wilt thou continue in sin? How long wilt thou delay repentance? Call to mind the coming Judgement and cry unto the Lord: I have sinned, O sinless Lord, do Thou save me.

Glory to the Father... Both now...

#### *Theotokion*

With good reason each man turns to the place where he can find salvation. And what other refuge have we such as thee, O Theotokos, the protection of our souls?

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

Who does not marvel at the victorious struggles of the holy martyrs? Who is not astonished that they remained for ever undefeated? Burnt with fire and scourged, cast to the wild beasts and slaughtered, they were victorious over the opposing enemy. With loathing they rejected the flattery of kings, and they scorned the tyrants' threats; therefore they received crowns from Christ our God, who grants great mercy to the world.

### Tuesday

#### *Sessional Hymns of Repentance*

While thou still dwellest upon earth, repent, my soul, for in the tomb the dust cannot offer praise or gain deliverance from sin. Cry out to Christ thy God: I have sinned, O Knower of men's hearts; but before Thou dost condemn me, have mercy upon me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

At the hour of prayer I promise to repent, yet skillfully the enemy urges me to sin. But deliver me from him, O God, and have mercy upon me.

Glory to the Father... Both now...

#### *Theotokion*

Thou art our refuge and our might, O Theotokos; thou art the strong help of the world. By thine intercessions protect thy servants from all calamity, for thou alone art blessed.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before*

*the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Your brave endurance, glorious martyrs, defeated the devices of the enemy from whom all evil comes: therefore were ye counted worthy of eternal blessedness. Intercede, then, with the Lord for the salvation of Christ's faithful flock, O ye witnesses of the truth.

### **Wednesday**

*Sessional Hymns of the Cross*

Knowing that Thy power is infinite and Thy Crucifixion voluntary, the hosts of angels were amazed. How wast Thou, upon whom none may look, scourged in the flesh, in Thy desire to redeem man from corruption? Therefore we cry unto Thee as Giver of Life: Glory to Thy Kingdom, O Christ.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

The Cross was set up on the earth, and touched the heaven; not because the wood could reach so high, but because Thou who wast crucified upon it fillest all things: glory be to Thee.

Glory to the Father... Both now...

*Stavrotheotokion*

In the Cross of thy Son, O Theotokos, we have gained a rod of strength. With it we cast down the anger of the enemy, and unceasingly with love we magnify thee,

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

In Thine almighty power, O Lord, Thou hast glorified the memorial of Thy victorious martyrs, for Thou hast strengthened them to follow Thee in Thy sufferings. Bravely they overcame the devil's might, and so received gifts of healing. At their prayers, O Christ who lovest man, grant peace unto our souls.

### **Thursday**

*Sessional Hymns of the Apostles*

O ye apostles and eyewitnesses, ye were made divine heralds of the truth and teachers of the Church. For ye trampled underfoot the error of idolatry, and clearly ye proclaimed the Trinity. O blessed saints, pray to the Triune God that we may be granted His great mercy.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

Come, and let us all sing in praise of the apostles, since they are our helmsmen. For they overcame the error of idolatry; they have led us to the light of life and taught us to give glory to the Trinity. With all the faithful, then, we celebrate their honoured memory and we glorify the Saviour.

Glory to the Father... Both now...

*Theotokion*

Vine that hast never known the husbandman, O Virgin, thou hast borne the ripe Cluster of grapes. From Him we receive the wine of salvation, making glad the souls and bodies of us all. Therefore do we call thee blessed, for thou art the cause of all good things, and for ever with the Angel we cry out to thee: Rejoice, O full of grace.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Shielded by the armour of Christ and taking up the weapons of the faith, as brave soldiers ye cast down the ranks of the enemy. Setting your hope in the life to come, gladly ye endured all the tyrants' threats and scourging; and so ye have received crowns of victory, O martyrs of Christ, strong in soul.

**Friday**

*Sessional Hymns of the Cross*

Choosing to suffer Crucifixion and death, Thou hast set up the Cross in the midst of the creation. When Thou hast consented, O Saviour, that Thy body should be nailed to the wood, the sun hid its rays. Seeing this, the thief confessed Thee as God and cried to Thee, 'O Lord, remember me'; and because of his faith he was granted Paradise.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Thou wast exalted, Lamb of God, upon the cypress, the pine and the cedar, so as to save those who worship in faith Thy voluntary Crucifixion. Glory be to Thee, O Christ our God.

Glory to the Father... Both now...

*Stavrotheotokion*

By Thine own free choice, O compassionate Christ, Thou hast endured a shameful death upon the Cross; and when Thy Mother saw Thee, she was wounded in her heart. At her prayers, O Lord alone supreme in love, through Thy tender mercy have pity on the world and save it, for Thou dost take away its sin.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Through your faith ye shine as radiant lights, O physicians of the true worship of God, holy and glorious martyrs. Ye were not terrified by the torments of the tyrants, but ye cast down the blasphemous teachings of idolatry, taking up the true Cross as your emblem of victory.

## Exapostilaria, Tone III

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

Send forth Thy light, O Christ my God, and illumine my heart;

### Monday

Through the mediations of Thy Bod- i- less Ones, and save

This musical score is for the first part of the hymn on Monday. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is primarily in the treble staff, with accompaniment in the bass staff. The lyrics are: "Through the mediations of Thy Bod- i- less Ones, and save". The music features a mix of eighth and quarter notes, with some chords and rests.

me.

This musical score is for the second part of the hymn on Monday. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is primarily in the treble staff, with accompaniment in the bass staff. The lyrics are: "me.". The music features a mix of eighth and quarter notes, with some chords and rests.

## Tuesday

Through the intercessions of Thy Fore-run-ner, O

This system shows the first two measures of the Tuesday section. The vocal line (treble clef) has a whole note chord in the first measure and a half note chord in the second. The piano accompaniment (bass clef) has a whole note chord in the first measure and a half note chord in the second. The lyrics are: "Through the intercessions of Thy Fore-run-ner, O".

Lord, and save me.

This system shows the next three measures. The vocal line has a whole note chord in the first measure, a half note chord in the second, and a whole note chord in the third. The piano accompaniment has a whole note chord in the first measure, a half note chord in the second, and a whole note chord in the third. The lyrics are: "Lord, and save me.". The system ends with a double bar line and a repeat sign.

## Wednesday and Friday

Through the power of Thy Cross, O Lord,

This system shows the first three measures of the Wednesday and Friday section. The vocal line has a whole note chord in the first measure, a half note chord in the second, and a whole note chord in the third. The piano accompaniment has a whole note chord in the first measure, a half note chord in the second, and a whole note chord in the third. The lyrics are: "Through the power of Thy Cross, O Lord,".

and save me.

This system shows the next three measures. The vocal line has a whole note chord in the first measure, a half note chord in the second, and a whole note chord in the third. The piano accompaniment has a whole note chord in the first measure, a half note chord in the second, and a whole note chord in the third. The lyrics are: "and save me.". The system ends with a double bar line and a repeat sign.

# Thursday

Through the intercessions, O Lord, of Thine A- pos- tles and Saint

Nich- o- las, and save me.

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

Send forth Thy light, O Christ my God, and illumine my heart;

Through the intercessions of Thy Saints, O Lord,

and save me.

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

Send forth Thy light, O Christ my God, and illumine my heart;

Through the intercessions of the The- o- tok- - - os, O

The first system of the musical score consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It contains a series of chords: a triad of G4, B4, and D5 in the first measure; a triad of G4, B4, and D5 in the second measure; and a triad of G4, B4, and D5 in the third measure, which is circled. The lower staff is in bass clef with the same key signature and time signature. It contains a series of notes: G3 in the first measure; G3, A3, and B3 in the second measure; and G3, A3, and B3 in the third measure, which is circled. The lyrics "Through the intercessions of the The- o- tok- - - os, O" are written below the staves, with hyphens indicating syllables that span across measures.

Lord, and save me.

The second system of the musical score consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It contains a series of chords: a triad of G4, B4, and D5 in the first measure, circled; a triad of G4, B4, and D5 in the second measure; a triad of G4, B4, and D5 in the third measure; and a triad of G4, B4, and D5 in the fourth measure, circled. The lower staff is in bass clef with the same key signature and time signature. It contains a series of notes: G3, A3, and B3 in the first measure, circled; G3 in the second measure; G3, A3, and B3 in the third measure; and G3, A3, and B3 in the fourth measure, circled. The lyrics "Lord, and save me." are written below the staves, with hyphens indicating syllables that span across measures.

# Tone III

## Vespers

### Lord, I Have Cried, in Tone III

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried unto Thee, hear- ken un- to me.

The first system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, each corresponding to a syllable of the text. The bass staff contains a series of notes, each corresponding to a syllable of the text. The key signature is one sharp (F#).

Hear- ken un- to me, O Lord.

The second system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, each corresponding to a syllable of the text. The bass staff contains a series of notes, each corresponding to a syllable of the text. The key signature is one sharp (F#).

Lord, I have cried unto Thee, hear- ken un- to me;

The third system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, each corresponding to a syllable of the text. The bass staff contains a series of notes, each corresponding to a syllable of the text. The key signature is one sharp (F#).

at- tend to the voice of my sup- pli- ca- - tion when I cry un- to Thee.

The fourth system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, each corresponding to a syllable of the text. The bass staff contains a series of notes, each corresponding to a syllable of the text. The key signature is one sharp (F#).

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lift-ing up of my hands

as in-cense be-fore Thee, the lift-ing up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

## Stichera to the Martyrs, Tone III

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

Great is the power of Thy martyrs, O Christ! Though they lie in their tombs, they drive out evil spirits and fight in the defence of true devotion, subduing the dominion of the enemy through faith in the Trinity.

The prophets, the apostles of Christ and the martyrs have taught mankind to sing the praises of the consubstantial Trinity; they have given light to the nations that were gone astray, and they have made the sons of men companions of the angels.

Supported by faith and made strong by hope, Thy martyrs, O Lord, destroyed the tyranny of the enemy; and, receiving crowns of glory, together with the angels they make intercession for our souls.

Great is the power of Thy Cross, O Lord! It was set up in the place of the skull, and it acts in all the world; it made the fishermen into apostles and the Gentiles into martyrs, that they might intercede for our souls.

Glory to the Father...

*For the Dead*

*by St John of Damascus*

All human things are vain, and endure not after death. Our wealth will not remain, our glory will not go with us upon the way; for when death comes, all these things will disappear. Therefore let us cry to Christ who is immortal: Give rest to our departed brethren and make them dwell with the joyful.

## Dogmatic Theotokion, Tone III

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

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

How can we not marvel at thy giving birth to the God-man, O all-honored one./ For without having accepted the temptation of a man,/ O all immaculate one,/ without a father thou gavest birth in the flesh to a Son/ Who was begotten without a mother before the ages,/ without His undergoing change, confusion or division,/ yet preserving intact the character of both essences./ Wherefore, O Virgin Mother and Mistress,/ entreat Him, that the souls of those who in Orthodox manner// confess thee to be the Theotokos be saved.

## Tone IV Matins

### Alleluia and Hymns to the Trinity, Tone IV

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- ia, Al- le- lu- i- ia.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

Daring, mortal though we are, to offer unto Thee the hymn of Thine angelic ministers, we say: Holy, holy, holy art Thou, our God;

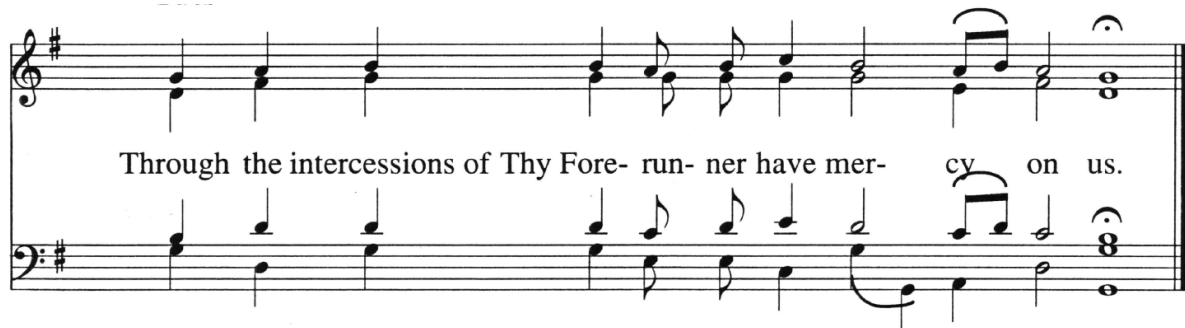
### Monday



Through the mediations of Thy Bod- i- less Ones, have mer- cy on us.

The musical score for Monday consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. The lower staff is in bass clef with the same key signature and time signature. The lyrics are written between the staves, with hyphens indicating syllables that span across bar lines. The melody is simple and homophonic, with the bass line providing a steady accompaniment.

### Tuesday



Through the intercessions of Thy Fore- run- ner have mer- cy on us.

The musical score for Tuesday follows the same format as the Monday score. It features two staves in treble and bass clefs with a key signature of one sharp and common time. The lyrics are: "Through the intercessions of Thy Fore- run- ner have mer- cy on us." The melody is consistent with the previous day's score, maintaining a simple and reverent tone.

### Wednesday and Friday



Through the power of Thy Cross, pre- serve us, O Lord.

The musical score for Wednesday and Friday also follows the same format. It consists of two staves in treble and bass clefs with a key signature of one sharp and common time. The lyrics are: "Through the power of Thy Cross, pre- serve us, O Lord." The melody remains simple and homophonic, consistent with the other days' scores.

# Thursday

Through the intercessions of Thy holy Apostles, and Saint Nich- o-

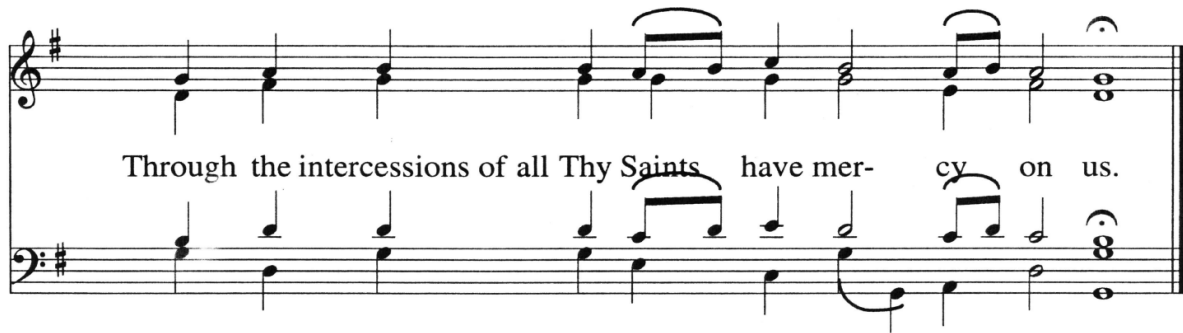
The first system of the hymn consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and contains four chords: a D major triad, an E major triad, an F# major triad, and a G major triad. The lower staff is in bass clef with the same key signature and contains four chords: a D major triad, an E major triad, an F# major triad, and a G major triad. The lyrics are centered between the two staves.

las, have mer- cy on us.

The second system of the hymn consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and contains four measures of music: a half note G4, a quarter note A4, a quarter note B4, and a half note C5. The lower staff is in bass clef with the same key signature and contains four measures of music: a half note D4, a quarter note E4, a quarter note F#4, and a half note G4. The lyrics are centered between the two staves.

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

As the angelic hosts in heaven, we men on earth, standing now with fear, offer unto Thee, O loving Lord, a hymn of victory: Holy, holy, holy art Thou, our God;

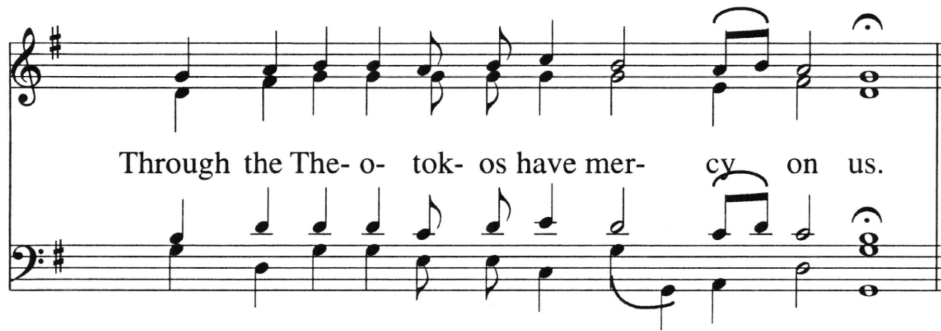


Through the intercessions of all Thy Saints have mercy on us.

The musical score consists of two staves, treble and bass clef, in G major. The melody is primarily in the treble clef, with accompaniment in the bass clef. The lyrics are written below the notes.

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

Daring to give glory to Thine eternal Father, and to Thee, O Christ our God, and to Thy Most Holy Spirit, as the cherubim we say: Holy, holy, holy art Thou, our God;



Through the The- o- tok- os have mercy on us.

The musical score consists of two staves, treble and bass clef, in G major. The melody is primarily in the treble clef, with accompaniment in the bass clef. The lyrics are written below the notes.

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## Sessional Hymns, Tone IV

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

Make my humble soul turn back, O Lord, for I have wasted all my life in sin; receive me as the harlot and save me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Sailing across the sea of this present life, I lay to heart the depth of my many sins; and lacking spiritual wisdom to guide me on my course, I cry to Thee like Peter: Save me, Christ my God, save me in Thy love for mankind.

Glory to the Father... Both now...

#### *Theotokion*

To thee who wast brought up in the temple, within the Holy of Holies, to thee who wast clothed with faith and wisdom and blameless virginity, the Archangel Gabriel brought greetings from heaven, and he cried: 'Rejoice, All-blessed; Rejoice, All-glorified, the Lord is with thee.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

Today the angelic hosts are present at the memorial of the martyrs; they enlighten the minds of the faithful and make the inhabited earth bright with grace. O God, accept their intercessions, and grant us Thy great mercy.

### Tuesday

#### *Sessional Hymns of Repentance*

Let us make haste to enter the bridal chamber of Christ, that we may hear the blessed voice of our God. O come, ye who love the heavenly glory, and who follow the example of the wise virgins; let us make our lamps shine brightly with faith.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Reflect, my soul, how we shall stand before the Judge in that fearful hour, when the dread thrones are set up and the deeds of each man are disclosed. No entreaty then will sway the Judge; there the fire of torment is prepared for thee, like an angry, raging sea, overwhelming all things. Reflect on this, my soul: weep and repent before the end is here.

Glory to the Father... Both now...

#### *Theotokion*

O thou who art in very truth the Theotokos, who dost intercede with the boldness of a Mother before thy Son and our God, preserve thy flock<sup>16</sup> that turns to thee for protection and receives its strength from thee; thou art a wall and haven, and the only guardian of mankind.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no*

*Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

As with scarlet and fine linen Thy Church is adorned with the blood of Thy martyrs in all the world, and through them she cries aloud to Thee, O Christ our God: Have compassion on Thy people, grant peace to Thy flock, and to our souls great mercy.

### **Wednesday**

*Sessional Hymns of the Cross*

Thou hast redeemed us from the curse of the law by Thy precious Blood; nailed to the Cross and pierced by the spear, Thou hast poured forth immortality upon mankind. O our Saviour, glory be to Thee.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Come quickly to our help, before we are enslaved to the enemies that blaspheme Thee, Christ our God, and threaten us. By Thy Cross destroy those that make war against us, and may they know what power is given to the Orthodox faith: through the prayers of the Theotokos, O Thou who alone lovest mankind.

Glory to the Father... Both now...

*Stavrotheotokion*

O Virgin undefiled, Mother of Christ our God, a sword pierced thine all-holy soul, when thou hast seen thy Son and God crucified of His own will. O blessed among women, never cease to intercede that He may grant us pardon of our sins.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Through their sufferings, O Lord, Thy martyrs obtained crowns of immortality from Thee our God. For strong in Thy might they overthrew tyrants and crushed the powerless arrogance of the devils. At their supplications save our souls, O Christ our God.

### **Thursday**

*Sessional Hymns of the Apostles*

Thou hast made Thy disciples, O Christ, as lights that shine to the ends of earth, and by preaching Thee they illumine our souls. Through them Thou hast made dark the error of idolatry and enlightened the world with the teachings of the true Faith. At their intercessions save our souls.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

Just as Moses by the strength of Thy right hand, O Master, led Israel through the Red Sea out of bondage and drowned Pharaoh in the waves, so have Thy wise disciples by their miracles forced a passage through the sea of bitter godlessness and guided the people unto Thee, O Word without beginning, who alone lovest mankind.

Glory to the Father... Both now...

*Theotokion*

We acknowledge that the Word of the Father, Christ our God, has taken flesh from thee, O Virgin Theotokos. Thou alone art pure, thou alone art blessed: therefore do we sing thy praises without ceasing and we magnify thee.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Armed with Thy Cross, O Christ our God, Thy victorious martyrs defeated the devices of the enemy from whom all evil comes. They shone like torches, guiding mortal men, and they grant healing unto those that ask with faith. At their intercessions save our souls.

**Friday**

*Sessional Hymns of the Cross*

The Jews nailed Thee, O Saviour, to the Cross, and through this Cross, O loving Lord, Thou hast called us Gentiles back to Thee. In the abundance of Thy tender mercies, Thou hast of Thine own will stretched out Thine hands upon it, and hast consented that the lance should pierce Thy side. O longsuffering Lord, glory to Thee.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Looking now upon Thy most pure Cross, that is the light of our souls, O Christ, and venerating it with joy, we cry aloud to Thee: Glory be to Thee, whose will it was to be exalted on it; glory be to Thee, who through the Cross hast granted light to all creation. Rejoicing in the Cross, with hymns that never cease we give Thee glory.

Glory to the Father... Both now...

*Stavrotheotokion*

When Thine all-pure Mother saw Thee raised upon the Cross, O Word of God, with a mother's grief she cried: 'What is this new and strange wonder, O my Son? How canst Thou suffer death, O Life of all? It is because in Thy compassion Thou dost will to bring the dead to life.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

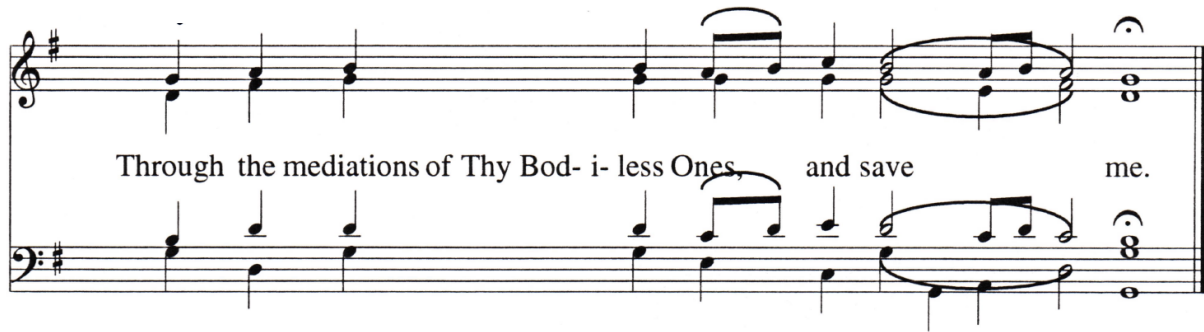
The solemn feast of those who suffered martyrdom has made the Church into an earthly heaven, and the angels now rejoice with men. At Thy martyrs' intercessions, save our souls, O Christ our God.

## Exapostilaria, Tone IV

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

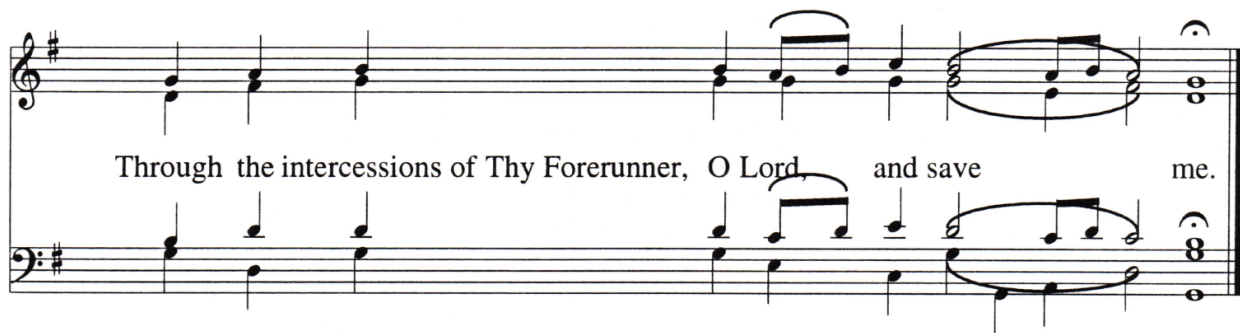
### Monday



Through the mediations of Thy Bod- i- less Ones, and save me.

The musical notation for Monday consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The text is written below the notes.

### Tuesday



Through the intercessions of Thy Forerunner, O Lord, and save me.

The musical notation for Tuesday is identical in structure to the Monday notation, with two staves and the same key signature. The text is written below the notes.

### Wednesday and Friday



Through the power of Thy Cross, O Lord, and save me.

The musical notation for Wednesday and Friday is identical in structure to the previous days, with two staves and the same key signature. The text is written below the notes.

## Thursday

Through the intercessions, O Lord, of Thine Apostles and Saint Nich- o-

This block contains the first line of musical notation. It consists of a treble clef staff and a bass clef staff, both in the key of D major (indicated by a sharp sign on the F line). The melody is written in a simple, homophonic style with quarter notes and rests. The lyrics are printed below the notes.

las, and save me.

This block contains the second line of musical notation. It continues from the first line. The melody features a half note followed by a quarter note, then a half note with a fermata. The lyrics are printed below the notes.

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

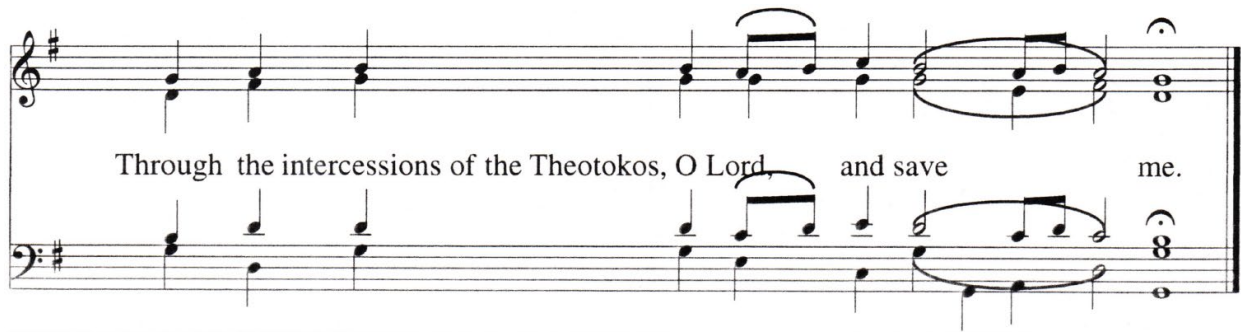
O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;

Through the intercessions of Thy Saints, O Lord, and save me.

This block contains the third line of musical notation. It continues from the second line. The melody features a half note followed by a quarter note, then a half note with a fermata. The lyrics are printed below the notes.

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

O Thou who makest light to shine upon Thy world, cleanse from every sin my soul that is in darkness;



Through the intercessions of the Theotokos, O Lord, and save me.

The musical score consists of two staves. The upper staff is in G major (one sharp) and the lower staff is in G major (one sharp). The music is in a 4/4 time signature. The vocal line begins with a half note G4, followed by quarter notes A4 and B4, then a half note C5. The piano accompaniment consists of a steady bass line of quarter notes G2, A2, B2, C3, and a treble line of quarter notes G4, A4, B4, C5. The piece concludes with a final cadence on a whole note G4.

# Tone IV

## Vespers

### Lord, I Have Cried, in Tone IV

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried unto Thee, hear- ken un- to me. Hear- ken un- to me, O Lord.

The first system of music consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: "Lord, I have cried unto Thee, hear- ken un- to me. Hear- ken un- to me, O Lord."

Lord, I have cried un- to Thee, hear- ken un- to me;

The second system of music continues the melody and accompaniment. The lyrics are: "Lord, I have cried un- to Thee, hear- ken un- to me;"

attend to the voice of my sup- pli- ca- -tion when I cry un- to Thee.

The third system of music continues the melody and accompaniment. The lyrics are: "attend to the voice of my sup- pli- ca- -tion when I cry un- to Thee."

Hear- ken un- to me, O Lord. Let my prayer be set forth

The fourth system of music concludes the piece. The lyrics are: "Hear- ken un- to me, O Lord. Let my prayer be set forth"

as incense be- fore Thee, the lift- ing up of my hands

as an eve-ning sac- ri- fice. Hear-ken un- to me, O Lord.

## Stichera to the Martyrs, Tone IV

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

Thou art glorified in the memorials of Thy saints, O Christ our God: at their intercessions send down upon us Thy great mercy.

Thou hast accepted the patient suffering of the holy martyrs: in Thy love accept our hymns of praise, and at their intercessions grant us Thy great mercy.

Since, O saints, ye have boldness in the presence of the Saviour, pray without ceasing for us sinners, asking that remission of offences and great mercy may be granted to our souls.

O martyrs of the Lord, living oblations, spiritual burnt-offerings, perfect victims sacrificed to God, sheep that know God and are known by Him, whose fold no wolf can enter: pray that we be led with you to feed beside the waters of repose.

Glory to the Father...

*For the Dead*

*by St John of Damascus*

Where are all the attractions of this world? Where is the vain show of passing things? Where are the silver and the gold? Where are the crowds of servants and their clamour? All are dust, all ashes, all a shadow. Come, then, and let us cry to the immortal King: O Lord, count worthy of eternal joy those whom Thou hast taken from us, and give them rest in the blessedness that grows not old.

## Dogmatic Theotokion, Tone IV

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

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

The Prophet David, the forefather of God, / for thy sake gave voice beforehand in psalmsody concerning thee, / unto Him Who in thee accomplished mighty works: / the Queen stood at Thy right hand. / For God Whose good pleasure it was to become incarnate of thee without father / showed thee, His Mother, to be the mediatrix of life, / that He might renew His image which had become corrupt through the passions; / and having found the sheep which had strayed among the mountains and become lost, / He taketh it upon His shoulders / and bringeth it to His Father; / and Christ, Who is possessed of great and rich mercy, / in accordance with His will, uniteth it with the hosts of heaven, // and saveth the world, O Theotokos.

# Tone V

## Matins

### Alleluia and Hymns to the Trinity, Tone V

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- ia, Al- le- lu- i- a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

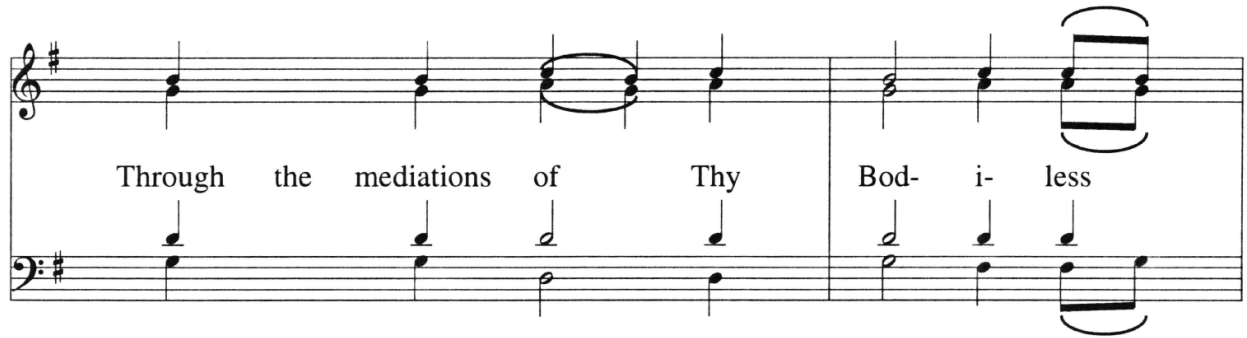
*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

Now is the hour for praise and prayer; let us cry fervently to the one and only God: Holy, holy, holy art Thou, our God;

## Monday



Through the mediations of Thy Bod- i- less

This system contains the first two measures of the Monday section. The vocal line begins with a half note 'Through', followed by quarter notes 'the', 'mediations', and 'of'. The second measure contains a half note 'Thy' and a quarter note 'Bod-'. The third measure contains a quarter note 'i-' and a half note 'less'. The piano accompaniment consists of a steady bass line with chords in the right hand.



Ones, have mer- cy on us.

This system contains the final two measures of the Monday section. The vocal line has a half note 'Ones,' followed by quarter notes 'have', 'mer-', 'cy', and a half note 'on us.' with a fermata. The piano accompaniment continues with the same harmonic structure.

## Tuesday



Through the intercessions of Thy Fore- run- ner, have

This system contains the first two measures of the Tuesday section. The vocal line begins with a half note 'Through', followed by quarter notes 'the', 'intercessions', and 'of'. The second measure contains a half note 'Thy' and a quarter note 'Fore-'. The third measure contains a quarter note 'run-' and a half note 'ner, have'. The piano accompaniment consists of a steady bass line with chords in the right hand.



mer- cy on us.

This system contains the final two measures of the Tuesday section. The vocal line has a half note 'mer-', followed by quarter notes 'cy', 'on', and a half note 'us.' with a fermata. The piano accompaniment continues with the same harmonic structure.

### Wednesday and Friday

Through the pow'r of Thy Cross, pre-serve us, O Lord.

This musical score is for Wednesday and Friday. It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "Through the pow'r of Thy Cross, pre-serve us, O Lord." The music features a mix of chords and single notes, with some notes beamed together.

### Thursday

Through the intercessions of Thy holy Apostles, and Saint Nich- o- las, have

This musical score is for Thursday. It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "Through the intercessions of Thy holy Apostles, and Saint Nich- o- las, have". The music features a mix of chords and single notes, with some notes beamed together.

mer- cy on us.

This musical score is the continuation of the Thursday section. It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "mer- cy on us." The music features a mix of chords and single notes, with some notes beamed together.

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

We dare to act as ikons of Thy spiritual hosts, and with our un- worthy mouths we cry to Thee, O Trinity without beginning: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy saints, have

The first system of musical notation consists of two staves, treble and bass clef, in the key of D major. The lyrics are: "Through the intercessions of all Thy saints, have". The melody is primarily chordal, with some eighth-note movement in the bass line.

mer- cy on us.

The second system of musical notation continues the previous system. The lyrics are: "mer- cy on us.". It features a final cadence with a fermata over the final chord.

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

O Christ our God, who though contained within a virgin womb wast not divided from the Father, accept us as we call upon Thee with the angels: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have mer- cy on us.

The third system of musical notation continues the previous system. The lyrics are: "Through the The- o- tok- os, have mer- cy on us.". It features a final cadence with a fermata over the final chord.

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## Sessional Hymns, Tone V

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

When the Judge takes his seat and the angels stand beside Him, when the trumpet sounds and the flames are burning, what wilt thou do, my soul, as thou art led to judgment? For then all thine evil actions will be brought before thee, thy secret faults will be re-proved. Therefore, before the end comes, cry unto Christ our God: O Knower of men's hearts, I have sinned, have mercy upon me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

All things here will pass away, my soul, but the things there are eternal. I see the judgment-seat and the Judge upon His throne, and I tremble at the condemnation He will pass. Therefore turn back, my soul, for the sentence cannot be remitted.

Glory to the Father... Both now...

#### *Theotokion*

With the angels in heaven and with men on earth, we cry to thee with joyful voices, O Theotokos: Rejoice, gateway wider than the heavens; Rejoice, the only salvation of those born on earth; Rejoice, pure and full of grace; Rejoice, for thou hast given birth to God incarnate.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

Thy martyrs, O Lord, longed to drink from the cup of Thy sufferings; they forsook the pleasures of this world and shared in the life of the angels. At their intercessions, grant our souls forgiveness and great mercy.

### Tuesday

#### *Sessional Hymns of Repentance*

Lying upon the bed of my many sins, I am despoiled of my hope of salvation; for the sleep of my slothfulness will bring punishment upon my soul. But spare me, Christ my God, for Thou alone lovest mankind.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Let us all keep watch and go out to meet Christ, and let us make our lamps burn brightly with our many acts of compassion; then shall we be counted worthy to enter the bridal chamber. For once we have been shut outside the door, we shall cry unto God to no avail, 'Have mercy upon me.'

Glory to the Father... Both now...

#### *Theotokion*

The strange mystery of the Virgin has brought salvation to the world. For the Joy of all was born from her without seed and was revealed in the flesh without corruption. O Lord, glory to Thee.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Through the miracles of Thy holy martyrs, O Christ our God, Thou hast given us a rampart that cannot be destroyed. At their prayers scatter to the winds the schemes of the heathen and strengthen the rulers of our land, for Thou alone art good and lovest mankind.

### **Wednesday**

*Sessional Hymns of the Cross*

O ye faithful, let us glorify and sing the praises of our Saviour and Redeemer, who accepted Crucifixion with His own foreknowledge and consent. He has nailed the sins of mortal men upon His Cross, delivering us from error and granting us the Kingdom.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Saviour, by Thine own free choice Thou hast endured the Cross and set men free from corruption. We faithful sing Thy praises and we worship Thee, for Thou hast given us light by the power of Thy Cross. O Christ who art compassionate and lovest man, we glorify Thee as Giver of Life and Lord.

Glory to the Father... Both now...

*Stavrotheotokion*

Standing beside the Cross of the Lord, the Theotokos cried aloud lamenting: 'Woe is me, my Son! Woe is me, light of mine eyes! How art Thou stretched upon a Cross, who hast in Thy divine power stretched out the heaven as a curtain, and at Thy command called up the fountains of water from the sea?'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

O Lord and Saviour, Thou hast made Thy victorious martyrs mighty defenders of the inhabited earth, putting the passions to flight. At their intercessions save our souls.

### **Thursday**

*Sessional Hymns of the Apostles*

With all mankind, in spiritual hymns and songs let us glorify the wise apostles as eye-witnesses of the Word and servants of Christ. For they pray fervently to Christ on our behalf, as we praise their holy memory and venerate their relics.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

Let us glorify with one accord the apostles of Christ, for they shine as torches throughout the inhabited earth. They have caught the nations in the net of the true Faith; and bringing us light they teach us to honour the Holy Trinity, one in Essence yet divided in Persons.

Glory to the Father... Both now...

*Theotokion*

O Bride unwedded and Ever-Virgin, in the company of the angels we sing thy praises without ceasing; for thy Son and God has done great things for us through thee. Begotten before all ages from the Father, He was pleased to be contained within thy womb and to set us free from error.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

The powers of heaven greatly marvelled at the victory of the holy martyrs; for, contending bravely in their mortal bodies, invisibly they conquered the bodiless enemy by the power of the Cross. And now they intercede before the Lord, that He may have mercy on our souls.

**Friday**

*Sessional Hymns of the Cross*

The place of the skull has become Paradise; for as soon as the wood of the Cross was planted there, at once it bore the fruit of life, even Thee, O Saviour who hast brought us joy. Glory be to Thee.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

The wood of Thy Cross, O our Saviour, has brought salvation to the world; for Thou, the joy of all, wast nailed upon it willingly, and hast delivered from the curse those that dwell on earth. O Lord, glory be to Thee.

Glory to the Father... Both now...

*Stavrotheotokion*

When Thy Mother beheld Thee, O Christ, hanging by Thine own free choice upon the Cross between two thieves, then with a mother's grief her heart was pierced and she cried out: 'O sinless Son, how art Thou nailed unjustly to the Cross as an evildoer? It is because in Thy surpassing love Thou willest to restore mankind to life.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

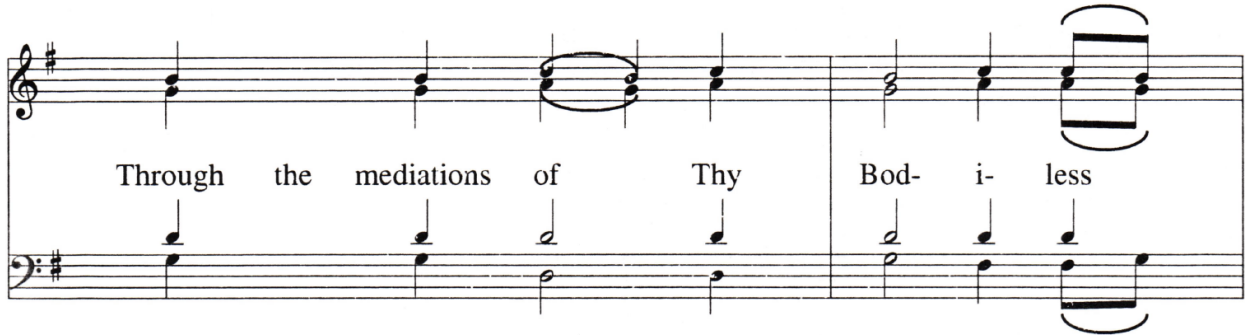
Today the memorial of the victorious martyrs shines with light from heaven. The choir of angels keeps the festival, and mankind celebrates the feast with them. For they intercede before the Lord, that He may have mercy on our souls.

## Exapostilaria, Tone V

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

O Lord the Giver of Light, send down Thy light and illumine my heart;

### Monday



Through the mediations of Thy Bod- i- less

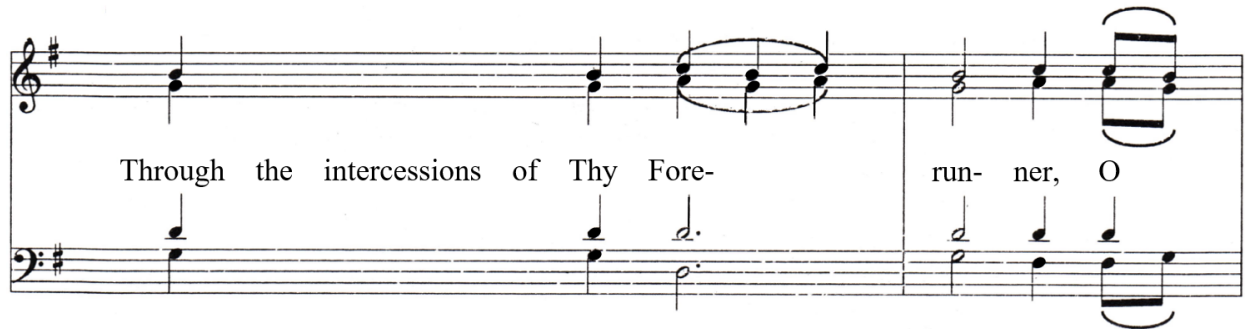
This system of musical notation consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are placed between the two staves. The first measure contains the words "Through the mediations of Thy" and the second measure contains "Bod- i- less".



Ones, and save me.

This system continues the musical notation from the first system. It features the same two-staff structure with treble and bass clefs. The lyrics "Ones, and save me." are positioned between the staves. The notation includes various musical symbols such as notes, rests, and bar lines.

### Tuesday



Through the intercessions of Thy Fore- run- ner, O

This system of musical notation consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are placed between the two staves. The first measure contains the words "Through the intercessions of Thy Fore-" and the second measure contains "run- ner, O".



Lord, and save me.

This system continues the musical notation from the first system. It features the same two-staff structure with treble and bass clefs. The lyrics "Lord, and save me." are positioned between the staves. The notation includes various musical symbols such as notes, rests, and bar lines.

## Wednesday and Friday

Through the pow'r of Thy Cross, O

This system of musical notation consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The lyrics are written below the notes. The first staff contains the lyrics "Through the pow'r of Thy Cross, O" with notes above each word. The second staff contains the lyrics "Lord, and save me." with notes below each word. The music is in a simple, homophonic style with a steady rhythm.

Lord, and save me.

This system of musical notation consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The lyrics are written below the notes. The first staff contains the lyrics "Lord, and save me." with notes above each word. The second staff contains the lyrics "Nich- o- las, and save me." with notes below each word. The music is in a simple, homophonic style with a steady rhythm.

## Thursday

Through the intercessions of Thine A- pos- tles and Saint

This system of musical notation consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The lyrics are written below the notes. The first staff contains the lyrics "Through the intercessions of Thine A- pos- tles and Saint" with notes above each word. The second staff contains the lyrics "Nich- o- las, and save me." with notes below each word. The music is in a simple, homophonic style with a steady rhythm.

Nich- o- las, and save me.

This system of musical notation consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The lyrics are written below the notes. The first staff contains the lyrics "Nich- o- las, and save me." with notes above each word. The second staff contains the lyrics "Nich- o- las, and save me." with notes below each word. The music is in a simple, homophonic style with a steady rhythm.

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

O Lord the Giver of Light, send down Thy light and illumine my heart;

Through the intercessions of Thy saints, O

This musical system consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are placed between the staves. The music features a mix of quarter and eighth notes, with some chords and rests.

Lord, and save me.

This musical system continues the melody from the first system. It features a treble and bass clef staff. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are placed between the staves. The music concludes with a double bar line.

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

O Lord the Giver of Light, send down Thy light and illumine my heart;

Through the intercessions of the The- o- tok- os, O

This musical system consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are placed between the staves. The music features a mix of quarter and eighth notes, with some chords and rests.

Lord, and save me.

This musical system continues the melody from the first system. It features a treble and bass clef staff. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are placed between the staves. The music concludes with a double bar line.

# Tone V

## Vespers

### Lord, I Have Cried, Tone V

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried un- to Thee, hear- ken un- to me.

The first system of music consists of a treble and bass staff. The treble staff contains a series of chords, and the bass staff contains a series of single notes. The lyrics are written below the treble staff.

Hear- ken un- to me, O Lord.

The second system of music consists of a treble and bass staff. The treble staff contains a series of chords, and the bass staff contains a series of single notes. The lyrics are written below the treble staff.

Lord, I have cried un- to Thee, hear- ken un- to me;

The third system of music consists of a treble and bass staff. The treble staff contains a series of chords, and the bass staff contains a series of single notes. The lyrics are written below the treble staff.

at- tend to the voice of my sup- pli- ca- tion when I cry un- to Thee.

The fourth system of music consists of a treble and bass staff. The treble staff contains a series of chords, and the bass staff contains a series of single notes. The lyrics are written below the treble staff.

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lift-ing up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

## Stichera to the Martyrs, Tone V

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

Despising every earthly thing, bravely withstanding torture, ye attained the blessedness for which ye hoped, and were made heirs of the Kingdom of Heaven, O martyrs worthy of all praise. Since ye have boldness before God who loves mankind, pray that peace be given to the world, and to our souls great mercy.

Taking up the shield of faith, strengthening themselves with the sign of the Cross, Thy saints, O Lord, went willingly and bravely to torture, and they overthrew the pride and error of the devil. At their supplications, O Almighty God, send down peace upon the world, and on our souls great mercy.

Intercede on our behalf, O holy martyrs, that we may be delivered from our sins: for to you is given grace to pray for us.

Your souls, O holy martyrs, were filled with an insatiable love; not denying Christ ye endured great sufferings and torments, and ye cast down the tyrant's pride. Ye kept the faith unaltered and unharmed, and now have gone to dwell in heaven. Since ye have boldness before Christ, pray that He may grant us His great mercy.

Glory to the Father...

*For the Dead  
by St John of Damascus*

I called to mind the Prophet's words, 'I am dust and ashes.' I went also to the tombs, and saw the naked bones, and said: 'Which now is the king or the soldier, the rich man or the beggar, the upright or the sinner?' But give rest, O Lord, unto Thy servants with the righteous, for Thou lovest mankind.

## Dogmatic Theotokion, Tone V

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

Both now and ever, and unto the a- ges of a- ges. A- men.

Once the image of the Bride who knoweth not wedlock/ was inscribed in the Red Sea./ There Moses was the parter of the waters;/ and here Gabriel is the minister of a miracle./ There Israel traversed the deep dryshod;/ and now the Virgin giveth birth unto Christ without seed./ The sea remained impassable after Israel had crossed;/ and the immaculate one remaineth incorrupt after the birth of Emmanuel./ O God Who hast appeared as a man,/ who existest and hast existed from the beginning;// Have mercy upon us!

## Tone VI Matins

### Alleluia and Hymns to the Trinity, Tone VI

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- ia, Al- le- - lu- i- a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

With fear and trembling standing in Thy presence, the cherubim and seraphim offer the Thrice-Holy Hymn with voices that are never still. And with them we sinners also cry aloud: Holy, holy, holy art Thou, our God;

## Monday

Through the mediations of Thy Bod- i- less Ones have

This system contains the first two measures of the Monday prayer. The vocal line is in G major and 4/4 time. The lyrics are: "Through the mediations of Thy Bod- i- less Ones have". The music features a simple harmonic accompaniment with a bass line that provides a steady rhythmic foundation.

mer- - cy on us.

This system contains the final two measures of the Monday prayer. The lyrics are: "mer- - cy on us.". The music concludes with a final chord in G major, marked with a fermata.

## Tuesday

Through the intercessions of Thy Fore- run- ner have

This system contains the first two measures of the Tuesday prayer. The vocal line is in G major and 4/4 time. The lyrics are: "Through the intercessions of Thy Fore- run- ner have". The music features a simple harmonic accompaniment with a bass line that provides a steady rhythmic foundation.

mer- - cy on us.

This system contains the final two measures of the Tuesday prayer. The lyrics are: "mer- - cy on us.". The music concludes with a final chord in G major, marked with a fermata.

## Wednesday and Friday

Through the pow'r of Thy Cross pre-serve us, O

This musical score is for Wednesday and Friday. It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "Through the pow'r of Thy Cross pre-serve us, O". The word "pre-" is split across the two staves. There are some ties and slurs in the melody.

Lord.

This musical score is for the word "Lord.". It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "Lord.". There are some ties and slurs in the melody.

## Thursday

Through the intercessions of Thy Holy Apostles, and Saint Nich- o- las, have

This musical score is for Thursday. It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "Through the intercessions of Thy Holy Apostles, and Saint Nich- o- las, have". The word "Nich-" is split across the two staves. There are some ties and slurs in the melody.

mer- cy on us.

This musical score is for Thursday. It consists of two staves: a treble staff and a bass staff. The key signature has one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "mer- cy on us.". There are some ties and slurs in the melody.

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

In never-silent hymns of glory, with their bodiless mouths the six-winged seraphim sing to Thee our God the Thrice-Holy Hymn; and we on earth offer praise to Thee from our unworthy lips: Holy, holy, holy art Thou, our God;

Through the intercessions of all Thy saints, have

This system of musical notation consists of two staves, treble and bass clef, in the key of D major. The melody is primarily composed of quarter and eighth notes, with some chords. The lyrics are placed below the notes.

mer- - cy on us.

This system continues the melody from the first system. It features a prominent chord in the treble clef that is held for several measures, with the melody moving in the bass clef. The lyrics are placed below the notes.

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

Let us glorify the Godhead, three in one, united and yet unconfused, and let us sing the angels' hymn: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have mer- - cy on

This system continues the melody and includes a repeat sign. The lyrics are placed below the notes.

us.

This system concludes the hymn with a final chord in the treble clef and a final note in the bass clef. The lyrics are placed below the notes.

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## Sessional Hymns, Tone VI

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

I think upon the fearful day and lament my evil acts. What answer shall I give to the immortal King? And with what boldness shall I the Prodigal gaze upon the Judge? O compassionate father, only-begotten Son and Holy Spirit, have mercy upon me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

In the valley of lamentation, in the place Thou hast appointed, when Thou shalt sit, O merciful Lord, to execute just judgement, publish not my secret sins; condemn me not before the angels; but spare me, O God, and have mercy upon me.

Glory to the Father... Both now...

#### *Theotokion*

With all our heart and never-silent mouths let us praise the most glorious Mother of God, more holy than the holy angels. Let us confess her as Theotokos, for in very truth she gave birth to God made flesh, and without ceasing she prays for our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

There is light at all times for the righteous. For, illumined by Thee, the saints shine always as the stars of heaven, quenching the lamp of the godless. At their prayers, O my Lord and Saviour, make my lamp shine and save me.

### Tuesday

#### *Sessional Hymns of repentance*

Give me, O Lord, the watchfulness of the wise virgins, and cause the lamp of my soul to burn brightly with the oil of Thy compassion, that I may sing to Thee the hymn of the angels: Alleluia.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Have mercy upon us, O Lord, have mercy upon us; for we sinners, lacking all defence, offer unto Thee as Master this prayer: Have mercy upon us.

Glory to the Father... Both now...

#### *Theotokion*

Open unto us the gate of thy loving-kindness, most blessed Theotokos. In thee we set our hope: suffer us not to go astray, but through thee may we be delivered from adversities. For thou art the salvation of the Christian people.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

With patient endurance the saints suffered and contended, and they received the prize of victory from Thee. They brought to nothing the schemes of the transgressors, and were granted crowns of incorruption. At their prayers, O God, bestow upon us Thy great mercy.

### **Wednesday**

*Sessional Hymns of Repentance*

Today the words of the Prophet are fulfilled: for see, we worship at the place on which Thy feet have stood, O Lord, and tasting from the Tree of salvation, we have been delivered from our sinful passions at the intercessions of the Theotokos, O Thou who alone lovest mankind.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

Thy Cross, O Lord, is holy, and brings healing to those who are in sickness through their sins. Venerating it, we fall before Thee: have mercy upon us.

Glory to the Father... Both now...

*Stavrotheotokion*

When the Ever-Virgin Maid who gave birth to Thee saw Thee raised for our sake on the Cross, a sword of sorrow pierced her soul and with a mother's grief she wept. At her intercessions have mercy on us, Lord of mercy.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Persecuted by tyrants, the martyrs endured and suffered bravely in the arena; and near them stood the choirs of angels, holding prizes of victory. In their wisdom they astonished rulers and sovereigns, and by confessing Christ they overthrew the devil. Glory be to Thee, O Lord, who hast made them strong.

### **Thursday**

*Sessional Hymns of the Apostles*

As Thou wast present in the midst of Thy disciples, O Saviour, and gavest them peace, come to us also and save us.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

Thy disciples, O Jesus, were sent to the ends of the earth, and in their zeal for the true faith they caught the nations like fish and brought them as an offering to Thee, O loving Lord. And trusting in their prayers we cry to Thee: Bestow upon Thy people Thy great mercy.

Glory to the Father... Both now...

*Theotokion*

Hallowed Lady, Mother of Christ our God, thou hast borne ineffably the Maker of all. In union with the holy apostles pray to Him at all times, that in His love He may release us from the passions and grant us the remission of our sins.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

The memorial of Thy martyrs, O Lord, is like the Paradise in Eden, for it brings joy to all creation. At their prayers grant us peace and Thy great mercy.

### **Friday**

*Sessional Hymns of the Cross*

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Lord, the Jews condemned Thee to death, who art the Life of all; with Moses' rod Thou hast led them on dry ground through the Red Sea, yet they nailed thee to the Cross; Thou hast suckled them with honey from the rock, yet they gave Thee gall. But Thou hast willingly endured these things, to free us from the bondage of the enemy. O Christ our God, glory to Thee.

Glory to the Father... Both now...

*Stavrotheotokion*

O Virgin Theotokos, thy Son, Christ our God, was nailed of His own will upon the Cross, and He has risen from the dead. Pray to Him for the salvation of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

The Lord has given glory to those who preached Christ in the arena and who did not fear the threats of the ungodly. With fortitude they suffered and so cast down the pride of the transgressors. Christ gave them as their due reward the grace of healing, and without ceasing they make intercession for the salvation of our souls.

## Exapostilaria, Tone VI

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

Send down upon our souls Thine everlasting light;

### Monday

Through the mediations of Thy Bodiless Ones, O Lord, send down

This musical system consists of two staves, a treble clef on top and a bass clef on the bottom, both with a key signature of one sharp (F#). The melody is simple, with a few notes on the treble staff and corresponding notes on the bass staff. The lyrics are centered between the two staves.

up- on our souls Thy light ev- er- last- ing.

This musical system continues the hymn with two staves. The treble staff features more complex chordal textures and some notes with fermatas. The bass staff provides a steady accompaniment. The lyrics are placed below the notes. The system ends with a double bar line.

## Tuesday

Through the intercessions of Thy Forerunner, O Lord, send down

This system shows the beginning of the Tuesday prayer. It consists of two staves: a treble clef staff and a bass clef staff, both with a key signature of one sharp (F#). The lyrics are written below the staves. The music is primarily chordal, with some single notes in the treble staff.

up- on our souls Thy light ev- er- last- ing.

This system continues the Tuesday prayer. It features more complex musical notation, including chords and melodic lines in both the treble and bass staves. The lyrics are: "up- on our souls Thy light ev- er- last- ing." The system ends with a double bar line and a fermata over the final chord.

## Wednesday and Friday

Through the power of Thy Cross, O Lord, send down

This system shows the beginning of the Wednesday and Friday prayer. It consists of two staves: a treble clef staff and a bass clef staff, both with a key signature of one sharp (F#). The lyrics are written below the staves. The music is primarily chordal, with some single notes in the treble staff.

up- on our souls Thy light ev- er- last- ing.

This system continues the Wednesday and Friday prayer. It features more complex musical notation, including chords and melodic lines in both the treble and bass staves. The lyrics are: "up- on our souls Thy light ev- er- last- ing." The system ends with a double bar line and a fermata over the final chord.

# Thursday

Through the intercessions of Thy Holy Apostles, and Saint Nicholas, O Lord,

send down up- on our souls Thy light

ev- er- last- ing.

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

Send down upon our souls Thine everlasting light;

Through the intercessions of Thy Saints, O Lord, send down

This system of musical notation consists of a treble and bass staff. The treble staff has a key signature of one sharp (F#) and a common time signature. The lyrics are written below the notes. The melody is simple, with a few notes on the treble staff and corresponding notes on the bass staff.

up- on our souls Thy light ev- er- last- ing.

This system continues the musical notation from the first system. It features more complex chordal textures in the treble staff, with some notes beamed together. The bass staff continues with a simple accompaniment. The lyrics are written below the notes.

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

Send down upon our souls Thine everlasting light;

Through the intercessions of the Theotokos, O Lord, send down

This system of musical notation is identical in structure to the first system of the first prayer, featuring a treble and bass staff with a key signature of one sharp and common time. The lyrics are written below the notes.

up- on our souls Thy light ev- er- last- ing.

This system continues the musical notation from the first system of the second prayer, featuring complex chordal textures in the treble staff and a simple accompaniment in the bass staff. The lyrics are written below the notes.

# Tone VI

## Vespers

### Lord, I Have Cried, Tone VI

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried unto Thee, hear- ken un- to me.

The first system of musical notation consists of a treble and bass staff in G major. The treble staff contains a melody of quarter notes: G4, A4, B4, C5, B4, A4, G4. The bass staff contains a harmonic accompaniment of quarter notes: G2, B2, D3, E3, F3, G3, A3. The lyrics are: "Lord, I have cried unto Thee, hear- ken un- to me."

Hear- ken un- to me, O Lord.

The second system of musical notation continues the melody and accompaniment. The treble staff contains a melody of quarter notes: G4, A4, B4, C5, B4, A4, G4. The bass staff contains a harmonic accompaniment of quarter notes: G2, B2, D3, E3, F3, G3, A3. The lyrics are: "Hear- ken un- to me, O Lord."

Hear- ken un- to me, O Lord.

The third system of musical notation continues the melody and accompaniment. The treble staff contains a melody of quarter notes: G4, A4, B4, C5, B4, A4, G4. The bass staff contains a harmonic accompaniment of quarter notes: G2, B2, D3, E3, F3, G3, A3. The lyrics are: "Hear- ken un- to me, O Lord."

Lord, I have cried un- to Thee, hear- ken un- to me;

The fourth system of musical notation continues the melody and accompaniment. The treble staff contains a melody of quarter notes: G4, A4, B4, C5, B4, A4, G4. The bass staff contains a harmonic accompaniment of quarter notes: G2, B2, D3, E3, F3, G3, A3. The lyrics are: "Lord, I have cried un- to Thee, hear- ken un- to me;"

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lift-ing up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

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## Stichera to the Martyrs, Tone VI

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

Thy martyrs, O Lord, denied Thee not and forsook not Thy commandments; at their intercessions have mercy upon us.

Those who suffered martyrdom for Thee, O Christ, endured great torments: at their prayers and intercessions, O Lord, preserve us all.

Thy victorious martyrs, when they contended on this earth, endured great torments; but now they dwell in heaven and have received a perfect crown, that they may offer intercession for our souls.

Thy Cross was for the martyrs an invincible weapon, O Lord. They saw death before them; but, looking to the life that is to come, they were strengthened by their hope in Thee. At their intercessions have mercy upon us.

Glory to the Father...

*For the Dead*

*by St John of Damascus*

Thy creative ordinance was my beginning and foundation. For Thou hast willed to fashion me as a living creature from natures visible and invisible: Thou hast made my body from the earth, and given me a soul by Thy divine and quickening breath. Therefore, O Saviour, grant rest to Thy servants in the land of the living, in the tabernacles of the righteous.

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## Dogmatic Theotokion, Tone VI

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

Both now and ever, and unto the a- ges of a- ges. A- men.

Who doth not call thee blessed, O all-holy Virgin?/ Who will not hymn thine all-pure birthgiving?/ For the only-begotten Son who shone forth timelessly from the Father,/ came forth, ineffably incarnate, from thee,/ the pure one;/ and being God by nature, He became man by nature for our sake,/ not divided into two Persons,/ but known in two natures without confusion./ Him do thou beseech, O pure and most blessed one,// that our souls find mercy!

## Tone VII

### Matins

#### Alleluia and Hymns to the Trinity, Tone VII

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*After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.*

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- ia, Al- le- lu- i- a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.


*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

Praised by the cherubim in Thine almighty power, and worshipped by the angels in Thy divine glory, do Thou accept us sinners also who, unworthy, dare to cry to Thee: Holy, holy, holy art Thou, our God;

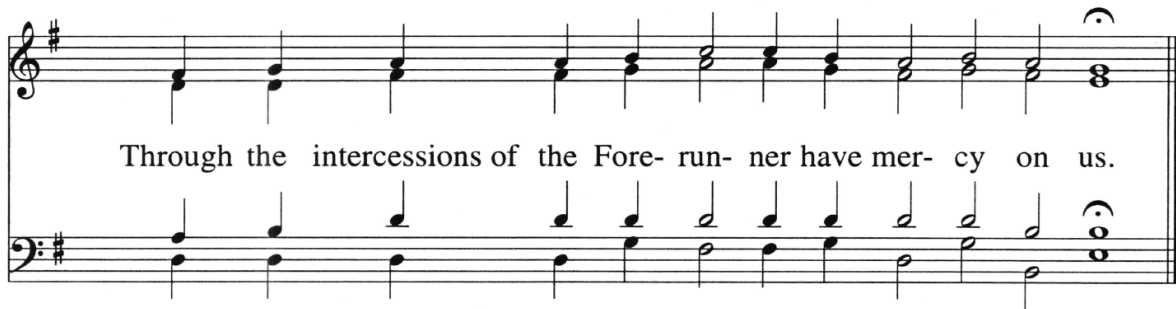
## Monday



Through the me- di- a- tions of Thy Bod- i- less Ones, have mer- cy on us.

The musical score for Monday consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is written in the treble clef and the bass line in the bass clef. The lyrics are: "Through the me- di- a- tions of Thy Bod- i- less Ones, have mer- cy on us." The music is in a simple, homophonic style with a steady rhythm.

## Tuesday



Through the intercessions of the Fore- run- ner have mer- cy on us.

The musical score for Tuesday consists of two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is written in the treble clef and the bass line in the bass clef. The lyrics are: "Through the intercessions of the Fore- run- ner have mer- cy on us." The music is in a simple, homophonic style with a steady rhythm.

## Wednesday and Friday

Through the pow'r of Thy Cross pre-serve us, O Lord.

This musical score is for Wednesday and Friday. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the pow'r of Thy Cross pre-serve us, O Lord." The music ends with a fermata over the final chord.

## Thursday

Through the intercessions of Thy holy Apostles, and Saint Nich- o- las,

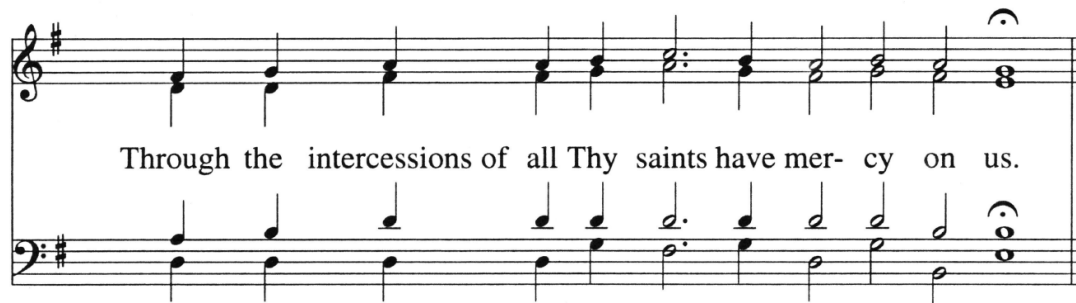
This musical score is for Thursday. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Through the intercessions of Thy holy Apostles, and Saint Nich- o- las,". The music ends with a fermata over the final chord.

have mer- cy on us.

This musical score is a continuation of the Thursday section. It consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "have mer- cy on us." The music ends with a fermata over the final chord.

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

Casting off both sleep and slothfulness, my soul, bring to the Judge more fervent hymns of praise, and cry aloud with fear: Holy, holy, holy art Thou, our God;

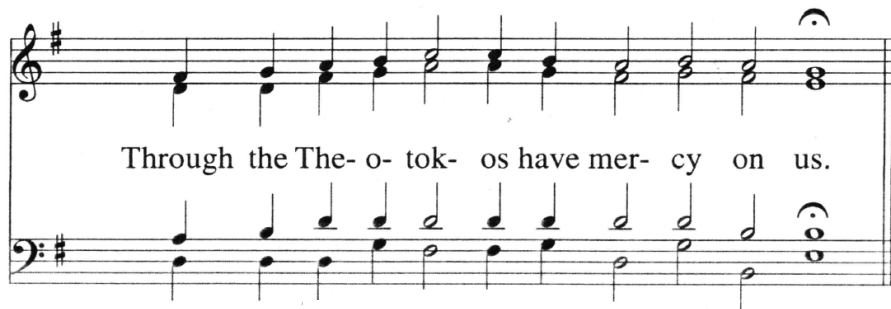


Through the intercessions of all Thy saints have mercy on us.

The musical notation consists of two staves, treble and bass clef, in G major. The melody is a simple, hymn-like tune with a final cadence. The lyrics are centered between the staves.

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

To the Godhead that no man can approach, to the Trinity in Unity, let us offer the Thrice-Holy Hymn of the seraphim, and cry aloud with fear: Holy, holy, holy art Thou, our God;



Through the The- o- tok- os have mercy on us.

The musical notation consists of two staves, treble and bass clef, in G major. The melody is a simple, hymn-like tune with a final cadence. The lyrics are centered between the staves.

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## Sessional Hymns, Tone VII

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

Since repentance will cure thee from all sickness, O my soul, draw near with tears and sighing to this house of healing, and cry to the Physician of our souls and bodies: 'Free me from my sins, O Lord who lovest man, and number me with the Harlot, the Thief and the Publican; grant me, O God, the forgiveness of my trespasses and save me.'

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

I have not emulated the repentance of the Publican; I have not gained the tears of the Harlot. In my blindness I cannot understand how to amend my life as they did. But in Thy compassion, O God, save me, for Thou lovest mankind.

Glory to the Father... Both now...

#### *Theotokion*

All-holy Virgin, thou art greater in honour than the glorious cherubim. Unable to endure the divine splendour, they veil their faces with their wings as they perform their ministry; but thou dost gaze with thine own eyes upon the Incarnate Word. Without ceasing pray to Him for our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

#### *To the Martyrs*

Thy saints, O Lord, fought bravely on this earth: they trampled underfoot the enemy and overthrew the error of idolatry. Therefore they received crowns from Thee, O loving Master, God of all compassion, who grantest us great mercy.

### Tuesday

#### *Sessional Hymns of Repentance*

Thou hast accepted the tears of Peter and the Harlot, and Thou hast justified the Publican when he groaned from the depths of his heart. My sins have brought me to despair, O Saviour: take pity on me also and save me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Peter's denial Thou hast washed away with his tears; the Publican's sins Thou hast forgiven when he cried to Thee in sorrow. O Lord who lovest man, glory to Thee.

Glory to the Father... Both now...

#### *Theotokion*

O blessed Theotokos, thou art higher than the powers of heaven, for thou wast made a temple of the Godhead and hast given birth to Christ, the Saviour of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before*

*the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Rejoice, ye righteous, and let the heavens be glad: for, fighting bravely upon earth, the martyrs have brought error to an end. Let the Church celebrate a feast of joy and triumph, giving glory to the Judge who alone confers the victory, Christ our God who grants the world great mercy.

### **Wednesday**

*Sessional Hymns of the Cross*

Worshipping Thee, O Christ our God, with cedar, pine and cypress, the Church cries out to Thee: At the prayers of the Theotokos, grant victory to our rulers and have mercy upon us.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Christ my God, nailed for my sake to the Cross, in Thy love accept my praise and vigils. Glory to the Father... Both now...

*Stavrotheotokion*

To Christ our God, who was crucified for us and has destroyed the power of death, do thou pray without ceasing, O Theotokos, for the salvation of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Ye despised, O saints, the godless tyrants, and scorning all the pain of the tortures ye denied not your faith in Christ. Pray, then, to God who loves mankind, for the salvation of our souls.

### **Thursday**

*Sessional Hymns of the Apostles*

O Word and Master, Thou hast made Thine apostles husbandmen in Thy field, and they cut down the idols. Preaching Thee to the nations, with true faith and reverence they have magnified Thee.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

O children of the Church, let us celebrate the memory of the all-glorious apostles, and let us sing in praise of Christ. For through the preaching of repentance they have saved those guilty of sin; driving out all error, they bring light to the world and offer intercession for the inhabited earth.

Glory to the Father... Both now...

*Theotokion*

Rejoice, for from thee the Word took flesh and dwelt among us, while remaining still unchanged! Rejoice, honoured Virgin, joy of the apostles and the martyrs, and salvation of the faithful! Rejoice, Mother of Christ our God!

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

We entreat you, O ye saints, intercede for the forgiveness of our sins, and pray for our deliverance from the torment that awaits us and from bitter death.

### **Friday**

*Sessional Hymns of the Cross*

Thou hast made Thy Cross, O Christ, more bright than any fire, more clear than any flame. Burning up the sins of those in sickness, it enlightens all men's hearts, as they sing the praises of Thy voluntary Crucifixion. Glory be to Thee, O Christ our God.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

O Ruler of the spiritual powers, Thou knowest well how slothful is my soul. Save me by Thy Cross, O Christ my God who lovest mankind.

Glory to the Father... Both now...

*Stavrotheotokion*

To Christ our God, who was crucified for us and has destroyed the power of death, do thou pray without ceasing, O Virgin Theotokos; for the salvation of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Thy Martyrs, O Lord, defeated the enemy, and armed with the power of the Cross they put to shame the error of idolatry. Therefore with the angels we cry out to Thee, O Christ, giving glory to Thee in a hymn of victory. At their intercessions, we beseech Thee, save us.

## Exapostilaria, Tone VII

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

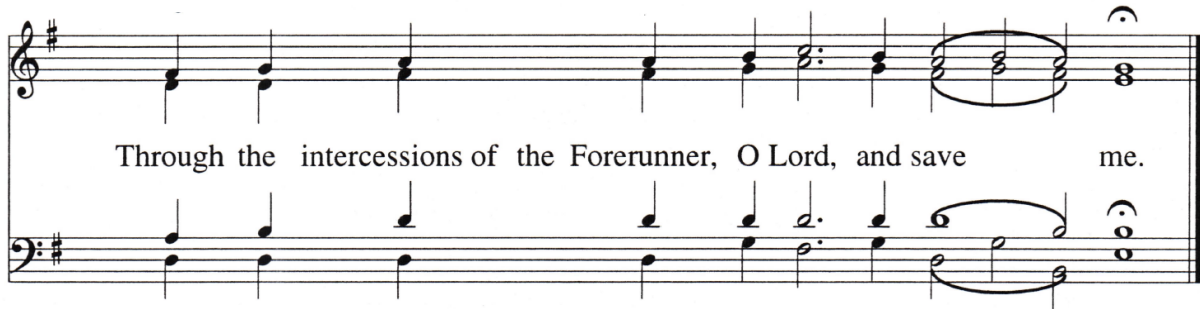
### Monday



Through the me- di- a- tions of Thy Bod- i- less Ones, and save me.

The musical notation for Monday consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are placed between the two staves. The piece concludes with a fermata over the final chord.


### Tuesday



Through the intercessions of the Forerunner, O Lord, and save me.

The musical notation for Tuesday is identical in structure to the Monday version, featuring a treble and bass clef staff with a one-sharp key signature. The lyrics are: "Through the intercessions of the Forerunner, O Lord, and save me." The notation includes a fermata at the end.

### Wednesday and Friday



Through the power of Thy Cross , O Lord, and save me.

The musical notation for Wednesday and Friday is identical in structure to the previous versions, with a treble and bass clef staff and a one-sharp key signature. The lyrics are: "Through the power of Thy Cross , O Lord, and save me." The notation includes a fermata at the end.

## Thursday

Through the intercessions, O Lord, of Thine

The first system of musical notation consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The lyrics are: "Through the intercessions, O Lord, of Thine". The melody is simple, with notes on the treble staff and accompaniment on the bass staff.

Apostles and Saint Nich- o- las, and save me.

The second system of musical notation continues the melody and accompaniment. The lyrics are: "Apostles and Saint Nich- o- las, and save me.". The system ends with a double bar line and repeat signs.

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

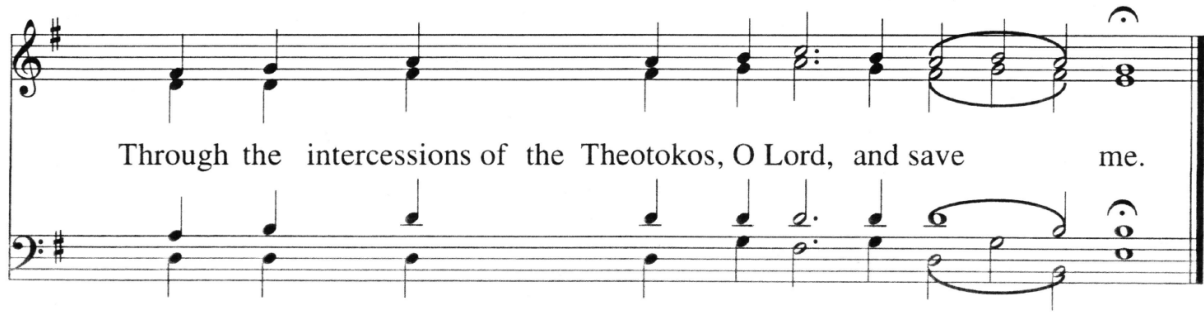
Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;

Through the intercessions of Thy Saints, O Lord, and save me.

The third system of musical notation continues the melody and accompaniment. The lyrics are: "Through the intercessions of Thy Saints, O Lord, and save me.". The system ends with a double bar line and repeat signs.

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

Rouse me to sing Thy praises, O Lord, and teach me to do Thy will, O Holy One;



Through the intercessions of the Theotokos, O Lord, and save me.

The musical score consists of two staves, a treble clef on the top and a bass clef on the bottom. Both staves are in the key of D major, indicated by a sharp sign on the F line. The melody is written in a simple, homophonic style. The lyrics are placed between the two staves, with the words "Through the intercessions of the Theotokos, O Lord, and save me." aligned with the notes. The score ends with a double bar line and a fermata over the final chord.

# Tone VII

## Vespers

### Lord, I Have Cried, in Tone VII

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried un- to Thee, hear- ken un- to me.

The first system of musical notation consists of a treble and bass staff in G major. The treble staff features a series of chords and single notes, while the bass staff provides a simple harmonic accompaniment. The lyrics are written below the notes.

Hear- ken un- to me, O Lord.

The second system continues the melody with a melisma on the word 'Hear-'. The treble staff has a long note with a slur, and the bass staff has a corresponding long note. The lyrics are written below the notes.

Lord, I have cried un- to Thee, hear- ken un- to me;

The third system continues the melody with a melisma on the word 'hear-'. The treble staff has a long note with a slur, and the bass staff has a corresponding long note. The lyrics are written below the notes.

at- tend to the voice of my sup- pli- ca- tion when I cry un- to Thee.

The fourth system concludes the piece with a melisma on the word 'at-'. The treble staff has a long note with a slur, and the bass staff has a corresponding long note. The lyrics are written below the notes.

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lif-ting up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

## Stichera to the Martyrs, Tone VII

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

Glory be to Thee, O Christ our God, boast of the apostles, joy of the martyrs, whose preaching was the consubstantial Trinity.

O holy martyrs, who have fought the good fight and received your crowns, pray to the Lord for mercy on our souls.

Despising every earthly thing, O holy martyrs, and bravely preaching Christ in the arena, ye received from Him the due reward for all your sufferings. Since He is Almighty God and ye have boldness in His presence, to you we run for help; we entreat you, pray to Him for the salvation of our souls.

O martyrs worthy of all praise, sheep of Christ's spiritual flock, ye are a living offering and a sacrifice acceptable and pleasing to the Lord. Earth did not cover you, but heaven has received you. Ye have become companions of the angels: we entreat you, pray with them to God our Saviour, that peace be given to the world, and salvation to our souls.

Glory to the Father...

*For the Dead  
by St John of Damascus*

O Life-Giver and Saviour, give rest to our brethren whom Thou hast taken from this temporary life, for unto Thee they cry: O Lord, glory to Thee.

## Dogmatic Theotokion, Tone VII

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

Both now and ever, and unto the a- ges of a- ges. A- men.

Thou hast been known to have become a Mother in supernatural manner, O Theotokos,/ and hast remained a Virgin in manner past recounting and understanding;/ and no tongue can describe the wonder of thy birthgiving./ For as thy conceiving is all-glorious;/ so is the manner of thy birthgiving beyond comprehension;/ for where God so willeth, the order of nature is over-ruled./ Wherefore, knowing thee to be the Mother of God;/ we all earnestly entreat thee:// Pray thou that our souls be saved!

## Tone VIII

### Matins

#### Alleluia and Hymns to the Trinity, Tone VIII

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After the Six Psalms and the Great Litany, in place of God is the Lord, we sing Alleluia with the appointed verses, and then the hymns to the Trinity in the Tone of the week.

#### Alleluia

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light unto the earth.

Al- le- lu- ia, Al- le- lu- - - ia, Al- le-  
lu- - - i- a.

*Stichos:* Learn righteousness, ye that dwell upon the earth.

*Stichos:* Zeal shall lay hold upon and uninstructed people.

*Stichos:* Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

#### Hymns to the Trinity

Lifting up our hearts to heaven, let us imitate the hierarchy of angels. Let us fall down with fear before the righteous Judge, singing a triumphal hymn of praise: Holy, holy, holy art Thou, our God;

## Monday

Through the me- di- a- tions of Thy Bo- di- less Ones, have

The first system of the Monday score consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It contains a series of chords and a melodic line. The lower staff is in bass clef with the same key signature and time signature, providing a harmonic accompaniment. The lyrics are printed below the upper staff.

mer- - cy on us.

The second system of the Monday score continues the musical and lyrical material. It features similar chordal textures and melodic lines as the first system, concluding with a final cadence. The lyrics "mer- - cy on us." are positioned below the upper staff.

## Tuesday

Through the in- ter- ces- sions of Thy Fore- run- ner, have

The first system of the Tuesday score is structured identically to the Monday score, with two staves and the same key signature and time signature. The lyrics are "Through the in- ter- ces- sions of Thy Fore- run- ner, have".

mer- - cy on us.

The second system of the Tuesday score is also identical in structure to the Monday score, concluding with the lyrics "mer- - cy on us." and a final cadence.

## Wednesday and Friday

Through the pow- er of Thy Cross, pre-

This system of music features a treble and bass staff in G major. The treble staff contains a vocal line with lyrics and a piano accompaniment. The bass staff provides a simple harmonic accompaniment. The lyrics are "Through the pow- er of Thy Cross, pre-".

serve us, O Lord.

This system continues the musical notation from the first system. The treble staff has lyrics "serve us, O Lord." and the bass staff continues the accompaniment. The system concludes with a double bar line.

## Thursday

Through the intercessions, of Thy holy A- post- les,

This system of music features a treble and bass staff in G major. The treble staff contains a vocal line with lyrics and a piano accompaniment. The bass staff provides a simple harmonic accompaniment. The lyrics are "Through the intercessions, of Thy holy A- post- les,".

and Saint Nich- o- las, have

This system continues the musical notation from the first system. The treble staff has lyrics "and Saint Nich- o- las, have" and the bass staff continues the accompaniment.

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

Daring not to gaze upon Thee, the winged cherubim cry out in the words of the Thrice-Holy Hymn inspired by God; and with them we sinners also cry to Thee: Holy, holy, holy art Thou, our God;

Through the in-ter-ces-sions of all Thy Saints, have

The first system of the musical score consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#). It contains a series of chords, with the first five measures being quarter notes and the last three measures being half notes. The lower staff is in bass clef with the same key signature. It contains a series of notes, with the first five measures being quarter notes and the last three measures being half notes. The lyrics are placed between the two staves.

mer- - cy on us.

The second system of the musical score consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#). It contains a series of chords, with the first two measures being quarter notes and the last two measures being half notes. The lower staff is in bass clef with the same key signature. It contains a series of notes, with the first two measures being quarter notes and the last two measures being half notes. The lyrics are placed between the two staves.

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

Bent beneath the multitude of our iniquities, we dare not look up at the height of heaven; but, bowing down in soul and body, with the angels we sing unto Thee: Holy, holy, holy art Thou, our God;

Through the The- o- tok- os, have

The first system of the musical score consists of two staves, a treble clef on top and a bass clef on the bottom, both with a key signature of one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are placed below the notes. The first measure contains the words "Through the". The second measure contains "The- o- tok-". The third measure contains "os, have". The music features a mix of quarter and eighth notes, with some notes beamed together. There are several rests and ties throughout the system.

mer- - cy on us.

The second system of the musical score continues from the first system. It also consists of two staves, treble and bass clefs, with a key signature of one sharp. The lyrics are "mer- - cy on us.". The melody continues in the treble clef, and the bass line continues in the bass clef. The music features a mix of quarter and eighth notes, with some notes beamed together. There are several rests and ties throughout the system.

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## Sessional Hymns, Tone VIII

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*After the first reading from the Psalter, the Sessional Hymns of Repentance in the Tone of the week.*

### Monday

#### *Sessional Hymns of Repentance*

Look, O Lord, with a compassionate eye upon my lowliness, for my life, is soon spent and there is no salvation for me in my deeds. And so I cry: Look, O Lord, with a compassionate eye upon my lowliness and save me.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Be full of anxious fear, my soul, as though standing in the presence of the Judge, and call to mind that dreadful day and hour. Merciless shall be the judgement for those that showed no mercy. Therefore spare me, Saviour, for Thou alone lovest mankind.

Glory to the Father... Both now....

#### *Theotokion*

Most pure Theotokos, spiritual gateway of our life, with faith we run to thee: deliver us from danger, that we may glorify thy holy childbearing for the salvation of our souls.

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.  
*To the Martyrs*

O holy martyrs, God has made you into spiritual torches. By the power of faith ye have dispersed the dark mist of error; ye have made the lamp of your soul to burn brightly, and in the company of the Bridegroom ye have entered with glory into the heavenly bridal chamber. And now, we entreat you, intercede for the salvation of our souls.

### Tuesday

#### *Sessional Hymns of repentance*

Like the Harlot I fall down before Thee, Christ my God, seeking to receive forgiveness; and instead of ointment I offer Thee the tears from my heart. Take pity on me, Saviour, as Thou hast on her, and grant me the remission of my sins. For I cry like her to Thee: Deliver me from the filthiness of my deeds.

*Stichos:* O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath.

Keep in mind that fearful day and be vigilant, my soul. Kindle thy lamp and cause it to burn brightly with the oil of compassion. For thou dost not know when thou shalt hear the cry, 'Behold, thy Bridegroom!' Be watchful, then, my soul, and do not slumber, lest thou be left outside, knocking at the door like the five virgins. But continue wakeful, and so with the rich oil of mercy in thy lamp go out to meet Christ thy God; and may He grant to thee the divine bridal chamber of His glory.

Glory to the Father... Both now...

*Theotokion*

O ye faithful, let us magnify in hymns the Theotokos, unshakeable foundation of the Faith and precious gift conferred upon our souls. Rejoice, for thou hast held within thy womb the Rock of Life! Rejoice, hope of all the ends of the earth, succour of the afflicted! Rejoice, Bride without bridegroom!

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

The tabernacle shines this day with heavenly light, for within it all the hosts of angels now make glad, and in company with them the choirs of martyrs rejoice at the memorial of their victorious sufferings. At their prayers, O Christ, send down upon Thy world peace and great mercy.

**Wednesday**

*Sessional Hymns of the Cross*

When the thief beheld the Author of life hanging upon the Cross, he said: 'If it were not God made flesh that is crucified with us, the sun would not have hid its rays nor would the earth have quaked and trembled. But, all-forbearing Lord, remember me in Thy Kingdom.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

In the midst, between two thieves, Thy Cross became a balance-beam of righteousness. For the one was carried down to hell by the burden of his blasphemy; the other was lightened of his sins and brought to the knowledge of God. O Christ our God, glory to Thee.

Glory to the Father... Both now...

*Stavrotheotokion*

When she who bare Him saw upon the Cross the Lamb and Shepherd and Saviour of the world, she said weeping: 'The world rejoices, for it receives deliverance; but inwardly I bum, seeing Thy Crucifixion which Thou sufferest for all men, O my Son and God.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Steadfastly, holy martyrs, ye have trod the narrow way of sorrow and endured the troubled waters of temptation. Now ye have received a dwelling-place with the ministering angels, having proved yourselves a rock of patient fortitude, a firm foundation of the Faith. Pray to Christ our God for the salvation of our souls.

## Thursday

### *Sessional Hymns of the Apostles*

Blessed art Thou, O Christ our God, who hast made the fishermen wise by sending down upon them the Holy Spirit; and through them Thou hast drawn the inhabited earth into Thy net. O Lord who lovest mankind, glory to Thee.

*Stichos:* Their voice is gone out through all the earth, and their words to the ends of the world.

Let us sing the praises of the holy disciples of our God. They are burning torches, guides to all the world, first-fruits of our salvation. They have caused the Light to shine on us *in* darkness, and to all they have made known the Sun of glory. They have destroyed the error of idolatry, preaching the Trinity in one Godhead. Therefore we entreat them: O ye apostles of Christ our God, intercede for the forgiveness of our sins, as we celebrate with love your holy memory.

Glory to the Father... Both now...

### *Theotokion*

Rejoice, for through the Angel thou hast received the Joy of the world! Rejoice, for thou hast borne thy Maker and thy Lord! Rejoice, for thou wast counted worthy to become Mother of Christ our God!

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

### *To the Martyrs*

Contending bravely to the end, O holy martyrs, ye withstood the tyrants. Ye put to death your bodies on this earth, and so ye were rewarded with the life of heaven.

## Friday

### *Sessional Hymns of the Cross*

In the midst of Eden, a tree put forth the flower of death; in the midst of all the earth, a tree has flowered with life. Eating from the first tree, we who were immortal fell into corruption; but through the second tree incorruption is bestowed on us again. For by the Cross, O God, Thou dost save mankind.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool, for He is holy.

In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on the earth, and the whole world is filled with boundless joy. Beholding it exalted, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.

Glory to the Father... Both now...

### *Stavrotheotokion*

O holy Virgin, Christ took flesh from thy pure womb and was born from thee in ways beyond our understanding. Seeing Him hang between two evildoers on the Cross, thy heart was filled with anguish, and with a mother's grief thou hast cried out: 'Woe is me, my Child! What is this divine and ineffable act of Thy loving providence, whereby Thou hast restored to life Thy creature? I sing the praises of Thy deep compassion.'

*Before Ode Seven of the Canon we say this Sessional Hymn to the Martyrs, if there is no Kontakion for the saint of the day in the Menaion. But if there is a Kontakion, this hymn to the Martyrs is said with the other Sessional Hymns after the first reading from the Psalter, before the Theotokion; and it is preceded by the verse:*

*Stichos:* Wondrous is God in His saints, the God of Israel.

*To the Martyrs*

Through their self-restraint the martyrs of Christ put to death the fiery impulses of passion. They received the grace to drive out diseases from the sick, and to work miracles both when alive and after they were dead. O marvellous wonder! For their bare bones are a source of healing. Glory be to God, the only wise Creator.

## Exapostilaria, Tone VIII

*At the end of the Canon, we sing the appointed Hymn of Light (Photagogicon) in the Tone of the week, repeating it three times.*

Thou art the Light, O Christ, fill me with Thy radiance;

### Monday

Through the me- di- a- tions of Thy Bo- di- less Ones, and

The first system of musical notation consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The melody is written in a simple, homophonic style. The lyrics are placed below the notes. The first staff contains the notes for 'Through the me- di- a- tions' and the second staff contains the notes for 'of Thy Bo- di- less Ones, and'. There are some rests and ties in the melody.

save me.

The second system of musical notation continues the melody from the first system. It also consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The melody is written in a simple, homophonic style. The lyrics are placed below the notes. The first staff contains the notes for 'save' and the second staff contains the notes for 'me.'. There are some rests and ties in the melody.

## Tuesday

Through the in-ter-ces-sions of Thy Fore-run-ner, O

This system contains the first two measures of the Tuesday section. The vocal line begins with a half note 'Through' on G4, followed by quarter notes 'the' (A4), 'in-' (B4), 'ter-' (C5), 'ces-' (B4), and 'sions' (A4). The instrumental accompaniment consists of a steady eighth-note bass line in the left hand and a series of chords in the right hand. A fermata is placed over the first measure of the second system, which begins with the lyrics 'of Thy Fore-run-ner, O'.

Lord, and save me.

This system contains the next two measures. The vocal line has a half note 'Lord,' on G4, followed by quarter notes 'and' (A4), 'save' (B4), and 'me.' (A4). The instrumental accompaniment continues with the same eighth-note bass line and chords. A fermata is placed over the final measure of this system.

## Wednesday and Friday

Through the pow-er of Thy Cross, O

This system contains the first two measures of the Wednesday and Friday section. The vocal line begins with a half note 'Through' on G4, followed by quarter notes 'the' (A4), 'pow-' (B4), 'er' (C5), 'of' (B4), 'Thy' (A4), 'Cross,' (G4), and 'O' (F#4). The instrumental accompaniment features a steady eighth-note bass line and chords. A fermata is placed over the first measure of the second system, which begins with the lyrics 'of Thy Cross, O'.

Lord, and save me.

This system contains the next two measures. The vocal line has a half note 'Lord,' on G4, followed by quarter notes 'and' (A4), 'save' (B4), and 'me.' (A4). The instrumental accompaniment continues with the same eighth-note bass line and chords. A fermata is placed over the final measure of this system.

# Thursday

Through the intercessions, O Lord, of Thine A- post- les,

The first system of musical notation consists of a treble and bass staff in G major. The treble staff contains a series of chords: G4, A4, B4, C5, D5, E5, and F#5. The bass staff contains a series of notes: G3, A3, B3, C4, D4, E4, and F#4. The lyrics are placed between the two staves.

and Saint Nich- o- las, O

The second system of musical notation continues the treble and bass staves. The treble staff contains chords: G4, A4, B4, C5, D5, E5, and F#5. The bass staff contains notes: G3, A3, B3, C4, D4, E4, and F#4. The lyrics are placed between the two staves.

Lord, and save me.

The third system of musical notation concludes the treble and bass staves. The treble staff contains chords: G4, A4, B4, C5, D5, E5, and F#5. The bass staff contains notes: G3, A3, B3, C4, D4, E4, and F#4. The lyrics are placed between the two staves.

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

Thou art the Light, O Christ, fill me with Thy radiance;

Through the in-ter-ces-sions of Thy Saints, O

This musical system consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The treble staff contains a series of chords, with the first five measures being quarter notes and the last two being half notes. The bass staff contains a series of notes, with the first five measures being quarter notes and the last two being half notes. The lyrics are placed between the two staves.

Lord, and save me.

This musical system consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The treble staff contains a series of chords, with the first two measures being quarter notes and the last two being half notes. The bass staff contains a series of notes, with the first two measures being quarter notes and the last two being half notes. The lyrics are placed between the two staves.

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

Thou art the Light, O Christ, fill me with Thy radiance;

Through the in-ter-ces-sions of the The-o-tok-os, O

This musical system consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The treble staff contains a series of chords, with the first five measures being quarter notes and the last two being half notes. The bass staff contains a series of notes, with the first five measures being quarter notes and the last two being half notes. The lyrics are placed between the two staves.

Lord, and save me.

This musical system consists of two staves: a treble clef staff and a bass clef staff. The key signature has one sharp (F#). The treble staff contains a series of chords, with the first two measures being quarter notes and the last two being half notes. The bass staff contains a series of notes, with the first two measures being quarter notes and the last two being half notes. The lyrics are placed between the two staves.

# Tone VIII

## Vespers

### Lord, I Have Cried, in Tone VIII

*We chant Lord, I Have Cried in the Tone of the appointed stichera.*

Lord, I have cried unto Thee, hear- ken un- to me.

The first system of music consists of two staves, treble and bass clef, with a key signature of one sharp (F#). The melody is primarily composed of half notes and quarter notes, with some beamed eighth notes. The lyrics are placed below the notes.

Hear- ken un- to me, O Lord.

The second system continues the melody. It features a prominent melisma on the word "O" in the treble staff, indicated by a long horizontal line. The bass staff provides a steady accompaniment.

Lord, I have cried unto Thee, hear- - ken un- to me;

The third system continues the melody. It features a melisma on the word "hear-" in the treble staff, indicated by a long horizontal line. The bass staff provides a steady accompaniment.

attend to the voice of my sup- pli- ca- tion when I cry un- to Thee.

The fourth system concludes the chant. It features a melisma on the word "sup-" in the treble staff, indicated by a long horizontal line. The bass staff provides a steady accompaniment.

Hear-ken un-to me, O Lord. Let my prayer be set forth

as in-cense be-fore Thee, the lif-ting up of my hands

as an eve-ning sac-ri-fice. Hear-ken un-to me, O Lord.

## Stichera to the Martyrs, Tone VIII

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*On Friday, at Lord, I Have Cried, stichera to the Martyrs in the Tone of the week.*

O martyrs of the Lord, ye hallow every place and heal every ill: and now we entreat you to pray that our souls may be delivered from the snares of the enemy.

O martyrs of the Lord, we beseech you, offer intercession to our God: pray for abundant mercy on our souls and the forgiveness of our many sins.

Thy 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 Thy people Thy great mercy.

If there be any virtue and if there be any praise, rightly are these things ascribed to the saints. They bowed their necks beneath the sword, for Thy sake who hast bowed the heavens and come down. They shed their blood for Thee, who hast emptied Thyself and taken the form of a servant; they humbled themselves even unto death, following the example of Thy poverty. At their prayers have mercy upon us, O God, according to the multitude of Thy tender mercies.

Glory to the Father...

*For the Dead  
by St John of Damascus*

I lament and weep whenever I see death and look upon our beauty, formed according to God's image, lying in the grave disfigured and inglorious, its outward form destroyed. O strange wonder! What mystery is this concerning us? How have we been delivered to corruption? How have we been yoked to death? All this, so it is written, is by the ordinance of God, who grants rest to the departed.

## Dogmatic Theotokion, Tone VIII

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*On Friday, at Lord, I Have Cried, the Dogmatic Theotokion in the Tone of the week.*

Both now and ever and unto the a- ges of a- ges. A- - men.

In His love for mankind, the King of heaven appeared on earth and dwelt among men;/ for He Who received flesh from the pure Virgin/ and came forth from her having received human nature,/ is the only Son of God,/ two in nature but not hypostasis,/ Therefore, proclaiming Him to be truly perfect God/ and perfect man,/ we confess Christ our God./ Him do thou beseech, O Mother unwedded,// that our souls find mercy!

ΚΟΝΕΙΧ, ἢ ΕΓΨ ΝΑΨΗΕΜΨ ΕΛΑΪΚΑ.  
The end, and to our God be the glory!





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