

MARCH 18

First Monday of Great Lent

Forgiveness Vespers (sung on Sunday) / Repose of St. Nikolai of Zhicha

"Lord I Call..." Tone 8

Lord, I call upon You, hear me!  
Hear me, O Lord!  
Lord, I call upon You, hear me!  
Receive the voice of my prayer,  
when I call upon You!//  
Hear me, O Lord!

Let my prayer arise  
in Your sight as incense,  
and let the lifting up of my hands  
be an evening sacrifice!//  
Hear me, O Lord!

STICHERA

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name! Tone 8\**

The angels never cease singing praises to You,  
and I fall before You, O King and Master;  
and cry out like the Publican://  
"Be merciful to me, O God, and save me!"

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

Since you are immortal, O my soul,  
do not be overwhelmed by the waves of this life!  
Come to your senses and cry out to your Benefactor://  
"Be merciful to me, O God, and save me!"

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

When I grasp with my mind the great number of terrible things I have done,  
and go in my thoughts to that terrible reckoning,  
then I tremble with fearfulness.  
I flee for refuge to You, O God and Lover of man.  
I humbly pray: "Do not turn from me, O sinless Lord,//  
but grant my lowly soul compunction before the end, and save me!"

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

Give me tears, O God, as You once gave them to the woman who had sinned,  
and thus count me worthy to drench Your feet with tears —  
those feet that freed me from the path of error!  
Let me offer You a life of purity,  
acquired by me through repentance,  
as fragrant ointment,  
that I too may hear that voice for which I pray,//  
saying: "Your faith has saved you; go in peace!"

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

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You. **Tone 2**† (from the Lenten Triodion, by Joseph) (Joseph of Arimathea)*

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

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

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

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

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

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

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities. **Tone 6** (from the Menaion, for St. Nikolai)*

You were revealed in every way as a most sacred bearer of light,  
invested with divine and holy anointing in the Holy Spirit,  
ablaze with the brightness that comes from God,  
always radiantly approaching the Holy of Holies,  
and partaking of the saving Mysteries by grace.  
As a true and most glorious hierarch,//  
with boldness you intercede for our souls.

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

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

Your life was resplendent with virtues that enlightened the faithful / and dispelled the fog of error, / for you truly appeared as a radiant sun, O all-blessed Hierarch. / And now you have made your dwelling / where the Light that knows no evening shines; / by the grace of the Holy Spirit you have become a son of the day. / Therefore, as we celebrate your divine and revered memory,// we lovingly honor you, O Father Nikolai.

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

Your pure mind dwelt in God through faith. / Meditating on incorruption while in a mortal and corruptible body, / you acquired the splendor of the Bodiless Powers. / By remaining passionless you were adorned with dispassion, / O Father and most-wise Hierarch Nikolai,// radiant beacon and intercessor for those who honor your memory.

*Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 8** (for St. Nikolai)*

The fruit of your virtues, / O venerable Father Nikolai, / has enlightened the hearts of the faithful. / For, upon hearing of your immeasurable humility, / who would not wonder at your patience, gentleness, and compassion? / You instructed all in the ways of God. / And now, as you are adorned with the never-fading crown, // ever intercede on behalf of our souls!

*now and ever, and unto ages of ages. Amen. **Tone 8** (Theotokion)*

Receive the Archangel Gabriel's voice, crying: / "Rejoice, O Mother of God, // for you have borne for the world Christ the Giver of Life!"

## PROKEIMENON

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

**V. Your Salvation, O God, took hold of me.** (Psalm 68:34b)

**V. Let the poor see and be glad.** (Psalm 68:37a)

**V. Seek God and your soul will live.** (Psalm 68:37b)

## APOSTICHA

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

Your grace hath shone forth, O Lord:  
the grace which illuminates our soul.

This is the acceptable time!

This is the time of repentance!

Let us lay aside the works of darkness and put on the armor of light,  
that passing through the Fast as through a great sea  
we may reach the Resurrection on the third day //  
of our Lord Jesus Christ, the Savior of our souls.

*V. I lift up mine eyes to You, enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us.*

*(Ps 122:1-2)*

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that passing through the Fast as through a great sea

we may reach the Resurrection on the third day //

of our Lord Jesus Christ, the Savior of our souls.

*V. Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud. (Ps.*

*122:3-4)*

**Tone 4** *(for the Martyrs)*

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

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

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

The angelic hosts glorify you, O Mother of God,

for you gave birth to God,

co-eternal with the Father and the Spirit,

Who, by His own desire, created the angelic hosts out of nothing.

Beseech Him to deliver from corruption and to enlighten //

the souls of those who rightly praise you, O most pure one!

## THE LENTEN TROPARIA

**Tone 8** Rejoice, O Virgin Theotokos, Mary, full of grace: the Lord is with you. / Blessed are you among women, and blessed is the Fruit of your womb; // for you have borne the Savior of our souls.

Glory to the Father, and to the Son, and to the Holy Spirit, / O Baptiser of Christ, remember us all, / that we may be delivered from our iniquities; // for to you is given grace to intercede for us!

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

Intercede for us, O holy Apostles and all the saints,

that we may be delivered from perils and sorrows; //

for we have acquired you as fervent intercessors before the Savior!

Beneath your compassion we take refuge, O Theotokos.

Do not despise our supplications in adversity; //

but deliver us from perils, O only pure and only blessed one!