

MARCH 7, 2022

First Monday of Great Lent / The Holy Hieromartyrs of Cherson: Basil, Ephraim, Capito, Eugene, Aetherius, Elpidius, and Agathodorus / Forgiveness Vespers (sung on Sunday)

STICHERA

V. (10) *Bring my soul out of prison, that I may give thanks to Your Name!* **Tone 4** (Penitential stichera in the Tone of the week)

Lord, I long to wash away with tears the record of all my sins,
and to spend the remaining days of my life
pleasing You through repentance,
but the Enemy continually deceives me.
He wages war against my soul.//
Save me before I completely perish, O Lord!

V. (9) *The righteous will surround me, for You will deal bountifully with me.*
Who, when caught in a storm, if he runs to this haven is not saved?
Or who that is sick, if he runs to this healing, is not made whole?
O Creator of all and Physician of the sick,//
Save me before I completely perish, O Lord!

V. (8) *Out of the depths I cry to You, O Lord. Lord, hear my voice!*
Wash me in my tears, O Savior,
for I am defiled by many sins!
Therefore I fall before You://
I have sinned; have mercy on me, O God!

V. (7) *Let Your ears be attentive to the voice of my supplications!*
I, a sheep of Your rational flock,
flee for refuge to You, the Good Shepherd.
O God, I have gone astray;//
seek me, and have mercy on me!

V. (6) *If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.* **Tone 2** (from the Lenten Triodion, by Joseph)
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 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 4** (for the Hieromartyrs of Cherson)

O heavenly-minded fathers,
you were invincible martyrs,
all-praised hierarchs and beacons of the universe,
immovable pillars of the Church of God,
and a foundation of sound doctrines,
instructors of the pious and destroyers of error,
light-bearing guides for our souls,
fellow citizens with the Angels,//
and champions of the Trinity.

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

Let the glorious Ephraim be blessed with divine speeches,
together with the divinely wise Basil,
the mighty Cápito, the godly Agathadórus,
Elpídus, Aethérius and the glorious Eugene;
for they lived righteously and suffered in a holy way.//
They were revealed to be inhabitants of the Kingdom of heaven.

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

Having mortified the carnal mind with ascetic labors,
by invoking the name of God,
the glorious Basil raised up a man from the dead.
The most holy shepherd Capito
was seen unconsumed while he stood and rejoiced in the midst of the fire.
By their supplications, O Lover of man, //
grant us the means of atonement and 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 Wash away the filth of the passions of my heart,
O all-praised Theotokos,
and cleanse all the wounds that come from my sins and their corruption, O pure one!
Set in order my unstable mind,
so that I, who am condemned and am your worthless servant, //
may magnify your power and great protection!

After "O Gladsome Light..." on page 12:

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

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

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

APOSTICHA

Tone 4 (from the Lenten Triodion)

Your grace has shone forth, O Lord:
the grace which illumines 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 my 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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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. 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!

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. (prostration)

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! (prostration)

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! (prostration)

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!