**MARCH 5**

**Sunday evening Vespers**

**Martyr Conon of Isauria**

***\* [Music for the stichera from the Triodion from the Department of Liturgical Music and Translations can be downloaded at*** [***www.oca.org***](http://www.oca.org)***]***

**"Lord I Call..." Tone 6**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!//

Hear me, O Lord!

Let my prayer arise

in Thy sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Thy name!*

**Tone 6** *(Penitential stichera from the Octoechos)*

At Thy fearful coming, O Christ,

may we not hear the words: “I know ye not!”

For we have put our hope in Thee,

and though through neglect we have not kept Thy commands,//

yet we entreat Thee to have mercy on our souls.

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

I have not gained repentance or tears,

therefore I entreat Thee, O Christ God:

“Turn me back before I die,//

that I may find mercy and be delivered from torments!”

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

Finding me naked of virtues,

the Enemy wounded me with the arrow of sin,

but as Physician of souls and bodies,

heal the wounds of my soul, O God,//

and have mercy on me!

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

O Savior, heal the wounds of my heart left by my many sins!

O Physician of souls and bodies,

grant forgiveness of faults to those who ask!

Ever give me tears of penitence,

releasing me from what I owe Thee, O Lord,//

and have mercy on me!

*v. (6) If Thou, O Lord, shouldest mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

**Tone 8 \*** *(from the Lenten Triodion, by Joseph) (Immeasurable)*

I have committed countless sins against Thee,

deserving punishments beyond number:

inconsolable weeping and gnashing of teeth,

the fire of hell, the darkness of Gehenna.

Therefore, O righteous Judge, give me the grace of tears,

that I may find forgiveness of sins and deliverance from my iniquities,

and that, while I fast, I may cry to Thee:

“Have compassion on me, O Christ and Lord,//

according to Thy great and rich mercy!”

*v. (5) For Thy name’s sake have I waited for Thee, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.*

Though I am lost in the hills of evil iniquities,

seek me, O Word, as I call out to Thee,

having wandered far from Thee in the multitude of my evil passions!

Revive me in this death,

and purify me with fasting and constant weeping,

that I may cry out to Thee:

“O Christ Lord, have compassion on me//

according to Thy great and rich mercy!”

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

**Tone 8** *(from the Lenten Triodion, by Theodore) (O most glorious wonder)*

Having begun the third week of the fast, O believers,

let us praise the venerable Trinity,

passing the remaining time with gladness and joy,

starving the passions of the flesh!

Let us glean divine flowers from our souls,

weaving them into crowns for the day that is lord of days,//

that wearing our crowns, we may praise the triumphant Christ!

*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 8\*** *(Martyr Conon) (O most glorious wonder)*

O unfading and divine radiance,

light-bearing brilliance of the commandments of God,

ever-memorable passion-bearer and most excellent of martyrs,

thou hast dispelled the gloom of darkness like a brilliant star.

Thou art a good offering, an unblemished sacrifice, O blessed one;//

therefore, ever entreat Christ that He may save our souls!

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

O proclaimer of the Truth,

thou didst reveal thyself to be a sword-wielding enemy of ungodliness.

Thou didst cut off the head of the Enemy with thy suffering, O all-wise

one,

and didst clearly proclaim the commandment of God,

declaring the good news to the untaught people.

Entreat the Savior, O Conon who dwellest with the martyrs:

Deliver from the passions Thy servants who honor Thee with hymns!

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

What a good change the Lord of our fathers made in thee

by the right hand of the Most High!

Most glorious athlete, thou wast revealed to be a fruit that blossoms from

the root of unbelief.

Most blessed and all-praised Conon,

thou hadst Christ as thy most excellent Commander,//

as with might thou didst overthrow the throngs of demons.

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

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

**Tone 8**  *(Theotokion)*

Rejoice, O resting place of the divine Light,

brightest star, and veil of sanctification!

Thou dost shine forth the Light Who illumines us from thine all-pure

womb.

Thou dost enlighten the ends of the world with thine own grace.

Rejoice, O most pure Virgin, thou source of salvation;//

rejoice, awesome report and word to those who hope in thee!

**Tone 8 Great Prokeimenon**

Turn not Thy face from Thy servant, for I am afflicted: \* hear me speedily, draw near unto my soul, and deliver it! *(Ps 68/69:17-18)*

*v: Let Thy salvation, O God, uphold me!* *(Ps 68/69:29)*

*v: Let the poor see and be glad! (Ps 68/69:32a)*

*v: Seek God, and thy soul shall live! (Ps 68/69:32b)*

**Sunday evening Vespers**

**Martyr Conon of Isauria**

**Aposticha**

**Tone 8** *Idiomelon**(from the Lenten Triodion)*

Wretched man that I am,

I rejected fatherly restraints,

with inconstant mind, living in the thoughts of bestial sins,

and wasting all my life in extravagance.

And when I was in need of the food that strengthens the heart,

I fed on the delight that satisfies for only a brief time.

Therefore, O Good One, close not against me the door of Thy love for

mankind,//

but opening it, receive me as the Prodigal Son, and save me!

*v: To Thee, I lift up mine eyes, O Thou who art enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us. (Ps 122/123:1-2)*

(Repeat: “Wretched man …” )

*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 122/123:3-4)*

O Martyrs of the Lord,

ye hallow every place and heal every ill:

Now therefore, intercede with Him,//

that He may deliver our souls from every wile and snare of the Enemy!

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

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

**Tone 8** *(from the Lenten Triodion)*

The Hosts of Heaven praise thee,

unwedded Mother, full of grace.

We glorify thine ineffable childbearing.//

Therefore, O Theotokos, intercede for the salvation of our souls!

**Tone 8** **The Lenten Troparia**

Rejoice, O Virgin Theotokos, Mary full of grace! The Lord is with thee.

Blessed art thou among women, and blessed is the Fruit of thy womb; //

for thou hast 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 thee 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 thy compassion we take refuge, O Theotokos.

Do not despise our supplications in adversity,//

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

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

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

*Music for the stichera from the Menaion – March 5 (Martyr Conon of Isauria) can be downloaded at* http://oca.org/liturgics/music-downloads/march

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