**MARCH 23**

**Monday of the Fourth Week of Great Lent**

**Vespers (sung on Sunday)**

**Ven. Martyr Nikon and 199 disciples with him in Sicily**

**"Lord I Call..." Tone 7**

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!

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

**Tone 7[[1]](#footnote-1)** *(Penitential stichera from the Octoechos)*

Like the Prodigal I come and fall before You, O Lord:

accept me as one of Your hired servants,//

and have mercy on me, O compassionate One!

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

Like the man who fell among thieves and was wounded,

I have fallen, and my soul is bruised by my many sins.

To whom can I, the guilty one, run,

if not to You, the only merciful Physician of our souls?//

Pour out Your great mercy on me, O God!

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

O Savior, sinner that I am,

do not cut me down like the barren fig tree!

But grant me forgiveness all the year long,

watering my soul with tears of repentance,//

that I may bring forth acts of mercy as fruit for You!

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

Since You are the Sun of righteousness,

enlighten and guide the hearts of those who cry out to You://

“O Lord, glory to You!”

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

**Tone 8[[2]](#footnote-2)** *(from the Lenten Triodion, by Joseph) (O Lord, though Thou didst stand)*

O Lord, You willingly stretched out Your hands on the Cross;

make us ready for its adoration with reverent hearts,

radiant through fasting, prayer, abstinence and works of charity;//

for You are good and the Lover of mankind!

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

Blot out the multitude of my sins by the great abundance of Your mercies,

O most compassionate Lord!

Make me worthy to behold Your Cross,

and to embrace it with a pure soul in this week of abstinence,//

for You are the Lover of mankind!

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

**Tone 3** *(from the Lenten Triodion, by Theodore) (Oh, great wonder)*

Oh, great wonder!

I behold the Tree on which Christ was crucified in the flesh.

The world venerates it and, enlightened, cries out:

“How great is the power of the Cross!

When the demons behold it, they are burned.

By its sign, they are consumed with flames.”

Therefore, O pure Tree, I bless you;

I honor and adore you with fear,//

glorifying God, Who granted me unending life through you.

*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 Martyr Nikon) (As one valiant among the martyrs)*

Using abstinence as a bridle, you curbed the pleasures of the body

and the disobedience of the flesh, O blessed one.

Courageous, you vanquished the full armor of the Enemy

by the power of the Spirit.

Therefore, O Nikon, you were a leader of monastics//

who always followed your most wise and divine preaching.

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

You shone forth from the east like the sun, O most glorious one,

bringing light to the whole world with the radiance of miracles,

guiding the choir of your brilliant disciples like a star.

Together with them you suffered mightily.

You were beheaded by the sword,//

placing your souls in the hands of the King and Master of all.

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

Neither hunger, nor tribulation, O truly wondrous ones,

nor nakedness, nor wounds, nor the imminence of a violent death,

were able to separate you from the love of God.

O crown-bearing athletes,

following the Shepherd like sheep that are led to the slaughter,//

from the west ye reached the unending rest of the heavenly Kingdom.

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

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

**Tone 4**  *(Theotokion)*

O Virgin who conceived Christ God my Savior,

give to me that which saves souls:

the most excellent medicine of repentance.

Grant me streams of tears and true mindfulness

of that dread and frightful hour of just judgment of all men.

Grant me by your prayers to escape from the trembling

and the terror of the everlasting torments //

and to attain to the grace of God.

**Tone 8 Great Prokeimenon**

O Lord, You have given an inheritance / to those who fear Your name. *(Ps 60/61:5)*

*v: From the end of the earth I call to You.* *(Ps 60/61:2)*

*v: I will take shelter under the shadow of Your wings. (Ps 60/61:4)*

*v: So I will ever sing praises to Your name. (Ps 60/61:8)*

**Aposticha**

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

Because of my evil deeds,

I, a wretched man, dare not gaze upon heaven with my eyes.

But sighing like the Publican, I cry to You:

“O God, forgive me a sinner,

and deliver me from the Pharisee’s hypocrisy,//

for You alone are compassionate!”

*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 122/123:1-2)*

(Repeat: “Because of my evil deeds…” )

*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,

you sanctify every place and heal every ill:

Now therefore, intercede with Him,//

that He may deliver our souls from the snares 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 you,

unwedded Mother, full of grace.

We glorify your ineffable childbearing.//

Therefore, 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 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!

In addition to translations from the Department of Liturgical Music and Translations, liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.

1. *Music for the penitential stichera can be downloaded at* http://oca.org/liturgics/music-downloads/penitential-stichera. [↑](#footnote-ref-1)
2. *Music for the stichera from the Lenten Triodion can be downloaded at*  http://oca.org/liturgics/music-downloads/lenten-triodion [↑](#footnote-ref-2)