**MARCH 30**

**Monday of the Fifth Week of Great Lent**

**Vespers (sung on Sunday)**

**Ven. John Climacus of Sinai, author of *The Ladder***

**"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!

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

**Tone 8[[1]](#footnote-1)** *(Penitential stichera from the Octoechos)*

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 mankind.

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!”

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

**Tone 3[[2]](#footnote-2)** *(from the Lenten Triodion, by Joseph) (Great is the power)*

In this season of abstinence, O believers,

let us exert every effort,

that we may attain great glory, escaping the fire of hell,//

by the mercy of God, the great King!

*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.*

Having passed half the period of this holy Fast,

let us clearly show forth the beginning of divine glory!

Let us fervently hasten to the achievement of good behavior,//

that we may receive the eternal joy!

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

**Tone 7** *(from the Lenten Triodion, by Theodore) (Under your protection)*

Having passed beyond the middle point of this holy fast,

let us strive to its end, rejoicing with steadfastness!

Let us anoint ourselves with the oil of charity,

that we may be worthy to adore the noble passion of Christ our God,//

and attain His most honored and holy Resurrection!

*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[[3]](#footnote-3)** *(for Ven. John Climacus) (Oh, most glorious wonder)*

The Lord’s praises were always on your lips, O holy Father John.

With deep wisdom you searched the Scriptures,

which teach us to deny ourselves.

You became rich in the blessings of grace,//

overthrowing the craftiness of the devil.

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

You washed your soul in a fountain of tears, O most glorious Father John.

You kept vigil for God and gained His mercy.

Upborne on the wings of prayer, you flew to divine love and beauty.

Now, together with your fellow soldiers, O holy one,//

you dwell in His spiritual light and unending joy.

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

On the wings of faith you raised your mind to God, O holy Father John.

Hating the world’s confusion and vanity,

you took up your cross and followed Him Who sees all things.

You submitted your rebellious flesh to His guidance,

through the discipline of self-denial,//

by the power of the Holy Spirit.

*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)*

O virgin vessel, chaste and fair and precious abode of God,

I entreat you:

“Comfort my soul, which is wounded by the poison of the serpent,

and killed by my transgressions,

so that I may glorify you, O Sovereign Lady,//

who have truly magnified all!”

**Tone 8 Great Prokeimenon**

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

*v: Let Your 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 your soul shall live! (Ps 68/69:32b)*

**Aposticha**

**Tone 7 Idiomelon** *(from the Lenten Triodion)*

The Savior Who planted the vineyard and called the laborers is near indeed!

Come, therefore, O workers in the fast:

let us receive our wages, for the Giver is rich and merciful!//

Even if we have labored little we receive great mercy!

*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)*

**Tone 6** *(from the Lenten Triodion, by Stephen)*

When Adam fell among the robbers of thought,

he was robbed of his mind;

his soul was wounded, and he was cast out naked and without any aid.

The priest who came before the Law did not listen to him.

The Levite who came after the Law had no compassion on him:

only You, O God, Who came not from Samaria but from the Theotokos!//

O Lord, glory to You!

*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)*

**Tone 6** *(from the Lenten Triodion)*

Your martyrs, O Lord,

did not deny You,

nor did they forsake Your commandments.//

By their intercessions, have mercy on us!

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

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

**Tone 6** *(from the Lenten Triodion)*

Like the Archangel, O believers,

let us praise the heavenly Bridal Chamber and the well-sealed Gate!

“Rejoice, O Lady,

through whom sprang forth for us the Savior, Christ,

the Life-giver and God of all!

Undefiled hope of Christians, destroy with your own hands//

the tyrants, our godless enemies!

**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)
3. Music for the stichera for St. John Climacus from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](file:///C:\Users\Phillip\Documents\5.%20OCA%20Chancery\1.%20Department%20of%20Liturgical%20Music\New%20Packets%20beginning%2002-2020\2020-03%20Services\www.oca.org). [↑](#footnote-ref-3)