

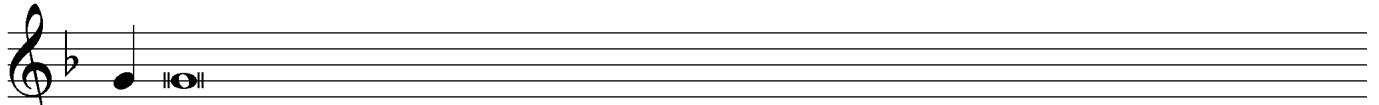
# Cheesfare Sunday

On Sunday evening, at Vespers, on "Lord, I have cried" sing 10 stichera.

First, 4 stichera of compunction in the Tone of the week.

Then these 3 stichera in Tone 2

(melody: "When from the Tree")



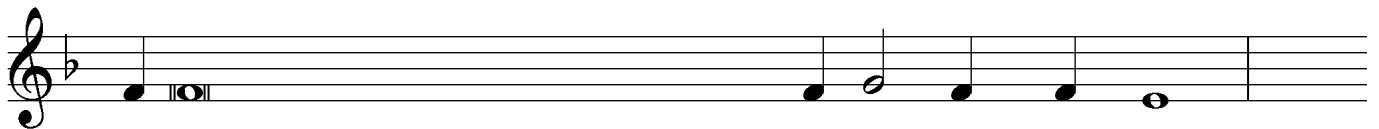
(I) If you, Lord, should mark in - i - qui - ties, O Lord, who will stand? But



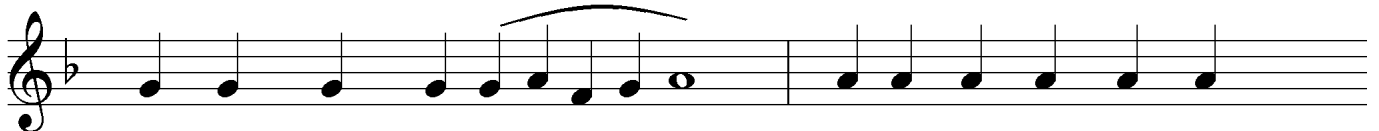
there is for - give - ness with you.



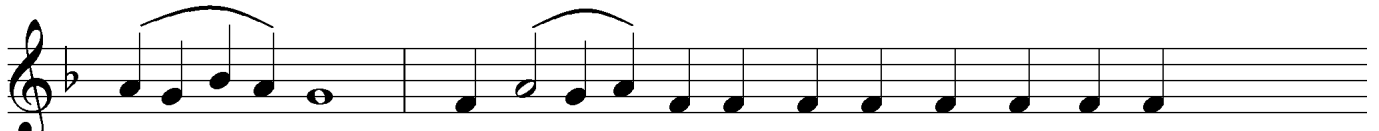
Let us all make haste to hum - ble the flesh by ab - - - - sti - nence,



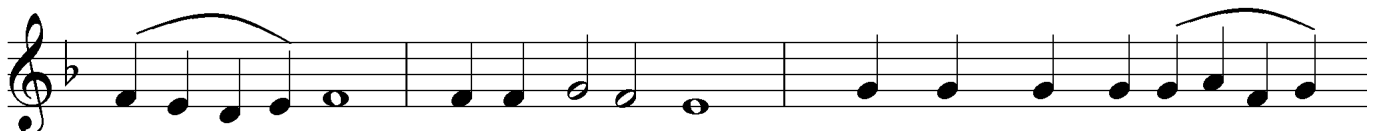
as we set out on the god - ly course of the un - blem - ished fast;



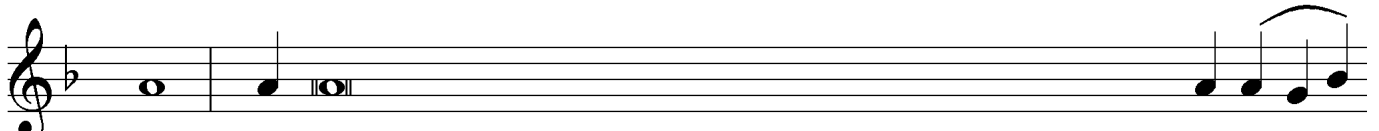
and with prayers and tears let us seek the Lord our



Sav - - - - - iour; and lay - - - - ing a - side all mem - o - ries of



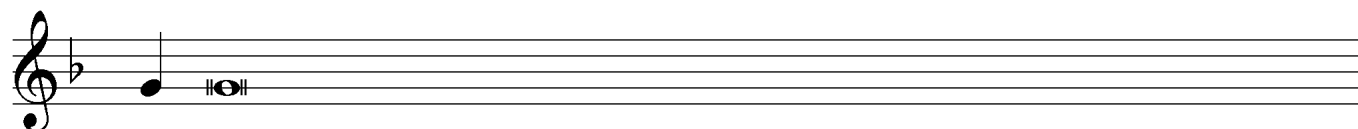
e - - - - - vil, let us cry a - loud: "We have sinned a - gainst



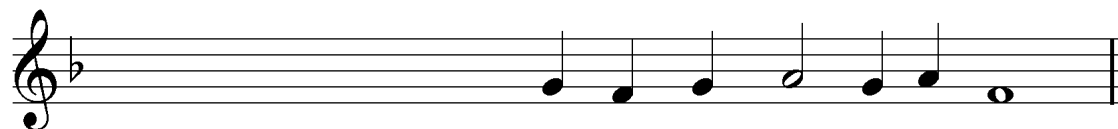
you: save us like the Nin - e - vites of old, O Com - pas - sion - ate Christ



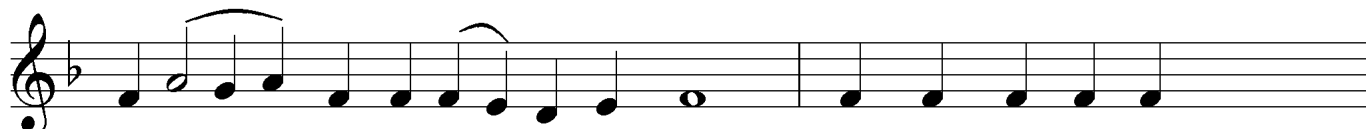
the King, and make us shar - ers in your heav - en - ly king - - - dom."

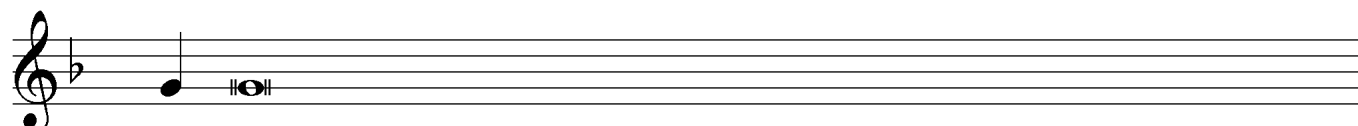


(II) For your name's sake I have wait - ed for you, O Lord; my soul has



wait - ed on your word, my soul has hoped in the Lord.

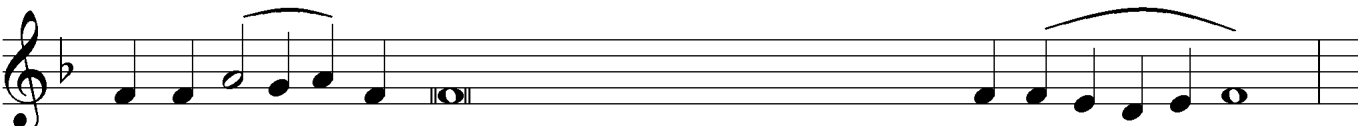




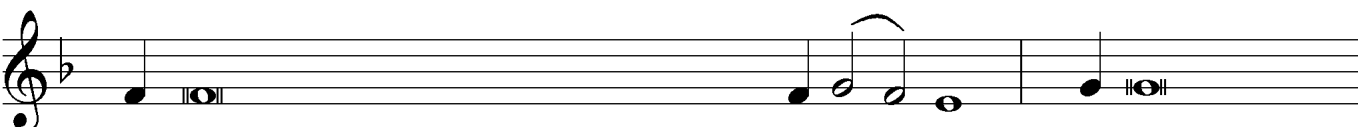
(I) From the morn - ing watch un - til night, from the morn - ing watch let



Is - ra - el hope in the Lord.



Let us set out with joy up - on the sea - son of the Fast,



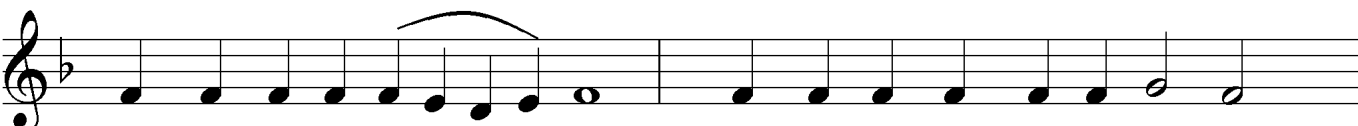
and pre - pare our - selves for spir - it - u - al com - bat. Let us pu - ri - fy



our soul and cleanse our flesh; let us ab - stain from eve - ry



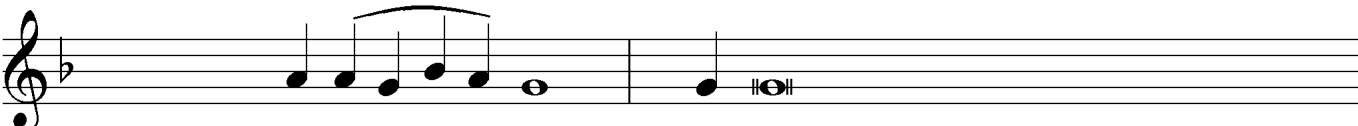
pas - sion as we do from food, re - joic - - - ing in the



vir - tues of the Spir - - - - - it; may we per - se - vere in this with



love, and all be count - ed wor - - - - thy to see the all - ho - ly



Pas - sion of Christ God and his ho - ly Pas - cha, with



spir - it - u - al re - joic - - - - ing.

*Then the stichera from the Menaion.*

## Great Prokeimenon

### Tone 8:

Do not turn a - way your face from your ser - vant,  
for I am in trou - ble: hear me speed - i - ly, draw near  
to my soul and re - deem it.

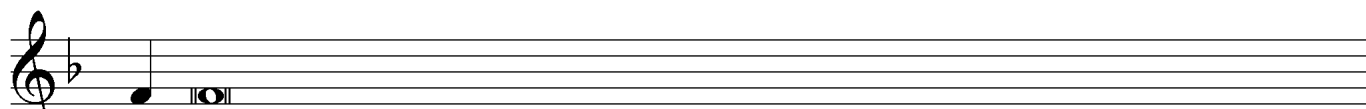
*Verse 1:* Let your salvation help me, O God.

*Verse 2:* Let the poor see and rejoice.

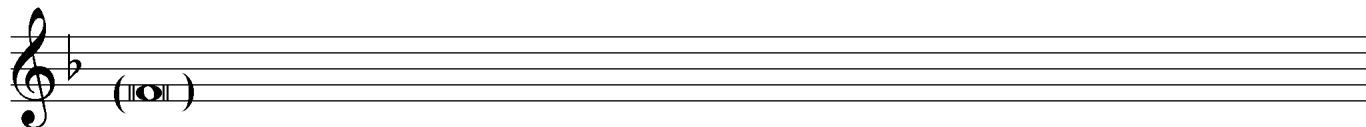
*Verse 3:* Seek God and your soul will live.

### Aposticha, Tone 4

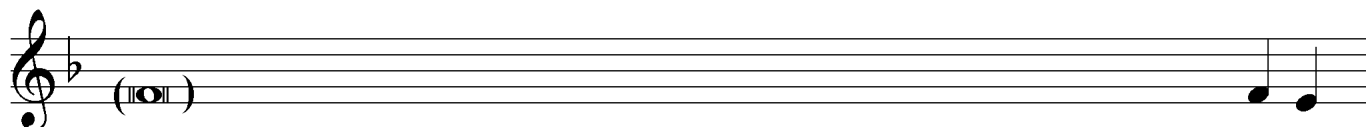
(1) Your grace has shone forth, O Lord, the il - lu - mi - na - tion of our  
souls has shone forth. Be - hold, now is the ac - cept - ed time;  
be - hold, now is the time of re - pent - ance. Let us cast off the works  
of dark - - - - - ness, so that hav - ing sailed a - cross the great sea of  
the Fast, we may reach the third - day Res - ur - rec - tion of our  
Lord and Sav - iour Je - - - - - sus Christ, who saves our souls.



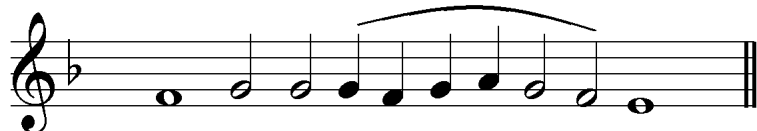
(II) To you I lift up my eyes, to you who dwell in the heavens. As the eyes



of servants look to the hand of their master, or as the eyes of a maid



toward the hand of her mistress, so our eyes look to the Lord un - til he



show us his mer - - - - - cy.



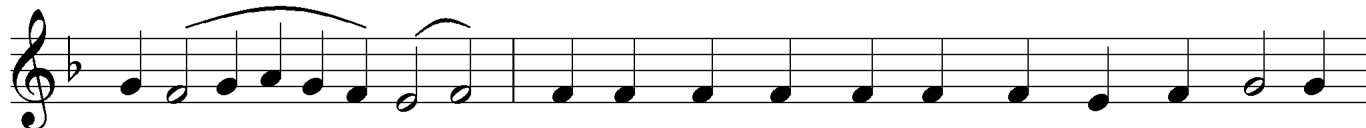
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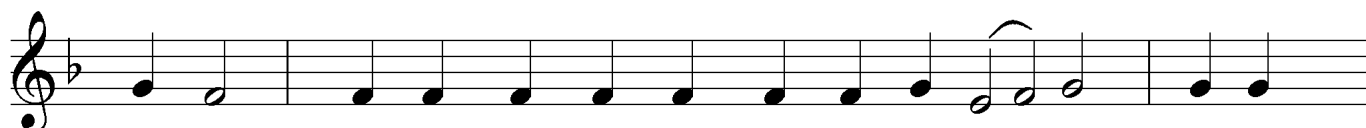
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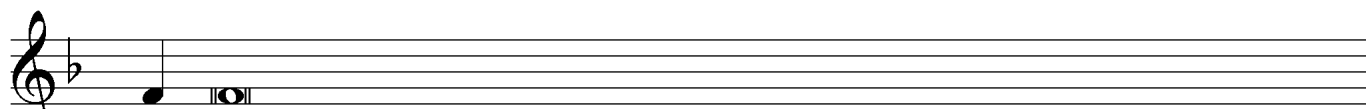
of dark - - - - - ness, so that hav - ing sailed a - cross the great sea of



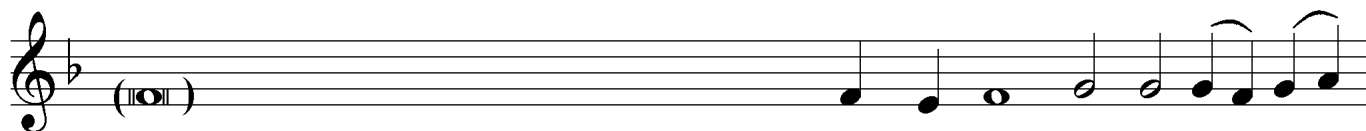
the Fast, we may reach the third - day Res - ur - rec - tion of our



Lord and Sav - iour Je - - - - - sus Christ, who saves our souls.



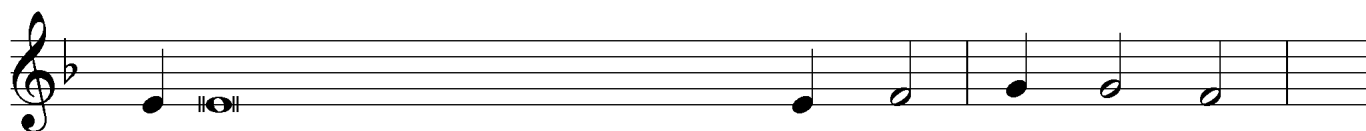
(1) Have mercy on us, O Lord, have mercy on us; for we have our fill of



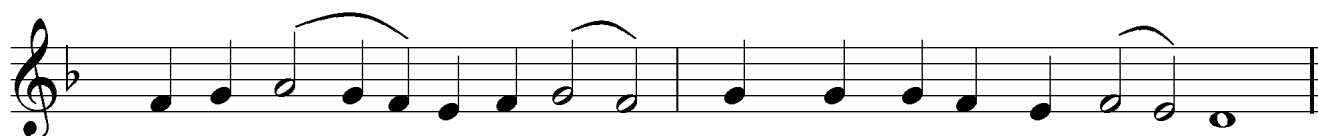
derision, our soul has its fill, mockery for those at ease, and de-ri - - sion



for the proud.



Glo - ri - fied in the me - mo - ri - als of your Saints, O Christ God,



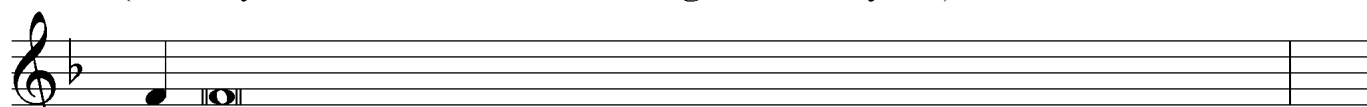
and en - treat - - - - ed by them, send down on us great mer - - cy.

*Glory, from the Menaion, if there is one, with Both now, Theotokion in the same Tone as Glory.*

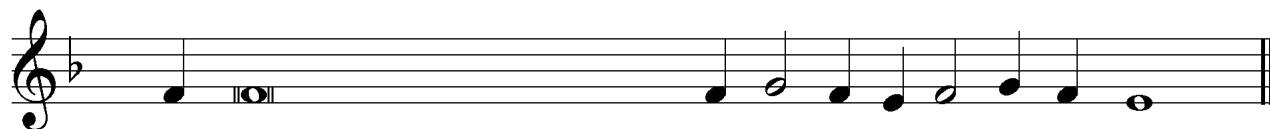
*Otherwise, Glory, Both now, Theotokion in Tone 4 from the Triodion.*

### Theotokion, Tone 4

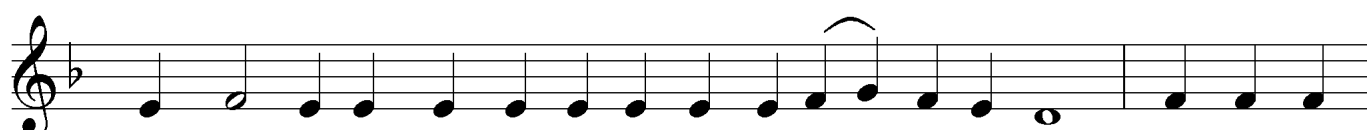
(melody: "As one valiant among the Martyrs")



(II) Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.



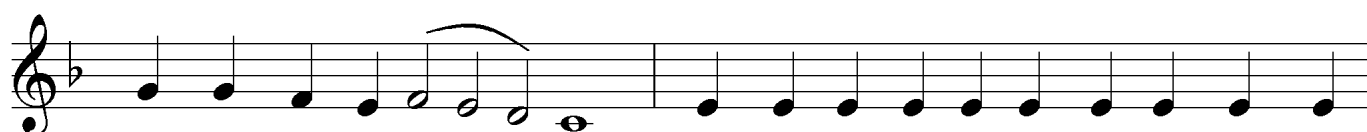
Both now and for ev - er, and to the ag - es of ag - es. A - men.



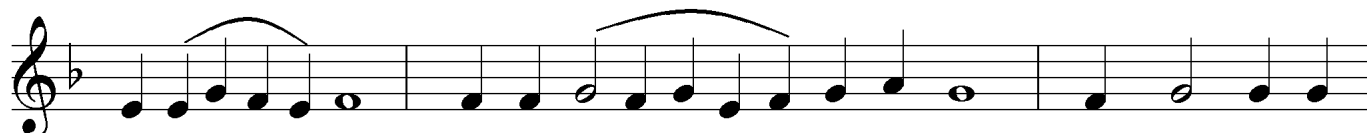
The ranks of an - gels glo - ri - fy you, O Moth - er of God, for you, O



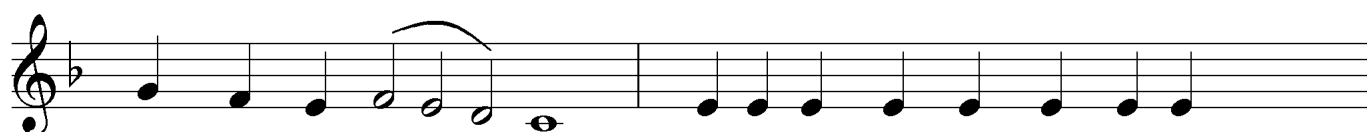
All - Pure, gave birth to God, who dwells for ev - er with the



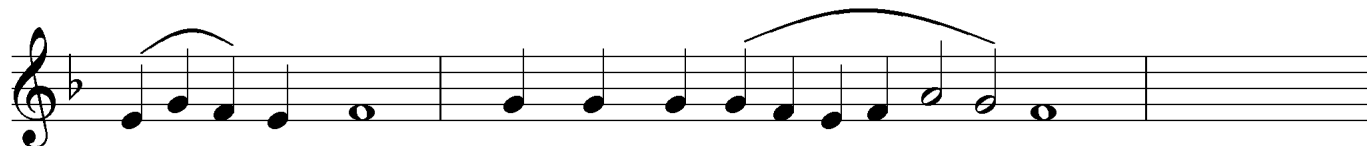
Fa - ther and the Spir - - - - it, who cre - at - ed the an - gel - ic hosts out



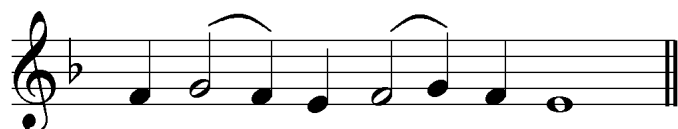
of noth - - - - ing by an act of his will. En - treat him to



save from cor - rup - - - - tion and il - lu - mine the souls of the



Or - - - - tho - dox who sing your prais - - - - - es,



O All - - - Im - mac - - u - late.