

**Lenten Vespers on Wednesday Evening of the 1st Week**  
*(when served with Pre-sanctified Liturgy)*  
**Stichera on "Lord I have cried", Kievan Chant**

*At "Lord I have cried" - Tone 8: ten stichera are sung, the first 6 are from the Triodiion.*

**(10) Reader: Bring my soul out of prison**

II-chant melody

That I may con - fess Thy name.

I-descant

While fasting with the body, brethren, /  
 let us also fast in spirit, /  
 Let us loose every bond of iniquity; /  
 let us undo the knots of every contract made by violence; /  
 let us tear up all unjust agreements; /  
 let us give bread to the hungry /  
 and welcome to our house the poor who have no roof to cover them, //  
 that we may receive great mercy from Christ our God.

**(9) Reader: The righteous shall wait patiently for me**

Un - til Thou shalt re - ward me.

**Repeat: "While fasting with the body, brethren..."**

**(8) Reader: Out of the depths have I cried unto Thee, O Lord;**

O Lord, hear my voice.

*(to the martyrs)*

If there be any virtue and if there be any praise, /  
rightly are these things ascribed to the saints. /  
They bowed their necks beneath the sword, for Thy sake, /  
Who hast bowed the heavens and come down. /  
They shed their blood for Thee, /  
Who hast emptied Thyself and taken the form of a servant; /  
they humbled themselves even unto death, /  
following the example of Thy poverty. /  
At their prayers have mercy upon us, O God, //  
according to the multitude of Thy tender mercies.

(7) *Reader: In the 2nd Tone: Let Thine ears be attentive*

To the voice of my sup - pli - ca - tion.

J̄esus, the true spir̄itual S̄un, /  
sent you out as lightning into all̄ the world, /  
and by the bright̄ness of your divine preac̄hing, /  
O ye apostles and eyewit̄nesses of God, /  
He has dispersed̄ the darkness of error /  
and given light to those held fast in the evil gloom of ign̄orance. /  
Entreat Him to send down upon us also His illumination and great merc̄y.

(6) *Reader: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?*

For with Thee there is for - give - ness.

Ēlijah, glorified by fast̄ing, /  
rode in the divine chariot of the virt̄ues /  
and was carried up̄ to the height of heav̄en. /  
Eagerly follow his example, O my hum̄ble soul, /  
and fast̄ from every evil, from envy, strife and passing plēasure. /  
So shalt thou escape from the harsh and everlasting agony of Geh̄enna, /  
crȳing out to Christ: //  
Glory be to Thee, O Lord.

**(5) Reader: In the 5th Tone: For Thy name's sake have I patiently waited for Thee, O Lord;  
my soul hath waited patiently for Thy word,**

My soul hath hoped in the Lord.

Apostles of God, fervent intercessors for the world, /  
defenders of the Orthodox, /  
ye who have the power /  
to draw near with boldness unto Christ our God: /  
we beseech you, /  
intercede on our behalf, /  
that unhindered we may keep the holy season of the Fast /  
and receive the grace of the consubstantial Trinity. //  
O great and glorious preachers, worthy of all reverence, pray for our souls.

*And 4 stichera from the Menaion.*