

## Evening of the 1st Sunday of Great Lent: Vespers

### Aposticha

**Reader: In the 8th tone:**

Come let us cleanse ourselves by almsgiving /  
and acts of mercy to the poor, /  
not sounding a trumpet or making a show of our charity. /  
Let not our left hand know what the right hand is doing; /  
let not vainglory scatter the fruit of our almsgiving; /  
but in secret let us call on Him that knows all secrets: //  
Father, forgive us our trespasses, for Thou lovest mankind.

**Reader: Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of the servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God,**

The image shows a musical score for the text "Un - til He take pit - - - y on us." The score is written on two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is primarily in the treble clef, with some notes in the bass clef. The text is written below the notes, with hyphens indicating long notes. The melody is a simple, slow-moving line, typical of the 8th tone.

**Repeat: "Come, let us cleanse ourselves by almsgiving..."**

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos,  
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**Reader:** Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled therewith; let reproach come upon them that prosper,

And a - base - - - ment on the proud.

O martyrs of the Lord, ye hallow every place /

and heal every ill: /

and now we entreat you //

to pray that our souls be delivered from the snares of the enemy.

*The following Theotokion is not sung if there is a sticheron at "Glory" in the Menaion for the Aposticha.*

**Reader:** Glory, both now... in the same tone.

Glory... Both now and ev-er and un-to the a - ges of a - ges, A - - - men.

The heavenly powers praise thee, /

O Virgin Mother full of grace, /

and we also glorify thy childbearing that none can understand. //

O Theotokos, pray for the salvation of our souls.

*And the rest of Vespers as on Sunday Evenings during Lent.*