

**Lenten Dismissal Troparia**  
**Tone 4**  
*(Sung at Vespers on weekdays during Great Lent)*

Abbreviated Znamenny Chant



O The - o - to - kos Virgin, rejoice! O Mary, full of grace, the Lord is with thee;



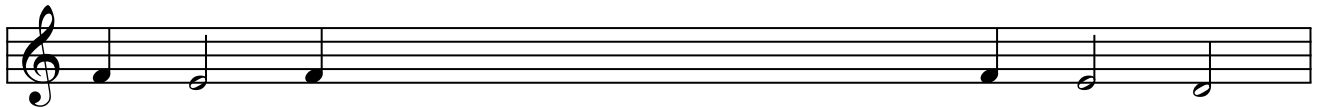
bles - ed art thou a - mong women, and blessed is the fruit of thy womb;



for thou hast borne the Sa - viour of our souls. (Prostration)



Glo - ry to the Father, and to the Son, and to the Holy Spi - rit.



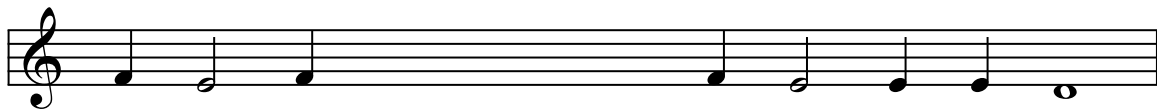
O Bap - tizer of Christ, keep us all in re - mem - brance,



that we may be delivered from our in - i - qui - ties;



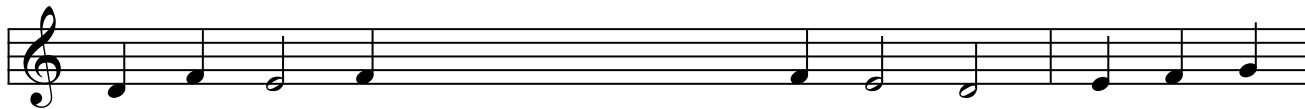
for to thee was given grace to in - ter - cede for us. (Prostration)



Both now and and unto the ages of a - ges. A - men.



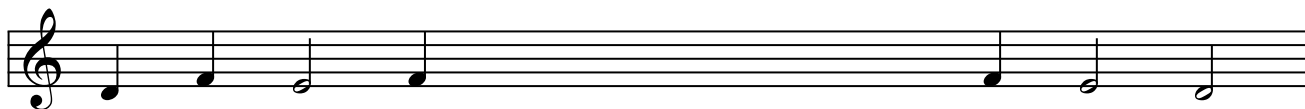
Plead in our be - half, O holy apostles and all saints,



that we may be delivered from perils and af - flic - tions; for we have



acquired you as fervent mediators before the Sa - - viour. (Prostration)



Be - neath thy compassion do we take refuge, O Theo - to - kos;



dis - dain not our supplication in times of af - flic - tion; but do thou



deliver us from perils, O only pure, O on - ly bless - ed one. (bow)

English text from "The Unabbreviated Horologion", R-monk Laurence,  
Holy Trinity Monastery, Jordanville, NY, 1992.

Music from the "Sputnik Psalomchik", reprinted by Holy Trinity Monastery, Jordanville, NY, 1959.