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 Triodion.

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

![II-chant melody](music.russianorthodox-stl.org)

That I may confess Thy name.

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

![I-descant](music.russianorthodox-stl.org)

Until Thou shalt reward me.

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

Carol Surgant ~ music.russianorthodox-stl.org ~ 3/12/08
(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

Jesus, the true spiritual Sun, /
sent you out as lightning into all the world, /
and by the brightness of your divine preaching, /
O ye apostles and eyewitnesses of God, /
He has dispersed the darkness of error /
and given light to those held fast in the evil gloom of ignorance. /
Entreat Him to send down upon us also His illumination and great mercy.

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

Elijah, glorified by fasting, /
rode in the divine chariot of the virtues /
and was carried up to the height of heaven. /
Eagerly follow his example, O my humble soul, /
and fast from every evil, from envy, strife and passing pleasure. /
So shalt thou escape from the harsh and everlasting agony of Gehenna, /
crying out to Christ: //
Glory be to Thee, O Lord.
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.*