

**ORDER OF  
LENTEN VESPERS**



**Served on  
the Sunday Evenings  
of Great Lent**

## Lenten Vespers

On the Sunday evenings of Great Lent, we celebrate lenten vespers which starts on Cheesefare Sunday or Forgiveness Sunday with Forgiveness Vespers. This particular service is the first service of Great Lent and after the Great Prokeimenon, the clergy switch from their bright vestments to their dark vestments. Following the dismissal, a beautiful rite of forgiveness among the people and the clergy takes place.

The celebration of lenten vespers on the following Sundays of Great Lent are distinct services as they include one of the two lenten prokeimenon. Up to this point, the service resembles Great Vespers as typically served on Sundays and on major feasts. However following “O Lord, keep us this evening” we continue as if it were daily vespers. There are a few other small differences.

We hope that praying lenten vespers on the Sunday evenings of Great Lent help you to immerse yourself in a deeper pray life throughout the fast as you journey towards Holy Week followed by the glorious resurrection of our Lord and Saviour, Jesus Christ!

*May you all have a blessed and holy Great Lent!*

# Order of Lenten Vespers

Priest: Blessed be our God, always, now and forever and ever.

All: Amen.

Glory be to You, our God! Glory be to You!

Heavenly King, Advocate, Spirit of Truth, who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come, and dwell within us; cleanse us of all that defiles us, and O Good One, save our souls.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (3)

Glory be to the Father and to the Son and to the Holy Spirit,\*  
now and forever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your Name.

Lord, have mercy. (3)

Glory be to the Father and to the Son and to the Holy Spirit,\*  
now and forever and ever. Amen.

Our Father, Who art in heaven, hallowed by Thy Name. Thy Kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil.

Priest: For the Kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and forever and ever.

All: Amen.

Lord, have mercy. (6)

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Glory be to the Father and to the Son and to the Holy Spirit,\*  
now and forever and ever. Amen.

Come, let us bow in worship before the King, our God.

Come, let us bow in worship before Christ, the King, our God.

Come, let us bow in worship and fall down before the very Lord Jesus Christ, our King and our God.

## **Psalm 103**

Praise of God's Creation

Bless the Lord, O my soul!  
You are very great, O Lord my God!

Clothed in pomp and brilliance,  
arrayed with light as with a cloak.

Stretching out the sky as a tent-cloth,  
covering Your lofty hall with water.

You make the clouds Your conveyance,  
You surge on the wings of the wind.

You make spirits your messengers  
and flaming fires Your attendants.

You settle the earth on its firm foundation:  
it shall stand unmoved from age to age.

The abyss covers it like a garment;  
waters stand over the mountains.

At Your rebuke, they will take to flight,  
at the peal of Your thunder they will fear.

They hurl the hills and run down the dales  
to the place You have chosen for them.

You have set up a boundary not to be passed:  
they shall never return to cover the earth.

Down in the gullies, You make springs to rise:  
waters shall go down between the mountains.

They shall give drink to the beasts of the field;  
wild asses will seek them to quench their thirst.

The birds of the sky will abide by them:  
from among the rocks they will raise their song.

From Your lofty halls You refresh the mountains;  
the earth shall be fed with the fruit of Your works.

You make green pastures for the cattle  
and food-plants for the service of all,

So that bread may be brought forth from the earth  
and wine that gladdens the heart of man.

So that oil may put a gleam upon his face  
and that bread may strengthen the heart of man.

The trees of the plain will be satisfied,  
the cedars of Lebanon that He planted.

The sparrows will build their nests in them  
and the herons will call them their home.

To the deer belong high mountains,  
to rodents, the shelter of the rocks.

You have made the moon to mark the seasons;  
the sun knows the time of its setting.

You establish darkness and it is night  
wherein the forest creatures prowl around.

Young lions roar for their prey  
and call out to God for their meat.

As the sun rises, they will come together  
and lay themselves down in their dens.

Man will go out to his labour  
and work until eventide.

How great are Your works, O Lord!  
In wisdom You have wrought them all.

The earth is filled with Your creatures.  
Even the wide and open sea itself:  
within it there are countless creeping things,  
living beings small and large.

Upon it there are ships a-sailing  
and that great beast You made to have fun.

All of them look up to You  
to give them their food in due time.

You provide and they gather it up;  
You open Your hand and they are full.

You hide Your face and they cringe,  
You suspend their breath and they die and return to their dust.

You send forth Your breath and they live:  
You renew the face of the earth!

May the Lord's glory endure for ever,  
may the Lord rejoice in His works.

He looks upon the earth and makes it quake,  
He touches the mountains and they smoke.

I will sing to the Lord as long as I live,  
I will praise my God as long as I last.

Would that my thoughts be pleasing to Him  
and I will rejoice in the Lord.

May the sinners vanish from the earth  
and may the wicked be no more.

Bless the Lord,  
O my soul!

The sun knows the time of its setting:  
You establish darkness and it is night.

How great are Your works, O Lord!  
In wisdom You have wrought them all.

Glory be to the Father, and to the Son, and to the Holy Spirit,  
now and forever and ever. Amen.

Alleluia! Alleluia! Alleluia! Glory be to You, O God! (3)

## ***Great Ektenia***

***Іерей:*** В мирі Господеві помолімся.

***Всі:*** Господи, помилуй.

*Іерей:* За мир в висот і спасіння душ наших, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За мир всього світу, добрий стан святих божих Церков і з'єднання всіх, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За святий храм цей і тих, що з вірою, побожністю і страхом божим входять до нього, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За святішого вселенського Арииерея *і'мя*, Папу Римського, і за блаженішого Патріярха нашого Кир *і'мя*, і за преосвященнішого Архи-єпископа Митрополита нашого Кир *і'мя*, і за боголюбивого Єпископа нашого Кир *і'мя*, чесне пресвітерство, у Христі дияконство, за весь причет і людей, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За Богом бережений народ наш, за правління і все військо, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За місто цей, і за кожне місто, країну і за тих, що вірою живуть у них, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За добре поліття, за врожай плодів земних і часи мирні, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За тих, що плавають, подорожують, за недужих, за страждаючих, полонених і за спасіння їх Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* Щоб визволитися нам від усякої скорби, гніву, і нужди, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* Заступи, спаси, помилуй і охорони нас, Боже, Твоєю благодаттю.

*Всі:* Господи, помилуй.

*Іерей:* Пресвяту, пречисту, преблагословенну, славному Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помянувши, самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Іерей:* Бо Тобі належить усяка слава, честь і поклоніння, Отцю, і Сину, і Святому Духові, нині і повсякчас, і на віки віяні.

*Всі:* Амінь.

## **O Lord, I Have Cried to You**

*As the deacon (or priest if no deacon) performs the Great Incensation, the Lamp-lighting Psalms are taken, with the introductory verses sung in the prescribed tone.*

### **Psalm 140 [141]**

**Prayer of the Evening**

O Lord, I have cried to You, hear me. Hear me, O Lord! O Lord, I have cried to You, hear me. Receive the voice of my prayer when I call upon You. Hear me, O Lord!

Let my prayer rise like incense before You; the lifting up of my hands as an evening sacrifice. Hear me, O Lord!

Set a guard, O Lord, before my mouth  
and a portal around my lips.

Incline my heart away from evil dealings,  
from finding excuses for sinful deeds.

In company with those who work iniquity,  
let me not partake of what they choose.

May the just chasten me with justice and reprove me;  
may the oil of the wicked never touch my head.

Yet even then shall I pray for their welfare.  
Their rulers were swallowed near the rock.

My words will be heard, for they were sweet.  
As a lump of clay broken on the ground, so their bones were  
strewn near the grave.

To You, Lord, O Lord, my eyes are lifted up.  
In You have I hoped; let not my soul be lost.

Keep me from the snare that was set for me,  
and from the stumbling-blocks of the wicked.

The wicked shall fall into their own nets,  
while I remain alone until I can escape.

**Psalm 141 [142]**  
**Prayer of the Persecuted**

With my voice I cried to the Lord;  
with all my voice I implored the Lord.

Before Him I pour out my supplications;  
before Him I declare my distress.

When my breath was escaping me,  
then You knew my paths;

On the road upon which I was walking,  
they set up snares for me.

I looked to my right and  
observed there was no one friendly to me;

Even flight was denied me;  
there was no one to take care of my life.

I cried out to You, O Lord, and said:  
You are my hope, my share in the land of the living.

Listen to my supplication,  
for I am laid very low.

Deliver me from my oppressors,  
for they have overwhelmed me.

10. Lead my soul forth from prison  
that I may give thanks to Your name.

9. The just shall gather around me  
when You have been good to me.

**Psalm 129 [130]**  
**Prayer of the Penitent**

8. Out of the depths I cry to You, O Lord;  
O Lord, hear my voice!

7. Let Yours ears be attentive  
to the voice of my prayer.

6. If You mark iniquities, Lord, who can stand?  
But with You forgiveness is that You may be revered.

5. I have waited for You as You have commanded; my soul  
patiently relies on Your promise,  
for it has trusted in the Lord.

4. From the morning watch until night  
let Israel trust in the Lord.

3. For with the Lord there is mercy, and with Him there is  
plentiful redemption;  
and He shall redeem Israel from all its iniquities.

## **Psalm 116 [117]**

### **Invitation to Praise**

2. Praise the Lord, all the nations;  
proclaim His glory, all you people.

1. Strong is the love of the Lord for us;  
eternally will His truth endure.

Glory be to the Father, and to the Son, and to the Holy Spirit.

Now and for ever and ever. Amen.

## **Entrance**

Deacon: Let us pray to the Lord.

Priest: In the evening, in the morning, and at midday, we praise and  
bless You, we give You thanks and we entreat You, Master of all things!  
Let us our prayer rise like incense before You and preserve our hearts  
from all evil words and thoughts. Rescue us from all those who hunt after  
our souls, for our eyes are fixed on You, O Lord, and on You we count:  
do not disappoint us! For You deserve all glory, honour, and worship;  
Father, Son and Holy Spirit, now and for ever and ever.

Deacon: Amen. Master, bless the holy entrance!

Priest: Blessed is the entrance into Your holy places, always, now and  
for ever and ever.

Deacon: Amen. Wisdom! Stand aright!

# Tranquil Light

Tranquil Light, of the holy glory of the immortal, heavenly, holy, blessed Father, O Jesus Christ: as we come upon the sunset, as we see the evening light, we sing to God, the Father, the Son, and the Holy Spirit. At all times You are worthy of being hymned by joyful voices; O Son of God, You are the Giver of Life. For this the whole world glorifies You!

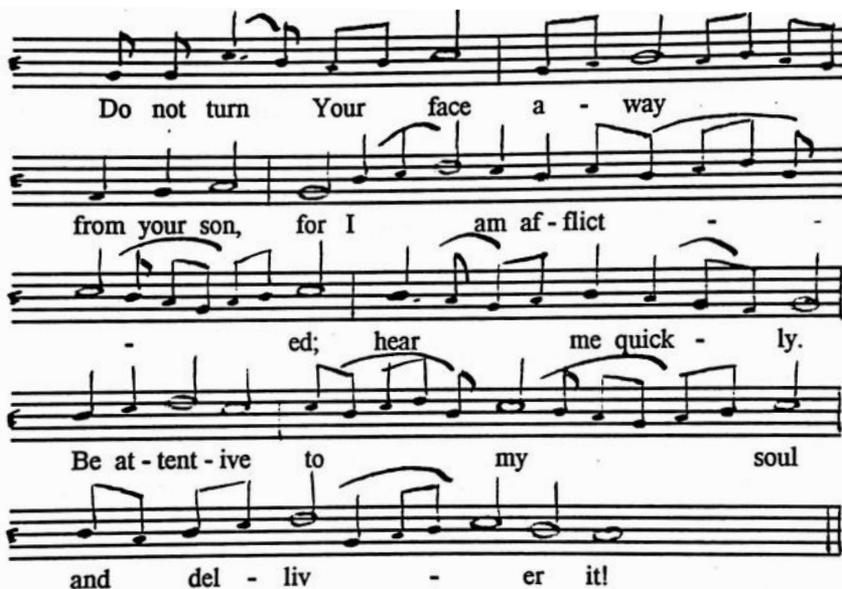
## Prokeimenon

Deacon: Let us be attentive!

Priest: Peace be with all.

Deacon: Wisdom! Let us be attentive!

On Forgiveness Sunday, and Sundays 2 & 4 of Lent:



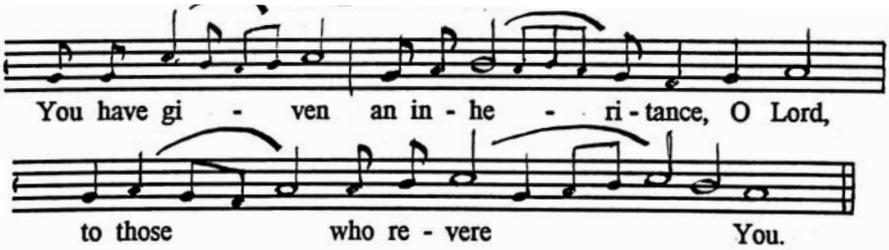
Do not turn Your face a - way  
from your son, for I am af - flict -  
ed; hear me quick - ly.  
Be at - tent - ive to my soul  
and del - liv - er it!

*Verse 1:* Let your salvation, Lord, help me.

*Verse 2:* Let the poor see it and be glad.

*Verse 3:* Seek God, and your soul shall live.

On Sunday 1, 3 & 5 of Lent:



*Verse 1: From the ends of the earth I have cried to You.*

*Verse 2: I will take refuge under the shadow of your wings.*

*Verse 3: So I will sing praises to your name forever.*

## **Favour Us, O Lord**

O Lord, keep us this evening without sin.

Blessed are You, O Lord God of our fathers,  
and praised and glorified is Your name forever. Amen.

Let Your mercy, O Lord, be upon us  
because we have set our hope in You.

Blessed are You, O Lord,  
teach me Your commandments.

Blessed are You, O Master,  
make me understand Your commandments.

Blessed are You, O Holy One,  
enlighten me with Your laws.

O Lord, Your mercy endures forever;  
do not despise the work of Your hands.

It is proper to praise You,  
and hymns belong to You.

Glory belongs to You,  
Father, Son, and Holy Spirit,

now and forever and ever. Amen.

## *Litany of Supplication*

*Іерей:* Сповнім ранішню молитву нашу Господеві.

*Всі:* Господи, помилуй.

*Іерей:* Заступи, спаси, помилуй і охорони нас, Боже, Твоєю благодаттю.

*Всі:* Господи, помилуй.

*Іерей:* Дня всього досконалого, святого, мирного й безгрішного у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Ангела миру, вірного наставника, охоронця душ і тіл наших у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Прощення й відпущення гріхів і прогрішень наших у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Доброго й пожиточного для душ наших і миру для світу у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Осталий час життя нашого в мирі й покаянні скінчити у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Християнської кончини життя нашого, безболісної, бездоганної, мирної, і доброго одвіту на страшному суді Христовому просім.

*Всі:* Подай, Господи.

*Іерей:* Пресвяту, пречисту, преблагословенну, славному Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помянувши, самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Іерей:* Бо ти Бог милости, ласк і чоловіколюбности, і тобі славу віддаємо, Отцю, і Сину, і Святому Духові, нині і повсячас, і на віки вічні.

*Всі:* Амінь.

*Іерей:* Мир всім!

*Всі:* І духові твоєму

*Іерей:* Голови ваші Господеві приклоніть

*Всі:* Тобі, Господи.

*Priest:* O Lord our God, You lowered the heavens when You came down for the salvation of the human race. Now look upon Your servants and upon Your inheritance; for they have bowed their heads to You, the Judge, both awesome and loving. They do not await human help, but look for Your mercy and are ready to receive Your salvation. Guard them at all times, this evening and tonight, against all enemies, against the devil's assaults, against vain thoughts and evil dreams.

May the might of Your kingdom be blessed and exalted, Father, Son, and Holy Spirit, now and for ever and ever.

*All:* Amen.

## Aposticha

*We sing the first stikh from the Triodion.*

*Then, the following verse is chanted straight by a reader alone:*

Reader: To You have I lifted up my eyes, O You that dwell in heaven. Behold, as the eyes of servants look to the hands of their master, as the eyes of the handmaiden look to the hands of her mistress, so do our eyes wait upon the Lord our God, until He take pity on us.

*We sing the next stikh, then a reader chants straight the following:*

Reader: Have mercy upon us, O Lord, have mercy upon us. For we are utterly humiliated. Let shame come upon them that prosper, and abasement on the proud.

*Then, Glory be...both now...then from the Triodion again.*

## Song of Simeon

Now, O Master, You have kept Your promise,  
let Your servant go in peace.

With my own eyes I have seen the salvation  
which You have prepared in the sight of every people;  
a light to reveal You to the Gentiles,  
and the glory of Your people, Israel!

## Trisagion Prayers

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (3)

Glory be to the Father and to the Son and to the Holy Spirit,\*  
now and forever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your Name.

Lord, have mercy. (3)

Glory be to the Father and to the Son and to the Holy Spirit,\*  
now and forever and ever. Amen.

Our Father, Who art in heaven, hallowed by Thy Name. Thy Kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil.

Priest: For the Kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and forever and ever.

All: Amen.

## Concluding Troparia

Tone 1

Hail Mother of God, Virgin Mary full of grace, the Lord is with you: Blessed are you among women, and blessed is the fruit of your womb, for you have borne Christ, the Saviour and Deliverer of our souls. *Prostration.*

Glory be to the Father and to the Son and the Holy Spirit;

O Baptist of Christ, remember us all, that we may be delivered from all our iniquities, for to you is given grace to intercede for us! *Prostration.*

Now and for ever and ever. Amen.

Pray for us, O Holy Apostles and all the Saints, that we may be delivered from perils and sorrows, for you are our fervent intercessors before the Saviour! *Prostration.*

Beneath your compassion we take refuge, O Theotokos, do not reject our supplication in adversity, but deliver us from perils O only pure and only blessed one!

Lord, have mercy. (40x)

Glory be to the Father and to the Son and to the Holy Spirit,

Now and for ever and ever. Amen.

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, ever a virgin, you gave birth to God the word. O True Mother of God, we magnify you!

In the name of the Lord, Father, give the blessing!

Priest: Through the prayers of the holy Fathers, O Christ our God, have mercy on us and save us!

All: Amen.

## **Evening Prayer**

Reader: O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give peace to the world. Protect this city; grant to our departed fathers and mothers, brothers and sisters, that they may dwell with the righteous, and accept us in repentance and confession: for You are good and You love mankind!

## Prayer of St. Ephraim the Syrian

O Lord and Master of my life! Keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. *Prostration.*

Instead, grant to me, your servant, the spirit of wholeness of being, humble-mindedness, patience and love. *Prostration.*

O Lord and King! Grant me the grace to be aware of my sins and not to judge my brothers and sisters; for You are blessed, now and forever and ever. Amen. *Prostration.*

†God, be merciful to me a sinner! †God cleanse me of my sins and have mercy on me! †I have sinned without number, forgive me, O Lord! (3x)

*Repeat Prayer of St. Ephraim with only one prostration at the end.*

## Dismissal

Priest: Glory be to You, Christ God, our Hope, glory be to You.

All: Glory be to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Give the blessing.

Priest: Christ our true God, through the prayers of His immaculate Mother, the holy and illustrious Apostles, of Saint N. (whose church it is), and of Saint N. (whose day it is); of Blessed Nykyta, first exarch of Canada; of Blessed Vasyl, elder of Winnipeg; and of all the saints, will have mercy on us and save us, for He is good and loves mankind.

All: Amen.



## Rite of Forgiveness

*For Forgiveness Vespers on the eve of Great Lent*

The clergy kneel:

Clergy: Bless me, brothers and sisters, and forgive me the sinner all the sins which I have committed this day, and ever day of my life, in thought, word and deed.

All: May God forgive you, reverend Father!

The faithful kneel:

All: Bless us, reverend Father, and forgive us sinners, all the sins which we have committed this day and every day of our lives in thought, word and deed.

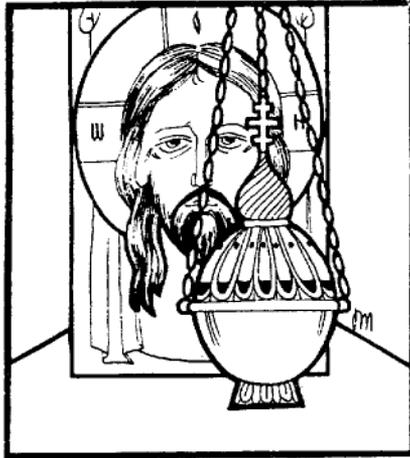
Clergy: May God forgive you and have mercy on you!

*Now all approach the icon for veneration, and then exchange forgiveness individually with the clergy and all the people.*

Person 1: Forgive me! (prostration)

Person 2: I forgive and God forgives! Forgive me. (prostration)

Person 1: I forgive and God forgives!



***Give glory to God!***





*Rosburn*  
Ukrainian Catholic  
Pastoral District

Український католицько-пастирський округ Росберн