

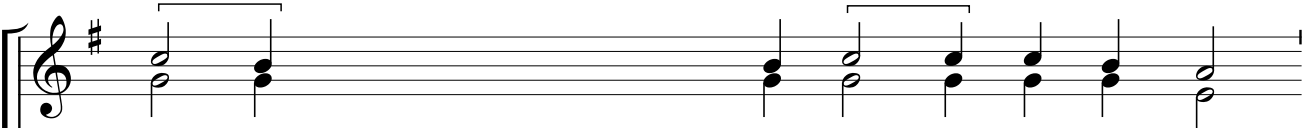
Aposticha

Triodion - Third Monday (Sunday Evening Vespers, Gregory Palamas)

Tone 8
Sticheron 1

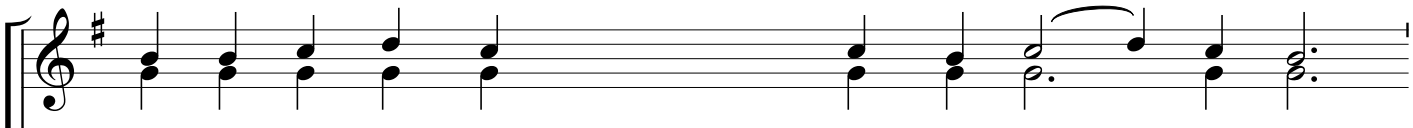
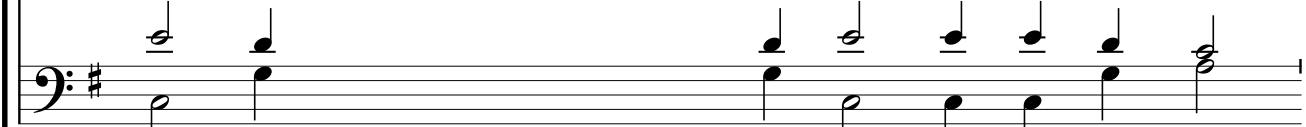
Kievan Chant
arr. from B. Ledkovsky

Soprano
Alto

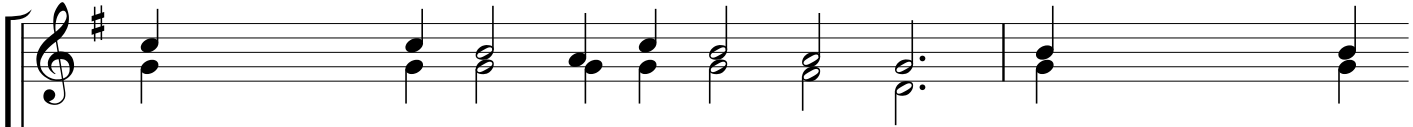
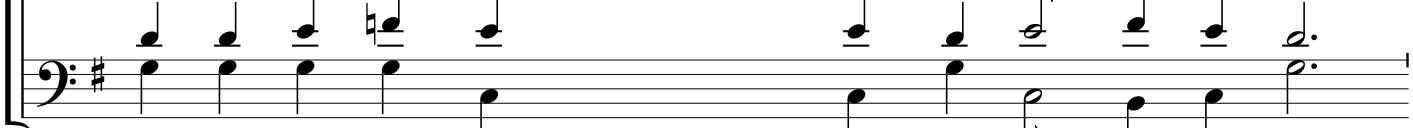


Wretch - ed man that I am, I rejected fa - ther - ly re - straints,


Tenor
Bass



with in - con - stant mind, living in the thoughts of bes - tial sins,



and wasting all my life in ex - trav - a - gance. And when I was in



need of the food that strength - ens the heart, I fed on the de - light



that satisfies for but a brief time. Therefore, O Good One, do not

close against me the wings of Your love for man-kind, // but o - pen

them, and receive me as the Prodigal Son, and save me!

v. I lift up my eyes to You, enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us. (*Ps 122/123:1-2*)

(repeat Sticheron 1, "Wretched man that I am...")

v. Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud. (*Ps 122/123:3-4*)

Sticheron 2

Soprano
Alto

Tenor
Bass

O Mar - tyrs of the Lord, you sanc - ti - fy eve - ry place and

Detailed description: This system shows the vocal parts for Soprano and Alto (top staff) and Tenor and Bass (bottom staff). The music is in G major (one sharp) and 4/4 time. The lyrics are 'O Mar - tyrs of the Lord, you sanc - ti - fy eve - ry place and'. The vocal lines consist of chords and single notes, with some phrasing slurs.

heal ev - ery ill. Now there - fore, in - ter - cede with Him, // that He

Detailed description: This system continues the vocal parts. The lyrics are 'heal ev - ery ill. Now there - fore, in - ter - cede with Him, // that He'. The musical notation includes phrasing slurs and a double bar line with repeat dots.

may deliver our souls from the snares of the En - e - my!

Detailed description: This system concludes the vocal parts. The lyrics are 'may deliver our souls from the snares of the En - e - my!'. The system ends with a double bar line.

v. Glory to the Father, and to the Son, and to the Holy Spirit, now, and ever, and unto ages of ages. Amen.

Soprano
Alto

Tenor
Bass

The hosts of heav - en praise you, unwedded Moth - er,

Detailed description: This system shows the vocal parts for the second system of the Gloria. The lyrics are 'The hosts of heav - en praise you, unwedded Moth - er,'. The musical notation includes phrasing slurs and a double bar line.

full of grace. We glorify your in - ef - fa - ble child - bear - ing. //

Detailed description: This system concludes the vocal parts. The lyrics are 'full of grace. We glorify your in - ef - fa - ble child - bear - ing. //'. The system ends with a double bar line.

Therefore, Theotokos, intercede for the sal - va - tion of our souls!

The image shows a musical score for a hymn. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. Both staves are in the key of D major, indicated by a sharp sign on the F line. The treble staff begins with a G4-A4 dyad, followed by a series of dyads: G4-A4, G4-A4, G4-A4, G4-A4, G4-A4, G4-A4, G4-A4, and finally a whole note chord of G4-A4. A bracket is placed over the fifth and sixth measures of the treble staff. The bass staff begins with a D3, followed by a series of dyads: D3-E3, D3-E3, D3-E3, D3-E3, D3-E3, D3-E3, D3-E3, and finally a whole note chord of D3-E3. The lyrics 'Therefore, Theotokos, intercede for the sal - va - tion of our souls!' are written between the two staves, with the words 'sal - va - tion' hyphenated across three measures.