

The Orthodox Christian Community of St. Constantine  
The Church of Antioch in the City of York

## Vespers on Saturday Evenings

For use by the Laity at home

*The whole service may be prayed by an individual.*

*If more than one person is present, one of them is designated 'Reader' and says or chants the text in normal type. The others respond with the text in **bold**.*

*Or the rôle of Reader could be shared.*

*The variable parts of the service, including the readings, are available on the website.*

*The mark + indicates that the Sign of the Cross is made here.*

### ***All stand***

+ Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us. **Amen.**

**Come, let us worship and fall down before our King and our God.**

*(metania)*

**Come, let us worship and fall down before Christ, our King and our God. *(metania)***

**Come, let us worship and fall down before Christ himself, our King and our God. *(metania)***

### ***Psalm 103***

**Bless the Lord, my soul! Lord my God, you are greatly magnified.  
You have clothed yourself with thanksgiving and majesty, wrapping  
yourself in light as in a cloak,  
He who stretches out the heavens like a curtain, roofing his upper  
chambers with waters,  
Placing clouds for his ascent, walking on the wings of the wind,  
Making spirits his Angels, and a flame of fire his Ministers,**

**Establishing the earth on its sure base: it will not be moved to the ages of ages.**

**The deep, like a cloak, is its mantle; waters will stand upon the mountains.**

**At your rebuke they will flee; they will quail at the voice of your thunder.**

**The mountains will rise and the plains descend to the place which you established for them.**

**You fixed a limit which they will not pass, nor will they return to cover the earth.**

**You send out springs into the valleys; waters will run between the mountains.**

**They will give drink to all the beasts of the field; the wild asses will look for them to quench their thirst.**

**Beside them the birds of the air will make their dwelling, and sing among the rocks.**

**He waters the mountains from his upper chambers; the earth will be filled from the fruit of your works.**

**He makes grass spring up for the cattle, and greenery in the service of the people;**

**Bringing food out of the earth, and wine to gladden the human heart;**

**Making the face cheerful with oil, and bread to strengthen the human heart.**

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

**There the sparrows will build their nests; the heron's dwelling is above them.**

**The high mountains are for the deer; rocks a refuge for hares.**

**He made the moon to mark the seasons; the sun to know when to set.**

**You appoint darkness and it is night, in which all the beasts of the forest will prowl;**

**Young lions roaring after their prey and seeking their food from God.**

**The sun rises and they gather together, and will lie down in their dens.**

**People will go out to their work; and will labour until evening.**

**How your works are magnified, Lord.**

**With wisdom you made them all, and the earth is filled with your creation.**

**See, this great and wide sea where there are things which crawl without number, living creatures small and great.**

**There ships go to and fro; and the dragon which you fashioned to play in it.**

**All look to you to give them their food in due season.**

**When you give it to them, they will gather it. When you open your hand, everything will be filled with goodness.**

**But when you turn away your face they will be dismayed. You will take away their spirit, and they will perish and return to their dust. You will send out your spirit and they will be created; and you will renew the face of the earth.**

**May the glory of the Lord endure to the ages. The Lord will rejoice in his works.**

**He looks upon the earth and makes it tremble. He touches the mountains and they smoke.**

**I will sing to the Lord while I live; I will praise my God while I exist. May my words be pleasing to him. As for me, I shall rejoice in the Lord.**

**O that sinners might perish from the earth, and the wicked, so that they are no more.**

**Bless the Lord, my soul!**

**The sun knows when to set; you make darkness, and it is night. How your works are magnified, Lord. With wisdom you have made them all!**

+ Glory to the Father and to the Son and to the Holy Spirit,  
both now and for ever and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to you, O God. (x3)

Lord, have mercy. (40x)

+ Through the prayers of our holy fathers, Lord Jesus Christ our God,  
have mercy and save us. **Amen.**

### **Lord, I have cried**

*We insert 10 Stichera (extra verses): 7 of the Resurrection and 3 of the  
Saint of the day; or 4 and 6 if it is the feast of a major Saint.*

Lord, I have cried to you; hear me.

Hear me, Lord.

Lord, I have cried to you; hear me.

Give heed to the voice of my supplication when I cry to you.

Hear me, Lord.

Let my prayer be set forth before you as incense, the lifting up of my  
hands as the evening sacrifice. Hear me, Lord.

Set a guard, Lord, on my mouth, and a strong door about my lips.

Do not incline my heart to evil words; to make excuses for my sins.

With those who work iniquity, let me not unite with their elect.

The just will chastise me with mercy and reprove me; but let not the oil  
of sinners anoint my head.

For yet my prayer shall be in their pleasures; their judges have been  
swallowed up near the rock.

They will hear my words for they are sweet. As a clod of earth is crushed  
upon the ground, their bones have been scattered at the mouth of Hell.

For my eyes look to you, Lord, my Lord. I have hoped in you, do not  
take away my soul.

Keep me from the snare that they have hidden for me, and from the traps  
of evil-doers.

The sinners will fall into their own net. I am alone until I pass by.

With my voice I cried to the Lord. With my voice I entreated the Lord.

### **Apolytikia**

*See the supplementary sheet for the texts  
and for any variations from the order shown below.*

#### *The Resurrectional Apolytikion*

*If there is both an apolytikion and a theotokion:*

+ **Glory to the Father and to the Son and to the Holy Spirit ...**

\*\* *Apolytikion for the saint* \*\*

**... both now and ever and to the ages of ages. Amen.**

\*\* *Theotokion* \*\*

*If there is only one:*

+ **Glory to the Father and to the Son and to the Holy Spirit;**

**both now and ever and to the ages of ages. Amen.**

\*\* *Theotokion or Apolytikion* \*\*

Make firm, Lord our God, the holy and pure faith of the pious Orthodox  
Christians, together with the Holy Church and this city forever. Amen.

+ **More honourable than the cherubim, and beyond compare more  
glorious than the seraphim; you who without corruption gave birth  
to God the Word, very Mother of God, we magnify you.**

+ **Glory to the Father and the Son and the Holy Spirit. Both now  
and ever and to the ages of ages. Amen.**

**Lord, have mercy. (3x)**

#### **The Dismissal**

+ Through the prayers of our holy Fathers, Lord Jesus Christ our God,  
have mercy on us, and save us. **Amen.**

*If there is both a doxastikon and a theotokion:*

**+ Glory to the Father and to the Son and to the Holy Spirit ...**

**\*\* Doxastikon \*\***

**... both now and ever and to the ages of ages. Amen.**

**\*\* Theotokion \*\***

*If there is only one:*

**+ Glory to the Father and to the Son and to the Holy Spirit;  
both now and ever and to the ages of ages. Amen.**

**\*\* Theotokion or Doxastikon \*\***

*Song of Simeon the God-Receiver*

Now, Master, you let your servant depart in peace, according to your word; for my eyes have seen your Salvation, which you have prepared before the face of all peoples, a Light to bring revelation to the nations, and the Glory of your people Israel.

*The Trisagion*

**+ Holy God, Holy Mighty, Holy Immortal, have mercy on us. (x3)**

**+ Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen.**

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name's sake.

Lord have mercy. (x3)

**+ Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen.**

**+ Our Father in heaven, hallowed be your name; your kingdom come; your will be done on earth as it is in heaven. Give us today our daily bread, and forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.**

I will pour out my entreaty before him, and tell him all my trouble.

When my spirit was faint, you knew my path.

In the way where I walked they had hidden a snare for me.

I looked to my right hand and saw, but there was none who knew me.

Escape is gone from me, and there is none who seeks for my soul.

I cried to you, Lord, I said, 'You are my hope; my portion in the land of the living.'

Give heed to my supplication, for I am brought very low.

Deliver me from those who persecute me, for they are too strong for me.

*The stichera begin here where the asterisks \*\* are shown – see the supplementary sheet for the stichera, doxastikon and theotokion.*

**Bring my soul out of prison, that I may confess your name.**

**\*\***

**The just will await me, until you reward me.**

**\*\***

**Out of the depths I have cried to you, Lord. Lord hear my voice.**

**\*\***

**Let your ears be attentive, to the voice of my supplication.**

**\*\***

**If you, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.**

**\*\***

**For your name's sake I have waited for you, Lord. My soul has waited on your word. My soul has hoped in the Lord.**

**\*\***

**From the morning watch until night, from the morning watch let Israel trust in the Lord.**

**\*\***

**For with the Lord there is mercy and with him is abundant redemption, and he will deliver Israel from all his iniquities.**

**\*\***

**Praise the Lord, all you nations. Praise him all you peoples.**

**\*\***

**For his mercy has been mighty towards us, and the truth of the Lord endures to the ages.**

**\*\***

### *Doxastikon/Theotokion on Lord, I have cried...*

*If there is both a doxastikon and a theotokion:*

**Glory to the Father and to the Son and to the Holy Spirit ...**

*\*\* Doxastikon \*\**

**... both now and ever and to the ages of ages. Amen.**

*\*\* Theotokion \*\**

*If there is only one:*

**Glory to the Father and to the Son and to the Holy Spirit;  
both now and ever and to the ages of ages. Amen.**

*\*\* Theotokion or Doxastikon \*\**

### *Gladsome Light*

Joyful Light of the holy glory of the immortal, heavenly, holy, blessed Father, Jesus Christ. Now that we have come to the setting of the sun and see the evening light, we sing the praise of God, Father, Son and Holy Spirit. It is right at all times to hymn you with holy voices, Son of God, Giver of Life. Therefore the world glorifies you.

### *The Saturday Prokeimenon*

The Lord is King; he has clothed himself with glory.

**The Lord is King; he has clothed himself with glory.**

The Lord has clothed and girded himself with power.

**The Lord is King; he has clothed himself with glory.**

He has established the world which will not be shaken.

**The Lord is King; he has clothed himself with glory.**

### *The Readings*

*If there are readings they will be found on the supplementary sheet and will be followed by:*

Lord, have mercy. (40x)

+ Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us. **Amen.**

### *The Evening Prayer*

**Grant, Lord, to keep us this evening without sin. Blessed are you, Lord, the God of our fathers, and praised and glorified is your name to the ages. Amen.**

**Let your mercy, Lord be upon us, as we have hoped in you. Blessed are you, Lord: teach me your statutes. Blessed are you, Master: make me understand your statutes. Blessed are you, Holy One: enlighten me with your statutes.**

**Lord, your mercy is for ever; do not scorn the work of your hands. To you praise is due, to you song is due, to you glory is due, to the Father, and to the Son, and to the Holy Spirit, now and for ever, and to the ages of ages. Amen.**

Lord, have mercy. (12x)

+ Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us. **Amen.**

### *The Aposticha for The Resurrection*

*See the supplementary sheet for the stichera and for any variations from the order shown below.*

#### *Sticheron 1*

**The Lord is King, he has clothed himself with glory; the Lord has clothed and girded himself with power.**

#### *Sticheron 2*

**He has established the world, which will not be shaken.**

#### *Sticheron 3*

**Holiness befits your house, Lord, to length of days.**

#### *Sticheron 4*