

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.**

+ 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.

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, O Lord.

Lord, I have cried to you; hear me.

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

Hear me, O Lord.

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

Set a watch, O Lord, before my mouth, a door of enclosure about my
lips.

Incline not my heart to evil words, to make excuses in sins.

With men who work lawlessness; and I will not join with their choice
ones.

The righteous man shall correct me with mercy, and he shall reprove me;
but let not the oil of the sinner anoint my head.

For my prayer shall be intense in the presence of their pleasures. Their
judges are swallowed up by the rock.

They shall hear my words, for they are pleasant. As a clod of ground is
dashed to pieces on the earth, so their bones were scattered beside the
grave.

**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.**

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.**

**** Apolytikion or Theotokion ****

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.**

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 reigns; he clothed himself with majesty; the Lord clothed and girded himself with power.

Sticheron 2

And he established the world, which shall not be moved.

Sticheron 3

Holiness is proper to your house, O Lord, unto length of days.

Sticheron 4

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.**

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

Song of Simeon the God-Receiver

Lord, now you are letting 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 Gentiles, 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.

For my eyes, O Lord, O Lord, are toward you; in you I hope; take not my soul away.

Keep me from the snares they set for me, and from the stumbling blocks of those who work lawlessness.

Sinners shall fall into their own net; I am alone, until I escape.

I cried to the Lord with my voice, with my voice I prayed to the Lord.

I shall pour out my supplication before him; I shall declare my affliction in his presence.

When my spirit fainted within me, then you knew my paths.

For on the way I was going, they hid a trap for me.

I looked on my right, and saw there was no one who knew me.

Refuge failed me, and there was no one who cared for my soul.

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

Attend to my supplication, for I was humbled exceedingly.

Deliver me from my persecutors, for they are stronger than I.

*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 to give thanks to your name, O Lord.

The righteous shall wait for me, until you reward me.

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

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

If you, O Lord, should mark transgression, O Lord, who would stand? For there is forgiveness with you.

Because of your law, O Lord, I waited for you; my soul waited for your word. My soul hopes in the Lord.

From the morning watch until night; from the morning watch until night, let Israel hope in the Lord.

For with the Lord there is mercy, and with him is abundant redemption; and he shall redeem Israel from all his transgressions.

Praise the Lord, all you Gentiles; praise him, all you peoples.

For His mercy rules over us; and the truth of the Lord endures forever.

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

Gladsome light of holy glory of the holy, blessed, heavenly, immortal Father, O Jesus Christ: arriving at the hour of sunset and having seen the evening light, we praise the Father, Son, and Holy Spirit, God. It is worthy for you to be praised at all times with happy voices, O Son of God and Giver of life; * and therefore the world glorifies you.

The Saturday Prokeimenon

The Lord reigns; he clothed himself with majesty.

The Lord reigns; he clothed himself with majesty.

The Lord clothed and girded himself with power.

The Lord reigns; he clothed himself with majesty.

And he established the world, which shall not be moved.

The Lord reigns; he clothed himself with majesty.

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.**