

# The Lenten Troparia

(sing slowly)

Tone 8 (Stichera)

Obikhod

Re - joyce, O Virgin Theotokos, Mary full of grace! The  
Lord is with thee. Blessed art thou among women, and blessed is the  
Fruit of thy womb; for thou hast borne the Sav - ior of our souls.

(Prostration)

Tone 8 (Stichera)

Obikhod

Glor - y to the Father, and to the Son, and to the Holy  
Spir - it. O Baptizer of Christ, re - mem - ber us all,

that we may be delivered from our in - i - qui - ties;  
 for to thee is given grace to in - ter - cede for us!

**(Prostration)**

**Tone 8 (Stichera)**

**Obikhod**

Now and e - ver, and unto ages of a - ges. A - men.  
 Intercede for us, O holy Apostles and all the saints,  
 that we may be delivered from per - ils and sor - rows; for we  
 have acquired you as fervent intercessors before the Sav - ior!

## (Prostration)

Tone 8 (Stichera)

Obikhod

Be - neath thy compassion we take refuge, O The - o - to - kos.

Do not despise our supplications in ad - ver - si - ty,

but deliver us from perils, O only pure and only bless - ed one!

## (Bow)

**Reader:** Lord, have mercy. *(40 times)*

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Who, without corruption, gavest birth to God the Word. True Theotokos, we magnify thee.

In the Name of the Lord, Father bless!

**Priest:** Christ our God, the Existing One, is blessed always, now and ever and unto ages of ages.

**Reader:** Amen.

O Heavenly King, be the support of our believing Authorities; confirm their faith; guide our nation and all nations; give peace to the world; and preserve our holy churches. Grant repose to our departed brethren in the dwelling places of the righteous. Receive us in repentance and confession, as Thou art gracious and the Lover of mankind.