

**Vespers sung on Saturday 26th August 2023 for Sunday 27th August
Twelfth Sunday after Pentecost
Venerable Poemen the Great ♦ Holy Great-Martyr Phanourios the newly-revealed**

“LORD, I CALL ...”

Tone 3

[Music on website / Sheet]

Lord, I call upon Thee, hear me.
Hear me, O Lord.
Lord, I call upon Thee, hear me.
Receive the voice of my prayer,
when I call upon Thee.//
Hear me, O Lord.

Let my prayer arise
in Thy sight as incense,
and let the lifting up of my hands
be an evening sacrifice.//
Hear me, O Lord.

Bring my soul out of prison, that I may give thanks to Thy Name.

Tone 3 (For the Resurrection)

[Music on website / Sheet]

By Thy Cross, O Christ our Saviour,
death's dominion has been shattered;
the devil's delusion destroyed.
The race of man, being saved by faith,//
always offers Thee a song.

The righteous will surround me, for Thou wilt deal bountifully with me.

All has been enlightened by Thy Resurrection, O Lord.
Paradise has been opened again.
All creation, praising Thee,//
always offers Thee a song.

Out of the depths I cry to Thee, O Lord. Lord, hear my voice!

I glorify the power of the Father and the Son.
I praise the authority of the Holy Spirit:
the undivided, uncreated Godhead,//
the consubstantial Trinity which reigns forever.

Let Thine ears be attentive to the voice of my supplications!

We bow down in worship before Thy precious Cross, O Christ,
and we glorify and praise Thy Resurrection,//
for by Thy wounds we have all been healed.

If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.

We praise the Saviour incarnate of the Virgin,
for He was crucified for our sake and resurrected on the third day,//
granting us great mercy.

For Thy Name's sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.

Christ descended to hell proclaiming the glad tidings:
"Behold! Now I have triumphed!
I am the Resurrection, I will lead you out, //
for I have shattered the gates of death!"

From the morning watch until night, from the morning watch, let Israel hope on the Lord!

Standing unworthily in Thy most pure house, O Christ God,
we offer our evening song, crying from the depths:
Thou Who didst enlighten the world,
by Thy Resurrection on the third day,
O Lover of man, deliver Thy people //
from the hand of Thine enemies!

For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

Tone 8 (For Saint Poemen)

[Music on website / Sheet]

What shall we call thee, O Poemen?
Example for monastics, performer of healings!
Wounder of the soul's passions with blows of abstinence!
Dweller and converser with the Angels!
Inhabitant of the City on High!
Vessel of virtues and support of the pious! //
Pray that our souls may be saved!

Praise the Lord, all nations! Praise Him, all peoples!

What shall we say of thee, O Poemen?
Dweller in the wilderness and lover of silence!
Uprooter of passions and guide of monks!
Flood of the Divine Spirit's instruction!
Unfading lamp of discernment!
True worker of wonders, healing all kinds of passions! //
Pray that our souls may be saved!

For His mercy is confirmed on us, and the truth of the Lord endures forever.

Thou wast a lamp of discernment, O wise one,
illumining the souls of those who rightly came to thee;
thou didst show them the path of life.
Therefore, Poemen, we who celebrate thy holy feast
bless thee with praises.
Boast of the fathers and adornment of ascetics. //
Pray that our souls may be saved!

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

Tone 6 (For Saint Poemen)

The sound of thy teachings has gone out into all the earth,
O venerable Father!
Therefore thou hast found the reward of thy labours in the heavens.
Thou didst destroy the hosts of demons
and reached the ranks of Angels, whose life thou didst blamelessly follow.
Since thou hast boldness before Christ our God, //
entreat peace for our souls!

Both now and ever, and unto ages of ages. Amen.

Tone 3 (*Theotokion – Dogmatikon*)

How can we not wonder
at thy mystical childbearing, O exalted Mother?
For without receiving the touch of man,
thou gavest birth to a Son in the flesh, O immaculate Virgin.
The Son born of the Father before eternity
was born of thee at the fullness of time, O honoured Lady.
He underwent no mingling, no change, no division,
but preserved the fullness of each nature.
Entreat Him, O Lady and Virgin and Mother,
to save the souls of those who, in the Orthodox manner, confess thee//
to be the Theotokos.

APOSTICHA

Tone 3 (*For the Resurrection*)

The sun was darkened by Thy Passion, O Christ,
but all creation was enlightened by the light of Thy Resurrection.//
Accept our evening song, O Lover of man!

V. The Lord is King; He is robed in majesty!

Thy life-bearing Resurrection, O Lord,
enlightened the whole universe, recalling Thy creation.
Delivered from Adam's curse, we sing://
O Almighty Lord, glory to Thee!

V. For He has established the world, so that it shall never be moved.

Thou art the changeless God,
Who, suffering in the flesh, wast changed.
Creation could not endure seeing Thee on the Cross.
It was filled with fear while praising Thy patience.
By descending to hell and rising on the third day,//
Thou hast granted to the world life and great mercy.

V. Holiness befits Thy house, O Lord, forevermore!

Thou didst endure death, O Christ,
to deliver the race of men from death.
Thou didst rise from the dead on the third day,
raising with Thyself those who knew Thee as God//
and enlightening the world. Glory to Thee!

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

Tone 8 (*For Saint Poemen*)

We honour thee, Poemen our father,
the instructor of a multitude of monks.
We have indeed learned to walk rightly in thy footsteps.
Blessed art thou, for having laboured for Christ,
thou didst denounce the power of the enemy.
Converser with the Angels,
companion of the venerable and righteous ones.//
Together with them, entreat the Lord that He grant mercy to our souls!

Both now and ever, and unto ages of ages. Amen.

Tone 8 (*Resurrectional Theotokion*)

O unwedded Virgin,
who ineffably didst conceive God in the flesh,
O Mother of God most high,
accept the cries of thy servants, O blameless one!
Grant cleansing of transgressions to all!//
Receive our prayers and pray to save our souls!

TROPARIA

Troparion of the Resurrection in Tone 3

[[Music on website / Green Book page 6](#)]

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world//
great mercy.

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

Troparion of Venerable Poemen the Great in Tone 8

[[Music on website / Sheet](#)]

By a flood of tears thou didst make the desert fertile,
and thy longing for God brought forth fruits in abundance.
By the radiance of miracles thou didst illumine the whole universe.//
Our holy Father Poemen, pray to Christ our God to save our souls!

Both now and ever, and unto ages of ages. Amen.

Resurrectional Dismissal Theotokion in Tone 8

O Good One, Who for our sake wast born of the Virgin
and, having endured crucifixion, cast down death by death,
and as God revealed the resurrection:
disdain not that which Thou hast fashioned with Thine own hand.
Show forth Thy love for mankind, O Merciful One;
accept the Theotokos who gave Thee birth and prayeth for us;//
and save Thy despairing people, O our Saviour!