

Aposticha

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

Tone 8
Sticheron 1

Common Chant
arr. from L'vov/Bakhmetev

Soprano
Alto

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

Tenor
Bass

Detailed description: This block contains the first line of the musical score. It features two vocal staves: Soprano/Alto (treble clef) and Tenor/Bass (bass clef). The key signature has one flat (B-flat). The Soprano/Alto part consists of a series of chords, with some notes beamed together. The Tenor/Bass part consists of a series of single notes, some with stems pointing up and some down. The lyrics are written below the vocal staves.

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

Detailed description: This block contains the second line of the musical score. It features two vocal staves: Soprano/Alto (treble clef) and Tenor/Bass (bass clef). The key signature has one flat (B-flat). The Soprano/Alto part consists of a series of chords, with some notes beamed together. The Tenor/Bass part consists of a series of single notes, some with stems pointing up and some down. The lyrics are written below the vocal staves.

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

Detailed description: This block contains the third line of the musical score. It features two vocal staves: Soprano/Alto (treble clef) and Tenor/Bass (bass clef). The key signature has one flat (B-flat). The Soprano/Alto part consists of a series of chords, with some notes beamed together. The Tenor/Bass part consists of a series of single notes, some with stems pointing up and some down. The lyrics are written below the vocal staves.

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

Detailed description: This block contains the fourth line of the musical score. It features two vocal staves: Soprano/Alto (treble clef) and Tenor/Bass (bass clef). The key signature has one flat (B-flat). The Soprano/Alto part consists of a series of chords, with some notes beamed together. The Tenor/Bass part consists of a series of single notes, some with stems pointing up and some down. The lyrics are written below the vocal staves.

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

close against me the wings of Your love for man-kind, // but open 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 sanctify every place and heal

Detailed description: This system shows the first two staves of music. The Soprano and Alto parts are written on a single staff with a treble clef and a key signature of one flat. The Tenor and Bass parts are on a separate staff with a bass clef and the same key signature. The lyrics are: "O Mar - tyrs of the Lord, you sanctify every place and heal".

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

Detailed description: This system continues the music from the first system. The lyrics are: "ev - ery ill. Now there - fore, in - ter - cede with Him, // that He".

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

Detailed description: This system concludes the first part of the Sticheron. The lyrics are: "may deliver our souls from the snares of the En - e - my!".

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 Mother,

Detailed description: This system begins the second part of the Sticheron. The lyrics are: "The hosts of heav - en praise — you, unwedded Mother,".

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

Detailed description: This system concludes the second part of the Sticheron. The lyrics are: "full — of grace. We glorify your in - ef - fa - ble child - bear - ing. //".

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. The key signature is one flat (B-flat). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff. The music is in a simple, homophonic style, typical of a hymn tune. The lyrics are: "Therefore, Theotokos, intercede for the sal - va - tion of our souls!". The word "salvation" is hyphenated as "sal - va - tion". The music ends with a double bar line.