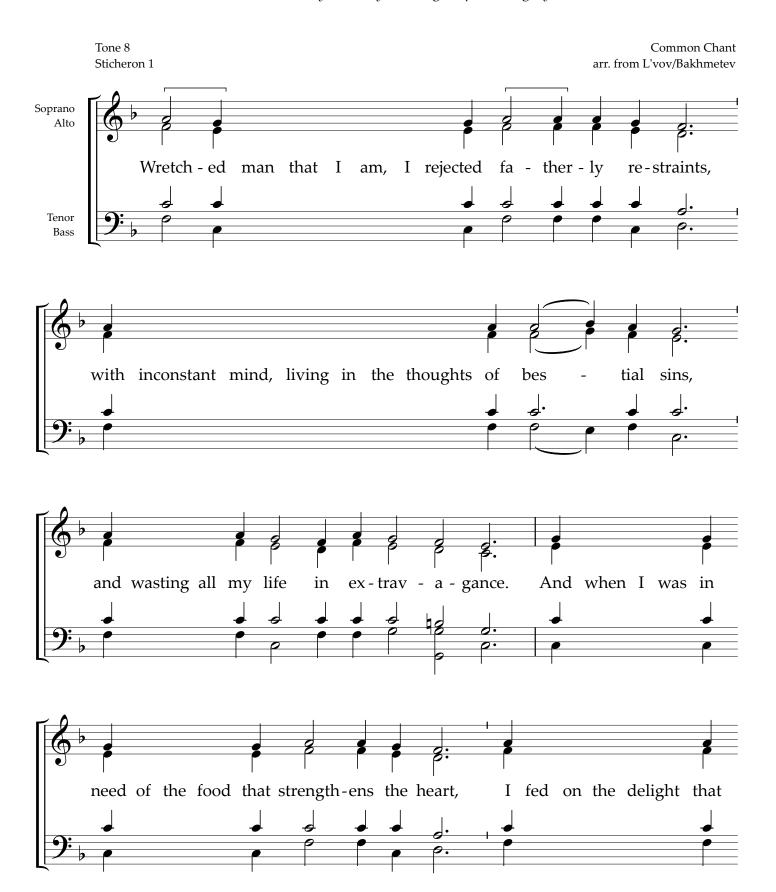
Aposticha Triodion - Third Monday (Sunday Evening Vespers, Gregory Palamas)

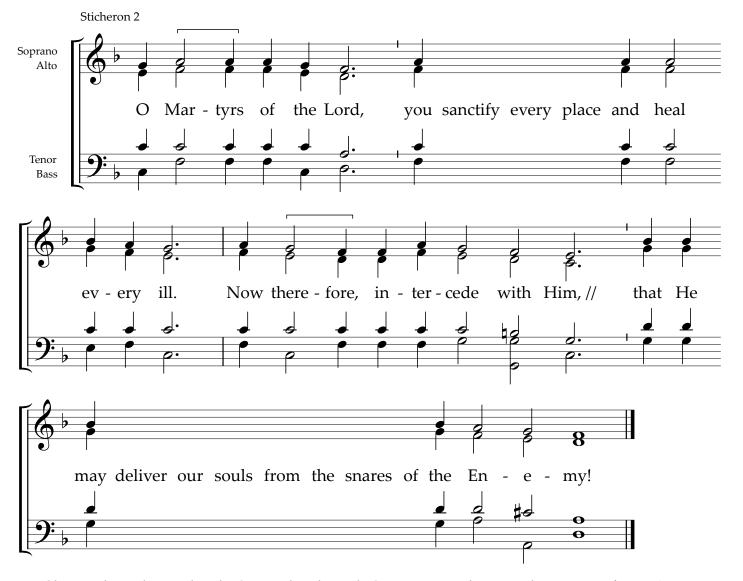




v. I lift up my eyes to You, enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, till He have mercy upon us. (*Ps* 122/123:1-2)

(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)



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

