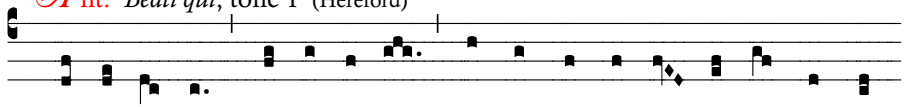


# SUNDAYS IN LENT

## MATINS

### FIRST NOCTURN

*Ant. Beati qui*, tone 1 (Hereford)



Bles-sed are they | that me-di-tate with-out ceas-ing up- on Thy law, O



Lord. Bles-sed are they who, put-ting their trust in Thee, serve Thee



in fear. From Thy ho-ly moun-tain, hear-ken mer-ci-f'ly to us,



and re-buke us not in Thine an-ger. Pss. 1, 2, 3, 6. Glory.

*Ant. Qui salvos*, tone 2 (Hereford)



Thou that sav-est the up-right of heart, Whose name is won-der-ful,



de-liv-er us from the gate of death, for we have put our trust in Thee,



O Lord. Pss. 7, 8, 9, 10. Glory.

*Ant. In aeternum*, tone 3 (Hereford)



Keep us for ev-er-more, en-light-en our eyes, grant us to know the



way of peace, and to call up-on Thee the fear-ful, Thou that dost glo-ri-



fy all them that fear Thee, O Lord. Pss. 11, 12, 13, 14. Glory.

SECOND NOCTURN

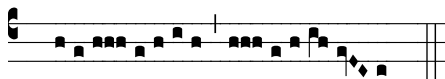
*Ant. Tribue nobis, tone 4 (Hereford)*



O Lord, be-stow on us the un-der-stand-ing to bless Thee, that we



may be wor-thy to be fil-led with the joy of Thy coun-te-nance.



Ps. 15. Glory.

*Ant. Inclina aurem, tone 5 (Hereford)*



In-cline Thine ear, O Lord, and hear-ken to us, Thou that sav-



est them that hope in Thee. Ps. 16. Glory.

*Ant. Virtus nostra, tone 6 (Hereford)*



O Lord God, our migh-ty pow-er, the true Light, e-ter-nal sal-va-



tion, be Thou a re-fuge for us in the day of our af-flic-tion.



Ps. 17. Glory.

### THIRD NOCTURN

*Ant. Legis Tuae, tone 7* (Hereford)



Turn us back, O Lord, by the tes-ti-mo-ny of Thy law, that we, il-lum-

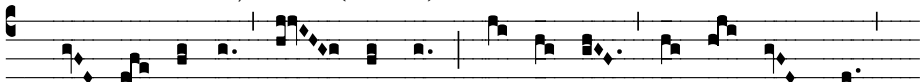


ined by Thy com-mand-ments, may be cleansed of our sec-ret sins, and



those of oth-ers. Ps. 18. Glory.

*Ant. Exaudi nos, tone 8* (Hereford)

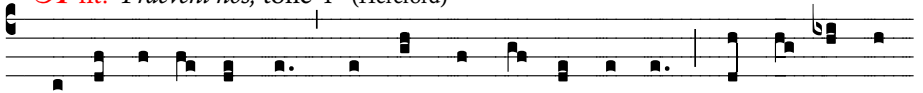


Hear-ken to us in the day when we call up-on Thy name,



O our Lord. Ps. 19. Glory.

*Ant. Praeveni nos, tone 4* (Hereford)



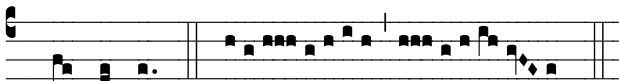
Go be-fore us, O Lord, with Thy heav-en-ly bles-sing, that, re-joic-ing



in Thy migh-ty pow-er, and put-ting our trust in Thy ten-der mer-cy,



we may be wor-thy to at-tain the pro-mised re-ward of joy-ful, im-



mor-tal life. Ps. 20. Glory.

The Fathers of St. Hilarion Monastery thank Protopriest John Shaw of the Russian Orthodox Church Outside of Russia, for having made these special antiphons from the Hereford Antiphonale available to us. Translation and musical adaption are © 2001 St. Hilarion Press.