The Great Prokeimenon
Cheesefare Sunday, 2nd, and 4th Sundays of Lent

Psalm 68 [69]

Hear me speed-i-ly! Draw near un-to my soul and de-liv-er it!

Turn not away Your face from Your child, for I am af-flict-ed!

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The Great Prokeimenon
1st, and 3rd and 5th Sundays of Lent (at Vespers)

Traditional Lenten Melody

Soprano
Alto

You have given an inheritance to

Tenor
Bass

them that fear You, O Lord!

Adapted from Znamenny Chant

You have given an inheritance to

them that fear You, O Lord.

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Turn not away Your face from Your child,
for I am afflicted!
Hear me speedily! Draw near
unto my soul and deliver it!

Adapted from Znamenny Chant