

**February 17: St. Theodore the Recruit**  
**Stichera of "Lord I have cried"**  
**Tone 2, Special Melody "When from the Tree..."**  
**Optina Hermitage Melody**

for 4 menaion verses, begin here

**(4) Reader: In the 2nd Tone, Special Melody "When from the Tree..."**  
**From the morning watch until night, from the morning watch**

I-descant  
II-chant melody

Let Is - ra - el hope in the Lord.

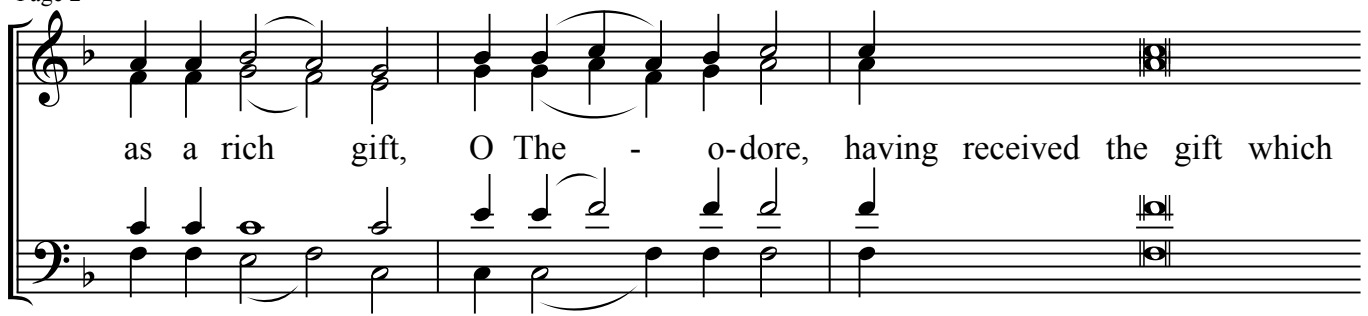
+ See Sticheron below: "As God our Benefactor..."

for 3 verses, begin here

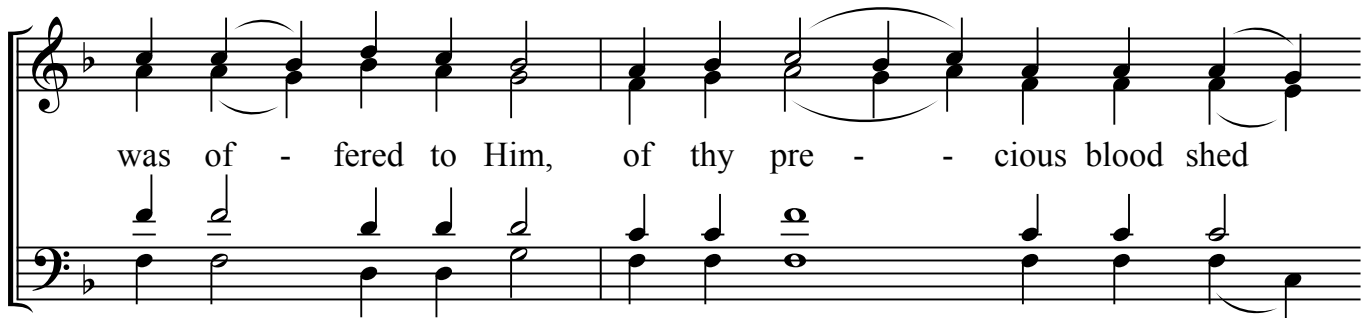
**(3) Reader: For with the Lord there is mercy; and with Him is plenteous redemption;**

And He shall redeem Israel out of all his in - iq - ui - ties.

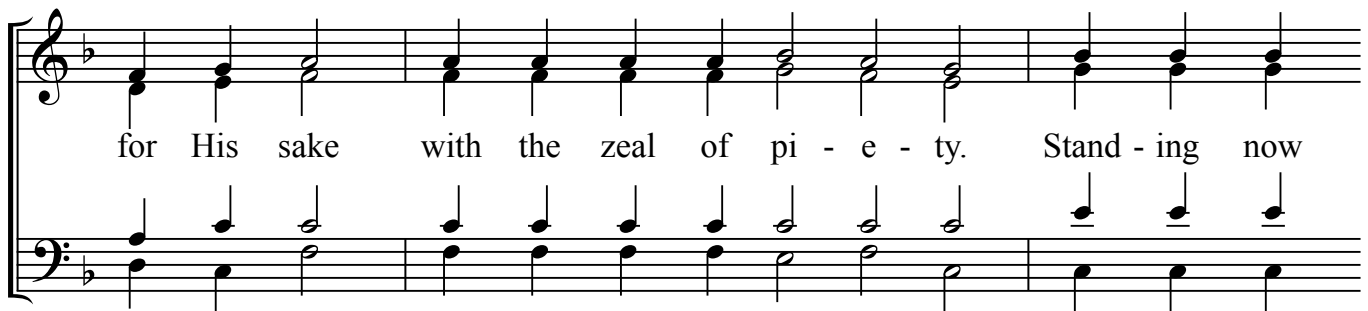
+ As God our Ben - e - fac - tor, Christ hath given thee to the world



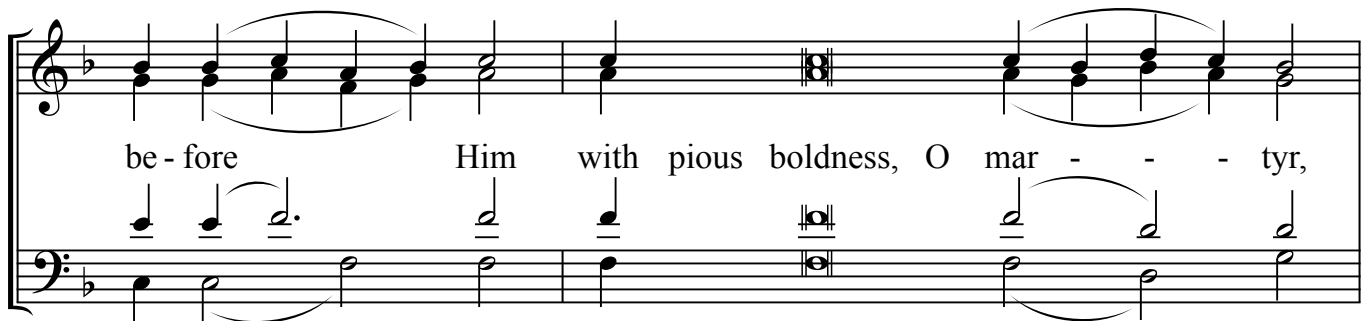
as a rich gift, O The - o-dore, having received the gift which



was of - fered to Him, of thy pre - - cious blood shed



for His sake with the zeal of pi - e - ty. Stand - ing now



be - fore Him with pious boldness, O mar - - - tyr,



do thou save all who have re - course to thee.

(2) Reader: O praise the Lord, all ye nations;

Praise Him all ye peo - - - ples.

The first system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with a long slur over the final two measures. The bass staff contains a series of single notes, with a long slur over the final two measures. The lyrics are written below the treble staff.

Thou \_\_\_\_\_ art a stead-fast tow - - - er, which withstandeth the

The second system of musical notation continues the piece. It features a treble and bass staff with chords and single notes. A long slur is present over the first few measures of the treble staff. The lyrics are written below the treble staff.

asaults of the ad - ver - sar - ies, an invincible champion for those who

The third system of musical notation continues the piece. It features a treble and bass staff with chords and single notes. The lyrics are written below the treble staff.

praise thee, a most speed - y aid, a fer - vent

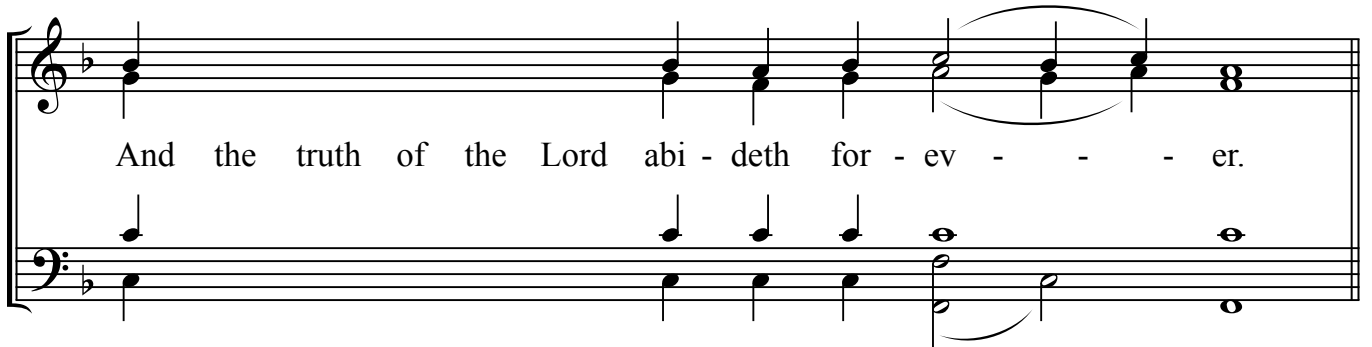
The fourth system of musical notation continues the piece. It features a treble and bass staff with chords and single notes. The lyrics are written below the treble staff.

advocate, quick de-liv - - er-ance, gen-er-al as-sis - tance,

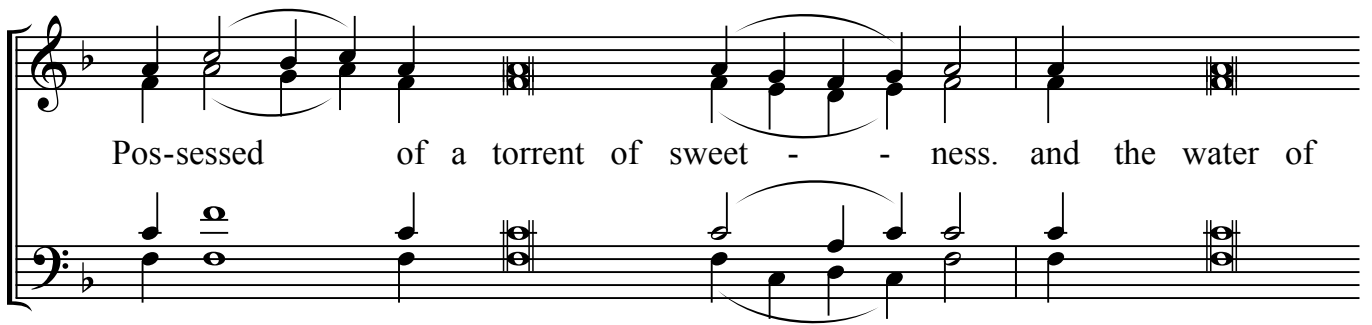
most powerful inter-cess - - or, a read-y de-liv - er-er

of all who entreat thee with faith, O bless-ed The - o-dore.

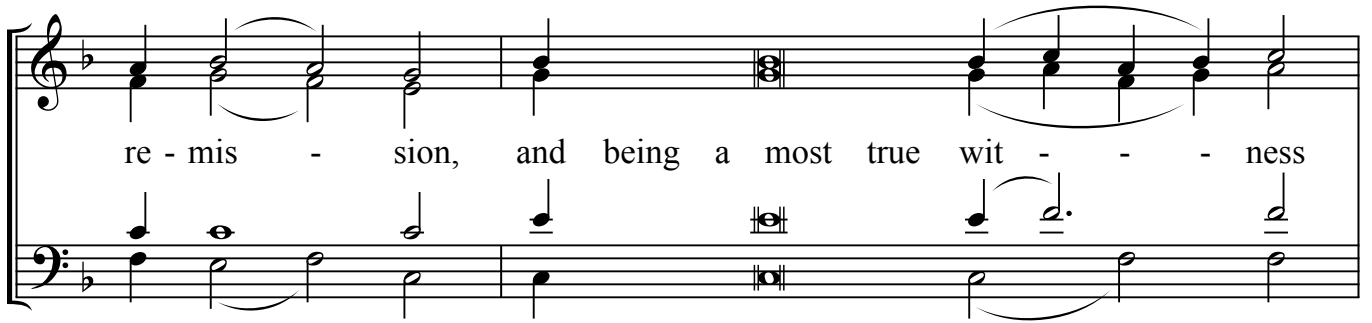
(1) Reader: For He hath made His mercy to prevail over us,



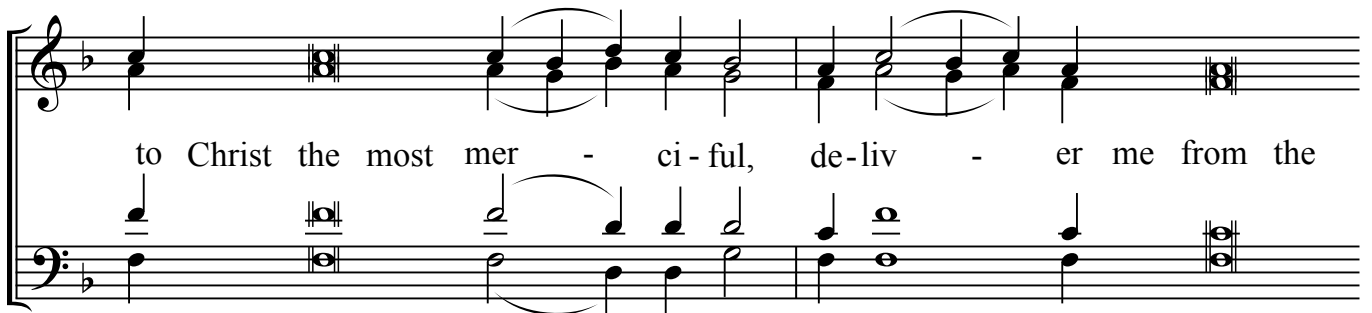
And the truth of the Lord abideth forever.



Pos-sessed of a torrent of sweet-ness, and the water of



re-mis-sion, and being a most true wit-ness



to Christ the most mer-ci-ful, de-liv-er me from the

tor - rent of my sins, calm thou the troubled wat - ers for me,

The first system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, mostly triads and dyads, in a B-flat major key signature. The bass staff contains a series of single notes, mostly quarter notes, in a B-flat major key signature. The lyrics are written below the treble staff.

still the tempest of temp - ta - - tions and guide me to the calm

The second system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, mostly triads and dyads, in a B-flat major key signature. The bass staff contains a series of single notes, mostly quarter notes, in a B-flat major key signature. The lyrics are written below the treble staff.

hav - en on high, O right bless - ed The - o - dore.

The third system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, mostly triads and dyads, in a B-flat major key signature. The bass staff contains a series of single notes, mostly quarter notes, in a B-flat major key signature. The lyrics are written below the treble staff.