

**February 29: St. Cassian the Roman**  
**Stichera at "Lord I have cried"**  
**Tone 6, Special Melody "Having set all your hope\*"**  
**Optina Hermitage Chant**

If 4 menaion stichera are appointed, begin here:

**(4) Reader: In the 6th Tone: From the morning watch until night, from the morning watch**

Let Is - ra - el hope in the Lord.

*See below: "Thou didst wisely perceive transitory deception..."*

If 3 menaion stichera are appointed, begin here:

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

And He shall re-deem Israel out of all his in - i - - - qui - ties.

Thou didst wisely perceive transitory de - cep - - - - tion,

O all - glo - ri - ous one, and e - ven after thy de - par - - - - ture

from hence un-to the Lord thou hast hin - - - dered those who

de-mand to have it, though it is in no-wise a-bi - - - ding,

and this fleeting and temporal life and social or - - - der. Where-fore, as

a wise over-se - - - er, thou hast passed on to a bet - - - ter life,

having pleased Christ, O Cas - si-an, by thy life and works.

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

Praise Him all ye peo - - - - - ples.

Tak-ing up thy cross in child - - - hood, O glo-ri-ous fa - - - ther,

thou didst read-i-ly tread the path, which is hard and nar - - - row,

yet of sur-pas-sing hon - - - or, sub-mit-ing to the commandments

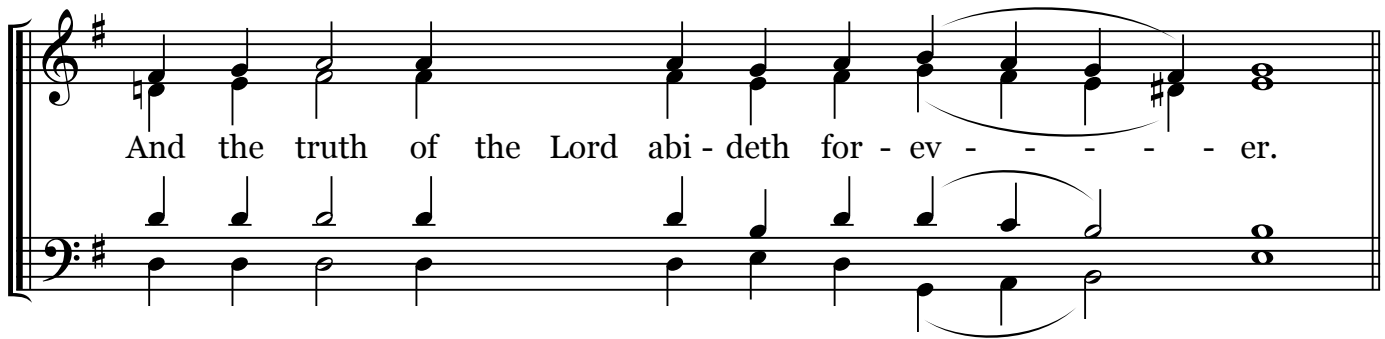
of Him Who called thee. Where-fore, for thy la - - - bors,

thou hast obtained as twofold recompense and fit - ting re - ward

the hea-ven-ly king - dom of Christ, and a place wherein to join chor-us

in the light with all the saints, O Cas - - - si - an.

With them do thou unceasingly pray in be - half of our souls.

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


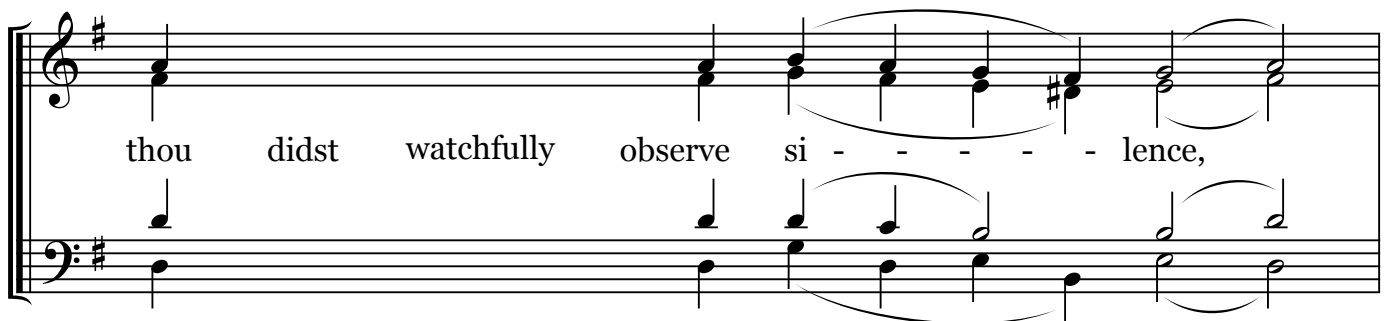
And the truth of the Lord abideth forever.



A thing of wonder was every virtue, O divinely



wise one, where-with, at first on earth in the flesh,



thou didst watchfully observe silence,



O venerable one, and didst later bespeak in words

and through ma-ter - i - al things, being humble, meek and

in - - - no-cent, a pro-phet - ic and right goodly her - - - ald.

And now, when thou hast has - tened to God, thou hast marvelled

all the more, and hast received the grace of heal - - - - ing.

**Reader: Glory, both now... in the same tone and melody.**

Glory... Both now and ever and unto the a - ges of a - ges. A-men.

Hav - ing stum - bled because of mine evil dispo - si - - - tion,

and been enslaved to wicked de-cep - - - tion, O — Bride of God,

wretch that I am, — I flee to thine all-wondrous loving-kindness

and thy fer - - - vent help, O all - ho - ly Maid - - - en.

Deliver me from the bonds of temp - ta - - tions and grief,

O all-im-ma - cu-late one, and save me from the assaults of the

de - - - mons, that I may glo - - - ri - fy thee,

may hymn and bow down before thee with love, and may magnify thee,

O Mistress, as ever bless - - - - ed.

English text:  
"The Menaion of the Orthodox Church",  
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translated by Isaac E. Lambertsen,  
St. John of Kronstadt Press.  
The complete service text may  
be purchased through: [sjkp.org](http://sjkp.org)

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