

September 11: Afterfeast of the Nativity of the Theotokos
 Stichera on "Lord I have cried" (with Psalm verses for on Sunday)
 Tone 4, Special Melody "As one valiant"
 Optina Hermitage Melody

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

I-descant
 II-chant
 melody

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

In a wo-man's bod - - y but in the guise of a man,—

thou didst un - der - take man - ly strug - gles, liv - ing in the

midst _____ of men, caus - ing the pas - sions to with - er,

and ut - terly restraining the rag - ings of lust by fast - ing,

and constant supplications, O Theo - dor - a and by thy di - vine and

nev - er ceas - ing con - tem - pla - tion of God.

(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 some groups of four chords beamed together. The bass staff contains a series of notes, with some groups of four notes beamed together. The lyrics are written below the treble staff.

The sun, set-ting be - neath — the earth, nev - er saw — thee sin; —


The second system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with some groups of four chords beamed together. The bass staff contains a series of notes, with some groups of four notes beamed together. The lyrics are written below the treble staff.

and the Lord, Who know - eth the hearts — of men and see - th things

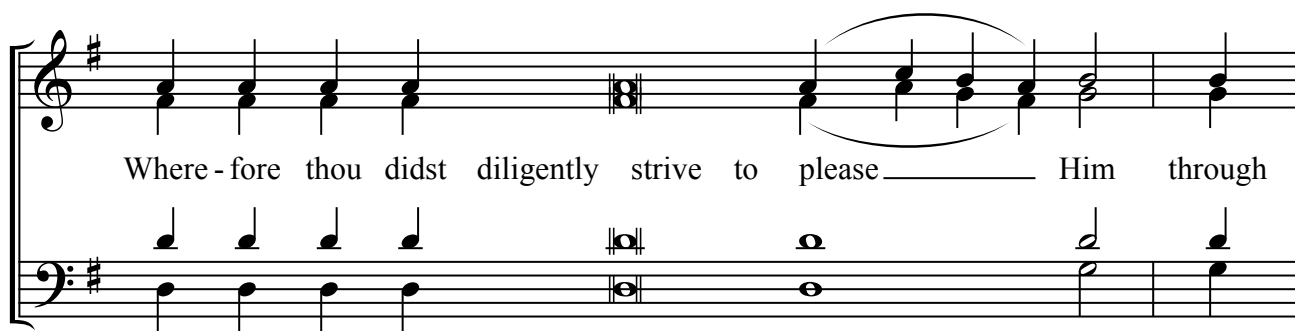
The third system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with some groups of four chords beamed together. The bass staff contains a series of notes, with some groups of four notes beamed together. The lyrics are written below the treble staff.

hid - - - den, knew thee to be un - tir - - - - ing

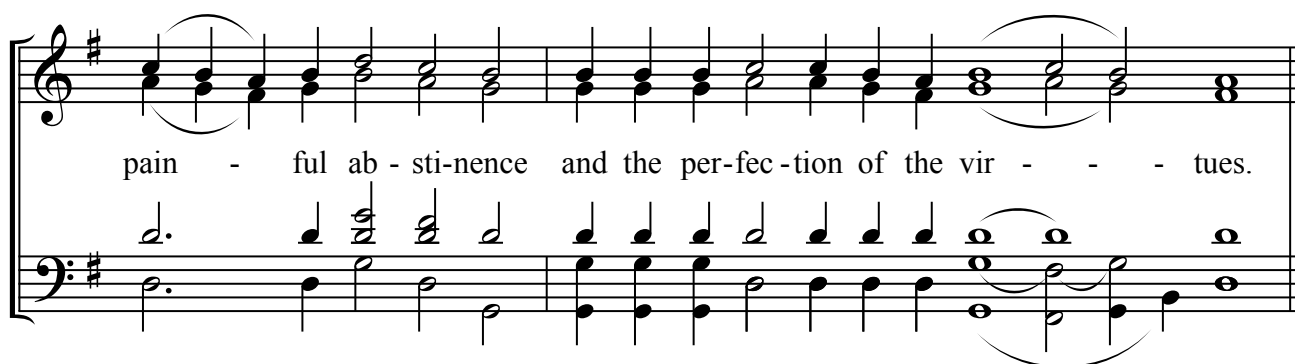
The fourth system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with some groups of four chords beamed together. The bass staff contains a series of notes, with some groups of four notes beamed together. The lyrics are written below the treble staff.



and il - lu - mined the eyes of thy heart with the light of re - pen - tance.



Where - fore thou didst diligently strive to please Him through

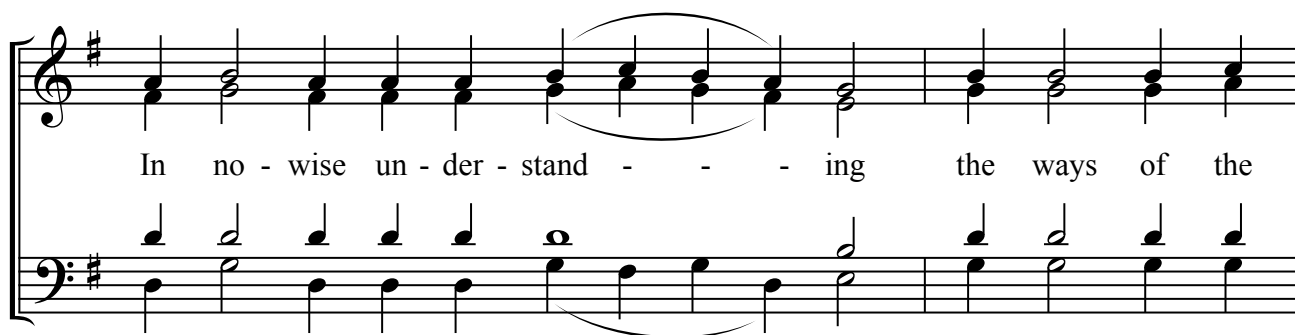


pain - ful ab - sti-nence and the per-fec-tion of the vir - - - tues.

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



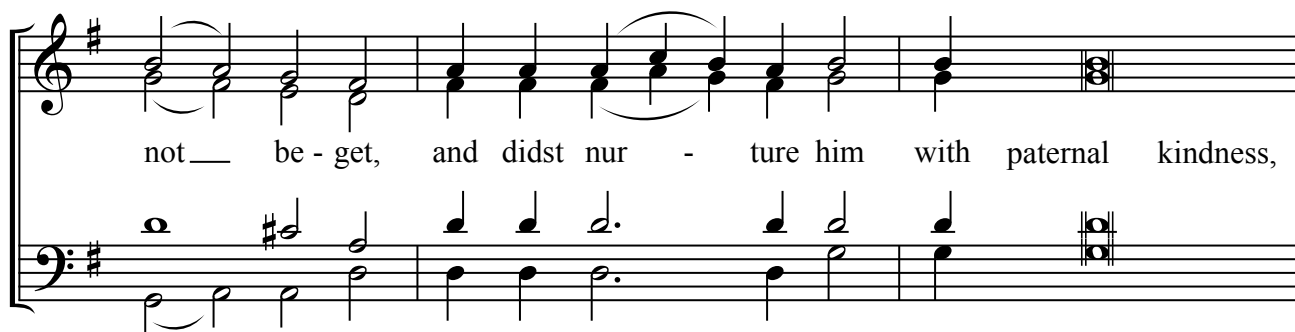
And the truth of the Lord a - bi - deth for - ev - - - er.



In no - wise un - der - stand - - - ing the ways of the

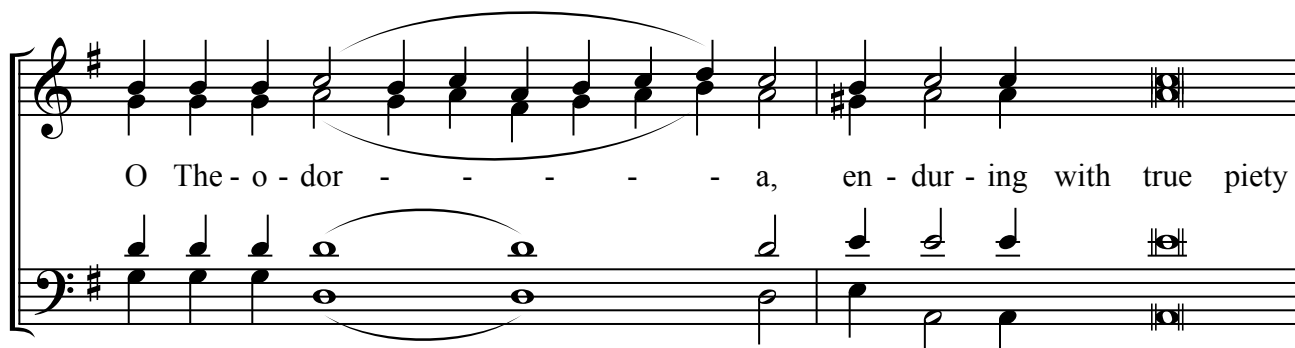


en - e - my's thoughts, thou didst love the child whom thou_ didst

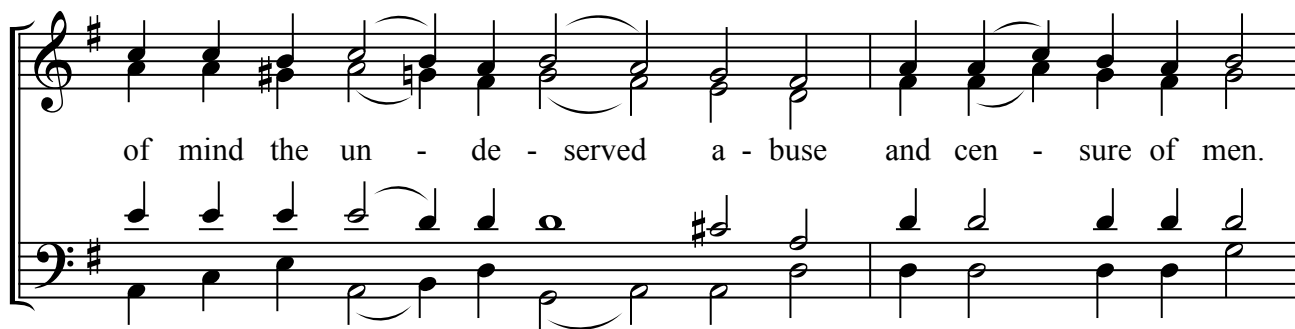


not_ be - get, and didst nur - ture him with paternal kindness,

O Theodora,



O The - o - dor - - - - a, en - dur - ing with true piety



of mind the un - de - served a - buse and cen - sure of men.



Where-fore, we cel - - - le-brate thine hon-ored so - lem - ni - ty.

English text adapted from: "The Menaion of the Orthodox Church", Vol I, Isaac E. Lambertsen,
St. John of Kronstadt Press, ©1996. The entire service text may be purchased through: sjkp.org