

**September 17: Martyrs Sophia & her Daughters
Stichera of the Praises (on Sunday)
Tone 6, Special Melody "On the third day..."**

Stichos: In the 6th Tone, Special Melody "On the third day..."; Praise Him with timbrel and dance,

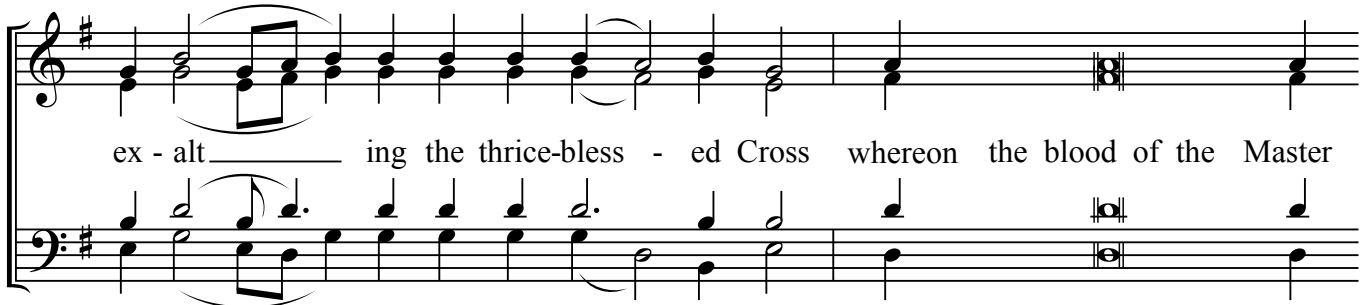
I-descant
II-chant melody



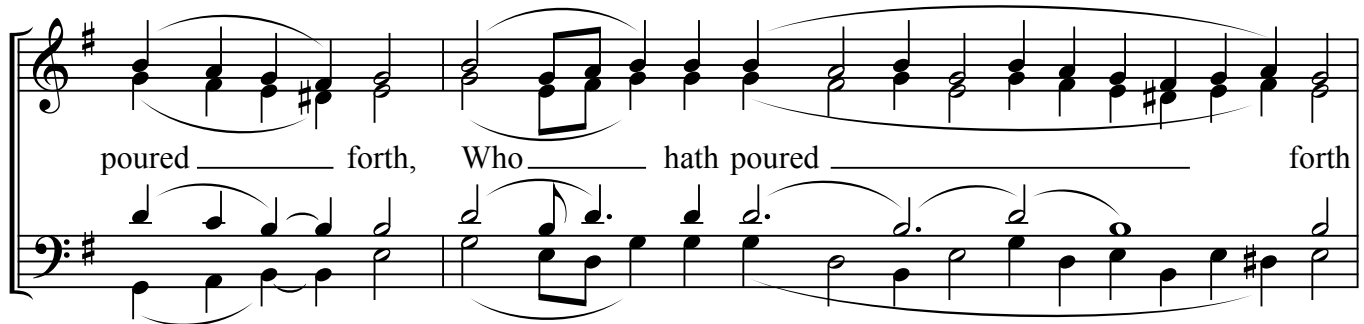
Praise Him with strings _____ and flute.



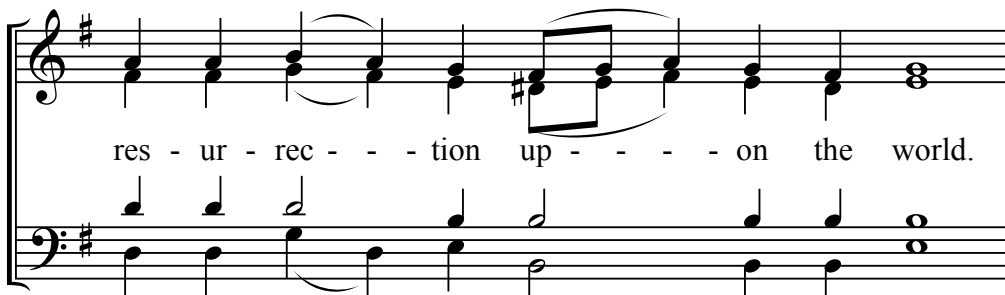
We bow _____ down be - fore _____ the place where the feet of Christ _____ stood,



ex - alt _____ ing the thrice - bless - ed Cross whereon the blood of the Master



poured _____ forth, Who _____ hath poured _____ forth

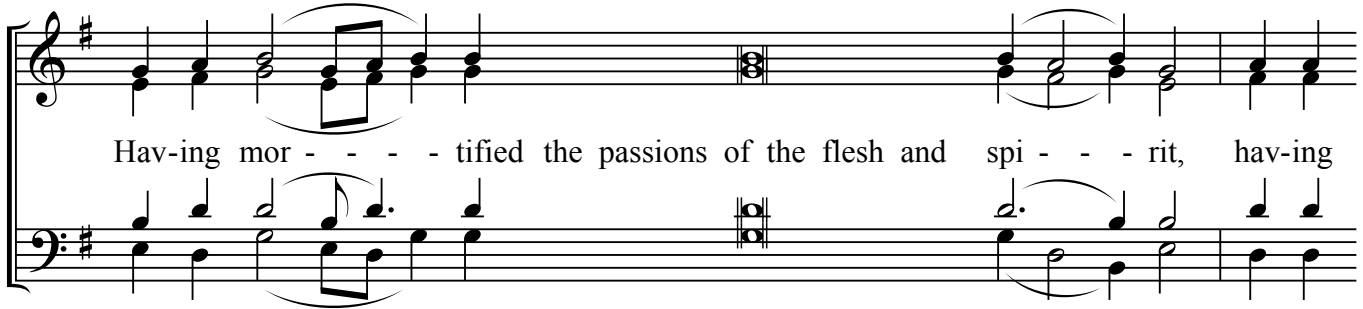


res - ur - rec - - - tion up - - - - on the world.

Stichos: Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.




Let ev - ery breath praise the Lord.



Hav-ing mor - - - tified the passions of the flesh and spi - - - rit, hav-ing



crucified ourselves with Christ the Mas - - - ter, O ye di-vine - ly wise,



let us strive to el - e - vate our-selves, through the elevation of the



Cross, to the rest of hea - - - ven.

Stichos: Exalt ye the Lord our God, and worship the footstool of His feet,

For it is ho - - - - ly.

A life - - - bearing well - - - spring hath man-i-fest-ly welled - - - forth

from - - - the divine side of the Sa - - - vior, giv-ing drink - - - to the souls

of those - - - who with faith wor - - - - - - - - - ship

His di-vine Pas-sion, Cross and Res - ur-rec - tion.

In the 2nd Tone: God is our King before the ages; / He hath wrought salvation in the midst of the earth.

Come, all ye nations...
(the stichera at Glory...
Now and ever...)

Text: "The Menaion of the Orthodox Church", Vol. I, translated by Isaac E. Lambertsen, ©1996, St. John of Kronstadt Press.
The complete service text may be purchased through: sjkp.org Melody adapted from the "Sputnik Psalomchik"

