

**September 18: Afterfeast of the Exaltation of the Cross  
Stichera on "Lord I have cried" (on Sunday)  
Tone 4, Special Melody "As one valiant"**

(6) *Reader:* In the 4th Tone, Special Melody "As one valiant"

If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

I-descant  
II-chant  
melody

For with Thee there is for - give - - - - - ness.

When Thou wast lifted up upon the Cross, O Mas - ter,

Thou didst raise up with Thy - self the whole fal - len na - ture of

A - dam; wherefore, lifting up Thine all-pure Cross,

with the strength of Thee, the Most High, O Thou

Who lovest mankind, we make entreaty crying out:

As Thou art our merciful God, O Most High, save those who

ven - er - ate the hon - orable, luminous and divine ex - al - ta - tion of Thy Cross.

(5) *Reader:* For Thy name's sake have I patiently waited for Thee, O Lord;  
my soul hath waited patiently for Thy word,

My — soul — hath hoped — in the Lord.

The first system of musical notation consists of a treble and bass staff in G major. The treble staff contains a series of chords and single notes, with a slur over the first four measures. The bass staff provides a simple harmonic accompaniment with quarter and half notes.

Gaz - ing now up - on Thy foot - - - stool where Thine all - pure

The second system continues the melody. The treble staff has a slur over the first six measures. The bass staff continues with a steady accompaniment.

feet — stood, — and chant - ing psalms, — O Mas - ter,

The third system features a key signature change to F major (one flat) in the second measure of the treble staff. The treble staff has slurs over the first two and last two measures. The bass staff continues with a steady accompaniment.

we honor with love today Thine all - precious Cross, —

The fourth system concludes the piece. The treble staff has a slur over the last three measures. The bass staff continues with a steady accompaniment.

and elevating it with pi - - - e - ty we be - seech\_ Thee,

cry - ing a - loud: Having sanctified all by Thy divine Cross, O Most\_\_\_\_\_ High,

show us forth\_\_\_\_\_ as par - tak - - - ers

of Thine in - ef - fa - ble com - pas - sion and grace.

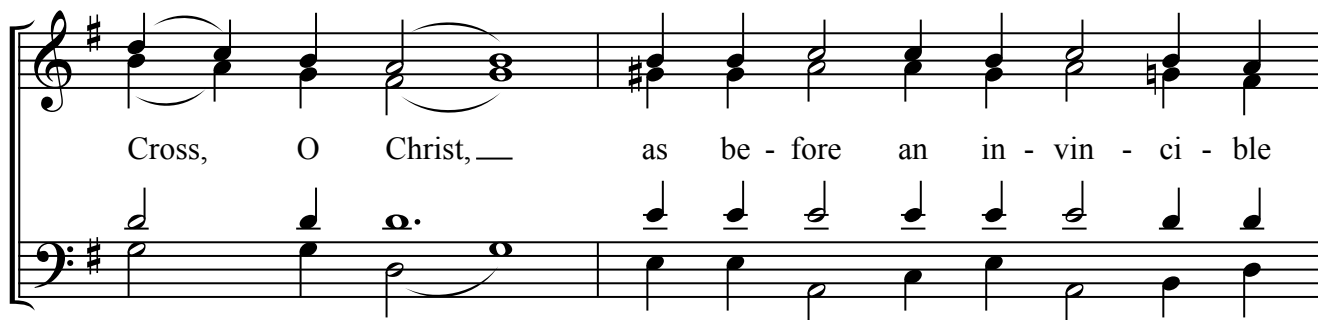
(4) *Reader:* From the morning watch until night, from the morning watch



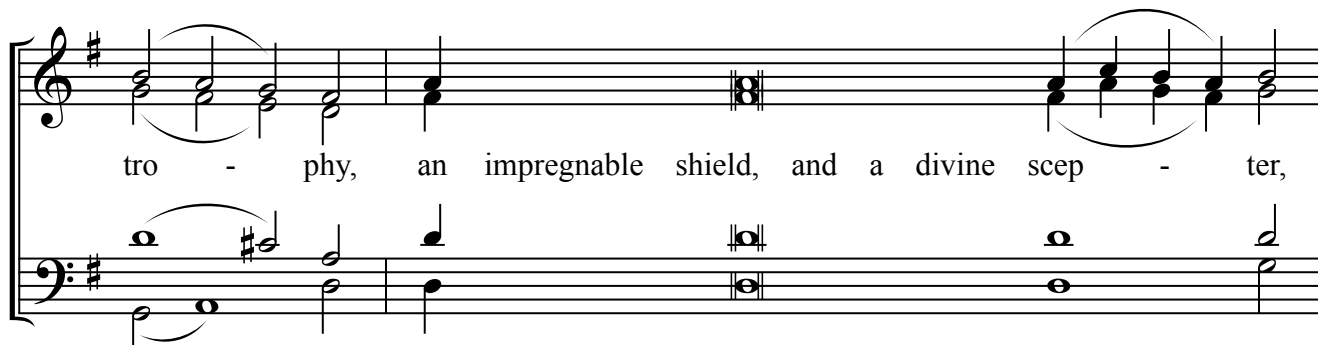
Let Is - ra - el hope in the Lord.



We bow down be - fore Thine all - ho - ly



Cross, O Christ, as be - fore an in - vin - ci - ble



tro - phy, an impregnable shield, and a divine scep - ter,

for there-by hath the world \_\_\_\_\_ been saved, and for it

doth A - dam dance. \_\_\_\_\_ of - fer - ing praise \_\_\_\_\_ in hymns,

we, the as - sem - blies of the earth \_\_\_\_\_ born \_\_\_\_\_ hon - or it,

and performing its divine elevation, we ask pur - i - fi - ca

English text: "The Menaion of the Orthodox Church", Vol. I, translated by Isaac E. Lambertsen,  
St. John of Kronstadt Press, ©1996. The complete service text may be purchased through: [sjkp.org](http://sjkp.org)