

1st Sunday Evening of Great Lent
(when there is a Polyeleos)
Triodion Stichera of "Lord I have cried"
Tone 4, Special Melody "Thou hast given a sign..."

On "Lord I have cried", 10 stichera are sung: 4 stichera from the Triodion, and then 6 stichera from the Menaion.

(10) Reader: In the 4th Tone, Special Melody "Thou hast given a sign..."
 Bring my soul out of prison

I-descant
 II-chant melody

That I may con - fess Thy name.

Grant me con - tri - tion, es - trange - ment from e - - - vil, and per - fect

a - mend - - - ment, for I am sunk in the depths of bod - i - ly pas - sion

and sep - a - ra - ted far from Thee, O God the King of all;

and I have no oth - er hope but Thee. In the abundance of Thy goodness

save me, the Prodigal, O Jesus all-powerful, the Saviour of our souls.

(9) *Reader:* The righteous shall wait patiently for me

Un - til Thou shalt reward me.

< Repeat: "Grant me contrition..."

(8) *Reader:* Out of the depths have I cried unto Thee, O Lord;

O Lord, hear my voice.

The first system of musical notation consists of a treble and bass staff in G major. The treble staff features a series of chords, with a large slur encompassing the first six measures. The lyrics "O Lord, hear my voice." are written below the treble staff, with horizontal lines indicating the vocal line.

When he had been cleansed by fasting, the great Moses

The second system of musical notation continues the piece. It features a treble and bass staff with a series of chords. The lyrics "When he had been cleansed by fasting, the great Moses" are written below the treble staff.

saw the God for Whom he longed. Eagerly follow his example,

The third system of musical notation continues the piece. It features a treble and bass staff with a series of chords. The lyrics "saw the God for Whom he longed. Eagerly follow his example," are written below the treble staff.

O my humble soul; make haste to cleanse thyself from evil

The fourth and final system of musical notation on this page. It features a treble and bass staff with a series of chords. The lyrics "O my humble soul; make haste to cleanse thyself from evil" are written below the treble staff.

in the day of ab - sti - nence, and so thou shalt be - hold — the Lord

Who grants thee for-give - - ness, for He is all-powerful and loves man - kind.

(7) *Reader:* In the **6th tone**— Let Thine ears be attentive

The image shows a musical score for a 6th tone stichera. It consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written in a style typical of Russian Orthodox chant, with a mix of quarter, eighth, and sixteenth notes, often beamed together. The lyrics are: "To the voice of my sup - pli - ca - - tion." The word "suppli" is split across two notes, and "ca" is split across two notes. There are some rests and ties in the melody.

Let us set out with joy upon the second week of the Fast; /
 and like Elijah the Tishbite /
 let us fashion for ourselves from day to day, O brethren, /
 a fiery chariot from the four great virtues; /
 let us exalt our minds /
 through freedom from the passions; /
 let us arm our flesh with purity /
 and our hands with acts of compassion; /
 let us make our feet beautiful with the preaching of the Gospel; //
 and let us put the enemy to flight and gain the victory.

English translation by Mother Mary and Archimandrite Kallistos Ware, "The Lenten Triodion",
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