

**1st Sunday Evening of Lent**  
**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 penitential stichera in the tone of the week, and then 3 stichera from the Triodion —*

**(6) Reader: In the 4th Tone, Special Melody "Thou hast given a sign..."**  
**If Thou shouldst mark iniquities, O Lord, O Lord, who shall stand?**

I-descant  
II-chant melody

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

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 bodily passion,

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 Prod - - - i - gal,

O Jesus all - powerful, the Sa - viour of our souls.

(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 features a series of chords and dyads, with some notes beamed together. The bass staff provides a simple harmonic accompaniment with quarter and eighth notes.

When he had been cleansed by fast - ing, the great Mo - - ses

The second system continues the melody and accompaniment. The treble staff has a more active line with some eighth-note passages. The bass staff remains steady with quarter notes.

saw the God \_\_\_\_\_ for Whom \_\_\_\_\_ he longed.

The third system includes a key signature change to A major (indicated by a sharp sign on the F line) for the final phrase. The treble staff has a prominent melodic line with some grace notes. The bass staff continues with a steady accompaniment.

Eagerly follow his example, O my hum - ble soul;

The final system of the stichera. The treble staff has a more active line with some eighth-note passages. The bass staff remains steady with quarter notes.

make haste to cleanse thyself from e - - - - - vil

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.

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

Let Is - - - - ra - el hope in the Lord.

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 text from: "The Lenten Triodion", translated by Mother Mary and  
Archimandrite Kallistos Ware, ©1977, Faber and Faber, London.