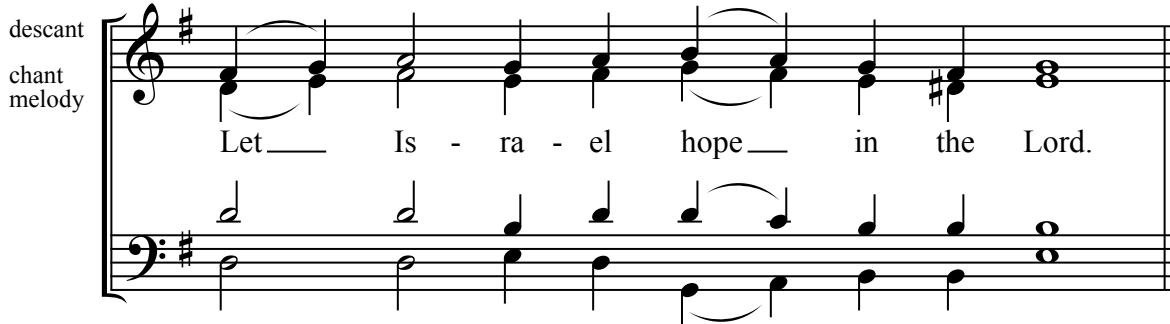


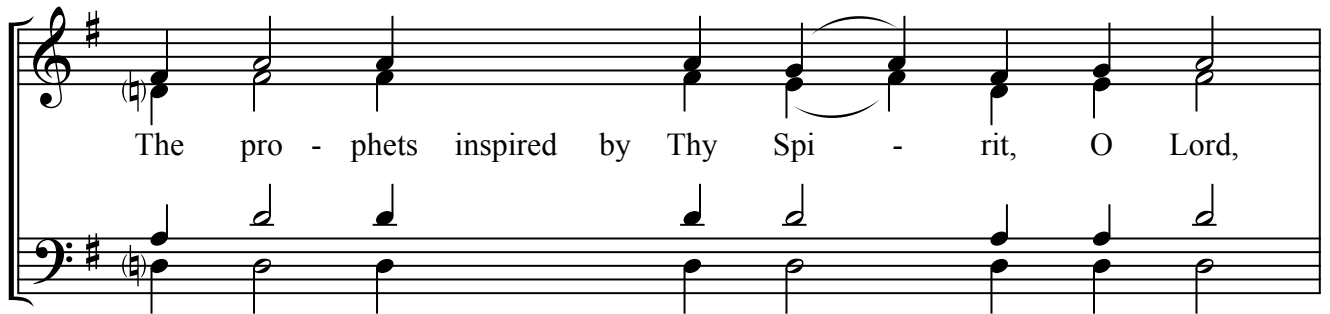
**1st Sunday of Great Lent: The Sunday of Orthodoxy**  
**Stichera at "Lord I have cried"**  
**Tone 6, Special Melody "Having set all your hope...\*"**  
**Optina Hermitage Chant**

(4) *Reader:* In the 6th Tone, Special Melody, "Having set all aside..."  
 From the morning watch until night, from the morning watch

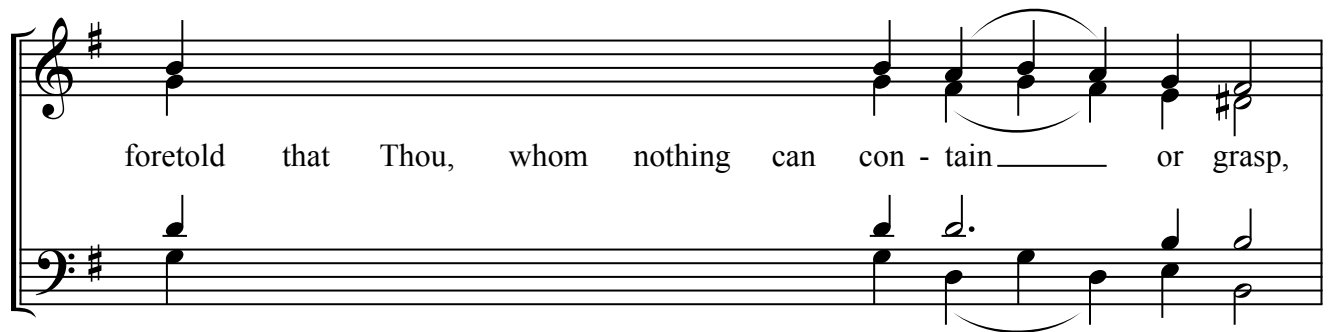
descant  
chant  
melody



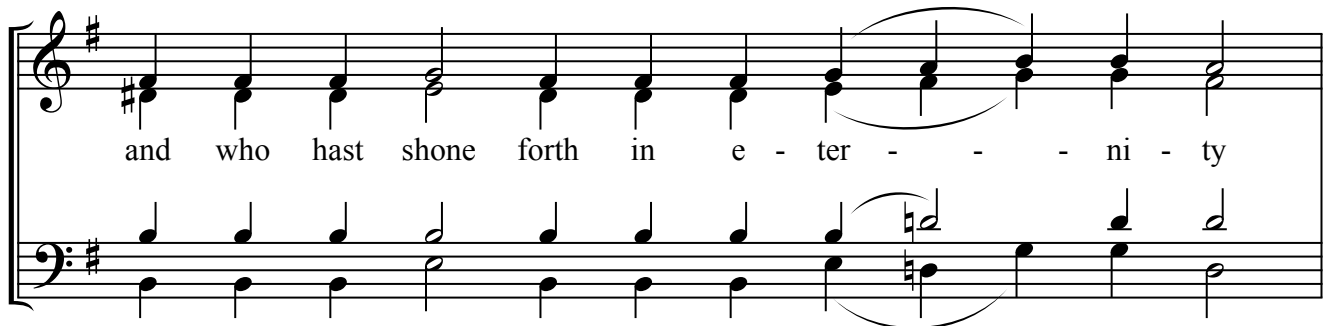
Let Is - ra - el hope in the Lord.



The pro - phets inspired by Thy Spi - rit, O Lord,



foretold that Thou, whom nothing can con - tain or grasp,



and who hast shone forth in e - ter - - - ni - ty

\*sometimes called "Having set all aside..."

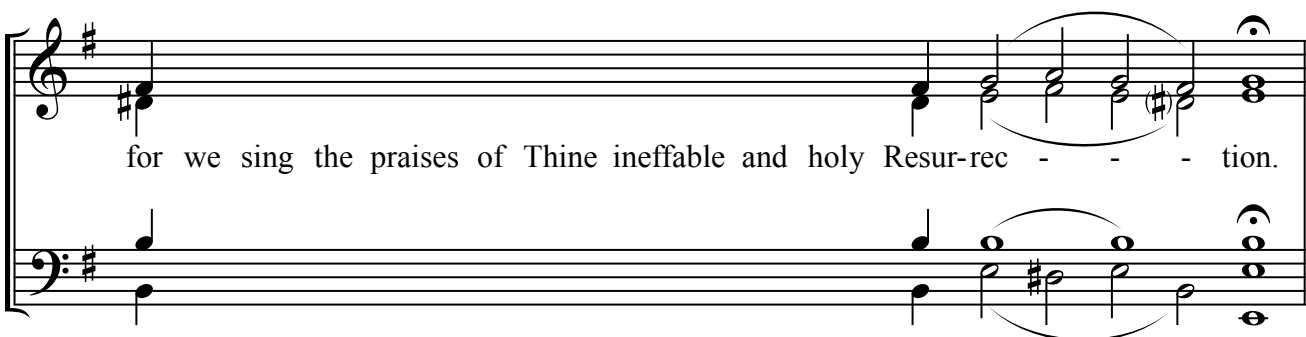
be-fore the morn - ing star, — from the immaterial and bodiless womb

of the Fa - - - ther, wast to be - come — a child,

tak - ing flesh from the Vir - - - gin, — being joined to men and

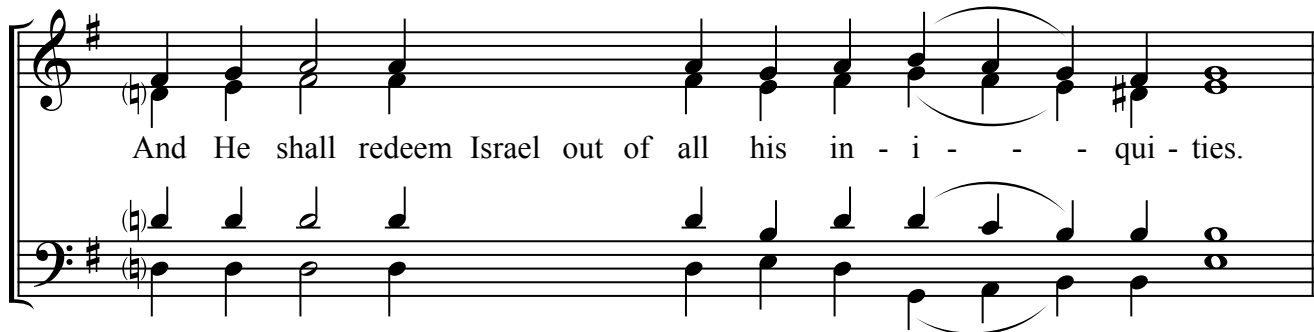
seen by those — on earth. At the prayers of these Thy pro - phets,

in Thy com - pas - - - sion — count us wor - thy — of Thy light,

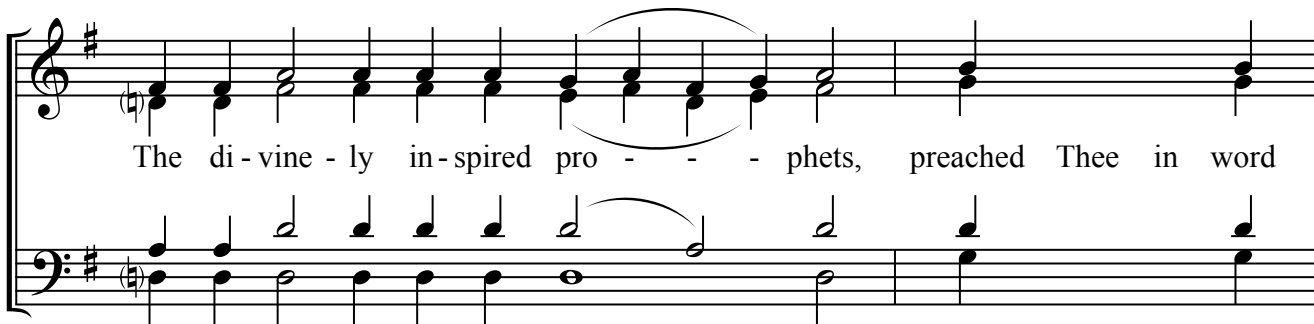


for we sing the praises of Thine ineffable and holy Resur-rec - - - tion.

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



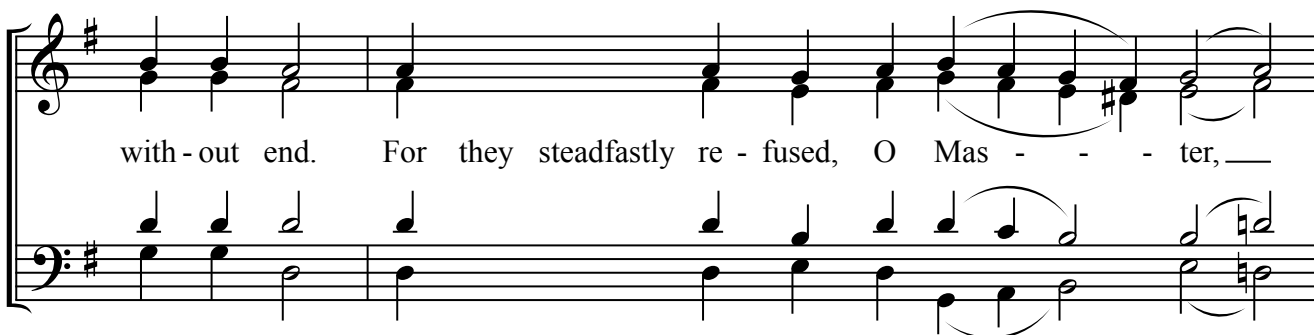
And He shall redeem Israel out of all his in - i - - - qui - ties.



The di - vine - ly in - spired pro - - - phets, preached Thee in word



and hon - ored Thee \_\_\_\_\_ in works, and they received as their reward life \_



with - out end. For they steadfastly re - fused, O Mas - - - ter, \_

to worship the creation instead of Thee, the Cre - a - - - tor;

they re - nounced the whole world, for the Gos - pel's sake,

and in their suf - fer - ing, — they were conformed to Thy Passion,

which they — had for - told. At their in - ter - ces - sions,

count us wor - - - thy — to pass through the period of the fast

with- out \_\_\_\_\_ of- fence, for Thou alone art rich in mer - - - cy.

This system consists of a treble and bass staff in G major. The treble staff features a series of chords, with some notes beamed together and others held over. The bass staff provides a simple harmonic accompaniment with quarter and half notes.

(2) *Reader:* O praise the Lord all ye nations:

Praise Him all \_\_\_\_\_ ye peo- \_\_\_\_\_ ples.

This system continues the musical setting with a treble and bass staff. The treble staff has a melodic line with some grace notes and a final cadence. The bass staff follows with a steady accompaniment.

Thou who art uncircumscribed, O Mas - - - ter, in Thy di- vine

This system begins with a treble and bass staff. The treble staff has a melodic line with a prominent grace note on the word "Mas". The bass staff provides a steady accompaniment.

na - - - ture, wast pleased in the last \_\_\_\_\_ times

This system continues the musical setting with a treble and bass staff. The treble staff has a melodic line with a grace note on the word "nature". The bass staff provides a steady accompaniment.

to take \_\_\_\_\_ flesh \_\_\_\_\_ and be cir - - - cum- scribed;

This system concludes the musical setting with a treble and bass staff. The treble staff has a melodic line with a grace note on the word "take". The bass staff provides a steady accompaniment.

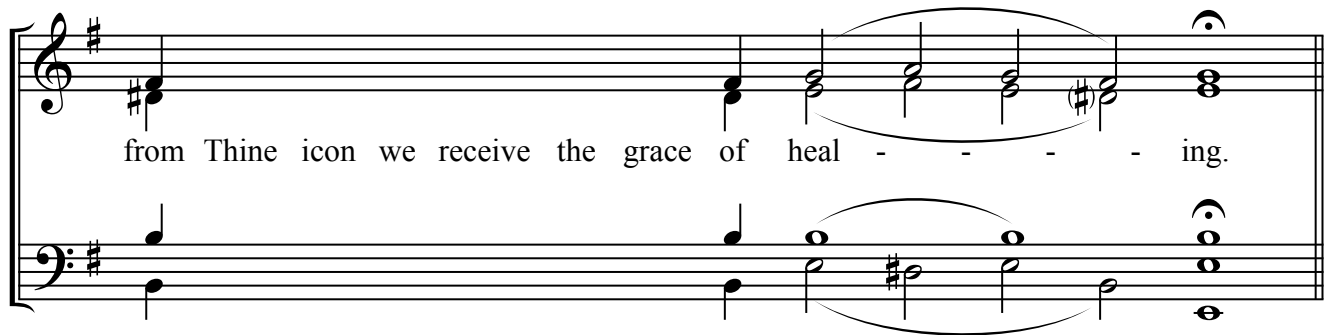
and in as-sum - ing flesh, Thou hast also taken on Thyself all its

dis-tinc-tive pro - per - ties. — Therefore we depict the likeness

of Thine out - - - ward form, ven - erating it with an honor

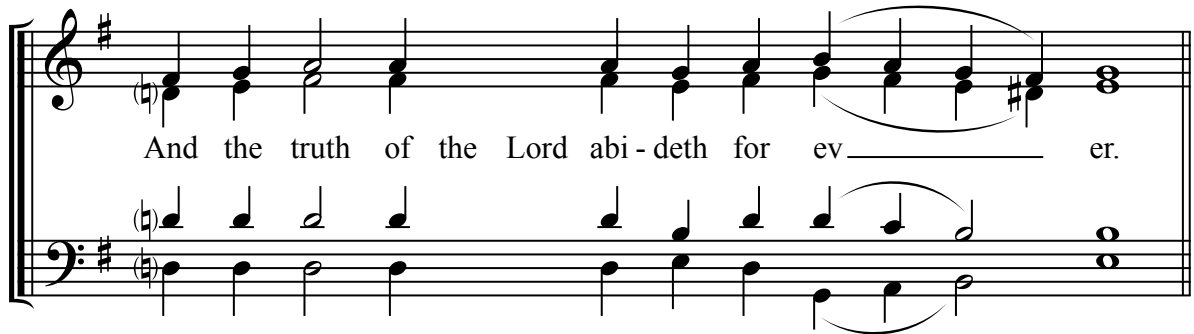
that is rel - a - tive. So we are exalted to the love — of Thee, —

and following the holy traditions, handed down by the a - pos - - - tles,

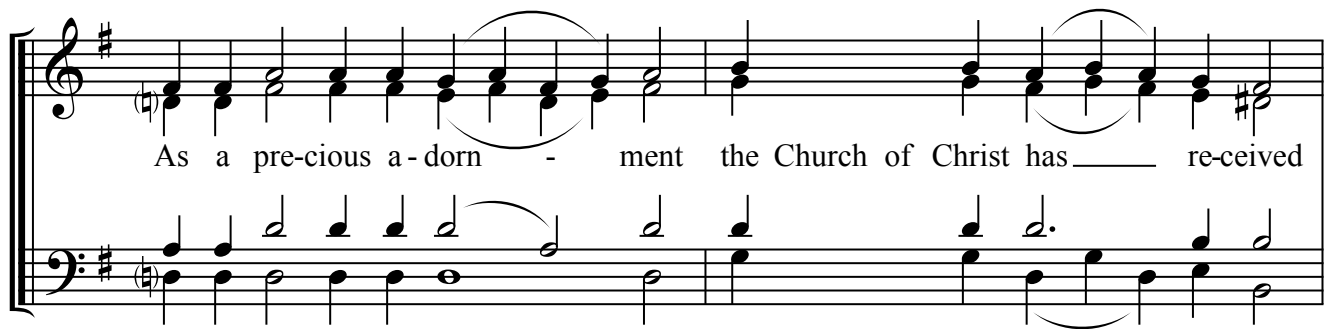


from Thine icon we receive the grace of heal - - - ing.

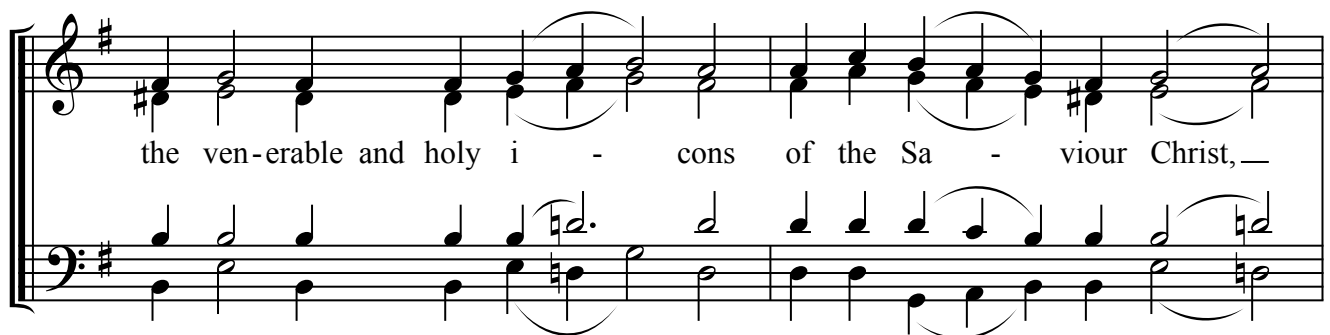
(1) *Reader:* For He hath made his mercy to prevail over us,



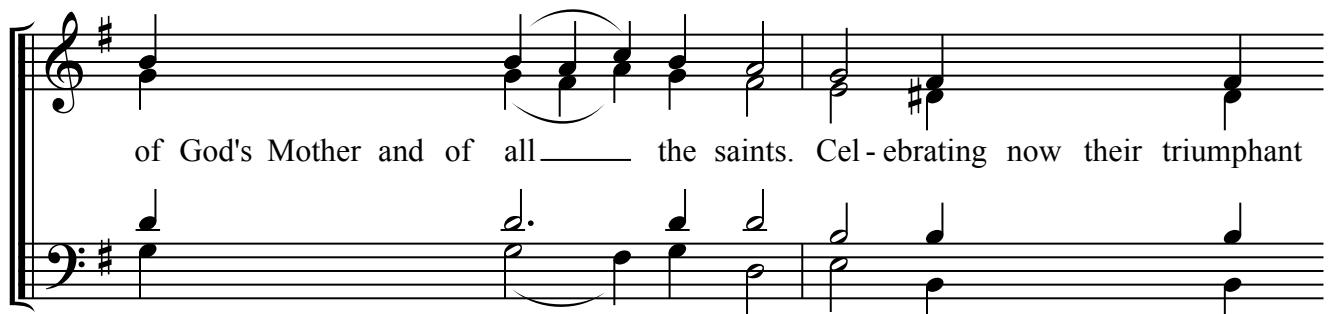
And the truth of the Lord abideth for ever.



As a precious adornment the Church of Christ has received



the venerable and holy icons of the Saviour Christ,



of God's Mother and of all the saints. Celebrating now their triumphant

res-tor - a - tion, she is made bright with grace and splen - dor, \_

and drives away all her - e - tics. With great re - joic - ing

she gives glory unto God Who loves man - kind, \_

and Who\_ for her sake has endured His voluntary Pas - - - sion.

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

Psalm verses from "The Psalter according to the Seventy", Holy Transfiguration Monastery, Brookline, MS, ©1987