

1st Sunday of Lent: The Sunday of Orthodoxy
First 3 Triodion Stichera of the Praises, Tone 4,
Special Melody, "Thou hast given a sign..."
 Kiev Caves Lavra Melody

Stichos: In the 4th Tone, Special Melody, "Thou hast given a sign",
 Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

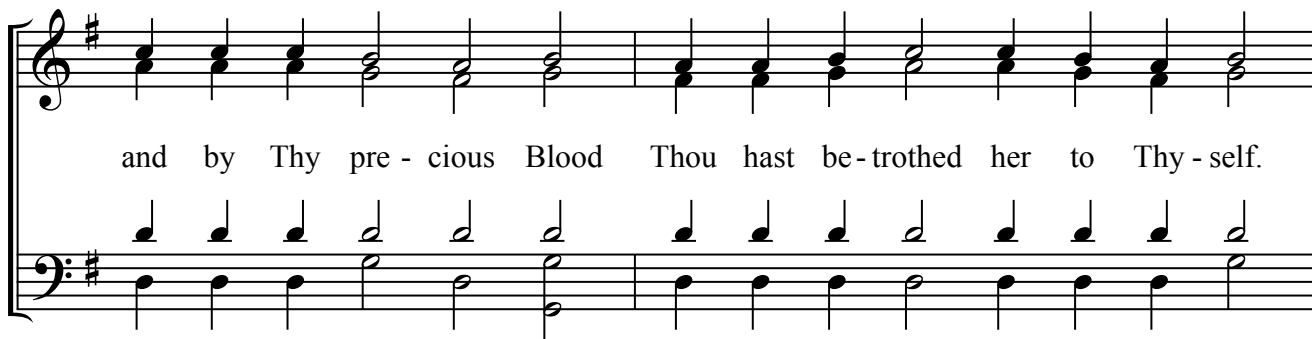
I-descant
 II-chant melody

Let ev - ery breath _____ praise the Lord.

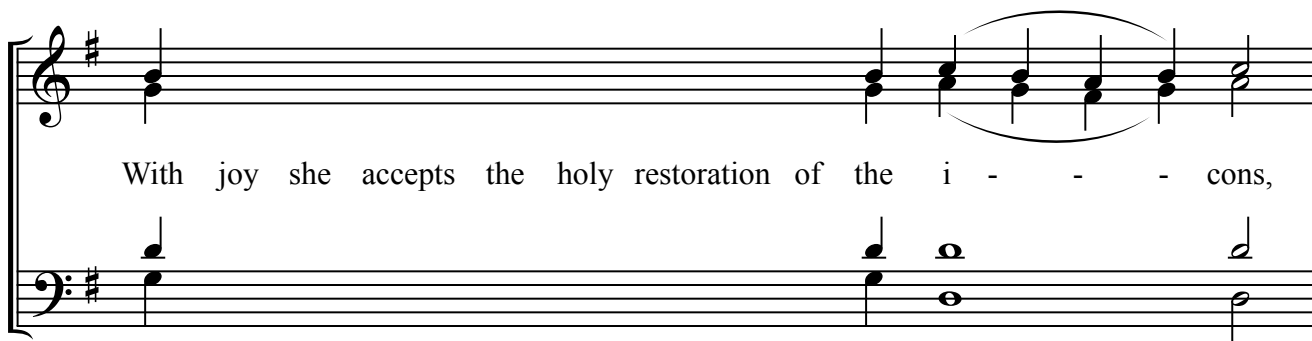
O Lord, Who lov - est man-kind, the Church rejoices now in Thee,

her Bride-groom and her Found - - - er, for by Thy divine will

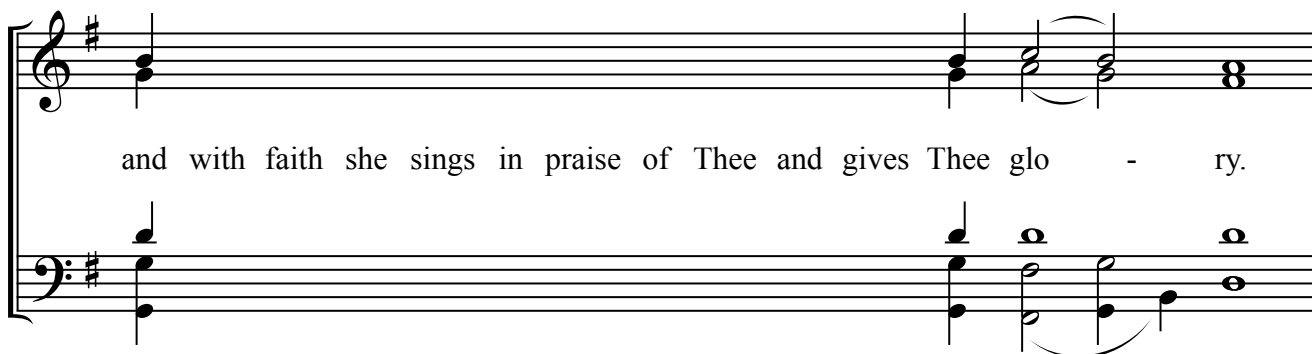
Thou hast de - liv - ered her, from the error of i - dol - a - try,



and by Thy pre - cious Blood Thou hast be - trothed her to Thy - self.



With joy she accepts the holy restoration of the i - - - cons,



and with faith she sings in praise of Thee and gives Thee glo - ry.

Stichos: I will confess Thee, O Lord with my whole heart,

I will tell ___ of all ___ Thy ___ won - ders.

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 some notes beamed together. The bass staff provides a simple harmonic accompaniment with quarter and half notes.

Re-stor-ing to the church - es the representations of Thy flesh, O Lord,

The second system continues the musical setting. The treble staff has a similar chordal texture, while the bass staff uses a mix of quarter and eighth notes to provide a steady accompaniment.

we ascribe to them an honour that is rel - - - a - tive,

The third system features a more active melodic line in the treble staff, with a prominent eighth-note pattern. The bass staff continues with a steady accompaniment.

and so express the great mystery of Thy dis - pen - sa - tion.

The final system of the Stichos shows a return to a more chordal texture in the treble staff, with the bass staff providing a simple accompaniment.

For Thou hast not appeared to us, O lov - ing Lord, merely in out-ward

sem - blance, as say the followers of Mani, who are en - e - mies of God,

but in the full and true reality of the flesh; _____ and so the

icons that depict Thy flesh lead us to the desire and love of Thee.

Stichos: I will be glad and rejoice in Thee;

I will chant unto Thy name, — O most — High.

The first system of musical notation consists of a treble and bass staff in G major. The treble staff features a melodic line with a long note on 'High' and a fermata. The bass staff provides a harmonic accompaniment with a long note on 'High' and a fermata.

A feast of joy and glad - ness is re - vealed to us to - day.

The second system of musical notation continues the melody and accompaniment. The treble staff has a melodic line with a long note on 'day' and a fermata. The bass staff has a harmonic accompaniment with a long note on 'day' and a fermata.

For the teachings of the true — Faith

The third system of musical notation continues the melody and accompaniment. The treble staff has a melodic line with a long note on 'Faith' and a fermata. The bass staff has a harmonic accompaniment with a long note on 'Faith' and a fermata.

shine forth in all their glo - ry, and the Church of Christ

The fourth system of musical notation continues the melody and accompaniment. The treble staff has a melodic line with a long note on 'Christ' and a fermata. The bass staff has a harmonic accompaniment with a long note on 'Christ' and a fermata.

is bright with splen - dor; adorned with the ho - ly i - cons

which have now — been re - stored; and God has granted

to the faith - ful u - ni - ty of mind.

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

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