

**2nd Week of Great Lent: Vespers on Wednesday Evening**  
**Stichera on "Lord I have cried"**  
**Kievan Chant - Tone 1**

On "Lord I have cried" (Tone 1) - ten stichera are sung, the first six from the Triodion:

**(10) Reader: Bring my soul out of prison:**

I-descant  
II-chant  
melody

That I may con - fess \_\_\_\_\_ Thy name.

Keeping a spiritual fast, O brethren, /  
 let us speak no lies with our tongue /  
 nor give our brother cause for scandal; /  
 but through repentance let us make the lamp of our soul burn brightly, /  
 and with tears let us cry to Christ: //

Forgive us our trespasses in Thy love for mankind.

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

Un - til Thou shalt re - ward \_\_\_\_\_ me.

**Repeat: "Keeping a spiritual fast, O brethren..."**

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

O Lord hear my voice.

O martyrs worthy of all praise, /  
 your bodies were not buried in the earth, /  
 yet heaven has received you; /  
 the gates of Paradise were opened to you, /  
 and entering within ye have eaten from the Tree of Life. //  
 Pray to Christ that He may grant peace and great mercy to our souls.

(7) *Reader:* In the 3rd Tone: Let Thine ears be attentive

To the voice of my sup - pli - ca - tion.

At the prayers of Thy divine Apostles, /  
 grant in Thy love, O merciful Lord, /  
 that we may spend the time of the Fast with contrite minds: //  
 so may we all be saved and glorify Thee.

(6) *Reader:* If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

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

Mighty and terrible shall be Thy coming, O Lord, /  
 when Thou shalt sit in righteous judgement. /  
 Though I deserve punishment, condemn me not, //  
 but accept the prayers of Thine apostles and spare me, O God.

(5) *Reader:* In the 6th Tone: For Thy name's sake have I patiently waited for Thee,  
O Lord, my soul hath waited patiently for Thy word,

The musical score consists of two staves, labeled I and II. Both staves are in the key of D major (one sharp) and 4/4 time. The melody is written on a treble clef staff (I) and a bass clef staff (II). The lyrics are: "My soul hath hoped in the Lord." The music features a mix of quarter, eighth, and sixteenth notes, with some notes beamed together. There are several rests and phrasing slurs throughout the piece.

O ap<sup>o</sup>stles of Christ, /  
 shining lights to m<sup>o</sup>rtal men, /  
 treasuries of the wise k<sup>o</sup>nowledge of our God, /  
 filling the world with r<sup>o</sup>iches: /  
 through your holy prayers deliver us from tempt<sup>o</sup>ation /  
 as we sing your p<sup>o</sup>raises, /  
 and guide us through the s<sup>o</sup>ason of the Fast, /  
 watchfully guarding our l<sup>o</sup>ives in peace. /  
 So shall our prayers be acceptable to Christ as we celebrate His P<sup>o</sup>assion, //  
 and with boldness we shall offer g<sup>o</sup>lory t<sup>o</sup> our God.

*And we sing 4 stichera from the Menaion.*

English text adapted from the "Lenten Triodion Supplement", translated by Mother Mary and Archimandrite Kallistos.