

3rd Sunday of Lent: The Veneration of the Precious Cross

(when concelebrated with a Saint)

Stichera on "Lord I have cried"

Tone 5, Special Melody: "Rejoice"

Optina Hermitage Melody

At "Lord I have cried", ten stichera are sung— 3 of the Resurrection in the Tone of the week, and then these 4 from the Triodion:

(7) *Reader:* In the 5th Tone, Special Melody "Rejoice..." Let Thine ears be attentive

I-descant
II-chant melody

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

+ Shine, ——— Cross of the Lord, shine with the light ——— of thy grace

upon the hearts of those who hon - or thee. With love in-spired ———

by God/

by God, we embrace thee, O desire of all the world.

The first system of musical notation consists of a treble and bass staff in G major. The treble staff features a melodic line with eighth and sixteenth notes, while the bass staff provides a harmonic accompaniment with chords and single notes. A dynamic accent (>) is placed above the eighth measure of the treble staff.

Through thee our tears of sorrow have been wiped away;

The second system continues the musical notation. The treble staff has a dynamic accent (>) above the eighth measure. The bass staff features a long note with a fermata over the final measure of the system.

we have been delivered from the snares of death and have

The third system continues the musical notation. The treble staff has a slur over the final three measures. The bass staff continues with a steady accompaniment.

passed over to unending joy. Show us the glory of thy

The fourth system concludes the musical notation. The treble staff has a slur over the first three measures. The bass staff continues with a steady accompaniment.

beau - - - ty and grant to us thy ser - - - - - vants

The first system of musical notation consists of a treble and bass staff. The treble staff features a melodic line with a series of eighth notes, some beamed together, and a fermata over the final note. The bass staff provides a harmonic accompaniment with a similar rhythmic pattern. A dynamic marking '>' is placed above the treble staff at the beginning of the second measure.

the re-ward of our ab - - sti-nence, for we en-treat — with — faith

The second system of musical notation continues the melody and accompaniment. The treble staff shows a continuation of the eighth-note melodic line, with some notes beamed together. The bass staff continues with a steady accompaniment. The system concludes with a fermata over the final note of the treble staff.

thy rich pro - tec - - - tion and great — mer - - - - cy.

The third system of musical notation concludes the piece. The treble staff features a melodic line that ends with a fermata. The bass staff provides a final accompaniment. The system concludes with a fermata over the final note of the treble staff.

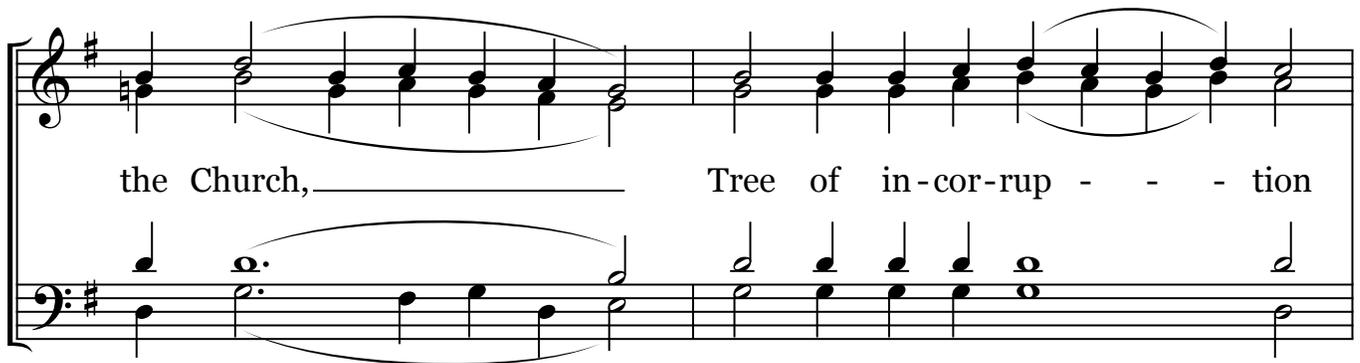
(6) Reader: If Thou shouldst mark iniquities, O Lord, O Lord, who shall stand?



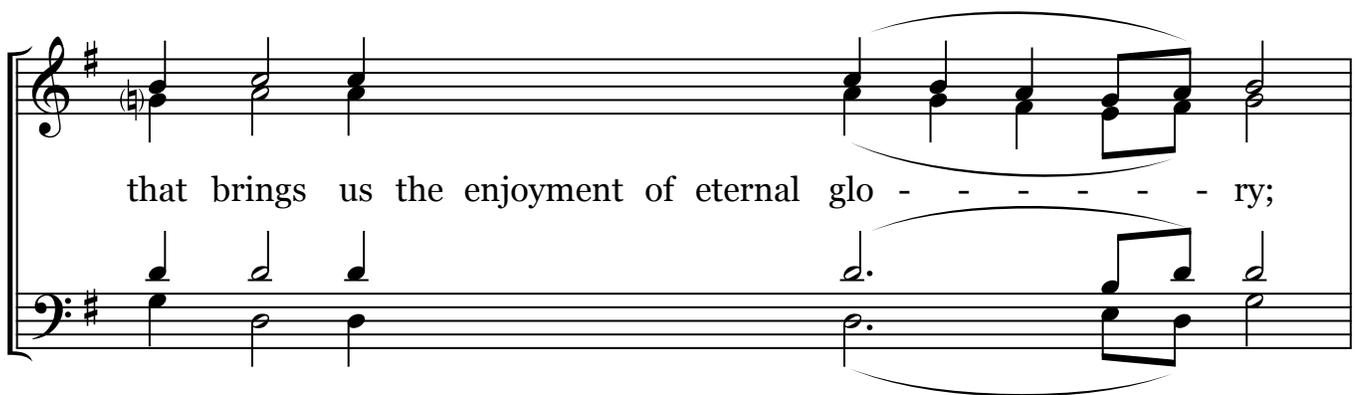
For with Thee there_ is for - give - - - ness.



Re-joyce!_____ life - giv - ing Cross, the fair Par - a - dise of



the Church,_____ Tree of in - cor - rup - - - - tion



that brings us the enjoyment of eternal glo - - - - - ry;

through thee the hosts of demons have been driv - - en back;

and the hier - arch - ies of an - - - - gels re - joice with

one _____ ac-cord, as the con - gre - ga - tions of the faithful

keep _____ the feast. Thou art an in-vinc-i-ble wea - - pon,

an un-bro-ken strong - - - hold; thou art the vic-to-ry of kings

and the glo - ry of_ priests. Grant us now to draw near to the

Pas - sion of Christ and to His Res - ur - rec - - - tion.

**(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 melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are: "My soul hath_ hoped_ in the_ Lord." The music features a mix of quarter and eighth notes, with some notes beamed together. There are rests under the words "hath_" and "hoped_".

Re-joyce!_____ Life - giv - ing Cross, un - con - quer - a - ble tro - phy of

The second system of musical notation continues the melody. The lyrics are: "Re-joyce!_____ Life - giv - ing Cross, un - con - quer - a - ble tro - phy of". The music features a mix of quarter and eighth notes, with some notes beamed together. There is a fermata over the word "Re-joyce!".

god - - - li - ness, door to Par - - - a - dise, suc - cour of the

The third system of musical notation continues the melody. The lyrics are: "god - - - li - ness, door to Par - - - a - dise, suc - cour of the". The music features a mix of quarter and eighth notes, with some notes beamed together. There are rests under the words "god - - - li - ness" and "Par - - - a - dise".

faith - - - ful, ram - part set a - bout_ the Church. Through thee

The fourth system of musical notation concludes the melody. The lyrics are: "faith - - - ful, ram - part set a - bout_ the Church. Through thee". The music features a mix of quarter and eighth notes, with some notes beamed together. There are rests under the words "faith - - - ful" and "set a - bout_".

cor - rup - tion is ut - ter - ly de - stroyed, the power of death is

The first system of musical notation consists of a treble and bass staff in G major. The treble staff begins with a dynamic marking '>' above the first measure. The lyrics 'cor - rup - tion is ut - ter - ly de - stroyed, the power of death is' are written below the treble staff. The bass staff provides a harmonic accompaniment with a steady eighth-note bass line.

swal - lowed up, and we are raised from earth to hea - - - ven:

The second system continues the melody. The treble staff features a melodic line with some slurs and a key signature change to D major for the final measure. The lyrics 'swal - lowed up, and we are raised from earth to hea - - - ven:' are written below. The bass staff continues with a consistent eighth-note accompaniment.

in - vin - ci - ble wea - pon, ad - ver - sar - y of dev - - - - ils,

The third system continues the piece. The treble staff has a melodic line with several slurs. The lyrics 'in - vin - ci - ble wea - pon, ad - ver - sar - y of dev - - - - ils,' are written below. The bass staff maintains the eighth-note accompaniment.

glo - ry of mar - - - tyrs, true or - na - ment of saints, ha - ven of

The fourth system concludes the page. The treble staff has a melodic line with slurs. The lyrics 'glo - ry of mar - - - tyrs, true or - na - ment of saints, ha - ven of' are written below. The bass staff continues with the eighth-note accompaniment.

sal-va - - tion be-stow-ing on the world great_ mer - cy.

(4) Reader: From the morning watch unto night, from the morning watch

Let_____ Is - ra - el hope in the Lord.

Come,_____ A-dam and Eve, our first fa-ther and moth - - - - er,

who fell from the choir_____ on high, through the en - vy of the

mur-der-er of man, when of old with bit-ter pleas - - - ure

ye tast - ed from the tree in Par - - - a-dise. See, the Tree

of the Cross, re-vered by all, draws - - - near. Run with

haste and em-brace it joy - ful-ly, and cry to it with faith:

O pre - - - cious Cross, thou art our suc - - - cour; par-tak-ing

of thy fruit, we have gained incor-rup - - - - tion; we are re-stored

once more to E - - den, and we have received great_ mer - - cy.

Then, 3 stichera of the Saint.

English translation of the stichera by Mother Mary and Archimandrite Kallistos,
"The Lenten Triodion" and "The Festal Menaion", Monastery of the Veil of our Lady.