

# December 18-23: Sunday before Nativity

## Stichera of the Praises

Tone 5, Special Melody "Rejoice..."

Optina Hermitage Melody

(2) *Reader:* In the 5th Tone, Special Melody "Rejoice..."

Praise Hm with timbrel and dance,

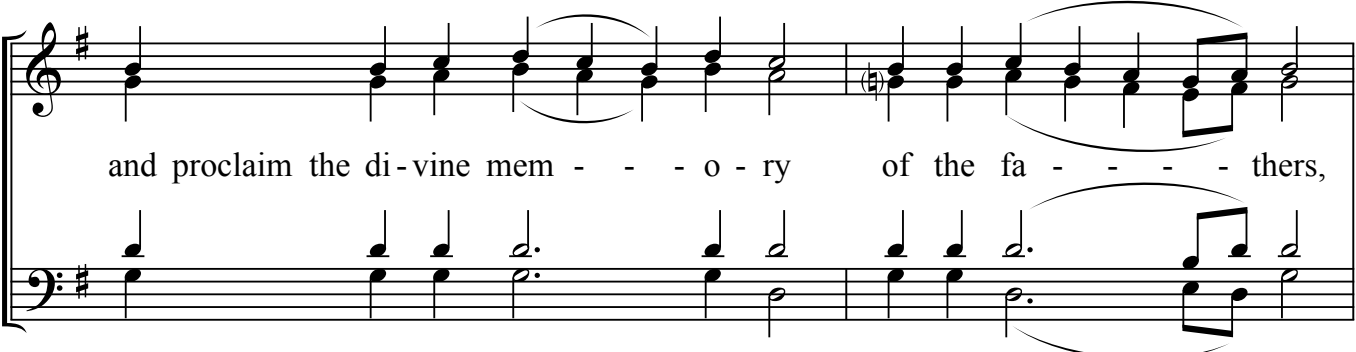
I-descant  
II-chant melody



Praise Him with strings \_\_\_\_\_ and \_\_\_\_\_ flute.



Lift up, thy voice, O Si - - on, Thou tru - ly di-vine cit - - - - y,



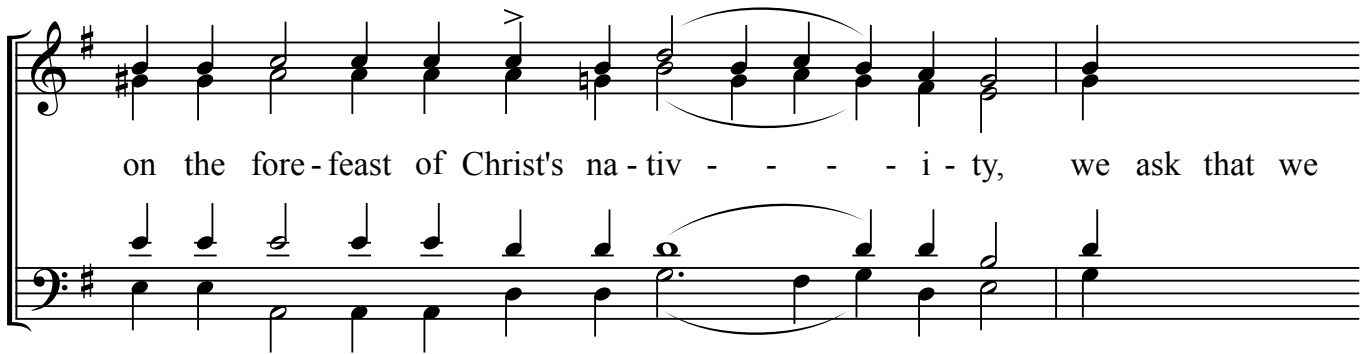
and proclaim the di-vine mem - - - o - ry of the fa - - - - thers,

hon - or - ing A - braham, Isaac and the ever-memor - a - ble Ja - - - cob;

for lo! we all mag-ni - fy Ju-dah and Le - - - - - vi, the great

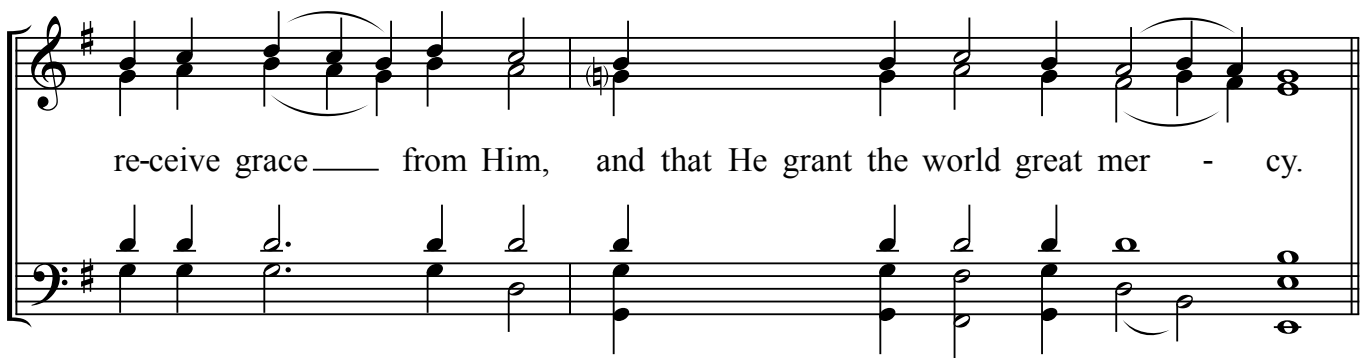
Moses and the won-drous Aa - - - ron, and we hon - or David, Joshua and

Sam - - u - el. And weav-ing di-vine hymns in - to god - ly praise



on the fore-feast of Christ's na-tiv - - - i - ty, we ask that we

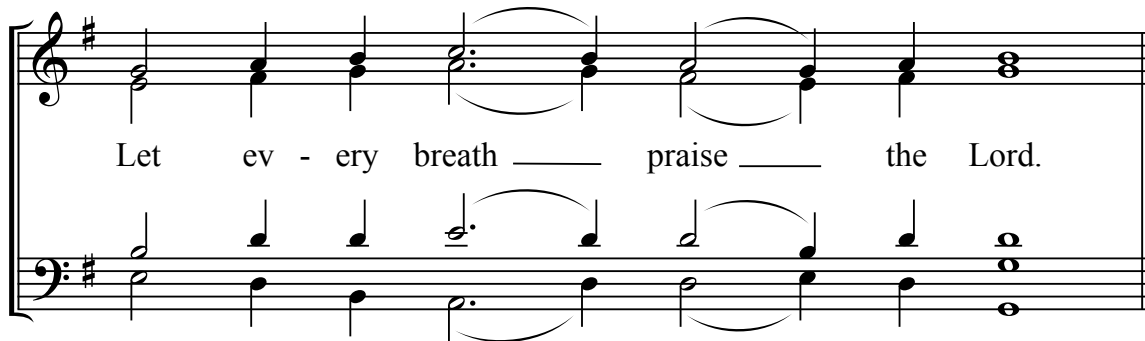
The first system of the musical score consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It features a series of chords, with a fermata over the final chord of the phrase. The lower staff is in bass clef with the same key signature and time signature, providing a harmonic accompaniment with a similar fermata.



re-ceive grace — from Him, and that He grant the world great mer - cy.

The second system of the musical score continues the two-staff format. The upper staff in treble clef and the lower staff in bass clef both feature chords and a fermata over the final chord. The lyrics are positioned between the two staves.

(1) *Reader:* Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.



Let ev - ery breath — praise — the Lord.

The Reader's part is presented in a two-staff format. The upper staff is in treble clef and the lower staff is in bass clef, both with a key signature of one sharp and common time. The music consists of chords with a fermata over the final chord. The lyrics are placed between the staves.

*Repeat 1st sticheron: "Lift up thy voice, O Zion..."*

**Reader: Blessed art Thou, O Lord, God of our fathers,**

And praised and glorified is Thy name un - to the a - - - ges.

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 a final measure containing a whole note chord. The bass staff provides a simple harmonic accompaniment with quarter and eighth notes.

Come forth, O E - li - - - jah, who once rode up - on a di - vine

The second system continues the melody. The treble staff has a key signature change to F# major for the final measure. The bass staff continues with a steady accompaniment.

char - i - ot of fire, and thou, O divinely wise E - li - - - sha;

The third system continues the melody. The treble staff has a key signature change to D major for the final measure. The bass staff continues with a steady accompaniment.

and to - geth - er with Ezekiel and Ho - se - a, re - joice! Join chor - us,

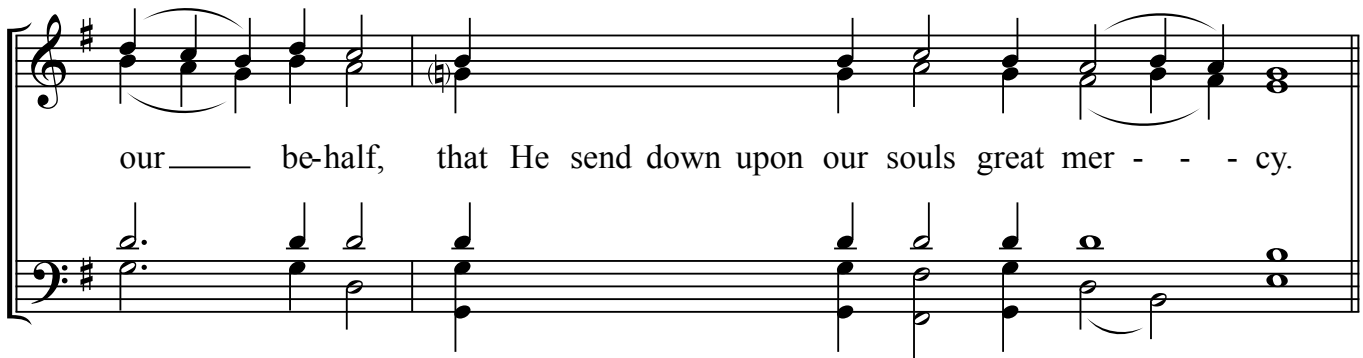
The fourth system concludes the piece. The treble staff has a key signature change to G major for the final measure. The bass staff continues with a steady accompaniment.

O ye hon - ored and di-vine-ly in-spired twelve pro - - - phets,

and all ye right-eous chant \_\_\_\_\_ in hymns un - to the na - tiv - i - ty

of \_ Christ; ye most \_ bless - ed youths who quenched the flame of the

furnace with the dew of the Spi - - - - rit, en - treat Christ in

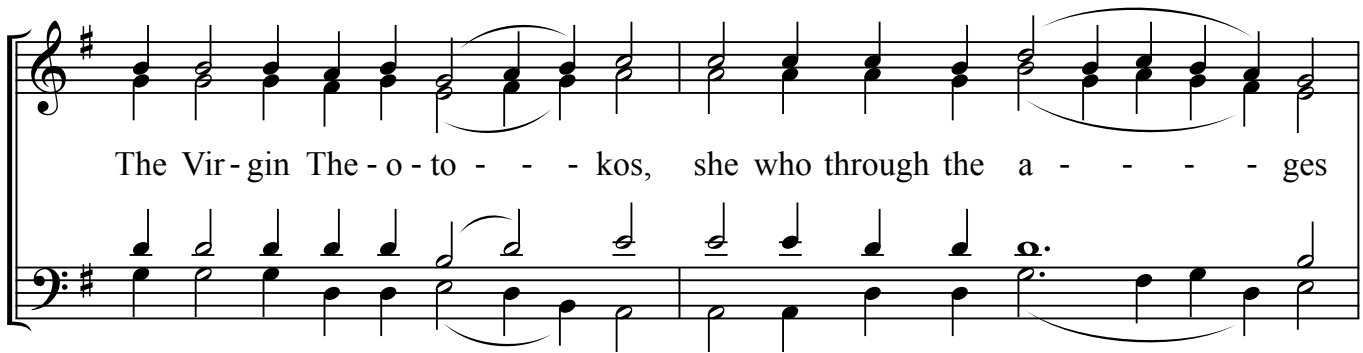


our — be-half, that He send down upon our souls great mer - - - cy.


**Reader: For righteous art Thou**



In all which — Thou hast done — for us.



The Vir-gin The - o - to - - - kos, she who through the a - - - - ges



hath been preached — on earth by the pro-phets in their ut - ter-an - ces,

she whom the wise patriarchs and the assemblies of the right-eous pro-claim,

with whom the comeliness of women join-eth chor - - - us—

Sarah, Rebecca, Rachel and Han - - - nah, to-gether with the glorious

Miriam, the sister of Mos - - - es: With them all the ends of the

world re - joice and all cre - a - tion ren - der - eth hon - - - - or,

for the Creator and God of all cometh to be born — in the flesh

and to grant us great mer - - - - cy.

*Glory..., and the Doxasticon from the Menaion*

English text adapted from the translation of Isaac E. Lambertsen, ©1996, "The Menaion of the Orthodox Church", Vol IV, St. John of Kronstadt Press, The entire service text may be purchased through: [sjkp.org](http://sjkp.org)