

## 1st Sunday of Great Lent: Sunday of Orthodoxy Stichera on "Lord I have cried", Tone 6

On "Lord I have cried", *ten* stichera are sung: *six* of the Resurrection in the Tone of the week, from the Octoechos, and the following *four* from the Triodion:

(4) *Reader: In the 6th Tone: From the morning watch until night, from the morning watch*

Let Israel hope in the Lord.

The prophets, inspired by Thy Spirit, O Lord, /  
foretold that Thou, whom nothing can contain or grasp, /  
and who hast shone forth in eternity before the morning star /  
from the immaterial and bodiless womb of the Father, /  
wast to become a child, taking flesh from the Virgin, /  
being joined to men and seen by those on earth. /  
At the prayers of these Thy prophets, /  
in Thy compassion count us worthy of Thy light, //  
for we sing the praises of Thine ineffable and holy resurrection.

(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 image shows a musical score for a voice part. It consists of two staves, a treble clef on the top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are written below the treble staff. The text is: "And He shall redeem Israel out of all his in - i - - - qui-ties." The word "iniquities" is hyphenated across four notes in the melody.

The divinely-inspired prophets preached Thee in word /  
 and honored Thee in works, /  
 and they received as their reward life without end. /  
 for they steadfastly refused, O Master, /  
 to worship the creation instead of Thee, the Creator; /  
 they renounced the whole world for the Gospel's sake, /  
 and in their suffering /  
 they were conformed to Thy Passion which they had foretold. /  
 At their intercessions, count us worthy /  
 to pass through the period of the Fast without offence, //  
 for Thou alone art rich in mercy.

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

The musical score is written for two staves, treble and bass clef, in a key signature of one sharp (F#). The melody is primarily in the treble clef, with a supporting bass line. The lyrics are: "Praise Him all ye peoples." The word "all" is followed by a long horizontal line, and "ye" is followed by a shorter horizontal line, indicating a long note or a pause. The melody is simple and homophonic, with a final cadence on a whole note chord.

Thou Who art uncircumscribed, O Master, /  
 in Thy divine nature, /  
 wast pleased in the last times to take flesh and be circumscribed; /  
 and in assuming flesh, /  
 Thou hast also taken on Thyself all its distinctive properties. /  
 Therefore we depict the likeness of Thine outward form, /  
 venerating it with an honor that is relative. /  
 So we are exalted to the love of Thee, /  
 and following the traditions handed down by the apostles, //  
 from Thin icon we receive the grace of healing.

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

And the truth of the Lord a - bi - - - deth for - ev - - - er.

The image shows a musical score for a voice part. It consists of two staves, a treble clef on the top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are written below the treble staff. The text is: 'And the truth of the Lord a - bi - - - deth for - ev - - - er.' The word 'abideth' is written with a long dash, indicating a long note. The word 'forever' is also written with a long dash. The music is in a simple, hymn-like style.

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 restoration, /  
 she is made bright with grace and splendor, /  
 and drives away all heretics. /  
 With great rejoicing she gives glory /  
 unto God Who loves mankind, //  
 and Who for her sake has endured His voluntary Passion.

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos.  
 Reprinted by St. Tikhon's Seminary Press, 2002.