

**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 image shows a musical score for two voices, labeled I and II. The music is in the 6th tone, indicated by a sharp sign on the F line of the treble clef. The text 'My soul hath hoped in the Lord.' is written below the notes. The melody is simple and melismatic, with long horizontal lines under 'soul' and 'hoped' indicating extended notes. The bass line provides a harmonic accompaniment with a similar melismatic structure.

O ap̄ostles of Christ, /
 shining lights to m̄ortal men, /
 treasures of the wise k̄nowledge of our God, /
 filling the world with r̄iches: /
 through your holy prayers deliver us from tempt̄ation /
 as we sing your pr̄aises, /
 and guide us through the s̄eason of the Fast, /
 watchfully guarding our l̄ives in peace. /
 So shall our prayers be acceptable to Christ as we celebrate His P̄assion, //
 and with boldness we shall offer gl̄ory t̄o 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.