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:

That I may confess 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

Until Thou shalt reward 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.

*Samopodoben (original melody) available separately - music.russianorthodox-stl.org
(7) Reader: In the 3rd Tone: Let Thine ears be attentive

To the voice of my supplication.

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 forgiven 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, 

O apostles of Christ, /
shining lights to mortal men, /
treasuries of the wise knowledge of our God, /
filling the world with riches: /
through your holy prayers deliver us from temptation /
as we sing your praises, /
and guide us through the season of the Fast, /
watchfully guarding our lives in peace. /
So shall our prayers be acceptable to Christ as we celebrate His Passion, //
and with boldness we shall offer glory to 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.