At "Lord I have cried", 10 stichera are sung: 4 penitential stichera in the Tone of the week, and then 3 stichera from the Triodion:

(6) Reader: In the 8th tone— If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

O Lord, Thou hast stretched out Thine hands/
of Thine own will upon the Cross: /
fill us with Thy light through fasting and through prayer, /
through abstinence and works of charity; /
and count us worthy to adore Thy Cross with contrite hearts //
for Thou art good and Thou lovest mankind.
(5) Reader: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word,

O Lord all-merciful, /
in the multitude of Thy mercies, /
blot out the multitude of my sins, /
and count me worthy with a pure soul /
to behold and kiss Thy Cross /
during the present week of abstinence, //
for Thou lovest mankind.
Then 3 stichera to the saint of the day from the Menaion;  
Glory...both now... and the Theotokion from the Menaion.

Entrance, "O joyous light..."

The Great Prokeimenon: "Thou hast given an inheritance, O Lord..."


Carol Surgant ~ music.russianorthodox-std.org ~ 3/29/08