

3rd Sunday of Lent: The Veneration of the Precious Cross Stichera on "Lord I have cried"

Tone 5, Special Melody: "Rejoice"
Optina Hermitage Melody

*At "Lord I have cried", ten stichera are sung— 6 of the Resurrection
in the Tone of the week, and 4 from the Triodion:*

**(4) Reader: In the 5th Tone, Special Melody "Rejoice..."
From the morning watch until night, from the morning watch**

I-descant
II-chant
melody

Let _____ Is ra - el hope in the Lord.

+ Shine, _____ Cross of the Lord, shine with the light _____ of thy grace

upon the hearts of those who hon - - or thee. With love in-spired _____

by God

by God, we embrace thee, O desire of all the world.

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 melodic line in the soprano voice. The bass staff provides a harmonic accompaniment with a steady bass line. The lyrics are: "by God, we embrace thee, O desire of all the world."

Through thee our tears of sorrow have been wiped away;

The second system of musical notation continues the piece. It includes a treble and bass staff. A dynamic marking of an accent (>) is placed above the treble staff. The lyrics are: "Through thee our tears of sorrow have been wiped away;"

we have been delivered from the snares of death and have

The third system of musical notation continues the piece. It includes a treble and bass staff. The lyrics are: "we have been delivered from the snares of death and have"

passed over to unending joy. Show us the glory of thy

The fourth system of musical notation continues the piece. It includes a treble and bass staff. The lyrics are: "passed over to unending joy. Show us the glory of thy"

beauty

beau - - - ty and grant to us thy ser - - - - - vants

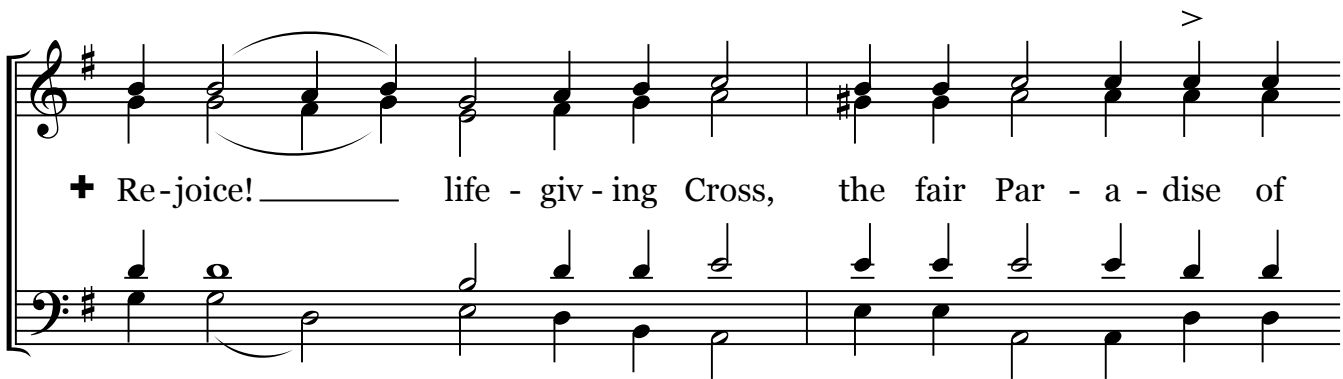
the re-ward of our ab - - - sti-nence, for we en-treat — with — faith

thy rich pro - tec - - - tion and great — mer - - - cy.

(3) *Reader:* For with the Lord there is mercy, and with Him is plenteous redemption;



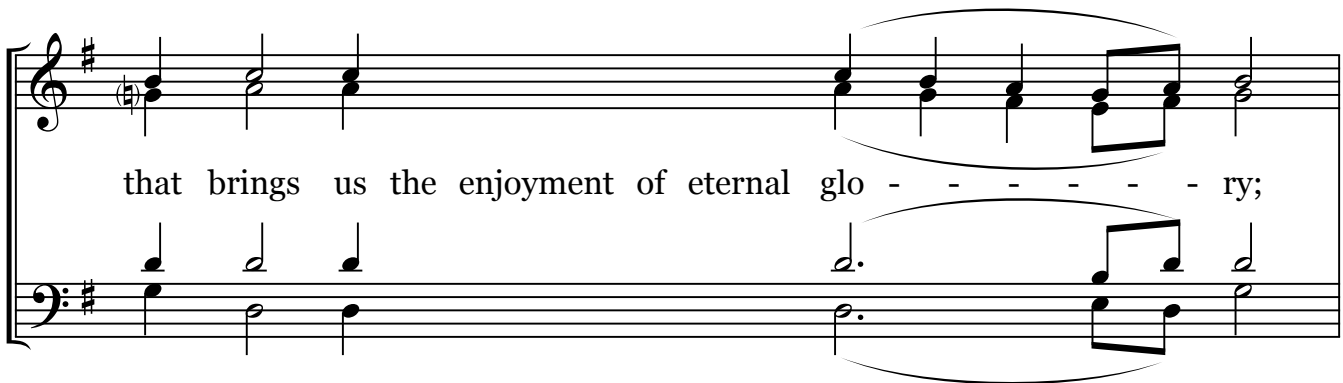
And He shall redeem Israel out of all his in - i - qui - ties.



+ Re-joyce! life - giv - ing Cross, the fair Par - a - dise of



the Church, Tree of in - cor - rup - - - tion



that brings us the enjoyment of eternal glo - - - - - ry;

through thee the hosts of demons have been driv - - - en back;

and the hier - arch - ies of an - - - - - gels re - joice with

one _____ ac - cord, as the con - gre - ga - tions of the faithful

keep _____ the _____ feast. Thou art an in - vinc - i - ble wea - - - pon,

an un-bro-ken strong - - - - hold; thou art the vic - to - ry of kings

The first system of musical notation consists of a treble and bass staff. The treble staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature (C). It contains a series of chords, with a slur over the first four measures. The lyrics "an un-bro-ken strong - - - - hold; thou art the vic - to - ry of kings" are written below the treble staff. The bass staff begins with a bass clef and contains a series of notes, with a slur over the first four measures.

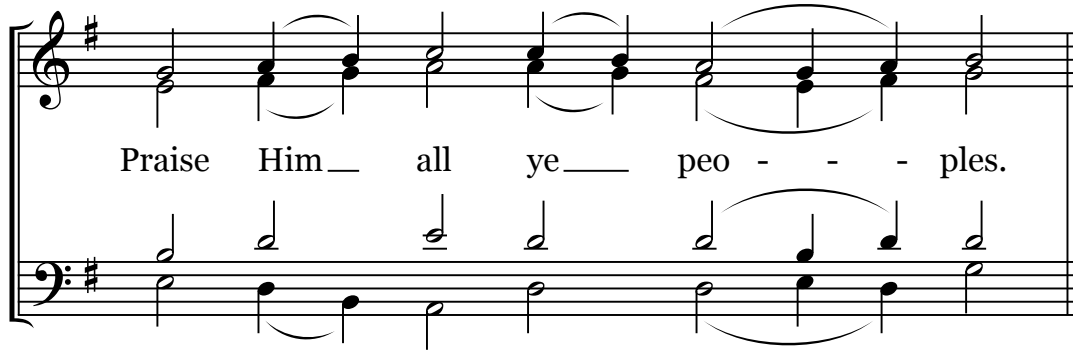
and the glo - ry of priests. Grant us now to draw near to the

The second system of musical notation consists of a treble and bass staff. The treble staff continues with chords, including a measure with a slur and a measure with a slur and a fermata. The lyrics "and the glo - ry of priests. Grant us now to draw near to the" are written below the treble staff. The bass staff continues with notes, including a measure with a slur and a measure with a slur and a fermata.

Pas - sion of Christ and to His Res - ur - rec - - - - tion.

The third system of musical notation consists of a treble and bass staff. The treble staff continues with chords, including a measure with a slur and a measure with a slur and a fermata. The lyrics "Pas - sion of Christ and to His Res - ur - rec - - - - tion." are written below the treble staff. The bass staff continues with notes, including a measure with a slur and a measure with a slur and a fermata.

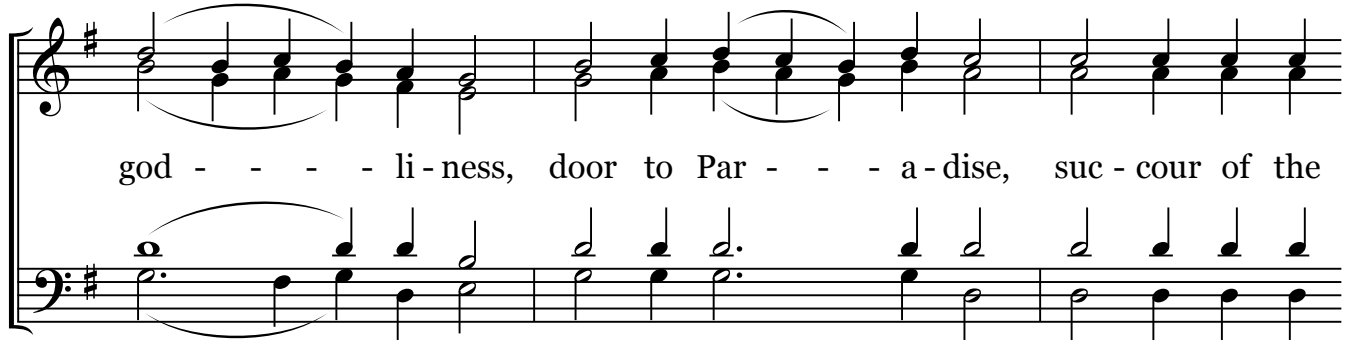
(2) *Reader:* O praise the Lord, all ye nations;



Praise Him all ye peoples.



✚ Re-joyce! Life-giving Cross, unconquerable trophy of



godliness, door to Paradise, succour of the



faithful, rampart set about the Church. Through thee

corruption

*text adapted from Sept. 14, "The Festal Menaion"

cor - rup - tion is ut - ter - ly de - stroyed, the power of death is

swal - lowed up, and we are raised from earth to hea - - - ven:

in - vin - ci - ble wea - pon, ad - ver - sar - y of dev - - - - ils,

glo - ry of mar - - - tyrs, true or - na - ment of saints, ha - ven of

salvation

sal-va - - - tion be-stow-ing on the world great— mer - cy.

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

And the truth of the Lord— a - bid - eth for ev - - - er.

† Come, — A-dam and Eve, our first fa - ther and moth - - - - er,

who fell from the choir — on high, through the en - vy of the

murderer of man

mur-der-er of man, when of old with bit-ter pleas - - - ure

ye tast-ed from the tree in Par - - - - a-dise. See, the Tree

of the Cross, re-vered by all, draws near. Run with

haste and embrace it joy-ful-ly, and cry to it with faith:

O pre - - - cious Cross, thou art our suc - - - cour; par-tak-ing

of thy fruit, we have gained incor-rup - - - - tion; we are re-stored

once more to E - - den, and we have received great_ mer - - cy.

Text adapted from: "The Lenten Triodion", and "The Festal Menaion", translated by Mother Mary and Archimandrite Kallistos, ©1977, 1969, Faber and Faber, London.