At "Lord I have cried", ten stichera are sung—3 of the Resurrection in the Tone of the week, and then these 4 from the Triodion:

(7) Reader: In the 5th Tone, Special Melody "Rejoice..." Let Thine ears be attentive

To the voice of my supplication.

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

upon the hearts of those who honor thee. With love inspired

by God/

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

Through thee our tears of sorrow have been wiped away;

we have been delivered from the snares of death and have passed over to unending joy. Show us the glory of thy
beauty and grant to us thy servants

the reward of our abstinence, for we entreat with faith

thy rich protection and great mercy.

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Stichera of "Lord I have cried"
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(6) Reader: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

For with Thee there is forgiveness.

Rejoice! life-giving Cross, the fair Paradise of the Church, Tree of incorruption that brings us the enjoyment of eternal glory;
through thee the hosts of demons have been driven back;

and the hierarchies of angels rejoice with

one accord, as the congregations of the faithful

keep the feast. Thou art an invincible weapon,
an un-bro-ken strong-hold; thou art the vic-to-ry of kings
and the glo-ry of priests. Grant us now to draw near to the
Pas-sion of Christ and to His Res-ur-rec-tion.
(5) Reader: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word,

My soul hath hoped in the Lord.

Re-joice! Life-giving Cross, unconquerable trophy of godli ness, door to Paradise, succour of the faithful, rampart set about the Church. Through thee
corruption is utterly destroyed, the power of death is swallowed up, and we are raised from earth to heaven:

invincible weapon, adversary of devils,
glory of martyrs, true ornament of saints, haven of

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salvation bestowing on the world great mercy.

(4) Reader: From the morning watch unto night, from the morning watch

Let Israel hope in the Lord.

Come, Adam and Eve, our first father and mother,

who fell from the choir on high, through the envy of the
murderer of man, when of old with bitter pleasure

ye tasted from the tree in Paradise. See, the Tree

of the Cross, revered by all, draws near. Run with

haste and embrace it joyfully, and cry to it with faith:
English translation of the stichera by Mother Mary and Archimandrite Kallistos, "The Lenten Triodion" and "The Festal Menaion", Monastery of the Veil of our Lady.

Then, 3 stichera of the Saint.