4th Sunday: St. John of the Ladder  
Stichera on "Lord I have cried"  
Tone 8, Special Melody "O Most Glorious Wonder..."  
Optina Hermitage Chant

3) * Reader: In the 8th Tone, Special Melody "O most glorious wonder"  
For with the Lord there is mercy, and with Him is plenteous redemption;

And He shall redeem Israel out of all His iniquities.

O holy father John, truly hast thou ever carried
on thy lips the praises of the Lord, and with great wisdom
hast thou studied the words of Holy Scripture
that teach us how to practise the ascetic life. so hast thou gained the
riches of grace, and thou hast become blessed,
overthrowing all the purposes of the ungodly.

* Given here according to the Slavonic Triodion which indicates 3 stichera of the Saint, however, "The Lenten Triodion", by Mother Mary, Monastery of the Veil, indicates 4 stichera of the Saint following the Greek Triodion. See additional Psalm verse at end.

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

Praise Him all ye peoples.

Most glorious Father John, with the fountain of thy tears thou hast cleansed thy soul, and by keeping vigil

through the night, thou hast gained God's mercy.

Thou wast raised on wings, O blessed one, to the love of Him and of His beauty; and as is right thou dwellest now in His unending joy, with thy fellow soldiers in the spiritual fight, O holy saint of God.
And the truth of the Lord abideth forever.

O holy father John, through faith thou hast lifted up thy mind on wings to God; hating the restless confusion of this world,
thou hast taken up thy Cross; and following Him Who sees all things,

thou hast subjected thy rebellious body to His guidance through ascetic discipline,

by the power of the Holy Spirit.

But if 4 verses are desired according to "The Lenten Triodion", insert this Psalm verse at the beginning, repeating the 1st sticheron: "O holy father John, truly..."

4) Reader: From the morning watch until night, from the morning watch

Let Israel hope in the Lord.

English text from "The Lenten Triodion" translated by Mother Mary and Archimandrite Kallistos Ware, ©1977, Faber and Faber, London.
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