On "Lord I have cried", 10 stichera are sung, beginning with the following:

**Tone 7 - Kievan Chant**

(10) **Reader:** Bring my soul out of prison

That I may confess Thy name.

My soul's dignity have I enslaved to the passions; I am become like the beasts, and have no power to lift mine eyes to Thee,

O Most High. But with my head bowed like the Publican,

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I pray to Thee, O Christ, and cry aloud:

God be merciful to me and save me.

(9) Reader: The righteous shall wait patiently for me

Until Thou shalt reward me.

*Repeat 1st Sticheron: "My soul's dignity have I enslaved..."

Then, 4 stichera to the Martyrs in the Tone of the week, (from the Triodion Supplement) and 4 stichera to the saint of the day from the Menaion.