

**5th Sunday of Lent: St. Mary of Egypt  
Stichera at "Lord I have cried"  
Tone 6, Special Melody "Having set all your hope\*"  
Optina Hermitage Chant**

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

descant  
chant  
melody

Let Is - ra - el hope in the Lord.

✦ The pol - lu - tion of past sins prevented thee from

en - ter - ing the Church to see the elevation of the Ho - ly Cross;

but then thy conscience and the awareness of thine ac - - - tions



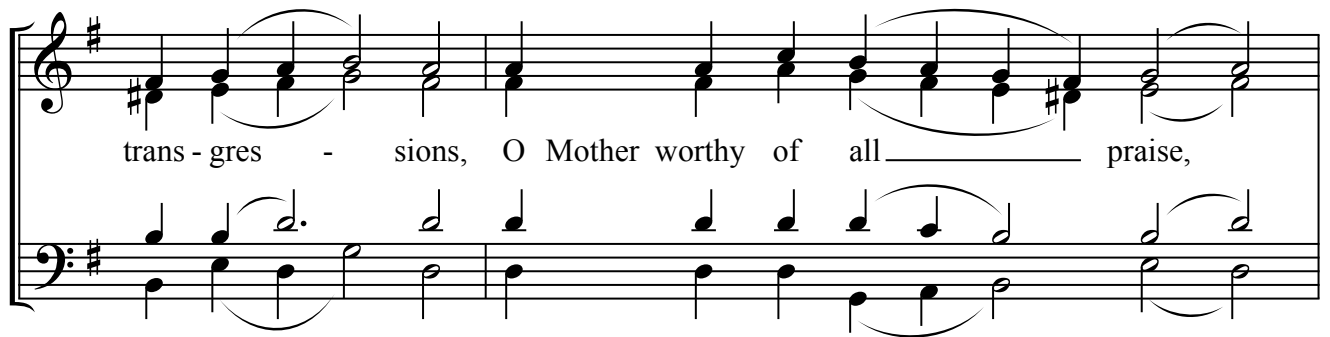
turned thee, O wise in God, to a better way of life.



And, having looked upon the icon



of the blessed Maid of God, thou hast condemned all thy previous

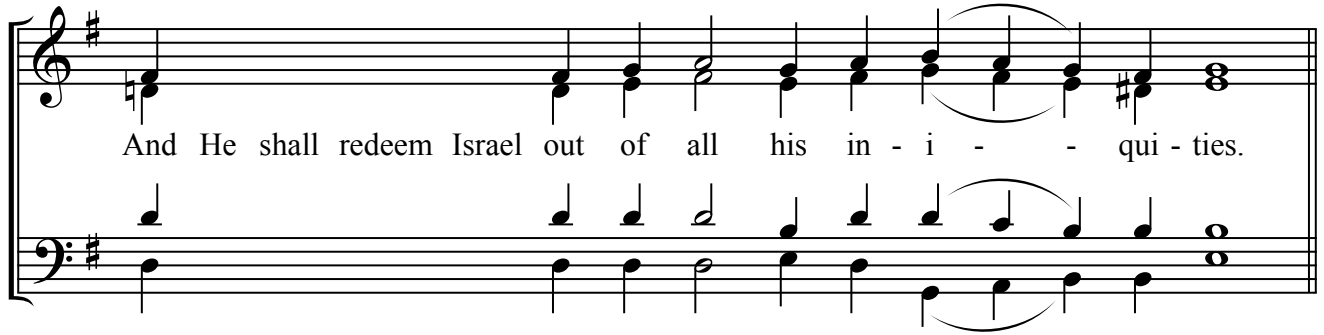


transgressions, O Mother worthy of all praise,



and so hast gone with boldness to venerate the precious Cross.

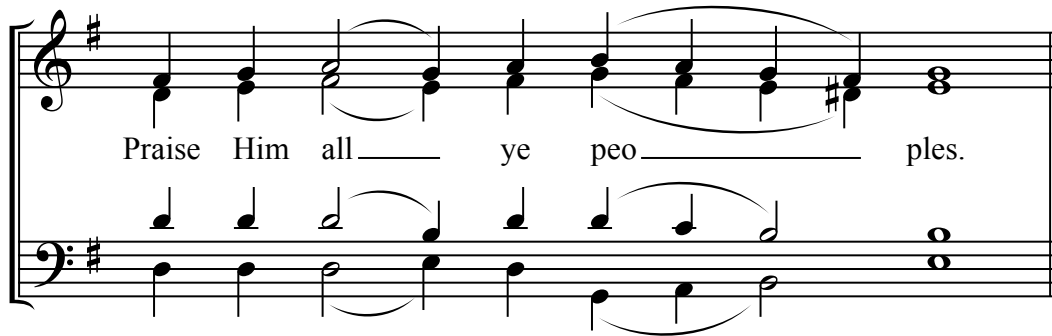
(3) *Reader:* For with the Lord there is mercy, and with Him is plenteous redemption;



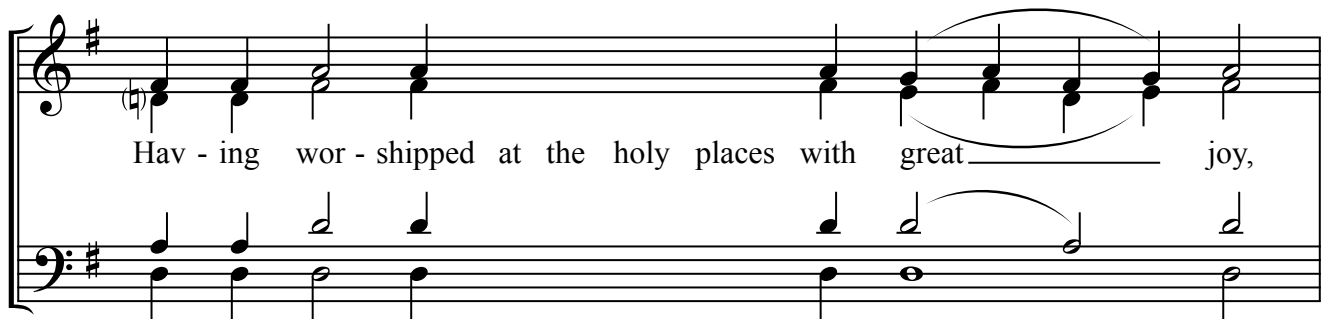
And He shall redeem Israel out of all his in - i - - qui - ties.

✦ *Repeat 1st Sticheron:* "The pollution of past sins..."

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



Praise Him all ye peo - ples.



Hav - ing wor - shipped at the holy places with great joy,



thou hast re - ceived sav - ing grace for the jour - ney of vir - tue,

and with all haste thou hast set out

The first system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with a slur over the last two measures. The bass staff contains a series of notes, with a slur over the last two measures. The lyrics are: "and with all haste thou hast set out".

upon the good path thou hast chosen. Crossing the stream

The second system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with a slur over the last two measures. The bass staff contains a series of notes, with a slur over the last two measures. The lyrics are: "upon the good path thou hast chosen. Crossing the stream".

of Jordan, with eagerness thou hast gone to live

The third system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with a slur over the last two measures. The bass staff contains a series of notes, with a slur over the last two measures. The lyrics are: "of Jordan, with eagerness thou hast gone to live".

in the dwelling place of the Baptist. Thou hast tamed

The fourth system of musical notation consists of a treble and bass staff. The treble staff contains a series of chords, with a slur over the last two measures. The bass staff contains a series of notes, with a slur over the last two measures. The lyrics are: "in the dwelling place of the Baptist. Thou hast tamed".

the savagery...

the savagery of the pas - - - sions through thine as - cet - ic

The first system of musical notation consists of a treble and bass staff in G major. The treble staff features a melodic line with a long note on 'pas' and a fermata over 'sions'. The bass staff provides a harmonic accompaniment with a similar long note on 'pas' and a fermata over 'sions'.

way \_\_\_\_\_ of life, \_\_\_\_\_ and boldly thou hast broken the rebellious - ness

The second system continues the melody. The treble staff has a long note on 'way' and a fermata over 'of life'. The bass staff has a long note on 'way' and a fermata over 'of life'.

of the flesh, O Mother ever glo - - - - ri - ous.

The third system concludes the main text. The treble staff has a long note on 'of the flesh' and a fermata over 'ri - ous'. The bass staff has a long note on 'of the flesh' and a fermata over 'ri - ous'.

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

And the truth of the Lord a - bi - deth for ev \_\_\_\_\_ er.

The Reader's part is a single system of musical notation. The treble staff has a long note on 'And the truth' and a fermata over 'er'. The bass staff has a long note on 'And the truth' and a fermata over 'er'.

Hav - ing gone to dwell in the wil - - - der - ness, thou hast

The first system of musical notation consists of a treble and bass staff joined by a brace on the left. The key signature has one sharp (F#). The treble staff contains a series of chords, with a slur over the final three notes. The bass staff contains a series of notes, with a slur over the final three notes. The lyrics are positioned between the two staves.

blot - ted out — from thy soul the im - ages of thy sensual pas - sions,

The second system of musical notation continues the piece. It features a treble and bass staff with the same key signature. The treble staff has a slur over the first four notes. The bass staff has a slur over the first four notes. The lyrics are positioned between the two staves.

and hast marked up - on — it — the God - given imprint

The third system of musical notation continues the piece. It features a treble and bass staff with the same key signature. The treble staff has a slur over the first four notes. The bass staff has a slur over the first four notes. The lyrics are positioned between the two staves.

of ho - li - ness. Thou hast attained such glory, blessed Mo - ther,

The fourth system of musical notation concludes the piece. It features a treble and bass staff with the same key signature. The treble staff has a slur over the first four notes. The bass staff has a slur over the first four notes. The lyrics are positioned between the two staves.

as to walk upon the surface of the wat - - - - ers, \_\_\_

and in thy prayers to God thou wast raised up \_\_\_ from the earth

And now, all-glori-ous Ma - - ry, \_\_\_ stand-ing be - fore \_\_\_\_\_ Christ,

with boldness en - treat Him for our souls.

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