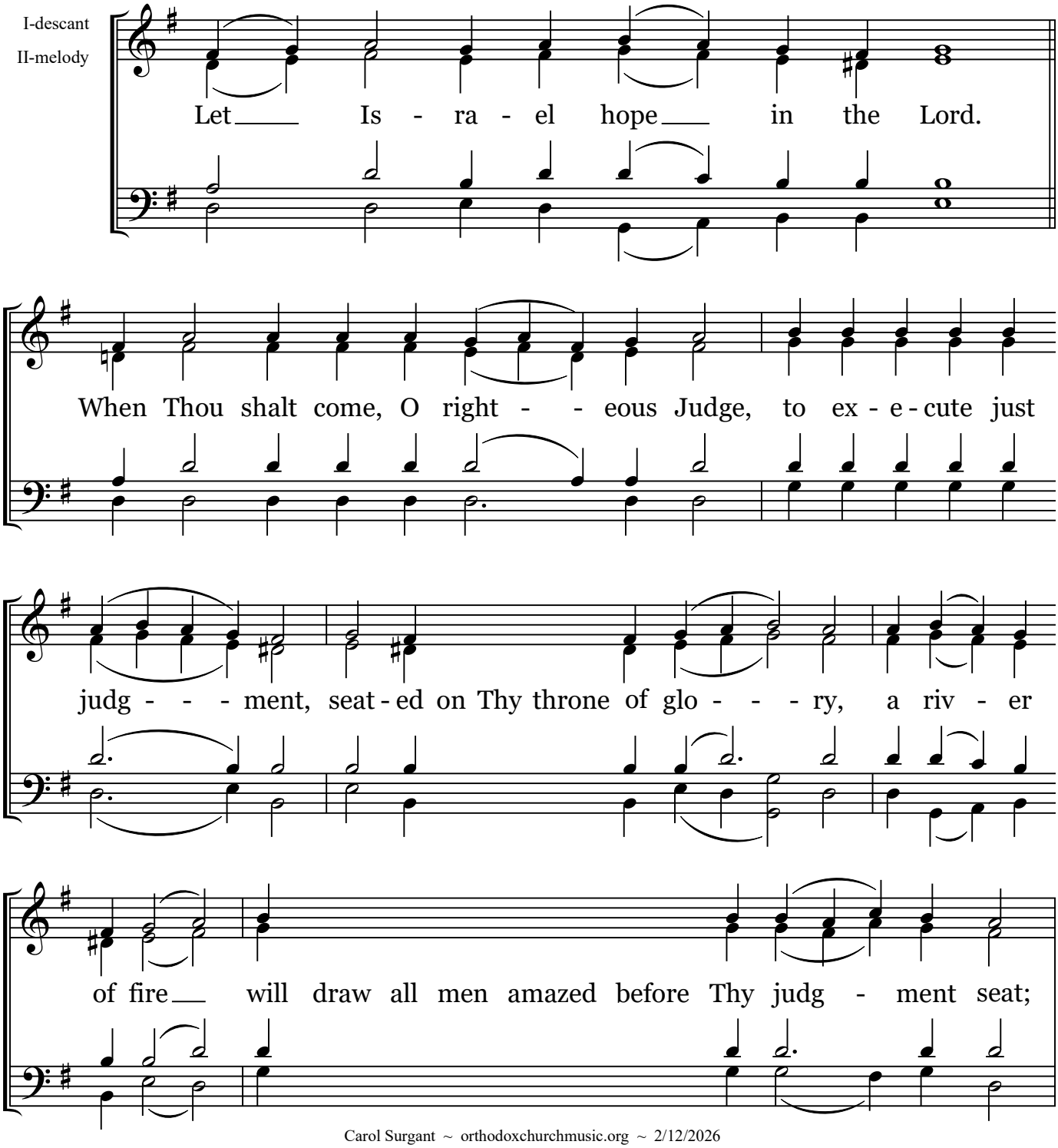
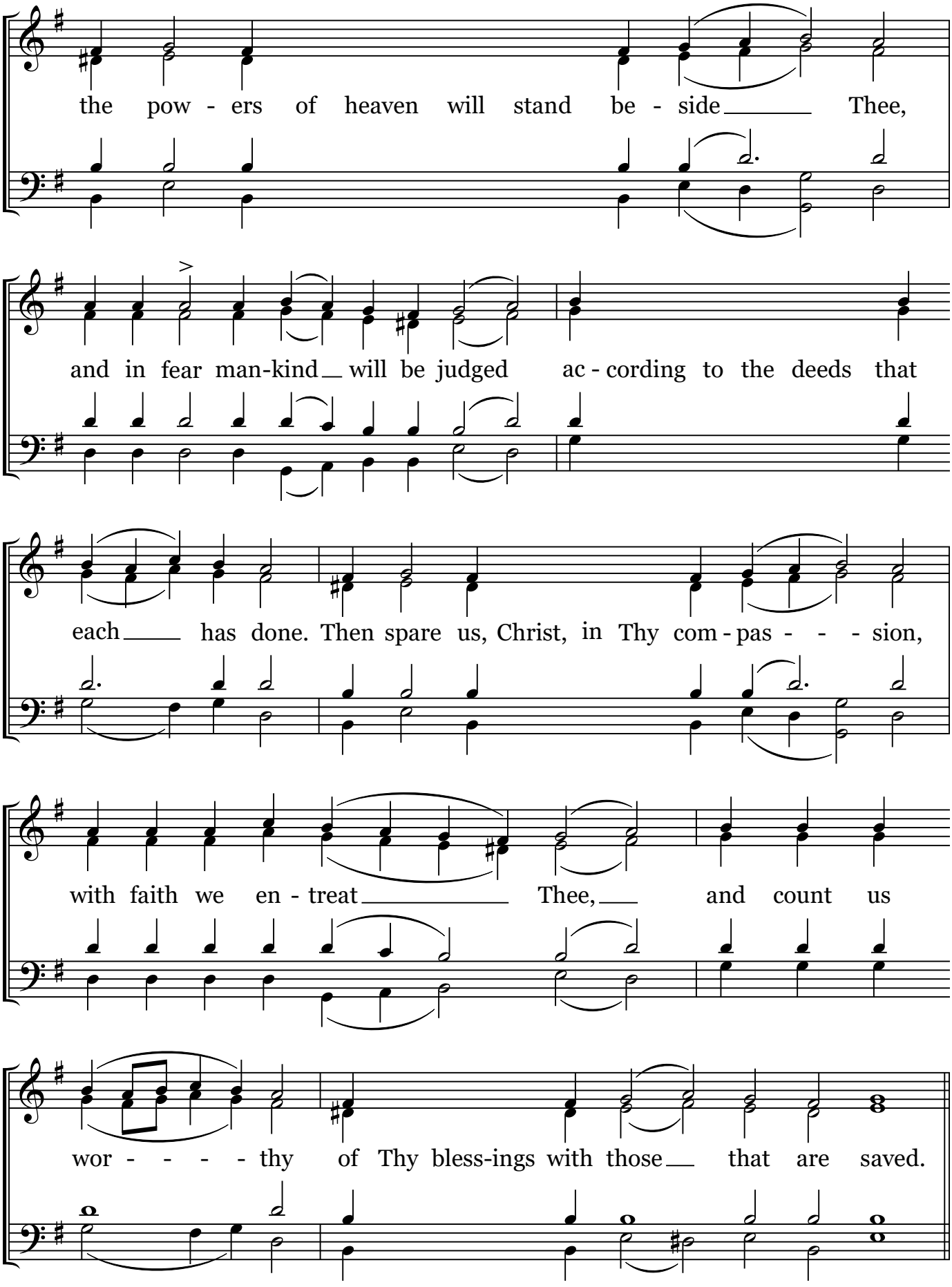
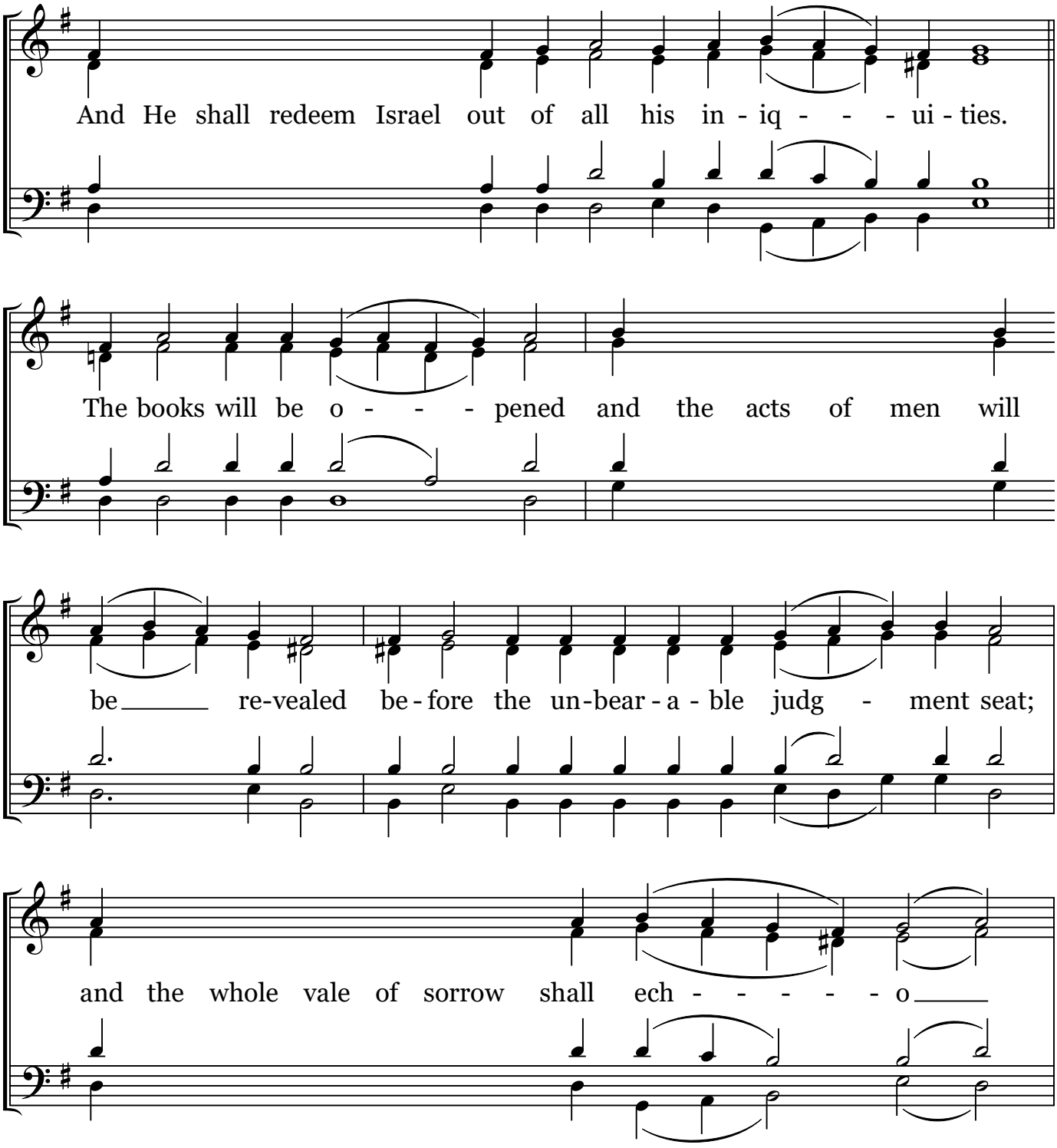
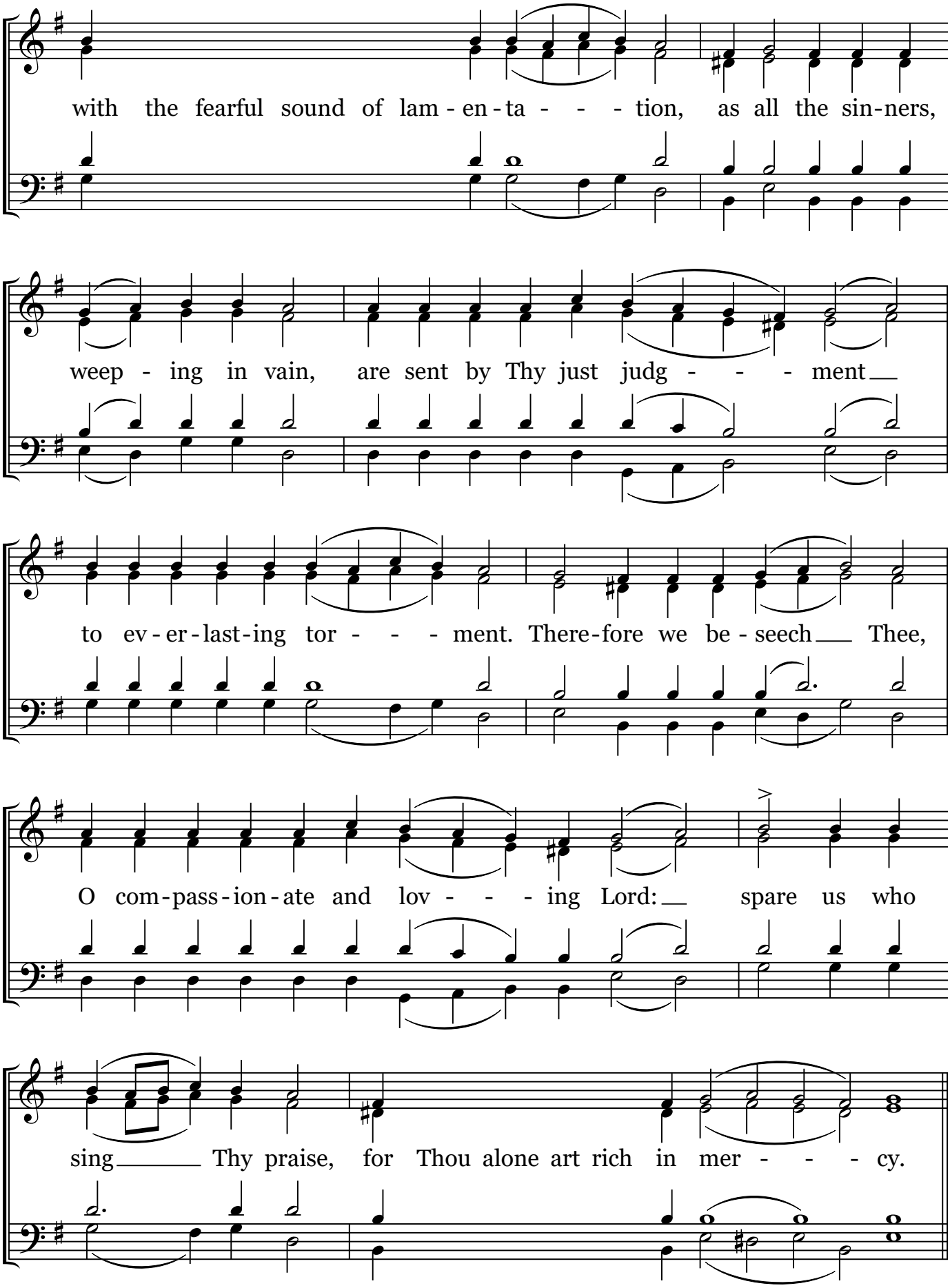
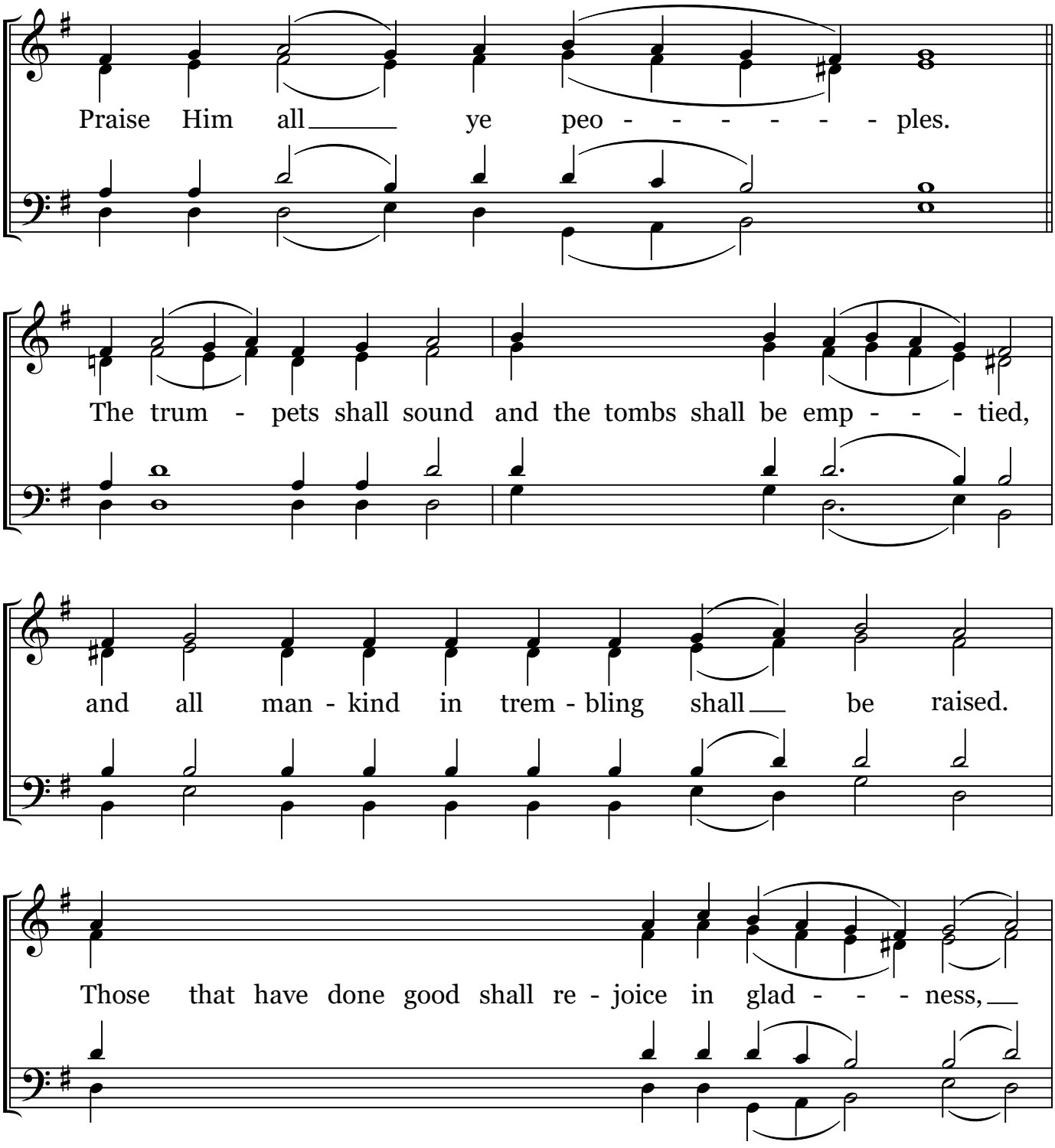
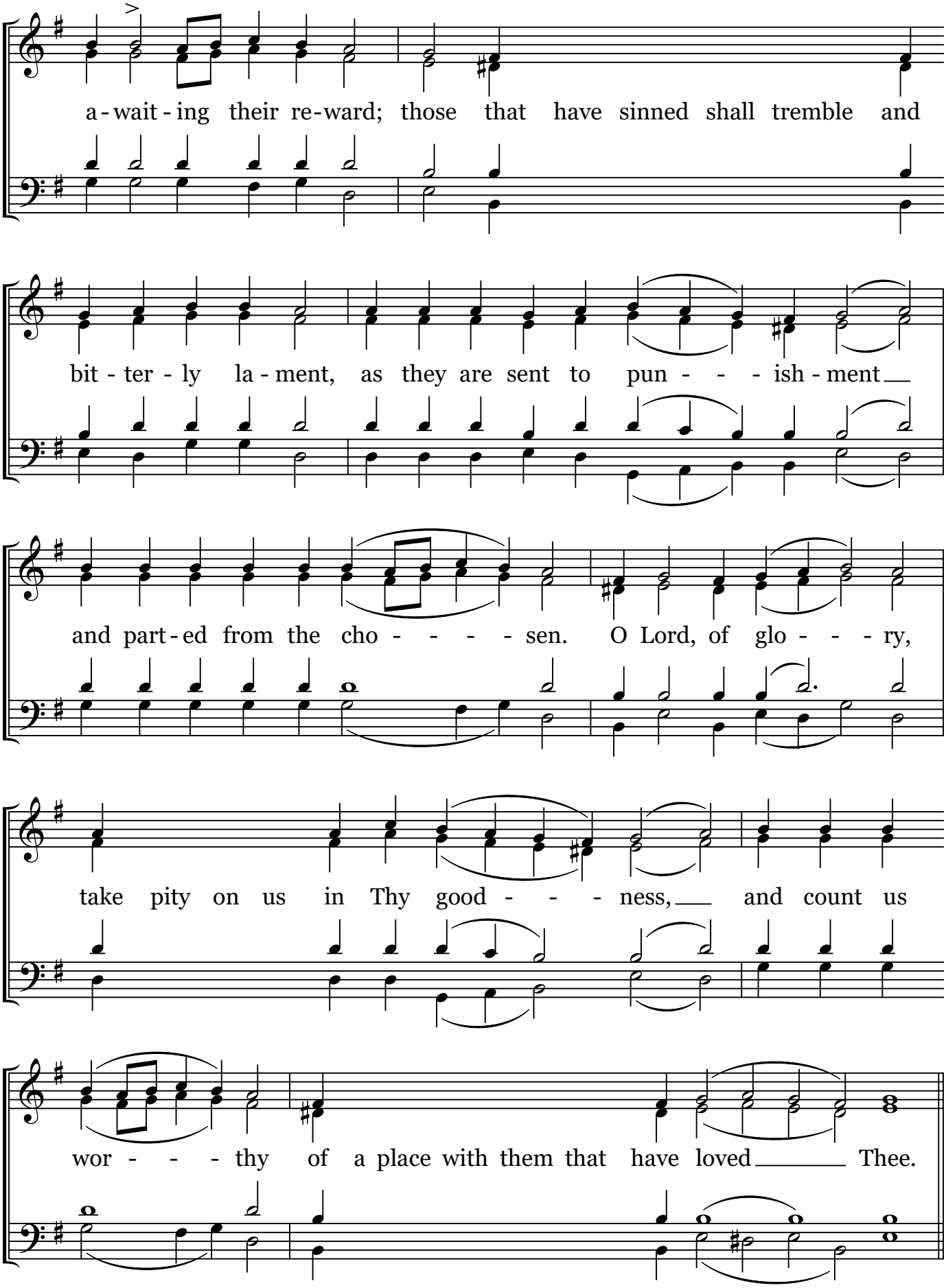
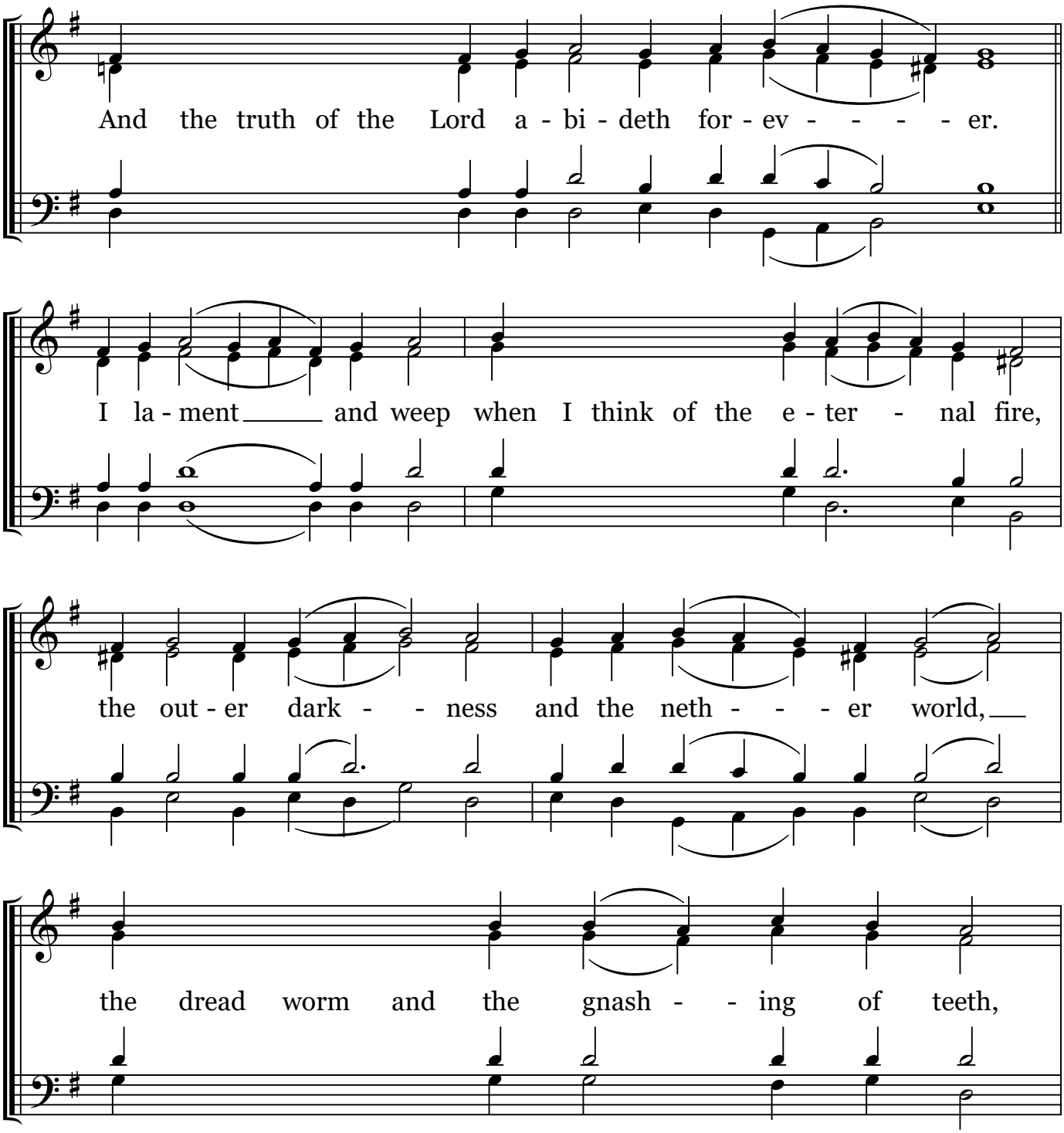
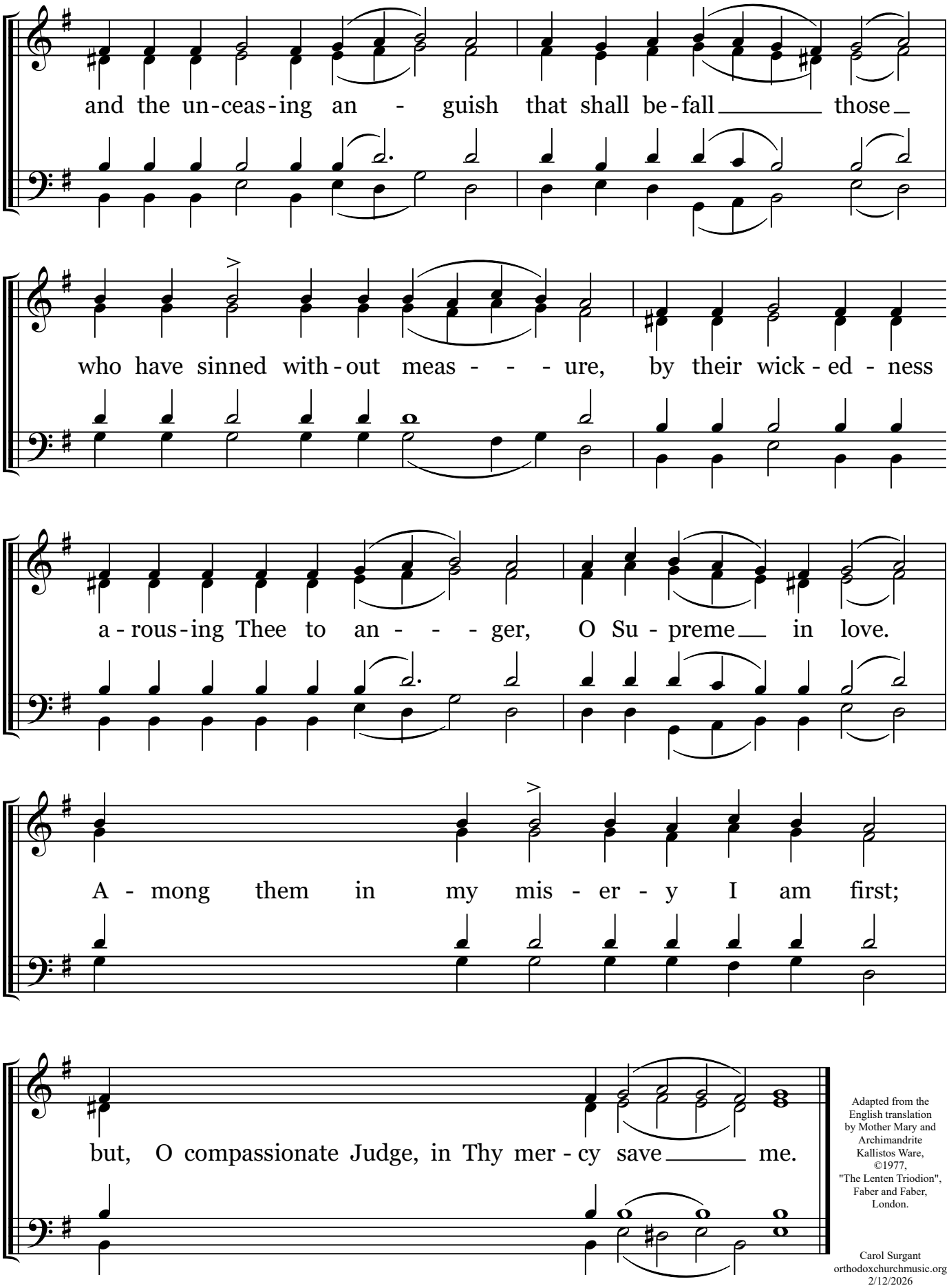
Stichera of "Lord I have cried"
Tone 6, Melody "Having set all your hope*"
Optina Hermitage Chant

At Vespers, on "Lord I have cried": 6 stichera from the Octoechos, then 4 stichera from the Triodion:

(4) ***Reader:*** **In the 6th Tone, to the Melody "Having set all your hope"**
From the morning watch until night, from the morning watch

the pow - ers of heaven will stand be - side Thee,
and in fear man-kind will be judged ac - cording to the deeds that
each has done. Then spare us, Christ, in Thy com - pas - - - sion,
with faith we en - treat Thee, and count us
wor - - - - thy of Thy bless-ings with those that are saved.

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

with the fearful sound of lam - en - ta - - - tion, as all the sin-ners,
weep - ing in vain, are sent by Thy just judg - - - ment
to ev - er - last - ing tor - - - ment. There - fore we be - seech Thee,
O com - pass - ion - ate and lov - - - ing Lord: spare us who
sing Thy praise, for Thou alone art rich in mer - - - cy.

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

a - wait - ing their re - ward; those that have sinned shall tremble and
bit - ter - ly la - ment, as they are sent to pun - - - ish - ment
and part - ed from the cho - - - - sen. O Lord, of glo - - - ry,
take pity on us in Thy good - - - ness, and count us
wor - - - thy of a place with them that have loved Thee.

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

Adapted from the English translation by Mother Mary and Archimandrite Kallistos Ware, ©1977, "The Lenten Triodion", Faber and Faber, London.

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orthodoxchurchmusic.org
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