

**October 10: Holy Elders of Optina**  
**Stichera on "Lord I have cried"**  
**Tone 4, Special Melody, "As one valiant..."**

Optina Hermitage

1. O ven - erable elders of Op - ti - na, hav - ing tak - en up

the yoke of Christ, — ye la - bored in fast - ing and prayer —

and fre - quent vi - - - gils, and shone — — — forth

in hope — and faith, — — — and yet more — — — with love,

Melodic pattern in 9 phrases: A B C D E C D F // G (Ending)

// F

which is chief a - mong the vir - tues,

Detailed description: This system of musical notation is in the key of F major (one sharp) and 4/4 time. It begins with a double bar line and a fermata over the first measure. The treble staff contains a series of chords: F4-A4, F4-A4, F4-A4, F4-A4, F4-A4, F4-A4, F4-A4, F4-A4, F4-A4, F4-A4, and F4-A4. The bass staff contains a series of notes: F3, F3, F3, F3, F3, F3, F3, F3, F3, F3, and F3. The lyrics 'which is chief a - mong the vir - tues,' are written below the treble staff, with a long horizontal line under 'a - mong' and a fermata over the final note 'tues,'.

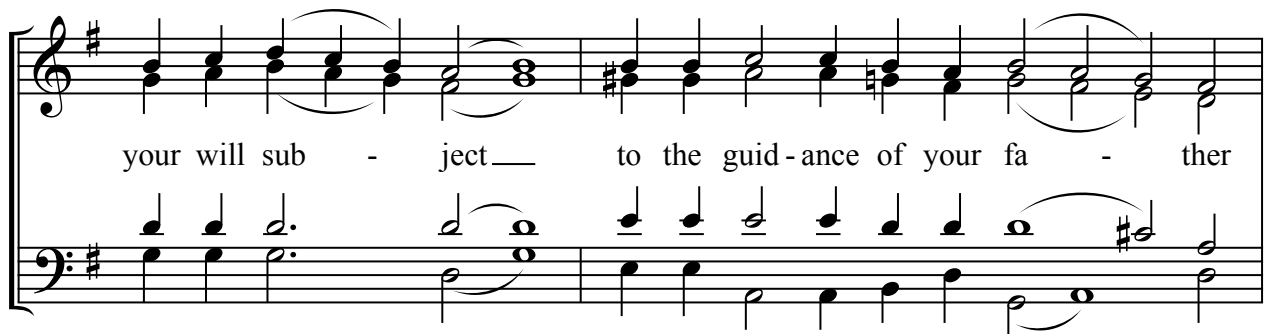
// G (Ending)

where - with those who ap - proached thee warmed them - selves.

Detailed description: This system of musical notation is in the key of G major (two sharps) and 4/4 time. It begins with a double bar line and a fermata over the first measure. The treble staff contains a series of chords: G4-B4, G4-B4, G4-B4, G4-B4, G4-B4, G4-B4, G4-B4, G4-B4, G4-B4, G4-B4, and G4-B4. The bass staff contains a series of notes: G2, G2, G2, G2, G2, G2, G2, G2, G2, G2, and G2. The lyrics 'where - with those who ap - proached thee warmed them - selves.' are written below the treble staff, with a long horizontal line under 'where - with' and a fermata over the final note 'selves.'.




2. O ye who struggled ardently in o - be - - di - ence, mak - ing



your will sub - ject to the guid - ance of your fa - ther



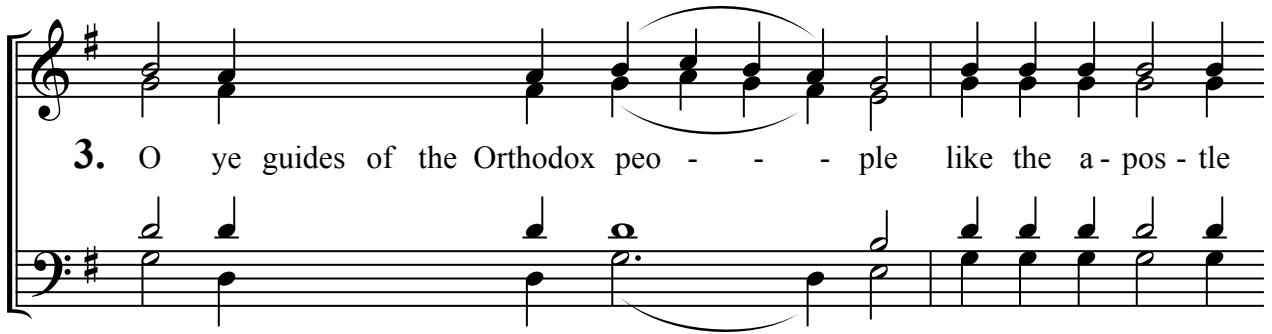
who begat you spi - rit - u - al - ly, ye re - ceived help a - gainst the



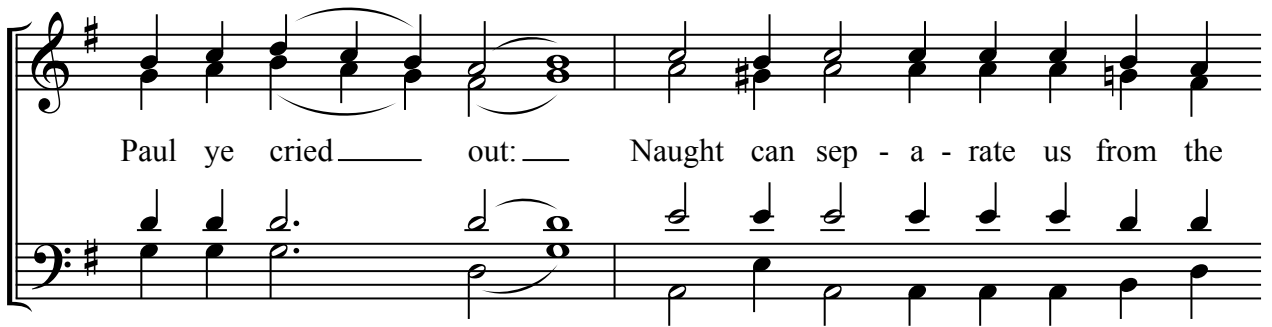
ad - ver - sar - y: most pro - found hu - mil - i - ty,

wherewith ye destroyed the snares of the foe; for the en - e - my

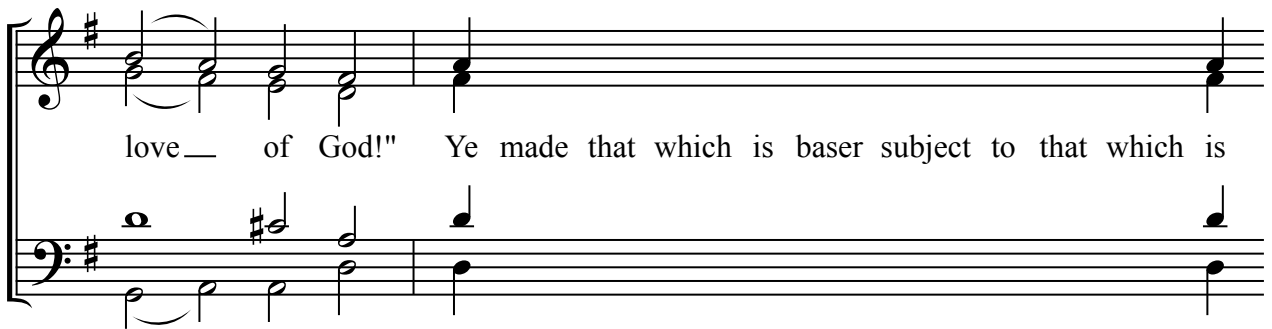
can — ac-com-plish nought a-gainst those who are hum - ble.



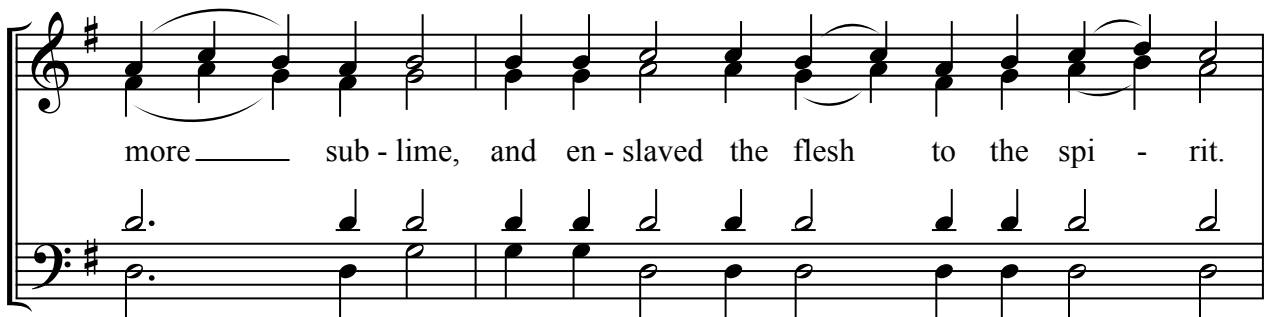
3. O ye guides of the Orthodox people like the apostle



Paul ye cried out: Naught can separate us from the



love of God! Ye made that which is baser subject to that which is



more sublime, and enslaved the flesh to the spirit.

Where-fore, ye have been shown\_ to be lu-min-ar-ies of the

Church,\_\_\_\_\_ set not under a bushel, but on\_\_\_\_\_ a lamp - stand,

that those who be-hold your works may glorify the heaven-ly Fa - ther.