

1st Sunday of Great Lent: Sunday of Orthodoxy Stichera on "Lord I have cried", Tone 6

On "Lord I have cried", *ten* stichera are sung: *six* of the Resurrection in the Tone of the week, from the Octoechos, and the following *four* from the Triodion:

(4) *Reader: In the 6th Tone: From the morning watch until night, from the morning watch*

Let Is - - - ra - el hope in the Lord.

The prophets, inspired by Thy Spirit, O Lord, /
foretold that Thou, whom nothing can contain or grasp, /
and who hast shone forth in eternity before the morning star /
from the immaterial and bodiless womb of the Father, /
wast to become a child, taking flesh from the Virgin, /
being joined to men and seen by those on earth. /
At the prayers of these Thy prophets, /
in Thy compassion count us worthy of Thy light, //
for we sing the praises of Thine ineffable and holy resurrection.

(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.

The image shows a musical score for a voice part. It consists of two staves, a treble clef on the top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are written below the treble staff. The text is: "And He shall redeem Israel out of all his in - i - - - qui-ties." The word "iniquities" is hyphenated across four notes in the melody.

The divinely-inspired prophets preached Thee in word /
 and honored Thee in works, /
 and they received as their reward life without end. /
 for they steadfastly refused, O Master, /
 to worship the creation instead of Thee, the Creator; /
 they renounced the whole world for the Gospel's sake, /
 and in their suffering /
 they were conformed to Thy Passion which they had foretold. /
 At their intercessions, count us worthy /
 to pass through the period of the Fast without offence, //
 for Thou alone art rich in mercy.

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

The image shows a musical score for a vocal part. It consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass line is on the bass staff. The lyrics are: "Praise Him all ye peo - - - - - ples." The word "all" is followed by a long horizontal line, and "ye" is followed by a shorter horizontal line, indicating a long note or a pause. The music is in a simple, homophonic style with a steady rhythm.

Thou Who art uncircumscribed, O Master, /
 in Thy divine nature, /
 wast pleased in the last times to take flesh and be circumscribed; /
 and in assuming flesh, /
 Thou hast also taken on Thyself all its distinctive properties. /
 Therefore we depict the likeness of Thine outward form, /
 venerating it with an honor that is relative. /
 So we are exalted to the love of Thee, /
 and following the traditions handed down by the apostles, //
 from Thin icon we receive the grace of healing.

(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 image shows a musical score for a voice part. It consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are written below the treble staff, with hyphens indicating long notes. The text is: 'And the truth of the Lord a - bi - - - deth for - ev - - - er.'

As a precious adornment /
 the Church of Christ has received /
 the venerable and holy icons /
 of the Saviour Christ, /
 of God's Mother /
 and of all the saints. /
 Celebrating now their triumphant restoration, /
 she is made bright with grace and splendor, /
 and drives away all heretics. /
 With great rejoicing she gives glory /
 unto God Who loves mankind, //
 and Who for her sake has endured His voluntary Passion.

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos.
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