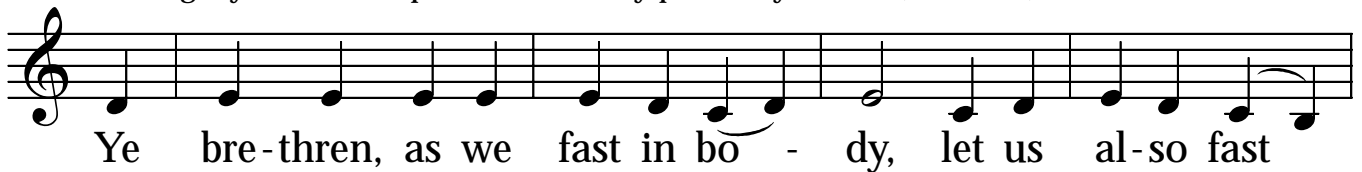
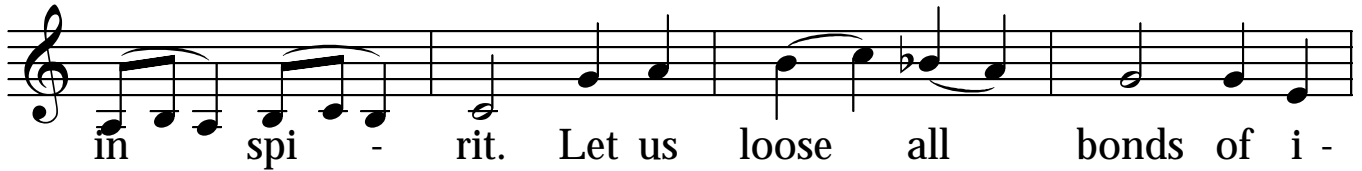


# Stichera at "Lord, I have cried" - Wednesday of the First Week

**Tone 1:** Bring my soul out of prison, that I may praise thy name. (*Idiomelon*)



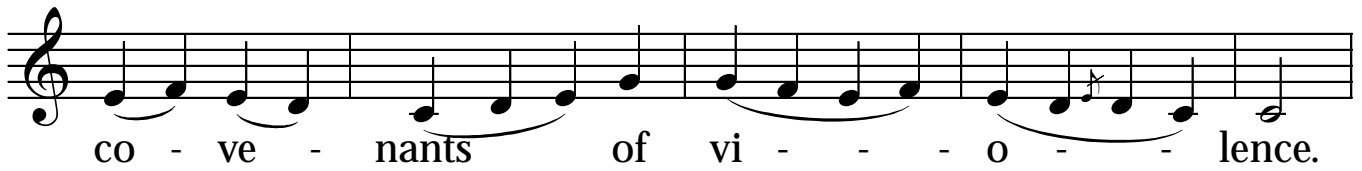
Ye bre-thren, as we fast in bo - dy, let us al-so fast



in spi - rit. Let us loose all bonds of i -



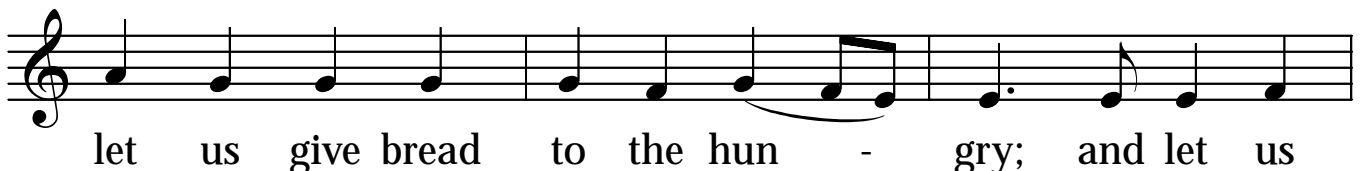
ni - qui - ty; let us un - do the knots of



co - ve - nants of vi - - - o - - - lence.



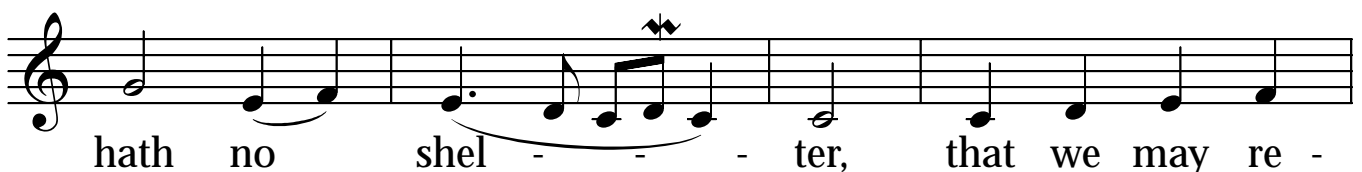
Let us tear up all un-just con - - - - tracts;



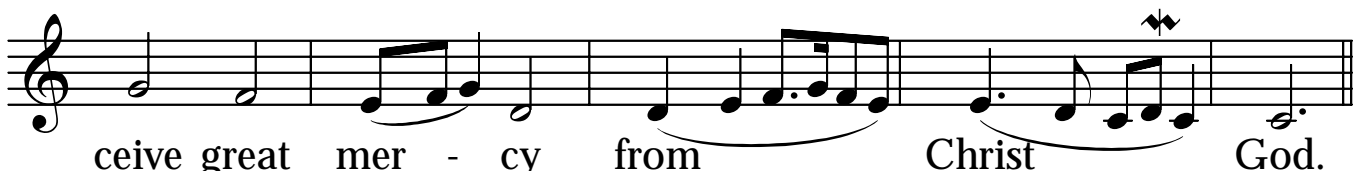
let us give bread to the hun - gry; and let us



wel - come to our house the beg - gar that

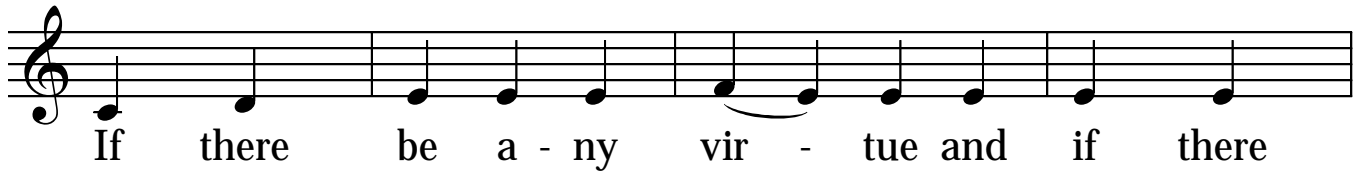


hath no shel - - - - ter, that we may re -



ceive great mer - cy from Christ God.

The righteous shall wait for me, until thou recompense me. (*repeat the above sticheron*)



If there be a - ny vir - tue and if there



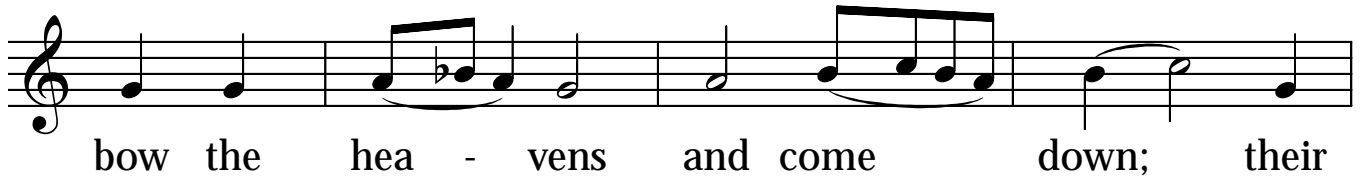
be a - ny praise, right - ly are these things as -



cribed to the Saints; for they bowed their



necks be - neath the sword for thee who didst



bow the hea - vens and come down; their



Stichera at "Lord, I have cried" - Wednesday of the First Week (page 3)

thy pov - er - ty. By their prayers have  
mer - cy on us, O Lord, ac - cor - ding to the  
mul - ti - tude of thy com - pas - sions.

The musical notation consists of three staves of music in a single system. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody is written in a style characteristic of Byzantine chant, with a mix of eighth and sixteenth notes, often beamed together. There are two fermatas (double-headed arrows) above the notes for 'er' in the first line and 'pas' in the third line. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes.

**Tone 2:** Let thine ears be attentive to the voice of my supplication. (*Prosomion of the Apostles, by John*)

Ye were beamed forth to all the world as streams of  
bril - - - liant light - ning, O A - pos - tles, ye eye -  
wit - nes - ses of God, hav - ing been  
sent out by Je - sus the true no - e - tic Sun;  
and the dark of er - ror hath he dis -

The musical notation consists of six staves of music in a single system. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody is written in a style characteristic of Byzantine chant, with a mix of eighth and sixteenth notes, often beamed together. There are several fermatas (double-headed arrows) above the notes, notably above 'ning' in the second line and 'Sun;' in the third line. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes.

Stichera at "Lord, I have cried" - Wednesday of the First Week (page 4)

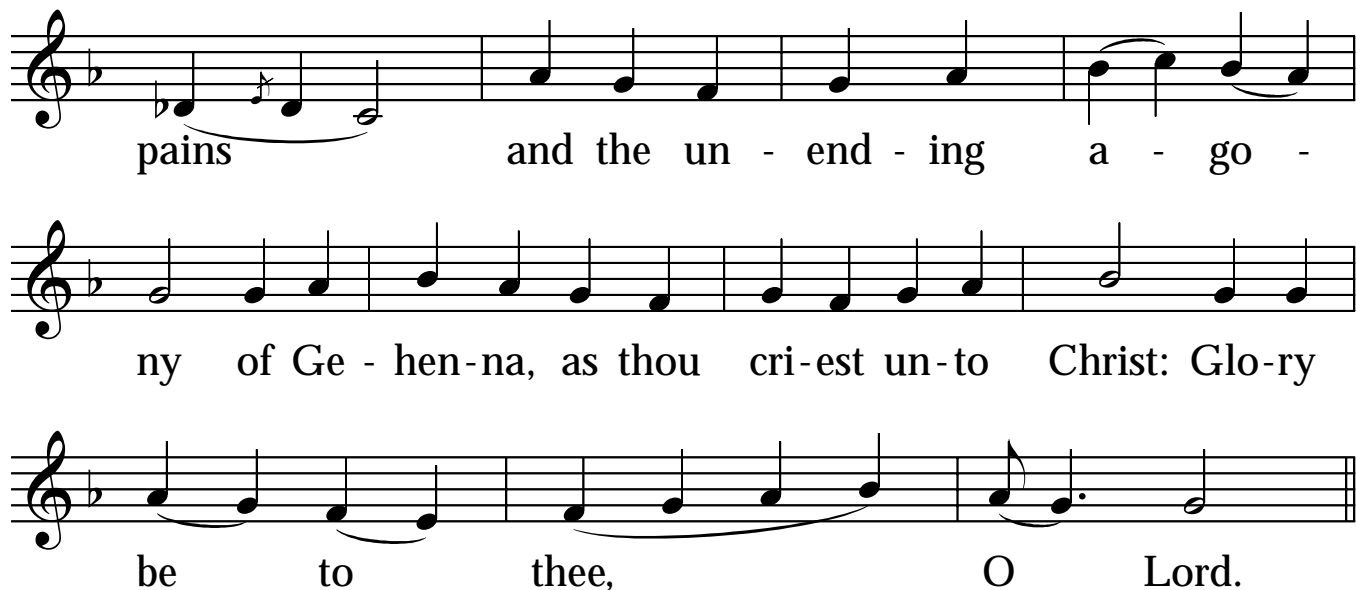
persed by the bright splen - - - dor of  
your di - vine preach - ing; and he hath  
grant - ed light un - to  
those who are held fast in the e - vil  
gloom of ig - no - rance.  
Thus sup - pli - cate ye him for us, that he  
al - so may send forth en - light - en - ment and great  
mer - cy un - - - to us.

## Stichera at "Lord, I have cried" - Wednesday of the First Week (page 5)

If thou, O Lord, shouldst mark iniquities, O Lord, who shall stand? for with thee there is forgiveness.  
(*Prosimion, by John*)

Lo, E - li - as the vir - tu - ous rode in the di - vine  
cha - ri - ot, be - ing made splen - did by fast - ing, and  
was borne to the heights of hea - ven. Do thou  
ea - ger - ly im - i - tate him, my hum - ble soul, and,  
fast - ing, do thou ab - stain from  
ev - 'ry e - - - vil and all jeal - ous  
quar - rel - ing; let all lux - ur - y  
wi - - - ther, and with it lust for plea -  
sure. So shalt thou flee the grie - vous

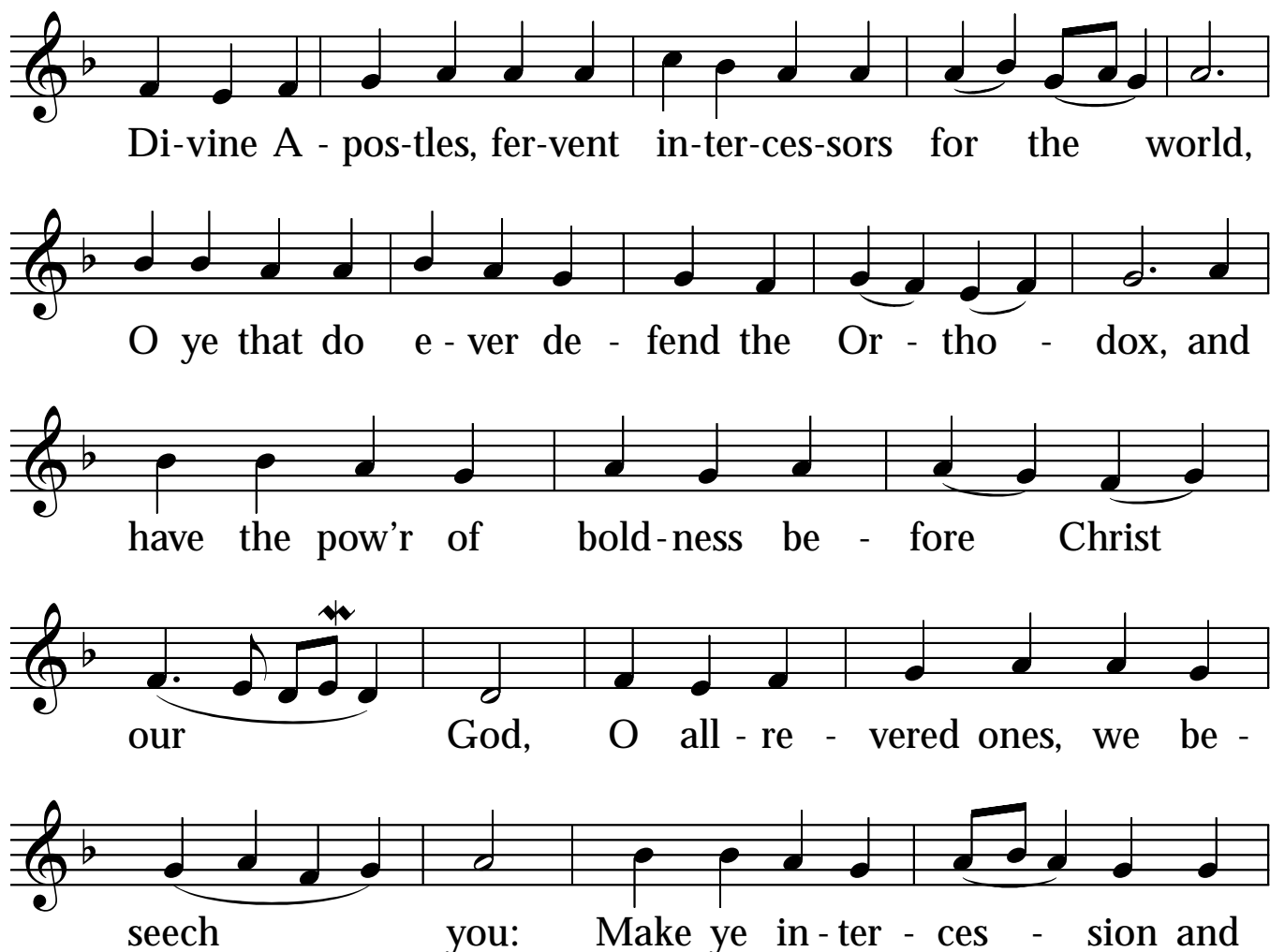
Stichera at "Lord, I have cried" - Wednesday of the First Week (page 6)



pains and the un - end - ing a - go -  
ny of Ge - hen-na, as thou cri-est un-to Christ: Glo-ry  
be to thee, O Lord.

**Tone 5:** Because of thy name have I waited for thee, O Lord; my soul hath waited upon thy word, my soul hath hoped in the Lord.

*(Prosomion of the Apostles, by Theodore. Special melody: Venerable Father)*



Di-vine A - pos-tles, fer-vent in-ter-ces-sors for the world,  
O ye that do e - ver de - fend the Or - tho - dox, and  
have the pow'r of bold-ness be - fore Christ  
our God, O all - re - vered ones, we be -  
seech you: Make ye in - ter - ces - sion and

Stichera at "Lord, I have cried" - Wednesday of the First Week (page 7)

beg ye in our be - - - half that  
with-out hin - drance we may keep and may bring  
un - to ful - fill - ment the good and ho - ly sea-son  
of the Fast, and that we may re -  
ceive grace, the grace of the  
con - sub - stan - tial Tri - - ni - -  
ty. O ye great preach-ers and pro - claim - ers,  
great - ly glo - ri - fied, lift ye prayers up in -  
in - ter - ces - sion, ma - king fer - vent en -  
tre - ty in be - half of our souls.

*And four stichera from the Menaion (repeating the first)*