

Stichera on "Lord, I Call"

Triodion - Forgiveness Sunday Vespers

Tone 2
Sticheron 1

Common Chant
arr. from L'vov/Bakhmetev

Soprano
Alto

Tenor
Bass

Let us humble the flesh by ab - sti - nence, as we follow the

Detailed description: This system shows the first two staves of the musical score. The Soprano and Alto parts are written on a single staff with a treble clef and a key signature of one flat. The Tenor and Bass parts are written on a single staff with a bass clef and the same key signature. The lyrics are: "Let us humble the flesh by ab - sti - nence, as we follow the". The music consists of a series of chords and single notes.

divine path of pure fast - ing! With prayers and tears let us seek

Detailed description: This system shows the next two staves of the musical score. The lyrics are: "divine path of pure fast - ing! With prayers and tears let us seek". The musical notation continues with chords and single notes.

the Lord, Who saves us! Let us put an end to anger, cry - ing

Detailed description: This system shows the next two staves of the musical score. The lyrics are: "the Lord, Who saves us! Let us put an end to anger, cry - ing". The musical notation continues with chords and single notes.

out: "Save us for we have sinned a - gainst You! Save us, O Christ

Detailed description: This system shows the final two staves of the musical score. The lyrics are: "out: "Save us for we have sinned a - gainst You! Save us, O Christ". The musical notation continues with chords and single notes.

our King, as You saved the men of Nin - e - veh, // and make us

partakers of Your heavenly Kingdom, O com-pas - sion - ate One!"

Sticheron 2

Soprano
Alto

Tenor
Bass

When I think of my deeds, O Lord, I am filled with de-spair,

and know that I am worthy of eve - ry tor - ment. I have despised

Your commandments, O Sav - ior. I have spent my life as a

prod - i - gal. I pray to You, on - ly mer - ci - ful One: "Cleanse me by

re-pent-ance, enlighten me through prayers and fast - ing, // and de-spise

me not, most gracious Ben - e - fac - tor of all!"

Sticheron 3

Soprano
Alto

Tenor
Bass

Let us begin the fast with joy! Let us prepare ourselves

for spiritual ef - forts! Let us cleanse our soul and cleanse our flesh!

Let us abstain from every passion as we ab-stain from food! Let us

rejoice in virtues of the Spirit and ful-fill them in love, that we all

may see the Pas-sion of Christ our God, // and rejoice in spirit at the

ho-ly Pa-scha!