

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 (B-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 block chords and simple melodic lines.

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 block chords and simple melodic lines.

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 block chords and simple melodic lines.

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 block chords and simple melodic lines.

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!