

Stichera at "Lord, I Call"

The First Sunday of Lent - The Sunday of Orthodoxy

Tone 6
Sticheron 1

Optina Monastery Chant
Model melody: "Having placed all their hope"

Soprano
Alto

O Lord, Whom nothing can con - tain or grasp,

Tenor
Bass

from all eternity You have shone forth from the Fa - ther

be - fore the morn - ing star. The Prophets, inspired

by the Ho - ly Spir - it, fore - told that

[You would take flesh. . .]

You would take flesh and assume the form of a child,

from her who is ever - vir - gin. You lived a - mong -

men; You were seen by material cre - a - tion.

Through the prayers of the Prophets, O com - pas - sion - ate One,

make us worthy to re - ceive Your light, //

[for we sing praises ...]

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for we sing praises to Your glo - rious Re - sur - rec - tion!

The first system of music consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It contains a series of chords and single notes, with a fermata over the final chord. The lower staff is in bass clef with the same key signature and time signature, providing a harmonic accompaniment with single notes and chords. The lyrics are printed below the staves.

**ALTERNATIVE ENDING:*

for we sing praises to Your glo - rious Re - sur - rec - tion!

The alternative ending system also consists of two staves in treble and bass clefs with a key signature of one sharp and common time. The melody in the upper staff is more complex, featuring several slurs and a fermata at the end. The bass staff provides a similar accompaniment. The lyrics are printed below the staves.

Sticheron 2

The Proph - ets bore the fruit of e - ter - nal life;

they prepared the way — of the Lord. By their words

they pro-claimed — You; by their deeds they hon - ored

You; — they would not wor-ship creation instead of You, the Cre -

a - tor. As Your Gos - pel commands they re -

[(re)-nounced the world.]

nounced the world. They foretold Your Passion by suffering them-

selves. Through their prayers, O Lord, // enable us to

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pass over the battle-field of Lent without sin!

**ALTERNATIVE ENDING:*

pass over the battle-field of Lent without sin!

Sticheron 3

You are in - finite in Your divine nature, O Mas - ter;

in these latter days You accepted the limi - ta - tions of the

flesh. By as - sum - ing our body, You accepted all its

weak - ness - es. Therefore we make im - ag - es of Your

form; we ven - er - ate them, hav - ing You in mind.

[We fall down before You . . .]

We fall down be - fore — You in love; by so doing

we follow the tradition of the A - pos - tles — //

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and are giv - en the grace of heal - ing.

**ALTERNATIVE ENDING:*

and are giv - en the grace — of — heal - ing.

Sticheron 4

To - day the Church of Christ receives honorable a - dorn -

ment: the holy icons of Christ our Savior, the Theotokos, and

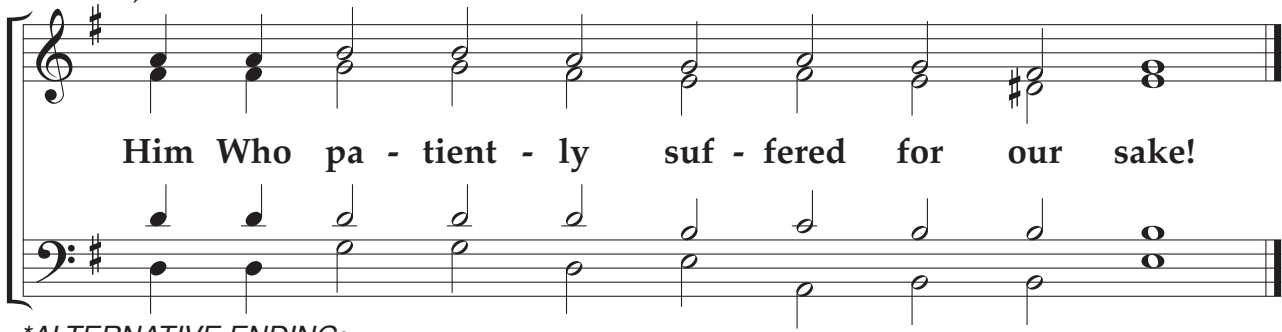
all the Saints. The Church ex - ults in their grace!

We lift them up with joy and glad - ness!

We glo - ri - fy God, the Lov - er of man, //

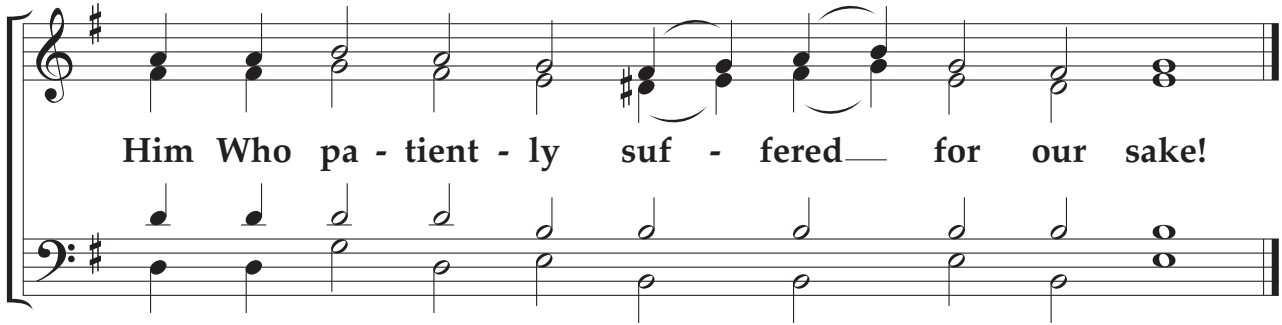
[Him Who pa-tient-ly . . .]

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Him Who pa - tient - ly suf - fered for our sake!

**ALTERNATIVE ENDING:*



Him Who pa - tient - ly suf - fered — for our sake!