

Stichera at "Lord, I call"

Forgiveness Sunday Vespers

Tone 2
Sticheron 1

Optina Monastery Melody
Model: "Joseph of Arimathea"

The musical score is written for Soprano and Alto (treble clef) and Tenor and Bass (bass clef). The key signature has two sharps (F# and C#). The lyrics are: "Let us hum - ble the flesh by ab - sti-nence, as we follow the divine path of pure fast - ing! With prayers — and tears let us seek the Lord, Who saves — us! Let us put an end — to an - ger, cry - ing out: ["Save us, for we have sinned..."]". The score features various musical notations including eighth notes, quarter notes, and half notes, with some notes beamed together and others marked with slurs or ties. The lyrics are placed below the corresponding notes.

["Save us, for we have sinned..."]

NOTE: The division into phrases in this revised setting has been adjusted to fit the model melody properly .

"Save us for we have sinned a-against Thee! Save us, O

Christ our King, as Thou didst save the men of

Nin - e - veh, // and make us partakers of Thy

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

Sticheron 2

When I think of my deeds, O Lord, I am filled

[with despair, / and...]

with de - spair, and know that I am worthy of every

tor - ment. I have despised Thy commandments, O

Sav - ior. I have spent my life as a

prod - i - gal. I pray to Thee, O only mer - ci - ful One:

"Cleanse me by re - pent - ance, enlighten me through

[prayers and fasting, // and...]

prayers and fast - ing, // and despise me not,

O most gracious Ben - e - fac - tor of all!"

Sticheron 3

Let us be - gin 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 abstain...]

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

re - joice in virtues of the Spir - it and

ful - fill them in love, that we all may see the Passion of

Christ our God, and rejoice in spir - it //

at the ho - ly Pas - cha!