

Stichera at "Lord, I Call"

Venerable Matrona, Abbess of Constantinople - November 9

Tone 4
Sticheron 1

Russian Imperial Court Chant
arr. from L'vov/Bakhmetev

Soprano
Alto

Tenor
Bass

Nobly did you subject the uprising of the flesh

to the soul through ascetic feats of fast - ing,

and you fol - lowed Christ, O Ma - tro - na,

living devoutly with those who fast, quenching the burning

[of pleasure...]

of pleasure with divine show - ers of tears, // kin-dling a

fervent desire for the Cre - a - tor.

Sticheron 2

You have built hallowed tabernacles in many souls for

God's use. You yourself were a temple of the Spirit, O all -

wise one, guid-ing souls by your spiritual pu - ri - ty to the

[healing struggles...]

healing struggles of fast - ing. You brought saved souls

to the Master as a dowry, O Ma - tro - na. //

Together with them we hon - or you in faith.

Sticheron 3

The maidens loved the Bride-groom and Lord, sub-mit-ting

to His teach - ing. In the spir - it, they dis-dained

[the weakness of the flesh,]

the weak - ness of the flesh, struggling with diligence

to restrain the pas - sions. They have been led

with you O Matrona, ev - er re - joic - ing, //

into the heavenly brid - al cham - ber of God.