

Stichera at the "Lord I Call"

Venerable Matrona, Abbess of Constantinople - November 9

Tone 4 **Optina Hermitage Melody**
Sticheron 1 **Model: "As one valiant among the martyrs"**

Soprano
Alto
Tenor
Bass

Nob - ly didst thou sub-ject the uprising of the
flesh to the soul through as - ce - tic feats of
fast - ing, and thou didst follow Christ, O Ma - tro - na,
liv - ing de - vout - ly with those who fast, / quench - ing the
[burning of ...]

burning of pleasure with di - vine show - ers of tears, //

kindling a fervent de - sire for the Cre - a - tor.

Sticheron 2

Thou hast built hal - lowed tab - er - nac - les

in man - y souls for God's use. Thou thy - self

wast a temple of the Spir - it, O all - wise one,

[guiding souls ...]

guiding souls by thy spiritual pu - ri - ty to the

heal-ing strug-gles of fast - ing. / Thou didst bring saved

souls to the Master as a dow - ry, O Ma - tro - na. //

Together with them we hon - or - thee - in faith.

Sticheron 3

The maid - ens loved the Bride - groom -

[and Lord, ...]

and Lord, sub-mit - ting to His teach - ing. In the

spirit, they disdained the weak - ness of the flesh, strug-gling

with diligence to re-strain - the pas - sions. / They have been

led with thee, O Ma - tro - na, ev - er re - joic - ing, //

in - to the heav - en - ly brid - al cham - ber of God.