

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 did you sub-ject the uprising of the
flesh to the soul through as - ce - tic feats of
fast - ing, and you followed 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

You have built hal - lowed tab - er - nac - les

in man - y souls for God's use. You your - self

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

[guiding souls ...]

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

heal-ing strug-gles of fast - ing. / You brought saved

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

Together with them we hon - or — you — in faith.

Sticheron 3

The maid - ens loved the Bride - groom —

[and Lord, ...]

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

The first system of the hymn is written in G major (one sharp) and 4/4 time. It consists of a treble and bass staff. The melody is primarily in the treble staff, with the bass staff providing a simple harmonic accompaniment. The lyrics are: "and Lord, sub-mit - ting to His teach - ing. In the".

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

The second system continues the melody. The lyrics are: "spirit, they disdained the weak - ness of the flesh, strug-gling".

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

The third system continues the melody. The lyrics are: "with diligence to re-strain the pas - sions. / They have been".

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

The fourth system continues the melody. The lyrics are: "led with you, O Ma - tro - na, ev - er re - joic - ing, //".

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

The fifth system concludes the hymn. The lyrics are: "in - to the heav - en - ly brid - al cham - ber of God.".