

Stichera on "Lord, I Call"

Triodion - Forgiveness Sunday Vespers

Tone 2
Sticheron 1
by Joseph the Studite

Optino Monastery Chant
Model Melody: "Joseph of Arimathea"

Phrase A Phrase B

Soprano Alto

Let us hum - ble the flesh by ab - - sti-nence, as we

Tenor Bass

Detailed description: This block contains the first system of musical notation. It features two vocal parts: Soprano/Alto and Tenor/Bass. The key signature is one sharp (F#) and the time signature is 4/4. The Soprano/Alto part is written on a treble clef staff, and the Tenor/Bass part is on a bass clef staff. The lyrics are: "Let us hum - ble the flesh by ab - - sti-nence, as we". The word "ab - - sti-nence" is written with a long dash, indicating a melisma. The system is divided into two phrases: "Phrase A" and "Phrase B".

Phrase C

follow the divine path of pure fast - ing! With prayers and tears

Detailed description: This block contains the second system of musical notation. It features two vocal parts: Soprano/Alto and Tenor/Bass. The key signature is one sharp (F#) and the time signature is 4/4. The Soprano/Alto part is written on a treble clef staff, and the Tenor/Bass part is on a bass clef staff. The lyrics are: "follow the divine path of pure fast - ing! With prayers and tears". The word "fast - ing!" is written with a long dash, indicating a melisma. The system is labeled "Phrase C".

Phrase D

let us seek the Lord, Who saves us! Let us put an

Detailed description: This block contains the third system of musical notation. It features two vocal parts: Soprano/Alto and Tenor/Bass. The key signature is one sharp (F#) and the time signature is 4/4. The Soprano/Alto part is written on a treble clef staff, and the Tenor/Bass part is on a bass clef staff. The lyrics are: "let us seek the Lord, Who saves us! Let us put an". The word "saves" is written with a long dash, indicating a melisma. The system is labeled "Phrase D".

Phrase A

end to anger, cry - - ing out: "Save us for we have sinned

Detailed description: This block contains the fourth system of musical notation. It features two vocal parts: Soprano/Alto and Tenor/Bass. The key signature is one sharp (F#) and the time signature is 4/4. The Soprano/Alto part is written on a treble clef staff, and the Tenor/Bass part is on a bass clef staff. The lyrics are: "end to anger, cry - - ing out: "Save us for we have sinned". The word "cry - - ing" is written with a long dash, indicating a melisma. The system is labeled "Phrase A".

Phrase B Phrase C

a-against You! Save us, O Christ our King, as You saved

Phrase D

the men of Nin - e - veh, and make us partakers of Your heavenly

Final Phrase

King - - - dom, // O com - pas - sion - ate One!"

Sticheron 2

Phrase A Phrase B

Soprano
Alto

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

Tenor
Bass

Phrase C

de-spair, and know that I am worthy of every tor - - - ment.

Phrase D Phrase A

I have despised Your commandments, O Sav - - - ior. I have

Phrase B

spent my life as a prod - - i - gal. I pray to You,

Phrase C

on - ly mer - ci - ful One: "Cleanse me by re-pent - - - ance,

Phrase D Final Phrase

enlighten me through prayers and fast - - - ing, // and de-spise

me not, most gracious Ben - e - fac - tor of all!"