

# Stichera on "Lord, I Call"

Triodion - Forgiveness Sunday Vespers

Tone 2  
Sticheron 1

Kievan Chant  
arr. from B. Ledkovsky

Soprano  
Alto

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

Tenor  
Bass

The first system of music features a Soprano and Alto part on a treble clef staff and a Tenor and Bass part on a bass clef staff. The key signature is one sharp (F#). The lyrics are: "Let us hum - ble the flesh by ab - sti-nence, as we follow". The music consists of a series of chords and single notes, with some notes tied across bar lines.

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

The second system continues the vocal parts. The lyrics are: "the divine path of pure fast - - - ing! With prayers and tears". The music includes a melodic line for the Soprano/Alto and a supporting bass line for the Tenor/Bass.

let us seek the Lord, Who saves us! Let us put an end to an - ger,

The third system continues the vocal parts. The lyrics are: "let us seek the Lord, Who saves us! Let us put an end to an - ger,". The music features a melodic line for the Soprano/Alto and a supporting bass line for the Tenor/Bass.

cry - ing out: "Save us for we have sinned a-against You!

The fourth system concludes the vocal parts. The lyrics are: "cry - ing out: "Save us for we have sinned a-against You!". The music features a melodic line for the Soprano/Alto and a supporting bass line for the Tenor/Bass.

Save us, O Christ our King, as You saved the men of Nin - e - veh, //

and make us par - tak - ers of Your heav - en - ly King - dom, O

com - pas - sion - ate One!"

Sticheron 2

Soprano  
Alto

Tenor  
Bass

When I think— of my deeds, O Lord, I am filled with de-spair,

and know that I am worthy of every tor - ment. I have de-spised

Your com-mand-ments, O Sav - ior. I have spent my life as a

prod - i - gal. I pray to You, on - ly mer - ci - ful One: "Cleanse me by

re-pent - ance, enlighten me through prayers and fast - ing, //

and de-spise me not, most gra-cious Ben - e - fac - tor of all!"

Sticheron 3

Soprano  
Alto  
Tenor  
Bass

Let us be - gin the fast with joy! Let us prepare ourselves

for spir - it - ual ef - forts! Let us cleanse our soul and cleanse

our flesh! Let us ab - stain from every passion as we ab - stain

from food! Let us rejoice in virtues of the Spirit and ful - fill

them in love, that we all may see the Pas - sion of Christ our God, //

and re - joice in spir - it at the ho - ly — Pa - - scha!