

Stichera at "Lord, I call"

Forgiveness Sunday Vespers

Tone 2
Sticheron 1

Optina Monastery Melody
Model: "Joseph of Arimathea"

The musical score is written for Soprano and Alto (top staff) and Tenor and Bass (bottom staff). It is in the key of D major (two sharps) and 4/4 time. The lyrics are: "Let us hum - ble the flesh by ab - sti-nence, as we follow the divine path of pure fast - ing! With prayers — and tears let us seek the Lord, Who saves — us! Let us put an end — to an - ger, cry - ing out: ["Save us, for we have sinned..."]". The score features various musical notations including eighth notes, quarter notes, and half notes, with some notes beamed together. There are also rests and dynamic markings like accents.

["Save us, for we have sinned..."]

NOTE: The division into phrases in this revised setting has been adjusted to fit the model melody properly .

"Save us for we have sinned a-against You! Save us, O

Christ our King, as You saved the men of

Nin - e - veh, // and make us partakers of Your

heavenly Kingdom, O com - pas - sion - ate One!"

Sticheron 2

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

[with despair, / and...]

with de - spair, and know that I am worthy of every

tor - ment. I have despised Your commandments, O

Sav - ior. I have spent my life as a

prod - i - gal. I pray to You, O only mer - ci - ful One:

"Cleanse me by re - pent - ance, enlighten me through

[prayers and fasting, // and...]

prayers and fast - ing, // and despise me not,

O most gracious Ben - e - fac - tor of all!"

Sticheron 3

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

prepare ourselves for spiritual ef - forts! Let us

cleanse our soul and cleanse our flesh! Let us abstain from

[every passion as we abstain...]

every passion as we ab - stain from food! Let us

re - joice in virtues of the Spir - it and

ful - fill them in love, that we all may see the Passion of

Christ our God, and rejoice in spir - it //

at the ho - ly Pas - cha!