

# Penitential Stichera

## TONE FOUR

Kievan Chant  
Ledkovsky

*Canonarch:* Bring my soul out of prison :

That I may confess thy name.

I want to wash away with tears the record of my sins, O Lord, /  
and through the rest of my life to please thee by repentance; /  
but the enemy deceiveth me and fighteth against my soul. //  
Before I perish utterly, save me, O Lord.

*Canonarch:* The righteous shall wait patiently for me :

Un - til thou shalt re - ward me.

If a man take refuge from the tempest in this harbour, /  
will he not be saved? /  
If in his agony he kneel before this house of healing, /  
will he not be cured? /  
O Maker of all and Physician of the sick, //  
before I perish utterly, save me, O Lord.

*Canonarch:* Out of the depths have I cried unto thee, O Lord :

O Lord, hear my voice.

The musical score consists of two staves, treble and bass clef, in G major. The melody is written in a simple, hymn-like style. The lyrics are placed below the notes. The first staff has a treble clef and a key signature of one sharp (F#). The second staff has a bass clef and the same key signature. The music is in 4/4 time. The lyrics are: "O Lord, hear my voice." The word "O" is on the first note, "Lord," on the next two notes, "hear" on the next two notes, "my" on the next two notes, and "voice." on the final two notes. There are rests under "O" and "Lord,". The melody is simple and easy to sing.

Wash me with my tears, O Saviour, /  
for I am defiled by many sins. /  
Therefore I fall down before thee: //  
I have sinned, | have mercy on me, O God.

*Canonarch:* Let thine ears be attentive :

To the voice of my sup - pli - ca - tion.

The musical score consists of two staves, treble and bass clef, in G major. The melody is written in a simple, hymn-like style. The lyrics are placed below the notes. The first staff has a treble clef and a key signature of one sharp (F#). The second staff has a bass clef and the same key signature. The music is in 4/4 time. The lyrics are: "To the voice of my sup - pli - ca - tion." The word "To" is on the first note, "the" on the next, "voice" on the next two notes, "of" on the next, "my" on the next two notes, "sup - pli - ca - tion." on the final six notes. There are rests under "To" and "the". The melody is simple and easy to sing.

I am a sheep of thy spiritual flock, /  
and to thee I flee for refuge, O Good Shepherd. //  
I have gone astray, O God: | seek me and have mercy on me.

# Stichera Prosomœa of the Triodion

(by Joseph)


Optina Hermitage Chant  
Tone Two, Joseph of Arimathea

*Canonarch:* In the Second Tone, to the melody, Joseph of Arimathea: If thou shouldest mark iniquities, O Lord, O Lord, who shall stand?

For with thee there is for - give - ness.

Let us all make haste to humble the flesh by abstinence, /  
as we set out upon the God-given course of the holy Fast; /  
and with prayers and tears /  
let us seek our Lord and Saviour. /  
Laying aside all memories of evil, let us cry aloud: /  
We have sinned against thee, Christ our King; /  
save us as the men of Nineveh in days of old, /  
and in thy compassion //  
make us sharers in thy heavenly Kingdom.

*Canonarch:* For thy name's sake have I patiently waited for thee, O Lord; my soul hath patiently waited for thy word :



The image shows a musical score for a Canonarch's prayer. It consists of two staves, a treble clef on top and a bass clef on the bottom, both in the key of D major (indicated by a sharp sign on the F line). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "My soul hath hoped in the Lord." The word "Lord" is written with a large, decorative 'L' and a fermata over it. The music is in a simple, homophonic style, typical of a canon.

When I think of my works, deserving every punishment, /  
I despair of myself, O Lord. /  
For see, I have despised thy precious commandments /  
and wasted my life as the Prodigal. /  
Therefore I entreat thee: cleanse me in the waters of repentance, /  
and through prayer and fasting /  
make me shine with light, /  
for thou alone art merciful; //  
abhor me not, O Benefactor of all, supreme in love.

# Another Sticheron

( by Theodore )

Kievan Chant, Tone Two  
Ledkovsky

*Canonarch:* In the same tone: From the morning watch until night, from the morning watch :

Let Is - ra - el hope in the Lord.

Let us set out with joy up - on the sea - son of the Fast,

and prepare ourselves for spi - ri - tual com - bat. Let us

pu - ri - fy our soul and cleanse our flesh; and as we fast from

food, let us abstain also from ev - 'ry pas - sion. Re-joic-ing

in the virtues of the spirit, may we per - se - vere with love, and so

be count-ed wor - thy to see the solemn Pas-sion of Christ our

God, // and with great spi - ri - tual glad-ness to be - hold his

Ho - ly Pas - cha.

# Stichera of the Menaion

10 FEBRUARY

Kievan Chant

Tone Six, 'Having placed all their hope'

*Canonarch:* In the Sixth Tone, to the melody, 'Having placed all their hope': For with the Lord there is mercy, and with him is plenteous redemption :

And he shall redeem Israel out of all his in - i - qui - ties.

Having wholly set thyself aside for the Master from thy youth, /  
desiring him, thou didst follow in his steps; /  
and having been cleansed of all the defilement of the passions, /  
thou wast enriched with divine grace, /  
that thou mightest work healings /  
and perform most glorious miracles; /  
and having become a martyr, /  
thou didst remain unmoved /  
by all the assaults of torments, /  
through the power of him /  
who was slain upon the Cross. //  
Do thou entreat him earnestly on behalf of our souls.

*Canonarch:* O praise the Lord, all ye nations :

Musical score for the Canonarch's part. The score is written for two staves, Treble and Bass clef, in the key of D major (one sharp). The lyrics are: "Praise him, all ye peo - - ples." The melody is simple and homophonic, with a steady rhythm. The Treble staff begins with a treble clef and a sharp sign. The Bass staff begins with a bass clef and a sharp sign. The lyrics are placed below the notes, with hyphens under "peo" and "ples" indicating a long note.

Though thy blessed, enduring and invincible body /  
was pierced with nails, /  
O passion-bearer Charalampus, /  
thou didst keep thy soul steadfast and thy mind invi'late; /  
for divine desire, /  
O glorious one,  
richly enkindled in thee strength to endure /  
all manner of torments, /  
O passion-bearing martyr, /  
sharer in the sufferings of Christ. /  
Do thou entreat him with boldness //  
on behalf of our souls.

*Canonarch:* For he hath made his mercy to prevail over us :


And the truth of the Lord a - bid - eth for - ev - er.

The image shows a musical score for a canon. It consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff. The music features a mix of eighth and sixteenth notes, with some phrases marked with slurs. The piece ends with a double bar line.

Having suffered, thou didst inherit radiant joy, /  
ineffable glory, /  
and everlasting rejoicing, O venerable priest, /  
honoured passion-bearer, valiant warrior, /  
who with the streams of thy blood /  
manifestly drowned the armies and hosts of the serpent, /  
and by grace and divine prayer truly raised the dead, /  
praying with boldness //  
on behalf of our souls.

# Theotokion

*Canonarch:* Glory, Both now and ever, the Theotokion in the same tone and melody:  
Glory to the Father, and to the Son, and to the Holy Spirit :



Both now and ever and un-to the a - ges of a - ges. A - men.

The musical score is written for a single melodic line on a treble clef staff with a key signature of one sharp (F#). The melody is a simple, hymnic tune. The lyrics are written below the staff, with hyphens indicating syllables that span across multiple notes. The piece concludes with a double bar line.

O all-immaculate one, quickly visit me /  
who am wounded by the robbers' assaults of demons /  
and who lie, wholly unable to move, /  
on the ever-shifting path of this life, /  
in need of mercy; /  
and pour thou oil and wine /  
upon mine incurable wounds, /  
and restore me to health; /  
that I may glorify thee and hymn thy mighty works /  
with love, as is meet, /  
O Mother and Virgin, //  
who alone art pure.