

5th Sunday of Great Lent

Stichera on "Lord I have cried..."

At Lord I have cried we sing 10 stichera, six of the Resurrection in the tone of the week and four for St. Mary of Egypt, repeating the first:

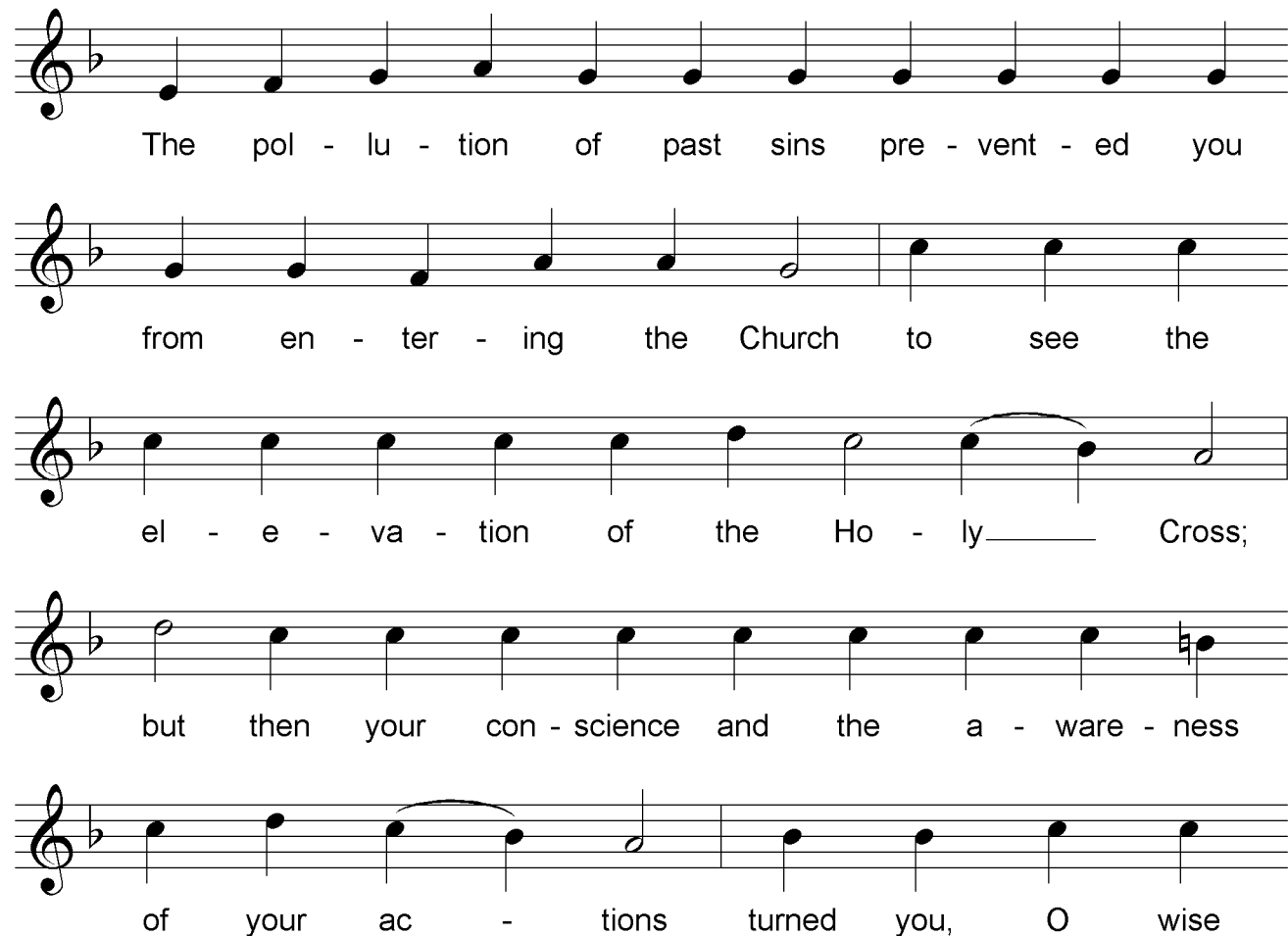
In Tone 6

Verse 7:



From the morn - ing watch un - til the night, from the morn - ing
watch let — Is - ra - el hope — in the Lord.

Stichera 7:



The pol - lu - tion of past sins pre - vent - ed you
from en - ter - ing the Church to see the
el - e - va - tion of the Ho - ly — Cross;
but then your con - science and the a - ware - ness
of your ac - tions turned you, O wise

in God, to a bet - ter way of life.

And, ha - ving looked up - on the i - con of

the bless - ed Mo - ther of God, you have

con - demned all your pre - vi - ous trans - gres - sions,

O Mo - ther wor - thy of all praise, and so

has gone with bold - ness to ve - ne - rate

the _____ pre - cious Cross.

Verse 8:

For with the Lord there is mer - cy and with Him plen - te - ous

re - demp - tion and He shall re - deem_ Is - ra - el
out of all his in - iq - ui - ties.

Stichera 8:
Repeat above stichera

Verse 9:

O praise the Lord all na - tions praise_ Him_
all_ you_ peo - ples.

Stichera 9:

Ha - ving wor - shipped at the ho - ly plac - es
with great joy, you have re - ceived sa - ving
grace for the jour - ney of vir - - - tue,

and with all haste you have set out up - on

the good path you have cho - - sen.

Cross - ing the stream of the Jor - - dan,

with ea - ger - ness you have gone to live in

the dwell - ing place of the Bap - - tist.

You have tamed the sa - vage - ry of the pas -

sions through your as - ce - tic way of life,

and bold - ly you have bro - ken the re - bel -

lious ness of the flesh, O Mo - ther

ev - er - - - glo - ri - ous.

Verse 10:

For He has made His mer - cy to pre - vail ov - er us
 and the truth — of the Lord en - dures for -
 ev - er.

Stichera 10:

Ha - ving gone to dwell in the wild - er - ness,
 you have blot - ted out from your soul the i -
 ma - ges of your sen - su - al pas - sions,
 and have marked up - on it the God - gi - ven

im - print of _____ ho - li - ness. You have at -
 tained such glo - ry, bless - ed Mo - - - ther,
 as to walk up - on the sur - face of the
 wa - - - ters, and in your prayers to God
 you were raised up from _____ the _____ earth.
 And now all - glo - ri - ous Ma - - - ry,
 stand - ing be - fore Christ with bold - ness, en - treat
 Him _____ for our _____ souls.

In Tone Four

Glory Verse:

Glo - ry to the Fa - ther and to the Son and
to the Ho - ly Spi - rit.

Glory Stichera:

The po - wer of Your Cross, O Christ,
has worked won - - - ders, for ev - en
the wo - man who was once a har - lot
chose to fol - low the as - ce - tic way
Cast - ing a - side her weak - ness, brave - ly
she op - posed the de - - - vil, and ha -

ving gained the prize of vic - to - ry,
she in - ter - cedes for _____ our _____ souls.

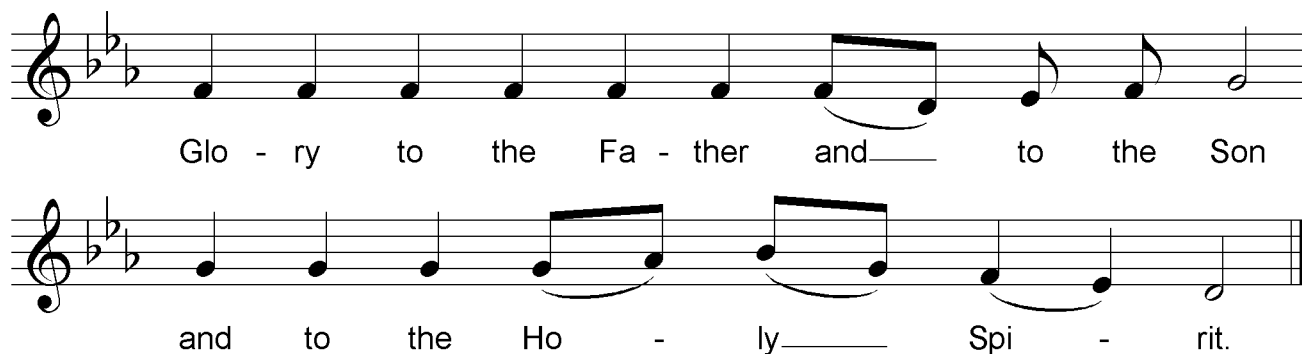
At the “*Now and Ever...*” we sing the Theotokian (Dogmatikon) in the tone of the week from the Octoechos, followed by the Entrance, O Gladsome Light, and the Prokimen for Saturday, “*The Lord is King...*”

The Aposticha

We sing the Aposticha in the tone of the week from the Octoechos, and then:

In Tone Two

Glory Verse:



Glo - ry to the Fa - ther and — to the Son
and to the Ho - ly — Spi - rit.

Glory Stichera:



The de - sires of your soul and the pas -
sions — of your flesh you have cut
down with the sword of ab - sti - nence;
your sin - ful thoughts you have choked with the
si - lence of the as - ce - tic life.

With the streams of your tears you have wa - tered
all the wil - der - ness, and caused the fruits
of re - pen - tance to spring up for us:
there - fore, O Saint, we ce - le - brate your
me - mo - ry.

Now and Ever Verse::

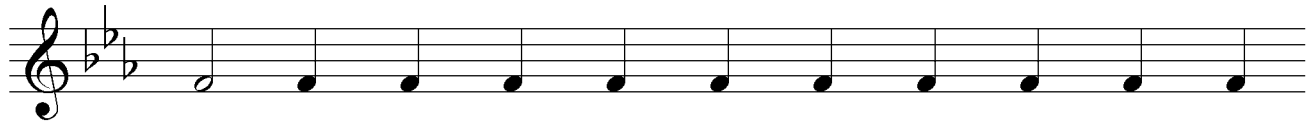
Now and ev - er and for - ev - er. A - men.

Now and Ever Stichera:

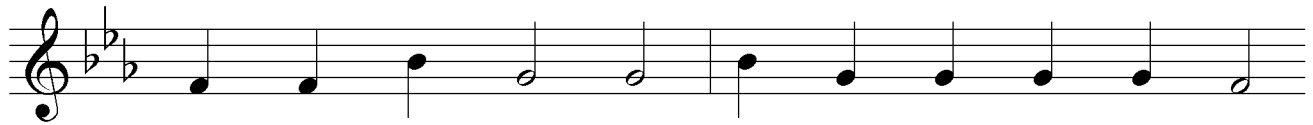
Here is a new won - der great - er than all the
mir - a - cles of old: for who has ev - er



known a mo - ther bear a child with - out the help of man



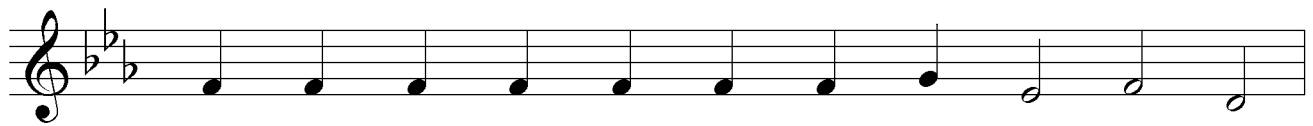
and hold in her arms Him Who en - com - pass - es



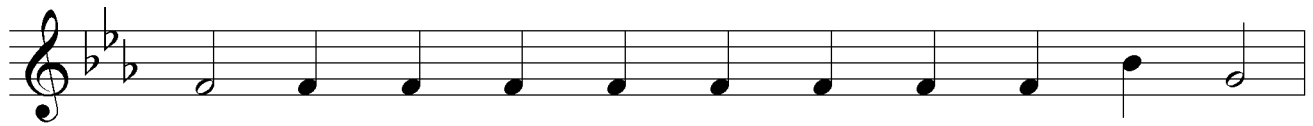
the whole cre - a - tion? It was the will of God



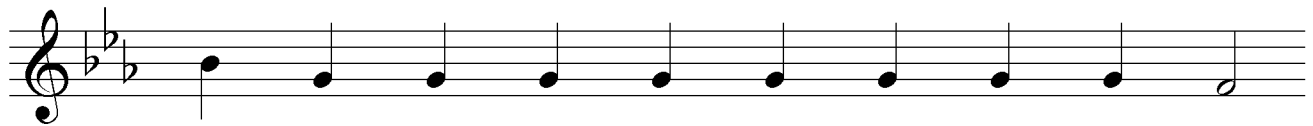
to — be — born and You, O Vir - gin,



have car - ried Him as an In - fant in your arms.



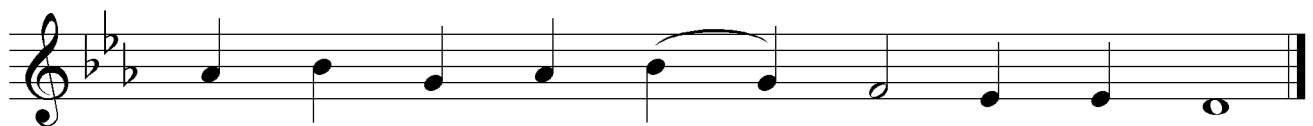
The bold - ness of a mo - ther is there - fore yours.



Pray then to Him with - out ceas - ing for us



who — ho - nor You, and en - treat Him to



save our souls and have — mer - cy on us.

Tropars and Theotokian

We sing the Tropar in the tone of the week, "Glory" and the tropar for Saint Mary of Egypt, "Now and ever..." and the Theotokian in the tone of the week.



Glo - ry to the Fa - ther and to the Son and—
to the Ho - - - ly Spi - - - rit.
The— i - mage of— God was tru - ly pre - served
in you,— O Mo - ther, for you took up
the— Cross and— fol - lowed Christ. By so
do - ing, you— taught us to dis - re - gard the
flesh for it— pas - ses a - way. But to care
in - stead for the soul since it— is im - mor - tal.

There - fore your spi - rit, O ho - ly Mo - ther
 Ma - ry, re - joic - es with the an - gels.

