

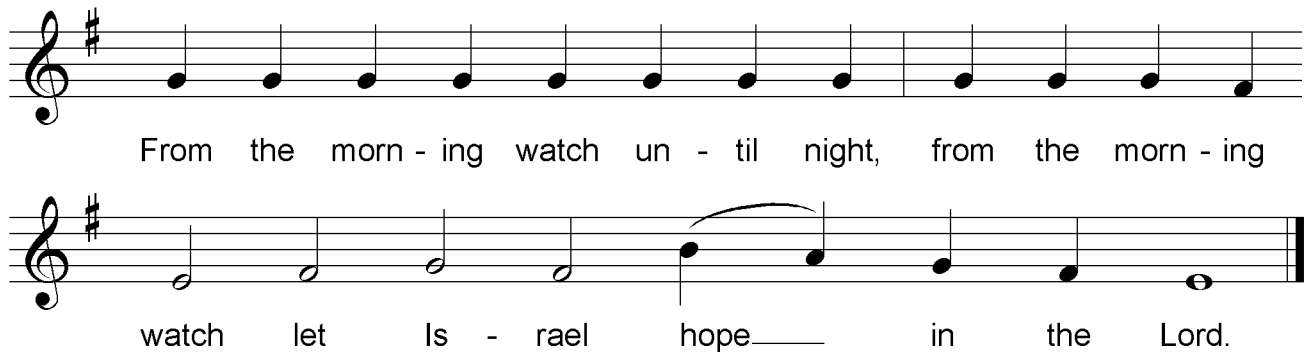
The Fourth Sunday of Great Lent

Stichera on "Lord I have cried..."

At Lord I have cried we sing 10 stichera, six from the Resurrection in the tone of the week and four in honor of John Climacus, repeating the first:

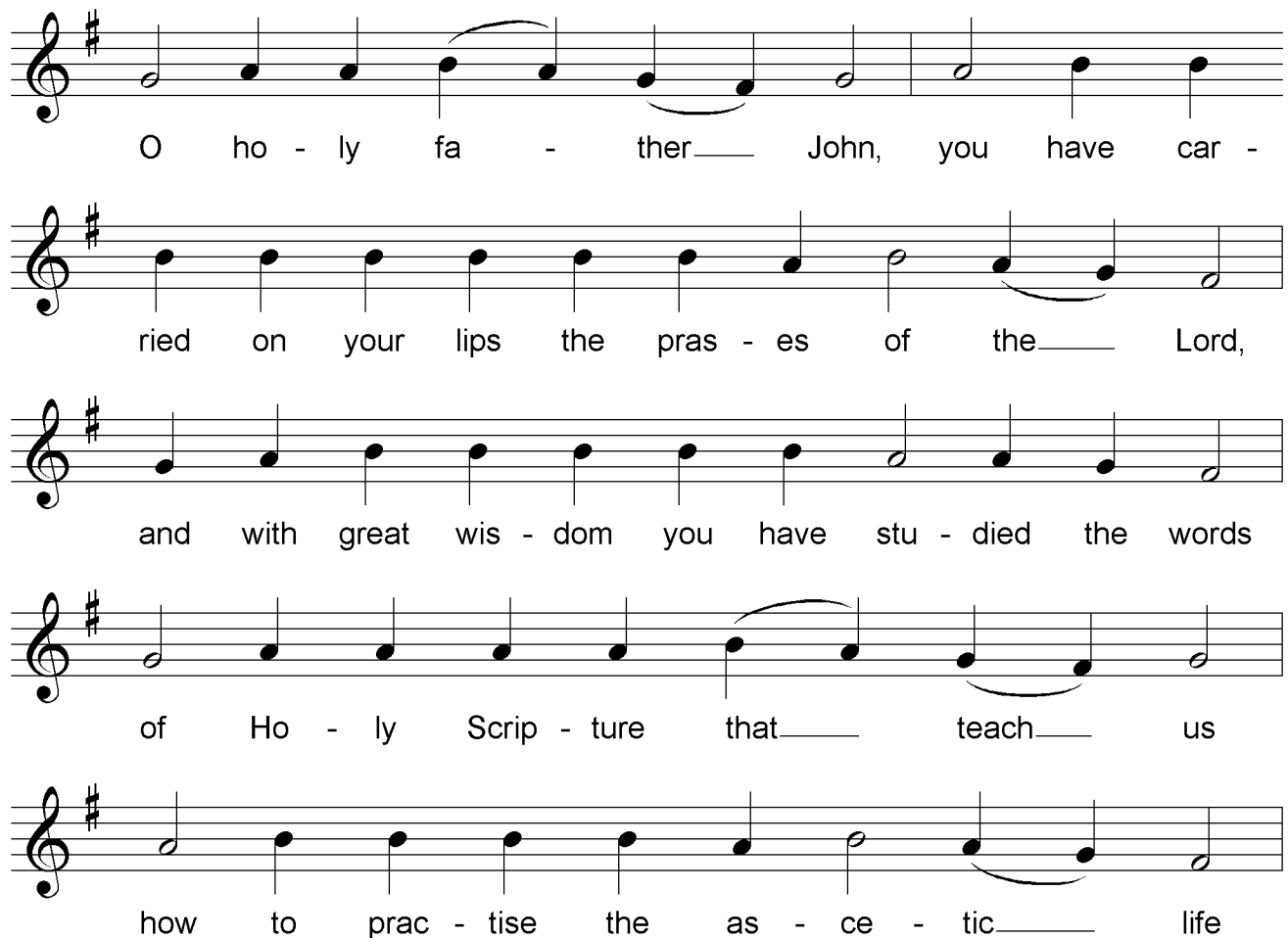
In Tone 8

Verse 7:

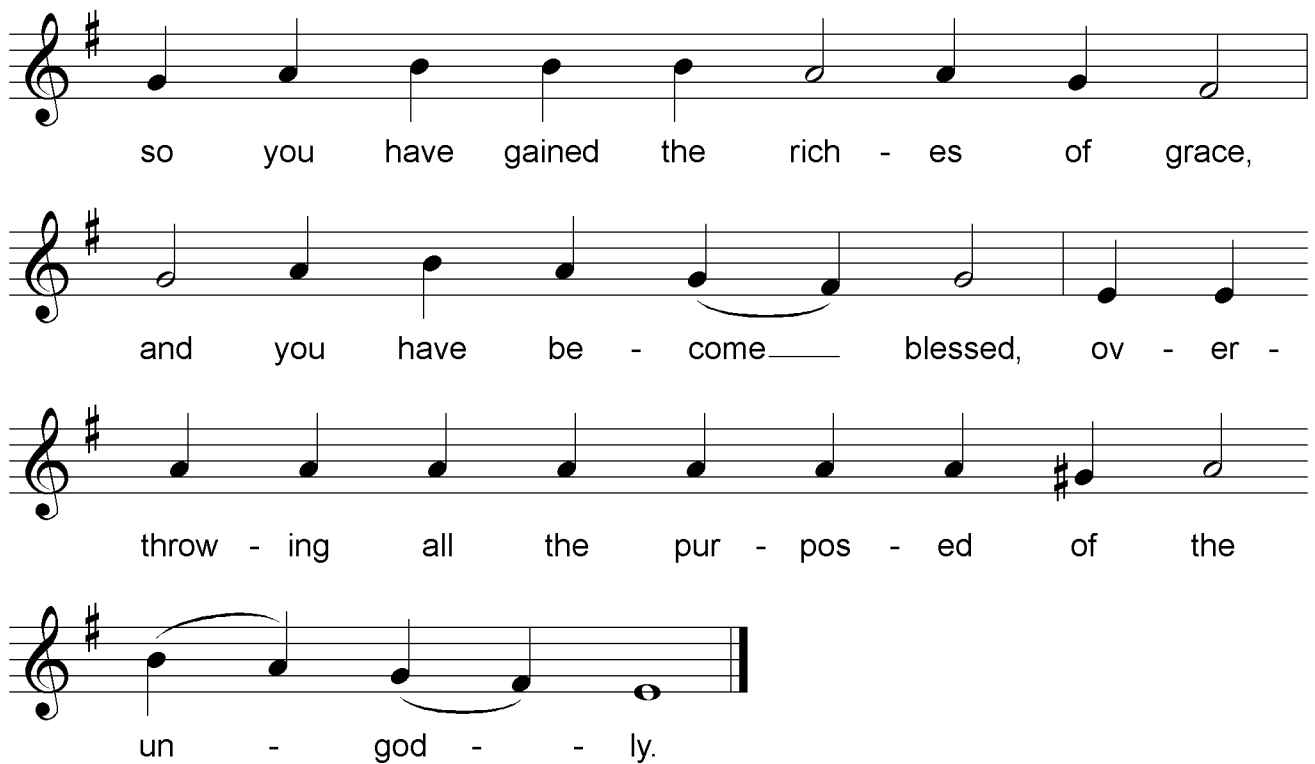


From the morn - ing watch un - til night, from the morn - ing
watch let Is - rael hope in the Lord.

Stichera 7:

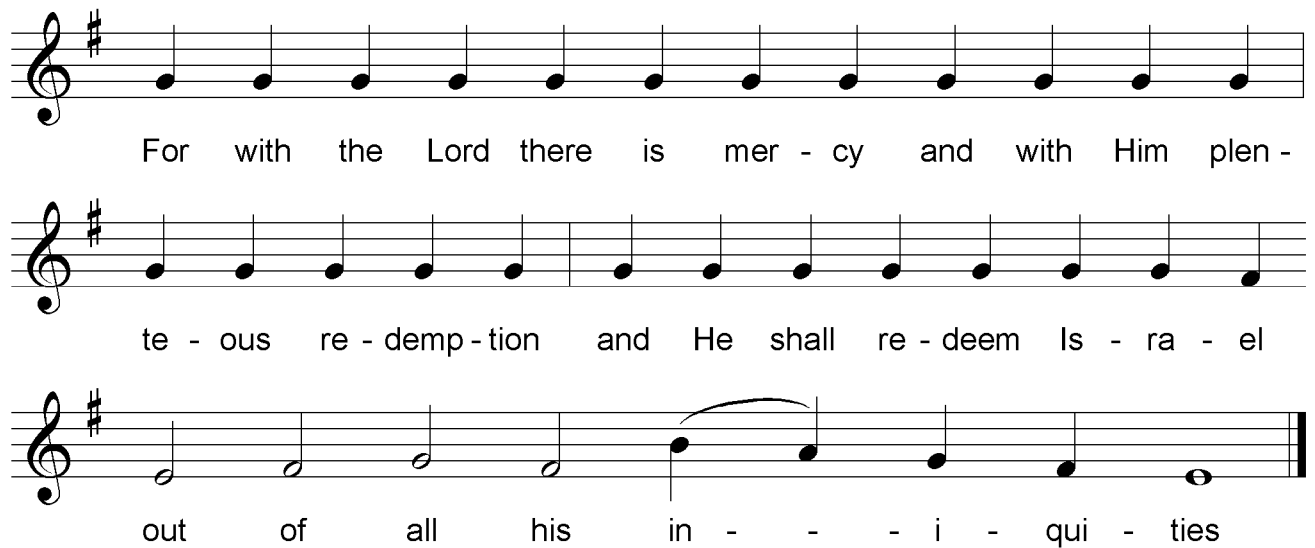


O ho - ly fa - ther John, you have car -
ried on your lips the pras - es of the Lord,
and with great wis - dom you have stu - died the words
of Ho - ly Scrip - ture that teach us
how to prac - tise the as - ce - tic life



so you have gained the rich - es of grace,
 and you have be - come _____ blessed, ov - er -
 throw - ing all the pur - pos - ed of the
 un - god - - ly.

Verse 8:

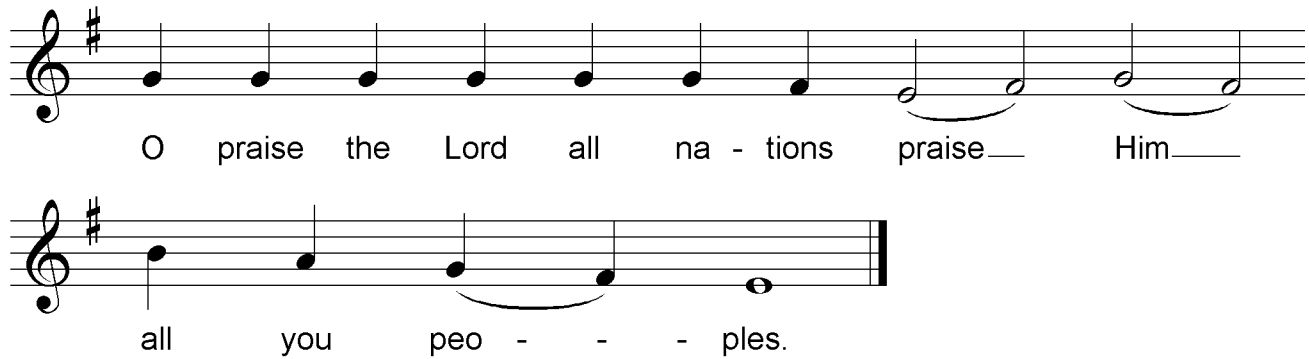


For with the Lord there is mer - cy and with Him plen -
 te - ous re - demp - tion and He shall re - deem Is - ra - el
 out of all his in - - i - qui - ties

Stichera 8:

Repeat above Stichera

Verse 9:



O praise the Lord all na - tions praise Him
all you peo - - - ples.

The musical notation for Verse 9 consists of two staves in G major. The first staff contains the melody for "O praise the Lord all na - tions praise Him", with a fermata over "Him". The second staff continues with "all you peo - - - ples." and ends with a double bar line.

Stichera 9:



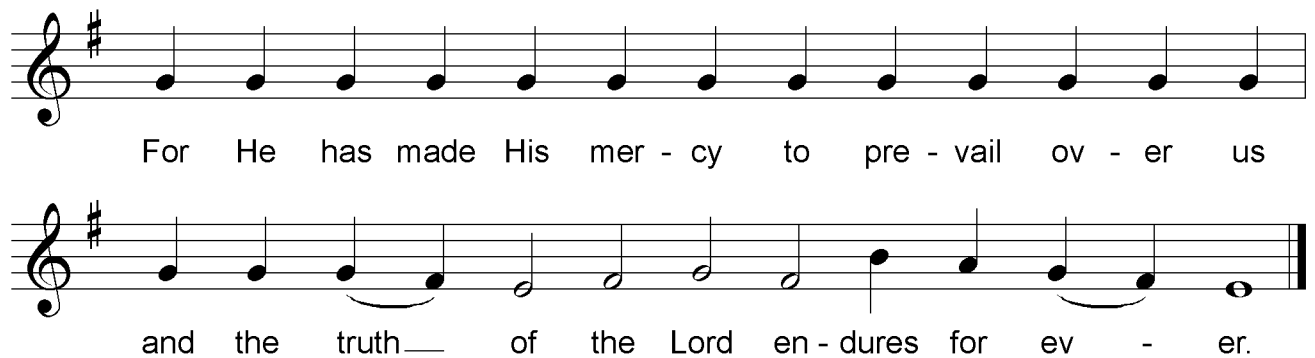
Most glo - ri - ous fa - - - ther John
with the foun - tain of your tears you
have cleansed your soul, and by keep - ing
vi - gils through the night you have gained God's
mer - - - cy. You were raised on wings,
O bless - ed one, to the love

The musical notation for Stichera 9 consists of six staves in G major. The first staff contains the melody for "Most glo - ri - ous fa - - - ther John", with a fermata over "ther". The second staff continues with "with the foun - tain of your tears you". The third staff continues with "have cleansed your soul, and by keep - ing". The fourth staff continues with "vi - gils through the night you have gained God's". The fifth staff continues with "mer - - - cy. You were raised on wings,". The sixth staff continues with "O bless - ed one, to the love".



O bless - ed one, to the love
of Him and of His beau - - - ty;
and as is right you dwell now in His
un - end - ing joy, with your fel - low
sol - diers in the spi - ri - tual fight,
O ho - ly saint of God.

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:

O ho - ly fa - ther — John, through faith
you have lift - ed up your mind on wings
to — God; hat - ing the rest - less
con - fus - ion of this — world,
you have ta - ken up — your — Cross;
and fol - low - ing Him Who sees all — things,
you have sub - ject - ed your re - bel - lious
bo - dy to His guid - ance through as - ce -
tic dis - ci - pline, by the pow - er of

the Ho - ly Spi - rit.

In Tone 5
Gloria Verse:

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

Gloria Stichera:

O ho - ly fa - ther, hear - ing the voice
of the Gos - pel of the Lord,
you have for - sak - en the world,
count - ing as naught its rich - es and its
glo - - - ry; and so you have cried

out to all: 'Love God and you shall
 find e - ter - nal grace. Set no thing
 high - er than His love, that, when He comes
 in glo - - - ry, you may find rest

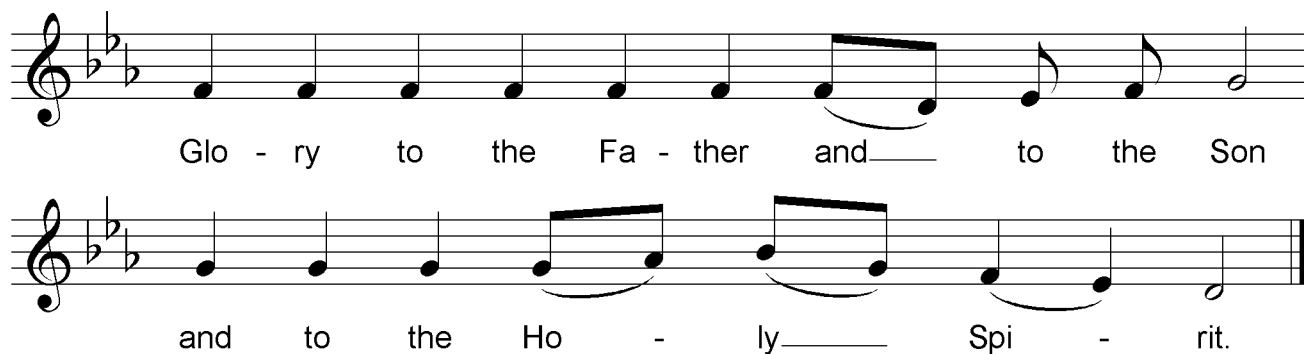
At the “*Now and Ever...*” we sing the Theotokian (Dogmatikon) in the tone of the week from the Octoechos, followed by the Entrance, O Gladsome Light, and the Prokimen for Saturday, “*The Lord is King...*”

The Aposticha

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

In Tone 2

Glory Verse:



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

Glory Stichera:



Let us hon - or John an - gel - up -
on the earth and man of God
in hea - ven, a - dorn - ment of the world,
joy of the good and vir - tu - ous, glo - ry
of as - - - ce - - - tics. Plant - ed

in the house of God he has blossomed
 with the flower of holiness,
 and spread abroad like a cedar in
 the desert, causing the sheep of
 Christ's spiritual flock to increase in
 sanctity and righteousness.

Now and Ever Verse:

Now and ever and forever. Amen.

Now and Ever Stichera:

Here is a new wonder greater 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

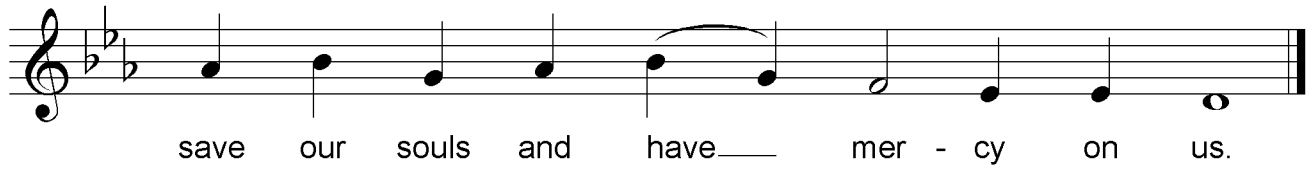
to — be — born and You, O Vir - gin,

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



We sing the Tropar in the tone of the week, "Glory" and the tropar of the saint of the day, if available, otherwise "Glory...Now and ever..." and the Theotokian in the tone of the week.