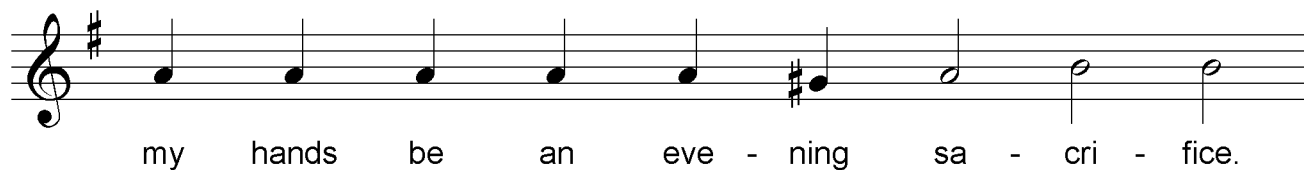
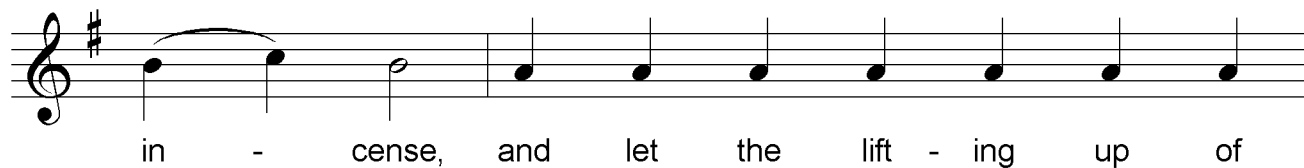
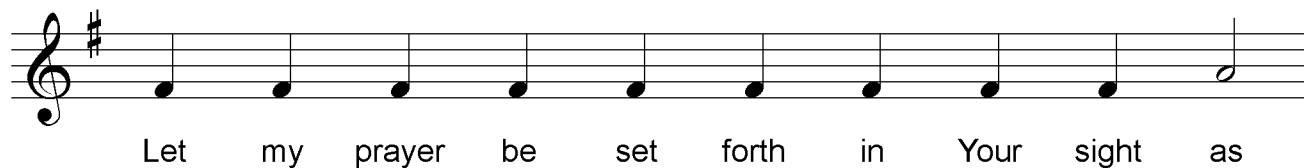
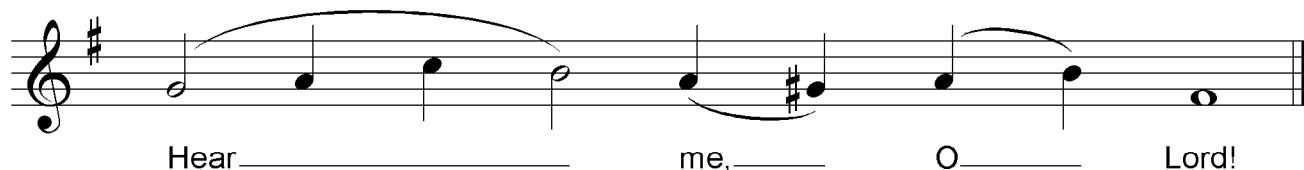
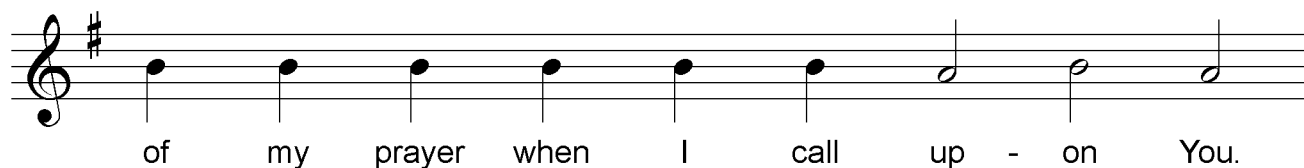
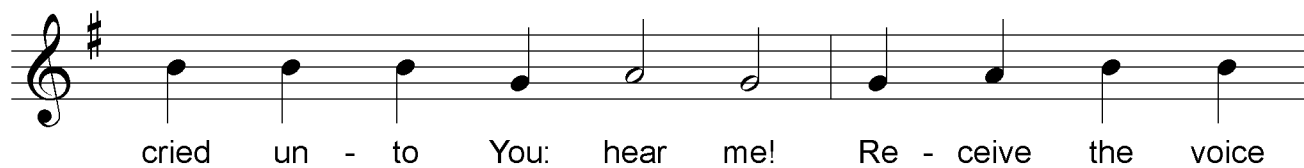
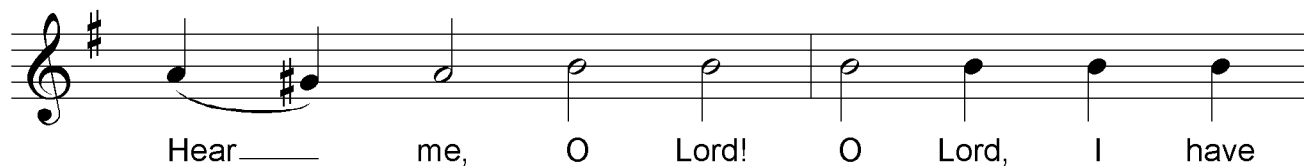
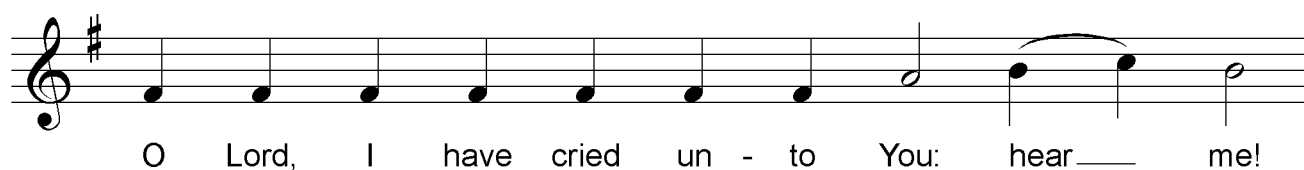


# Lord I Have Cried - Psalm 141

## Resurrection Tone 4



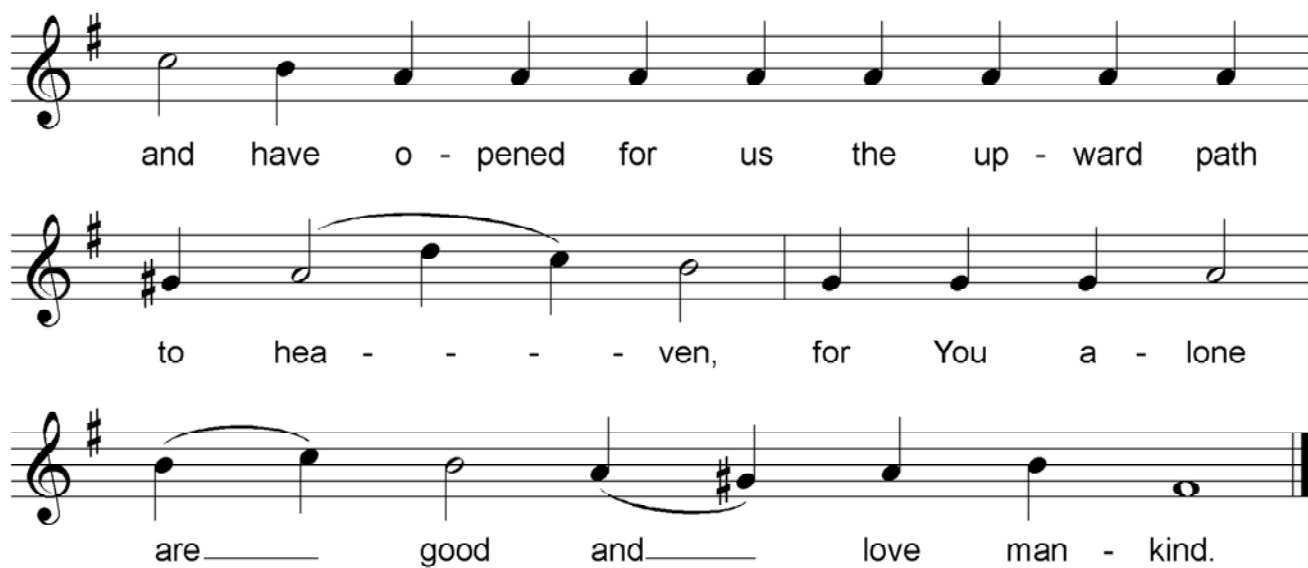
Hear \_\_\_\_\_ me, \_\_\_\_\_ O \_\_\_\_\_ Lord!

Verse 1:

Bring my soul out of pri - son that I may  
praise \_\_\_\_\_ Your \_\_\_\_\_ Name.

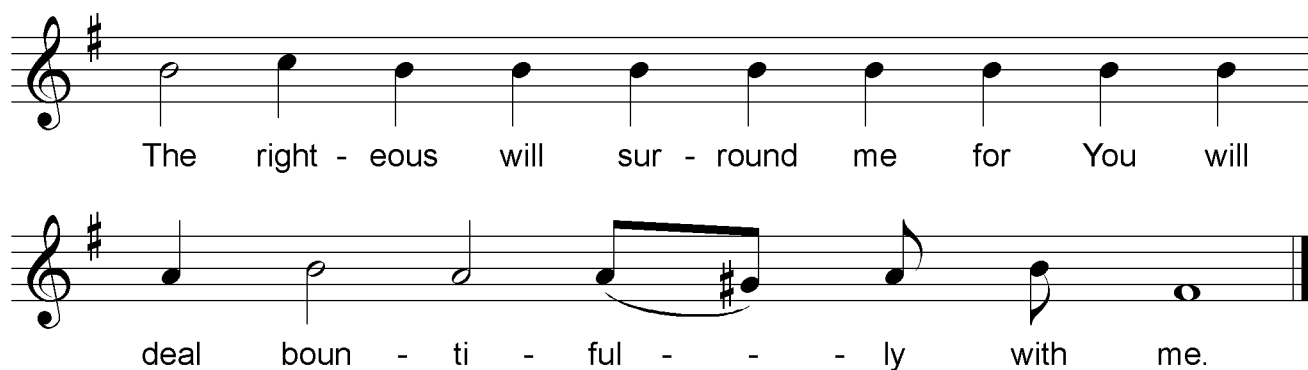
Stichera 1:

Ev - er hail - ing Your life - giv - ing Cross, O Christ  
our \_\_\_\_\_ Lord, we glo - ri - fy Your Re - sur -  
rec - tion on the third day, for You, Who  
are the all - pow - er - ful, have \_\_\_\_\_ there - by  
re - stored the cor - rupt na - ture of man,



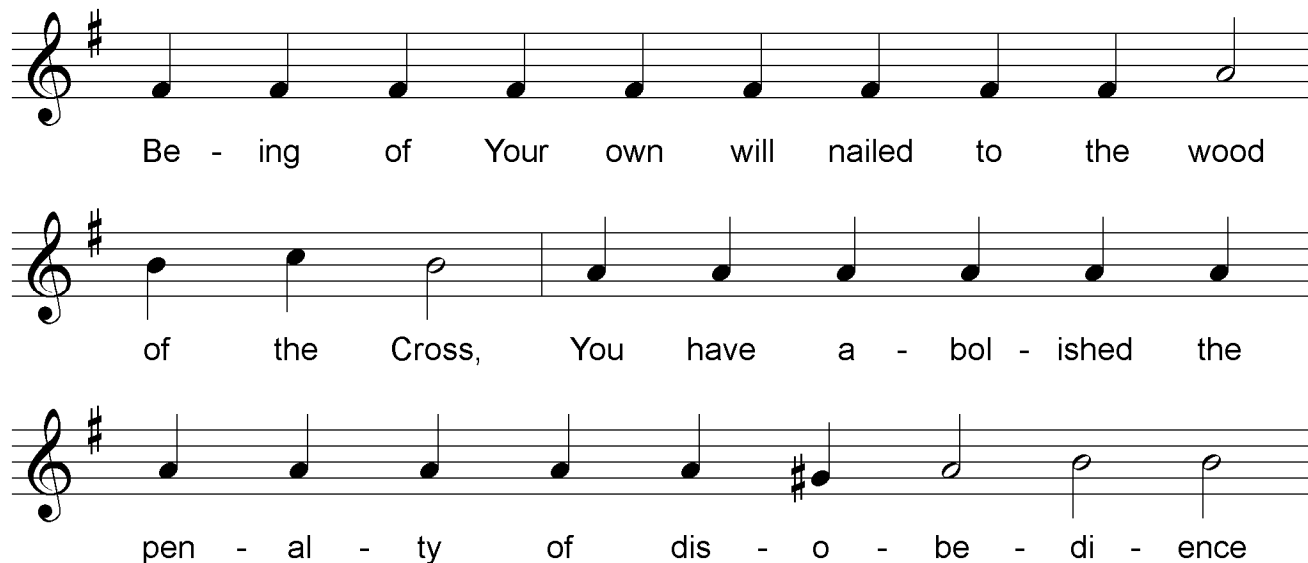
and have o - pened for us the up - ward path  
to hea - - - - ven, for You a - lone  
are good and love man - kind.

Verse 2:



The right - eous will sur - round me for You will  
deal boun - ti - ful - - - - ly with me.

Stichera 2:



Be - ing of Your own will nailed to the wood  
of the Cross, You have a - bol - ished the  
pen - al - ty of dis - o - be - di - ence

which was com - mit - ted through the tree

and by des - cend - ing in - to hell You have

bro - ken the bonds of death. There - fore we

wor - ship Your Re - sur - rec - tion from the dead,

and re - joic - ing we cry out: "Glo - ry

to You, al - might - y Lord."

Verse 3:

Out of the depths have I cried to You, O

Lord: Lord, hear my voice!

Stichera 3:

You have bro - ken in pie - ces the gates of hell,  
O Lord, and put an end by Your death  
to the do - min - ion of death, and You have  
set man - kind free by be - stow - ing in -  
cor - rup - tion on the world, to - geth - er  
with life and Your great mer - cy.

Verse 4:

Let Your ear be at - ten - tive to the voice  
of my sup - pli - ca - tion.

Stichera 4:

O come all you peo - - - ple, and let us  
sing the prai - ses of the Sa - vior's Re - sur -  
rec - tion on the third day, for we have  
been de - liv - ered by it from the un - break -  
a - ble bonds of hell, and ha - ving  
re - ceived in - cor - rup - tion and life, we all  
cry out to You: 'Save us, O cru - ci - fied,  
bur - ied and Ri - sen Lord! Save us by Your  
Re - sur - rec - tion for You a - lone love man - kind.

Verse 5:

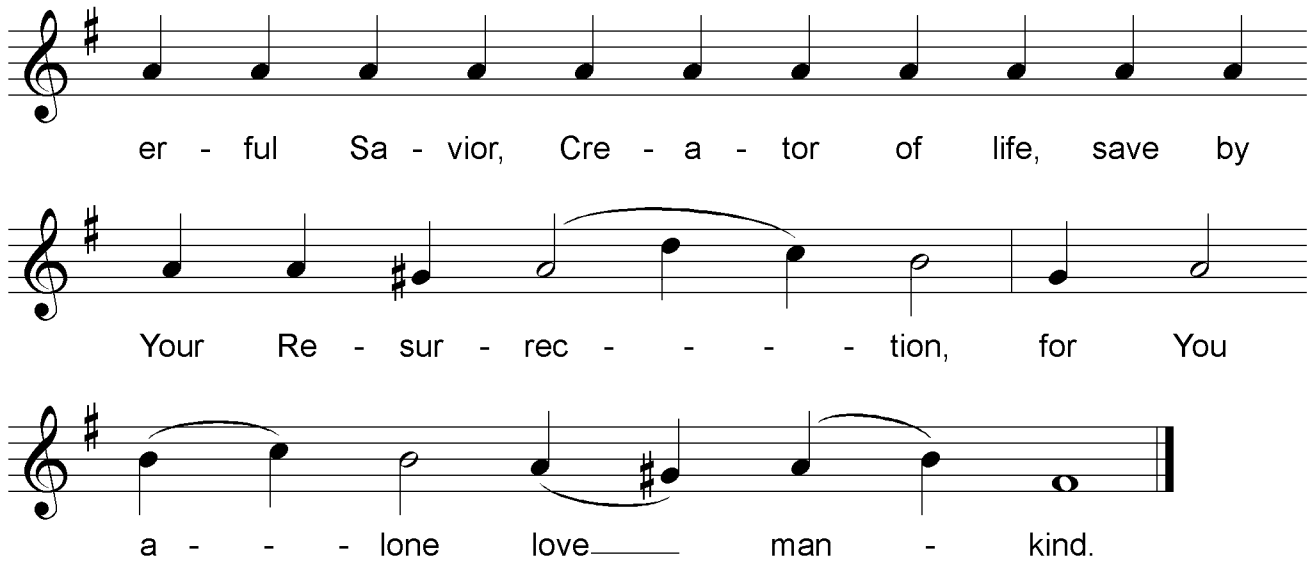


Verse 5: Musical notation in G major (one sharp) on a treble clef staff. The melody consists of quarter notes for the first two lines and a mix of quarter and eighth notes with slurs for the third line. The lyrics are: "If You, Lord, should mark in - i - qui - ties, Lord, who shall stand? But there is for - give - ness with You; that You \_\_\_\_\_ might \_\_\_\_\_ be \_\_\_\_\_ feared."

Stichera 5:

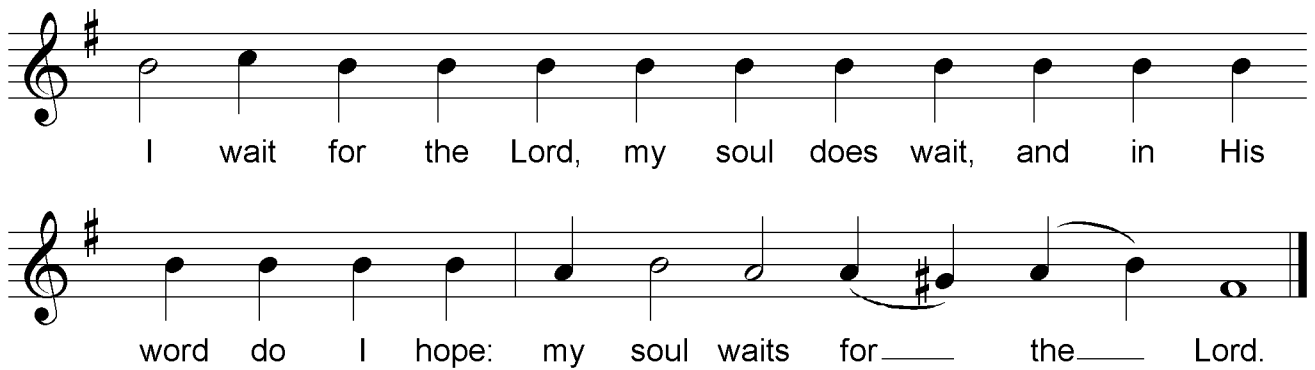


Stichera 5: Musical notation in G major (one sharp) on a treble clef staff. The melody consists of quarter notes for the first two lines and a mix of quarter and eighth notes with slurs for the third, fourth, and fifth lines. The lyrics are: "An - gels and men sing the prais - - - es of Your Ris - ing on the thrid day, O Sa - vior, for it has shed light to the ends of the world, and we all, de - liv - ered from the bond - age to the e - ne - my cry out: 'O all - pow -



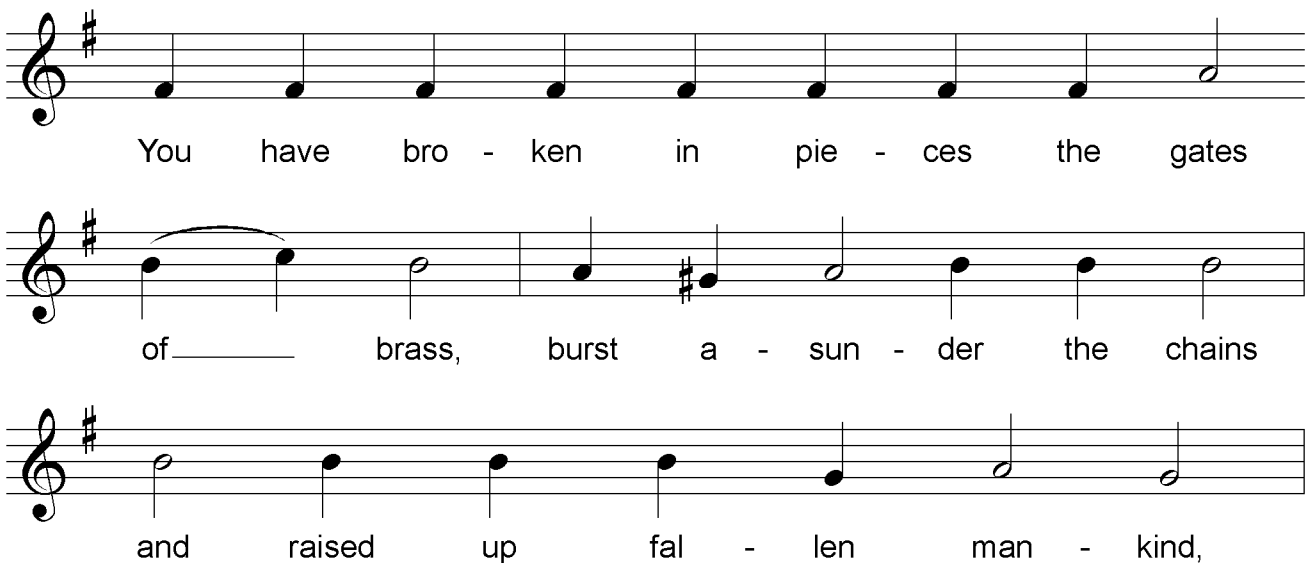
er - ful Sa - vior, Cre - a - tor of life, save by  
 Your Re - sur - rec - - - - - tion, for You  
 a - - - lone love — man - kind.

Verse 6:



I wait for the Lord, my soul does wait, and in His  
 word do I hope: my soul waits for — the — Lord.

Stichera 6:



You have bro - ken in pie - ces the gates  
 of — brass, burst a - sun - der the chains  
 and raised up fal - len man - kind,



O Christ our God There - fore  
 we cry with one ac - cord: 'Lord ri - sen  
 from the dead glo - - - ry to You!

Verse 7:

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

Stichera 7:

Your be - ing be - got - ten of the Fa - ther is  
 time - less and ev - er - last - ing, O Lord.  
 Your in - car - na - tion from the Vir - gin is

past tel - ling and be - yond the un - der - stand -  
 ing of men, and Your de - scent in - to  
 hell put fear in - to the de - vil and his  
 an - gels, for on the third day You  
 have ri - sen a - gain, hav - ing tram - pled death,  
 and grant - ed men in - cor - rup - tion and Your

In the event that additional stichera are available to be sung, the remaining verses are set forth below:

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 from all his i - ni - qui - ties.

Verse 9:

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

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 - more.

Verse Glory Now and Ever:

Glo - ry to the Fa - ther and to the Son and

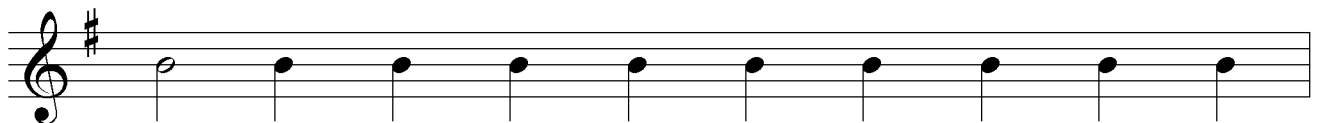
to the Ho - ly Spi - rit, now and ev - er  
and for - ev - er. A - men.

Stichera Gory Now and Ever:


Da - vid the pro - phet, who was an an - ces - tor  
of God through you, gave voice be - fore - hand  
in psalms con - cern - ing the great things done for you:  
The Queen stands at Your right hand, ar - rayed  
in gold. For God Who was pleased to be made  
of you with - out a hu - man fa - ther,  
and has shown you to be Mo - ther of



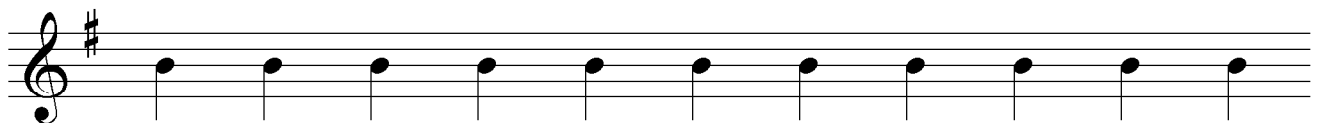
life and me - di - a - - - - tor,



that He might re - store His im - age, which was



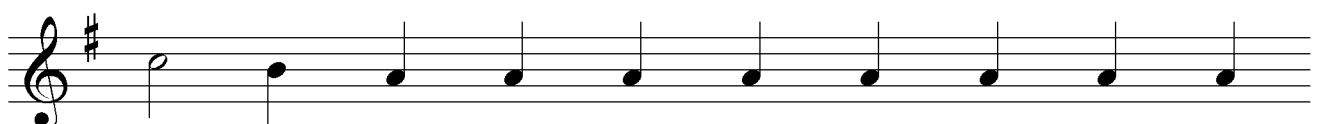
cor - rup - ted by the pas - sions; and that when He



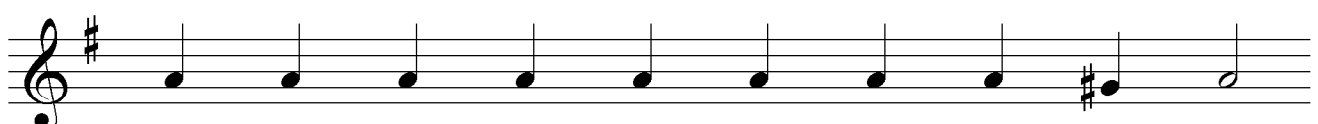
had found the lost sheep He might lay it up - on



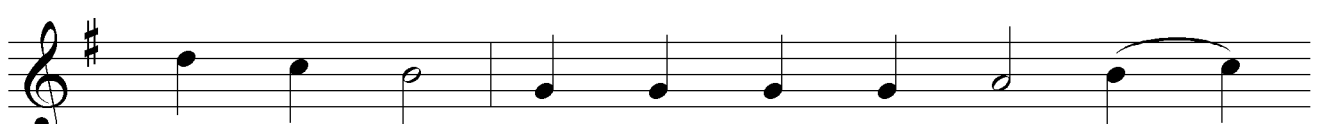
His should - der and bring it to His Fa - ther.



By the Fa - ther's will, Christ has with great and



boun - ti - ful mer - cy, ga - thered it to the



heavn' - ly hosts, and has saved the world O\_\_\_\_\_

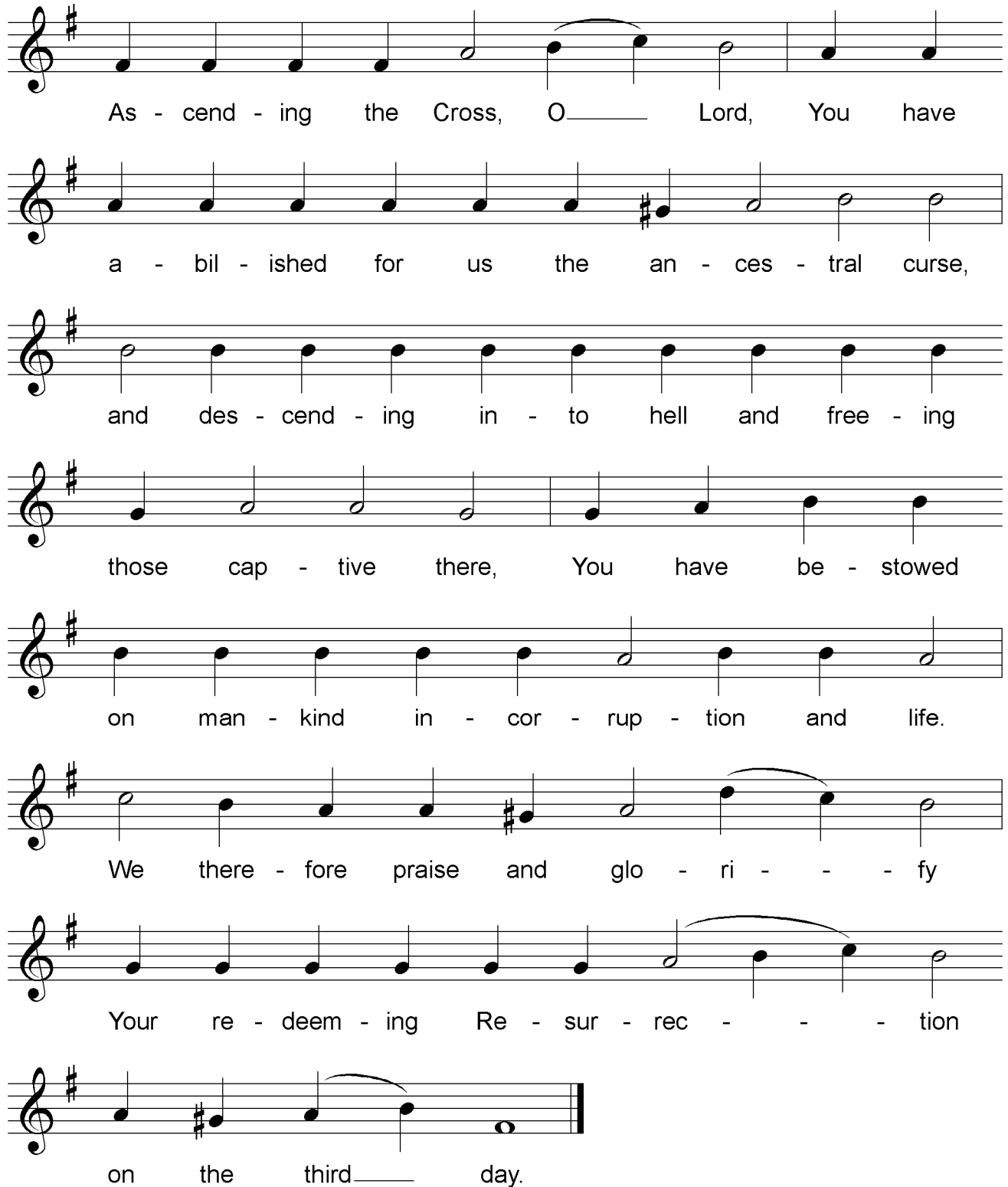


Birth - gi - - - - ver of God!

# The Aposticha

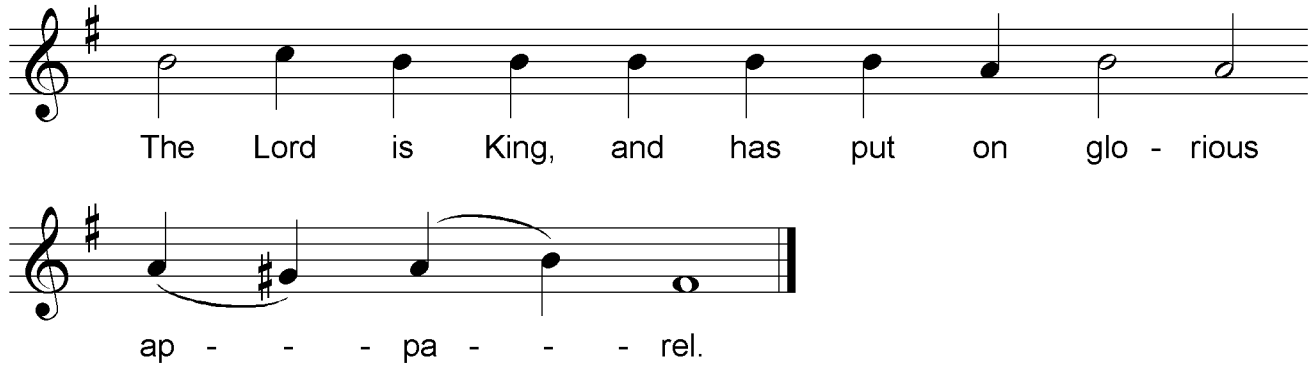
## Resurrection Tone 4

Stichera 1:



As - cend - ing the Cross, O Lord, You have  
a - bil - ished for us the an - ces - tral curse,  
and des - cend - ing in - to hell and free - ing  
those cap - tive there, You have be - stowed  
on man - kind in - cor - rup - tion and life.  
We there - fore praise and glo - ri - - - fy  
Your re - deem - ing Re - sur - rec - - - tion  
on the third day.

Verse 1:



The Lord is King, and has put on glo - rious  
ap - - - pa - - - rel.

Musical notation for Verse 1: A single staff in G major (one sharp) with a treble clef. The melody consists of quarter notes for the first line and a half note for the second line, with a fermata over the final note.

Stichera 2:



Hung up - on the wood, You the Al - might - y  
One have sha - ken the whole cre - a - - tion;  
while laid in the tomb, You raised up those  
dwell - ing there - in, and have be - stowed life  
and in - cor - rup - tion on man - kind;  
There - fore we praise and glo - ri - - - y

Musical notation for Stichera 2: Six staves in G major (one sharp) with a treble clef. The melody is primarily quarter notes with some half notes and a fermata over the final note of the last line.

Your re - deem - ing Re - sur - rec - - - tion  
on the third \_\_\_\_\_ day.

Verse 2:

He has made the world so sure that it  
can - not \_\_\_\_\_ be \_\_\_\_\_ moved.

Stichera 3:

The law - less peo - ple who gave you to Pi - late  
O Christ, con - demned You to be cru - ci - fied;  
and showed them - selves thank - less towards their  
Be - ne - fac - tor. But it was Your good



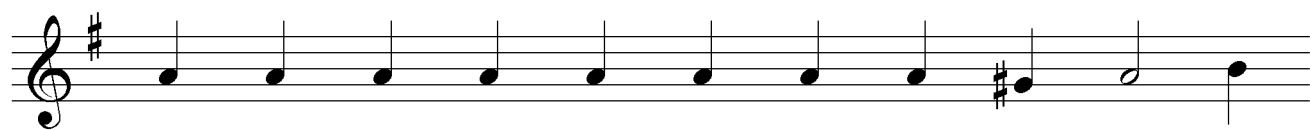
plea - sure to suf - fer bu - ri - al,  
 and of Your own will You have ri - sen a - gain  
 as God on the third day, and have be - stowed  
 on us life with - out end, and Your great  
 mer - cy.

Verse 3:

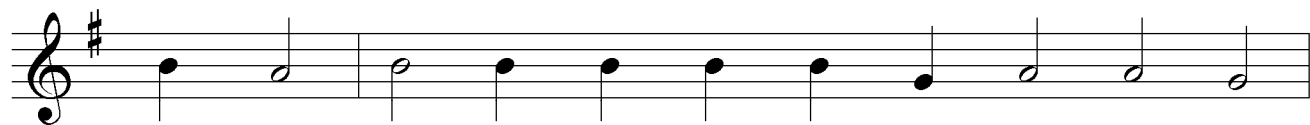
Ho - li - ness is fit - ting for Your house, O Lord,  
 for length of days.

Stichera 4:

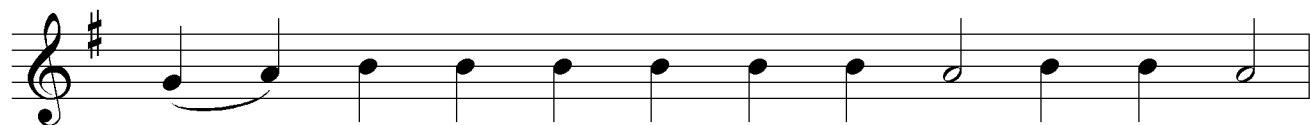
The wo - men who sought You came in tears to Your tomb



and when they did not find You, they la - ment - ed



and said: 'O Sa - vior of all and Lord of all



how — is it that You have been sto - len a - way?



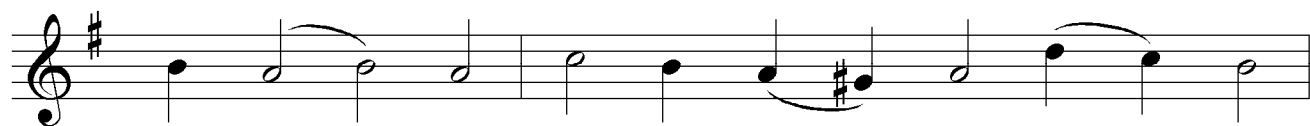
And what place can hold Your life - bear - ing



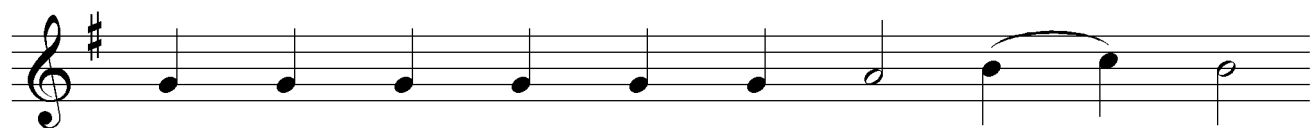
Bo — dy!' An an - gel stood be - fore



them and re - plied: 'Weep — not but pro - claim the



good ti - dings that the Lord — is ri - sen,



and grants us joy be - cause He a - lone




is com - pas - sion - ate.

Verse Glory Now and Ever:

Glo - ry to the Fa - ther and to the Son and  
to the Ho - ly Spi - rit, now and ev - er  
and for - ev - er. A - men.

Stichera Glory Now and Ever:


Look down, O all - pure Vir - gin, up - on the sup - ple -  
ca - tions of your ser - vants; You crush the  
sa - vage as - saults that be - set us, and calm  
all our dis - tress. You are the on - ly stead - fast  
sup - port that we know of. Do not per - mit us,




O La - dy, to be put to shame, We who in you



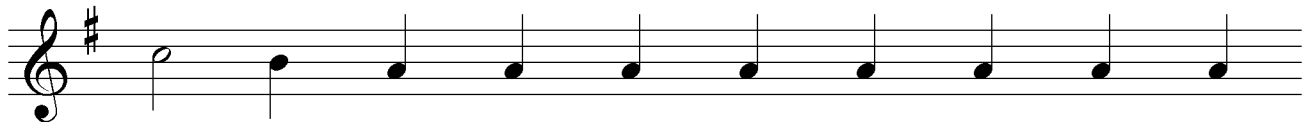
have found an in - ter - ces - sor and who call on you.




Make speed to hear - ken to the en - treat - ies




of \_\_\_\_\_ those who in faith cry to you:



'Re - jice, O our La - dy, you are the



hel - per and the \_\_\_\_\_ joy, the pro - tec - tion



and the sal - va - - - tion of \_\_\_\_\_ our \_\_\_\_\_ souls.'

# Tropar and Theotokian

## Resurrection Tone 4

The joy - ful mes - sage of the re - sur - rec - tion  
was heard by the faith - ful wo - men from the  
an - - - gel; hav - ing been freed from the  
an - ces - tral curse, they boas - ted to the  
A - pos - tles: 'Tri - um - phant - ly death has been  
ov - er - come! Christ our God has ri - sen,  
grant - ing great mer - cy to the world.'  
Glo - ry to the Fa - ther and to the Son

and to the Ho - ly Spi - rit now and

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

O Birth - giv - er of God, the mys - ter - y

hid - den from e - ter - ni - ty, and un - known

ev - en to the an - - - gels, has been

re - vealed in you to those who live on earth;

this mys - ter - y is the in - car - na - tion

of \_\_\_\_\_ God: Christ Who of His own will suf - fered

cru - ci - fix - ion for us, to raise the

first man He had fash - ioned, He Who saved

our souls from death.