

Stichera at the Praises

Triodion - Third Sunday of Great Lent

Tone 4
Sticheron 1

Model melody: "As one valiant among martyrs"
Optina Monastery Melody

Soprano
Alto

Tenor
Bass

Let us re-joice in song and mag - ni -

fy the pre - cious Cross! Let us em-brace it,

cry - ing out: "By thy power, all - hon - ored Cross,

sanc-ti - fy our souls — and bod - ies! / Keep us, who venerate

[thee in true worship]

NOTE: Some irregularities in the harmonization and phrase structure have been corrected. (03-2025)

thee in true wor - ship, // safe from the harm of our

The first system of musical notation for a sticheron. It features a treble and bass staff in G major (one sharp). The melody is composed of eighth and quarter notes, with some beamed eighth notes. The lyrics are written below the staff, with a double bar line and repeat sign after the word 'ship'.

en - e - mies!" (TWICE)

The second system of musical notation, concluding the sticheron. It ends with a double bar line and a repeat sign. The lyrics are 'en - e - mies!" (TWICE)'. The notation includes a fermata over the final note.

Sticheron 2

Come, let us drink liv - ing wa - ters

The first system of musical notation for Sticheron 2. It features a treble and bass staff in G major. The melody is composed of eighth and quarter notes. The lyrics are 'Come, let us drink liv - ing wa - ters'.

flow - ing from the Tree of Life, as we be -

The second system of musical notation for Sticheron 2. It features a treble and bass staff in G major. The melody is composed of eighth and quarter notes. The lyrics are 'flow - ing from the Tree of Life, as we be -'.

hold be - fore us the ho - ly Cross, the fountain of

The third system of musical notation for Sticheron 2. It features a treble and bass staff in G major. The melody is composed of eighth and quarter notes. The lyrics are 'hold be - fore us the ho - ly Cross, the fountain of'.

[bless-ings]

bless - ings, the spring of blood_ and wa - ter,

flowing from the life - giv - ing side of the Mas - ter.

Of His_ Own_ will // He was lift - ed up_ up - on the

Cross, // raising up man - kind and draw - ing us to Him - self.

Sticheron 3

O pre - cious Cross, thou art the

[pil-lar of the Church,]

pil - lar of the Church, the con - fir - ma - tion

of the faith - ful, the pride and salvation of

those who fast. We bow before thee with all our

heart and soul. We seek illumi - na - tion from the di -

vine grace of Him Who hung on thee, /

[for it demolished]

for it demolished the pow - er of the E - vil One //

and healed the curse.

Tone 8

Glory...

The Lord taught us all in parables to flee the pride of the evil Pharisees,
and instructed us not to exalt ourselves more than is appropriate,
becoming Himself an example and a model,
as He emptied Himself, even to death on a Cross.
Therefore, with the publican let us give thanks to Him, saying:
“Thou Who didst suffer for us, yet didst remain a dispassionate God, //
deliver us from our passions, Lord, and save our souls!”

Now and ever in the Second Tone...

Thou art most blessed, O Virgin Theotokos...