

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 your power, all - hon - ored Cross,

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

[you in true wor-ship]

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

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

The first system of the sticheron is written in G major (one sharp) and 4/4 time. It features a treble and bass staff. The melody is primarily in the treble staff, with a five-measure phrase marked with a '5' and a slur. The lyrics 'you — in true wor - ship, // safe from the harm of our' are aligned with the notes. The bass staff provides a simple harmonic accompaniment.

en - e - mies!" (TWICE)

The second system continues the melody. It includes a repeat sign at the end of the phrase 'en - e - mies!" followed by '(TWICE)'. The notation shows the continuation of the melodic line in the treble staff and the accompaniment in the bass staff.

Sticheron 2

Come, let us drink liv - ing wa - ters

The first system of Sticheron 2 is in G major and 4/4 time. The melody is in the treble staff, with a phrase 'wa -' followed by a long note and then 'ters'. The lyrics 'Come, let us drink liv - ing wa - ters' are written below the notes. The bass staff has a simple accompaniment.

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

The second system of Sticheron 2 continues the melody. The lyrics 'flow - ing from the Tree — of Life, as we be -' are written below the notes. The notation shows the continuation of the melodic line and the accompaniment.

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

The third system of Sticheron 2 continues the melody. The lyrics 'hold be - fore us the ho - ly Cross, the fountain of' are written below the notes. The notation shows the continuation of the melodic line and the accompaniment.

[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, you are 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 you with all our

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

vine grace of Him Who hung on you, /

[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:
 "You Who suffered for us, yet remained a dispassionate God, //
 deliver us from our passions, Lord, and save our souls!"

Now and ever in the Second Tone...

You are most blessed, O Virgin Theotokos...