

Stichera at "Lord, I Call"

Forgiveness Sunday Vespers

Tone 2
Sticheron 1

Optina Monastery Chant
Model melody: "Joseph of Arimathea"

Soprano
Alto

Tenor
Bass

Let us hum - ble the flesh by ab - sti - nence

as we follow the divine path of pure fast - ing, and with

prayers and tears, let us seek the Lord who

saves us. Let us put an end to

[anger, and cry aloud:]

an - ger, and cry a - loud: "Save us who have sinned a -

gainst You. Save us, O Christ our King, as You

saved the men of Nin e - vah, // and make us

sharers of Your heavenly Kingdom, since You are com -

pas - sion - ate."

Sticheron 2

When I think of my deeds, O Lord, I am

filled with de-spair and know that I am worthy of every

tor-ment. I have despised Your commandments, O

Sav-ior. I have spent my life as a

prod-i-gal. I pray to You, O only mer-ci-ful

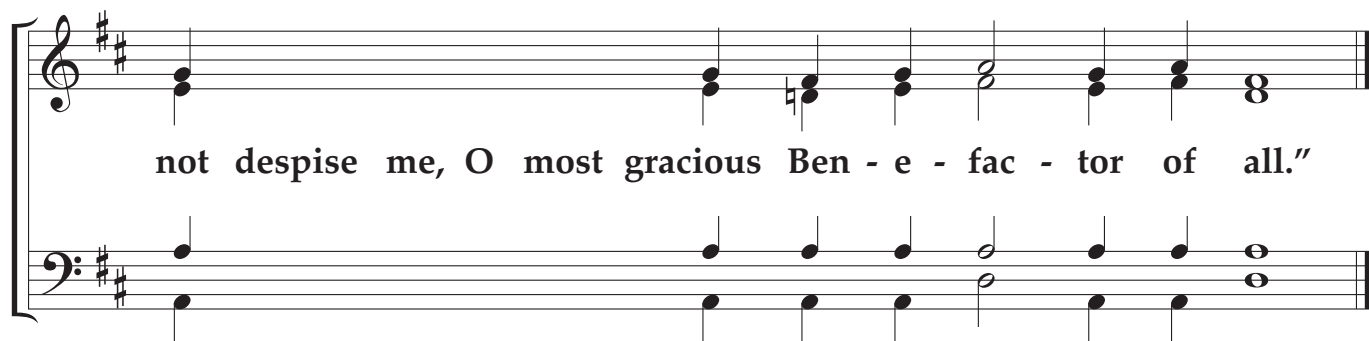
[One: "Cleanse me . . ."]



One: "Cleanse me by re - pent - ance, en -

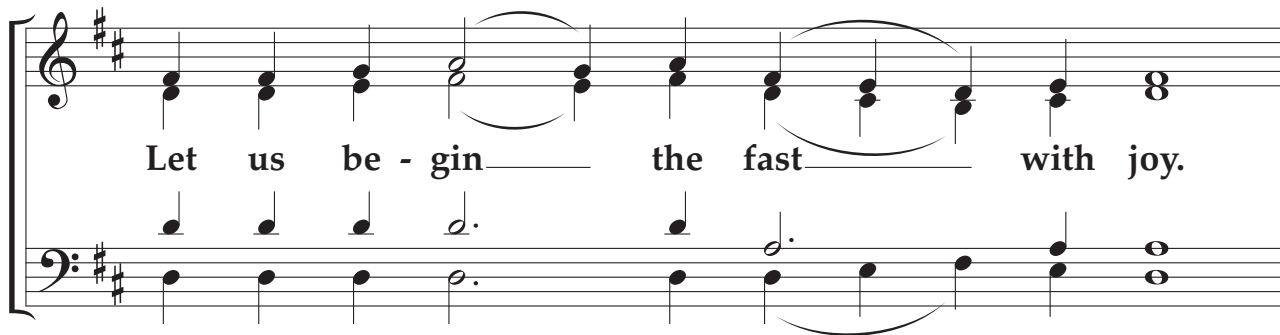


lighten me through prayers and fast - ing, // and do

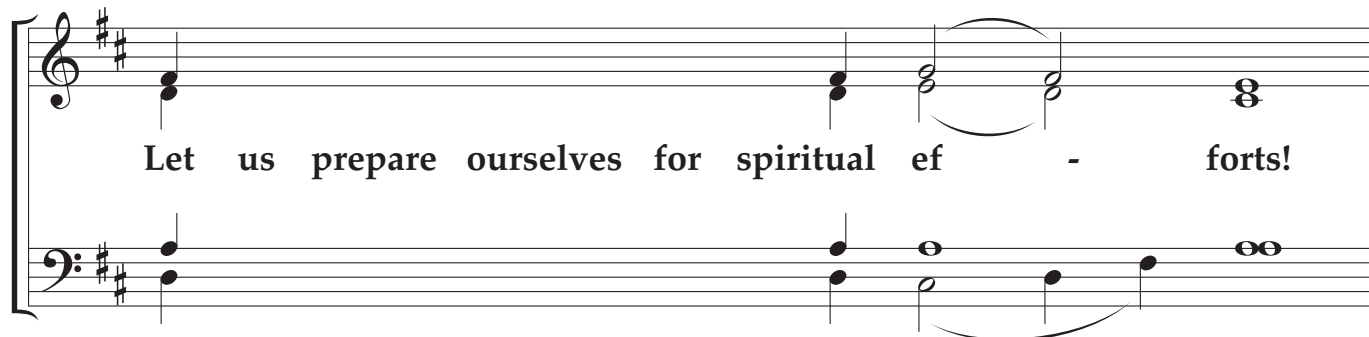


not despise me, O most gracious Ben - e - fac - tor of all."

Sticheron 3



Let us be - gin the fast with joy.



Let us prepare ourselves for spiritual ef - forts!

[Let us cleanse ...]

Let us cleanse our soul and cleanse our flesh! Let us abstain from

every passion as we abstain from food! Let us re -

joice in virtues of the Spirit and fulfill them in

love, that we all may see the Passion of Christ our God, //

and rejoice in spirit at the holy Pascha!