

# 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 -

Detailed description: This system shows the first two staves of the musical score. The Soprano and Alto parts are written on a treble clef staff with a key signature of one sharp (F#). The Tenor and Bass parts are written on a bass clef staff with the same key signature. The lyrics are: "Let us re-joice in song and mag - ni -". The word "re-joice" is underlined with a slur. There are fermatas over the notes for "in song" and "mag - ni -".

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

Detailed description: This system shows the next two staves of the musical score. The lyrics are: "fy the pre - cious Cross! Let us em-brace it,". The word "pre - cious" is underlined with a slur. There are fermatas over the notes for "Cross!" and "em-brace".

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

Detailed description: This system shows the next two staves of the musical score. The lyrics are: "cry - ing out: 'By thy power, all - hon - ored Cross,". The word "cry - ing" is underlined with a slur. There are fermatas over the notes for "By thy power" and "all - hon - ored".

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

Detailed description: This system shows the final two staves of the musical score. The lyrics are: "sanc - ti - fy our souls and bod - ies! Keep us, who venerate". The word "sanc - ti - fy" is underlined with a slur. There are fermatas over the notes for "sanc - ti - fy" and "bod - ies!".

[thee in true worship]

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

en - e - mies!" (TWICE)

Sticheron 2

Come, let us drink liv - ing wa - ters

flowing from the Tree — of Life, — as we be -

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

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, 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 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 remained a dispassionate God, // deliver us from our passions, Lord, and save our souls!"

*Now and ever....*

**Thou art most blessed....**