

January 11th

Theodosios the Great, Head of Monasteries (Cenobiarach)

Stichera at "O Lord, I have cried"

Byzantine Chant Tone 5
The Original Melody

Adapted by Dr. John El Massih

D

1) O right-eous Fa - ther The - o - do - si - os, thou God - bear-ing Saint, with
fer - vor thou didst strug - gle in this brief tem - po - ral life in
hym - no - dy and vig - ils and con - stant
fast - ing. To thy dis - ci - ples thou be - cam -
- est a rule; thou dost join in cho - rus now with the
flesh - less An - gels, cease-less - ly sing - ing the
praise of Christ, the Word of God come from God, our
de - liv - er er, Who bowed His head be -
- fore the Bap - tist and Fore - run ner,

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January 11th - Theodosios the Great, Head of Monasteries - Stichera at "O Lord, I have cried" - 2

A

and whol - ly sanc - ti - fied the na - ture of the

D

wa - ters. Do thou en - treat Him, do thou plead with

Him, O right - eous one, that the Church may be

grant - ed con - cord, tran - quil - i - ty, great mer - cy, and

last - ing ū - ni - ty.

D

2) O right-eous Fa - ther The - o - do - si - os, thou God - bear-ing Saint, the

grace of the All - ho - ly Spir - it found thy stain - less soul to

be as it would have thee, and made its

dwell - ing in thee as bril - liant and im - mac -

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January 11th - Theodosios the Great, Head of Monasteries - Stichera at "O Lord, I have cried" - 3

A musical score for Orthodox chant, featuring eight staves of music in G clef and a key signature of one flat. The lyrics are written below each staff. The music includes various note values (eighth, sixteenth, thirty-second), rests, and dynamic markings like 'Un.' (Unterline) and 'G' (Gesang). The lyrics describe the divine nature of Christ, His baptism, and intercession for the Church.

- u - late light, by whose might y pow - er, thou wast a -

- dorned in splen dor to glo - ri - fy Christ un -

- ceas - ing - ly, a sin - gle Son in two na - tures,

both God and man, Who at the hand of

the Fore - run - ner John was bap - tized,

A re - ceiv - ing wit - ness from the voice of God the

D Fa - ther. Do thou en - treat Him, do thou plead with

Him, O right - eous one, that the Church may be

grant - ed con - cord, tran - quil - i - ty, great mer - cy, and

last - ing ū - ni - ty.

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January 11th - Theodosios the Great, Head of Monasteries - Stichera at "O Lord, I have cried" - 4

D

3) O right-eous Fa - ther The - o - do - si - os, thou God - bear-ing Saint, that
 bless - ed life hath right - ful - ly been vouch - safed un - to thee, who
 found - est it through pu - ri - ty and great
 strug - gles; bid - ding fare - well to all, thou went -
 - est a - live to that life in Heav - en, with all the
 flesh - less An - gels cease-less - ly sing - ing the
 praise of Christ, Who took on flesh from a Vir - gin
 in - ef - fa - bly and Who sub - merged our
 sins and drowned them all for - ev - er,

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January 11th - Theodosios the Great, Head of Monasteries - Stichera at "O Lord, I have cried" - 5

A
when He was bap - tized in____ the____ wa - ters of the____
Jor - dan. Do thou en - treat Him, do thou plead with
Him, O____ right - eous____ one, that the____ Church may be
grant - ed____ con - cord, tran - quil - i - ty, great mer - cy, and
last - ing____ ū - ni - ty.

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