

January 11th

# Theodosios the Great, Head of Monasteries (Cenobiarch)

## Stichera at "O Lord, I have cried"

Byzantine Chant Tone 5  
The Original Melody

Adapted by Dn. John El Massih



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,

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  
Un.  
wa - ters. Do thou en - treat Him, do thou plead with  
D  
Him, O right - eous one, that the Church may be  
grant - ed con - cord, tran - quil - i - ty, great mer - cy, and  
G  
last - ing ū - ni - ty.

D  
2) O right-eous Fa - ther The - o - do - si - os, thou God - bearing Saint, the  
G  
grace of thē All - ho - ly Spir - it found thy stain - less soul to  
be as it would have thee, and made its  
dwelling in thee as bril - liant and im - mac -

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

- 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,

<sup>A</sup> re - ceiv - ing wit - ness from\_\_\_ the\_\_\_ voice\_\_\_ of God the\_\_\_

<sup>Un.</sup> <sup>A</sup>

<sup>D</sup> 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

<sup>G</sup> last - ing\_\_\_ ū - ni - ty.

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



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



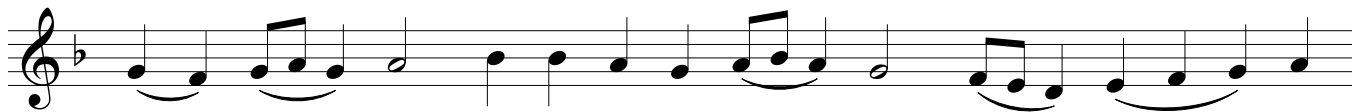
bles - ed life hath right - ful - ly been vouch - safed un - to \_\_\_ thee, who



found - est it through pu - ri - ty and \_\_\_ great -



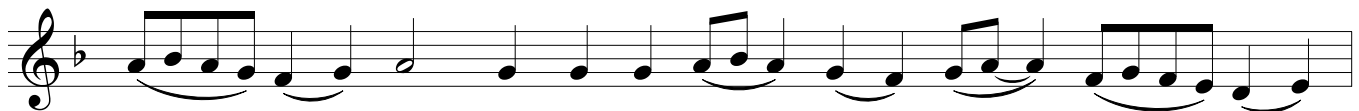
strug - gles; bid - ding fare - well to all, thou went -



- 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,

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  
Un.  
Jor - dan. Do thou en - treat Him, do thou plead with  
D  
Him, O right - eous one, that the Church may be  
grant - ed con - cord, tran - quil - i - ty, great mer - cy, and  
G  
last - ing ū - ni - ty.