November 18th
Martyr Romanos of Antioch
Stichera at "O Lord, I have cried"

Byzantine Mode 4
Special Melody: As one valiant
Adapted by Dn. John El Massih

1) In the fire of ascetic feats, thou wast tempered as hard as steel then in valiant contest wast furnished with an edge; and brightly polished in torments, thou becamest a two-edged sword cutting down the demons' troops, O all laudable Romanos, fair embellishment of Christ's athletes, the godly boast and glory of the holy Church, the beauty of those perfected in their own blood.

2) Thou wast hung up and sorely scraped and confined in imprisonment, and thou wast bereaved of thy tongue, O Romanos; then thou wast beaten upon thy cheeks and strangled with violence, finding thus a blessed end; through which things, thou didst prove to be neither changeable nor brought low, O prize-winner, being aided by the Holy Spirit's power; wherefore we faithfully honor thee.
3) Now with power a child doth speak and astonisheth senseless men, and he is made fair with resistance most devout; and being slain, he doth shine with the rich glory and good report of the athletes' holy choirs, whose great zeal he himself acquired; wherefore, with him now make entreaty that loosening of our debts be sent upon us all from Heaven, noble and praiseworthy Romanos.