

November 29th

Martyr Paramonos and the 370 Martyrs in Bithynia

Stichera at "O Lord, I have cried"

Byzantine Chant Tone 4

Special melody: *Thou who wast called from on high*

Adapted by Dr. John El Massih

E

1) Bright-ly a - blaze_ with the clear il - lu - mi - na - - tions

G E

of the Ho - ly Spir - it, O di - vine Par - a - mon - os,

D

thou didst com - plete - ly a - bom - i - nate that deep - est dark - ness

E

of man - y gods; and thou of thine own ac - cord

G E

no - bly went - est forth to seize the op - por - tu - ni - ty

D

for fights and con - tests that lay at hand, O bless - ed Mar - tyr;

E

and as a vic - tor thou threw - est to the ground

D

that boast - ful fraud, the foe of mor - tal men,

and here - by thou didst mag - ni - fy Christ our God.

G
Do thou there - fore en - treat _____ Him

E
to en - light - en and to save our souls.

E
2) When thou be - held - est a mul - ti - tude of peo - ple

G
slaugh - tered for the sake of God, the on - ly King of all,

E
thou, O Par - a - mon - os, wast sub - dueed and cap - ti - vat - ed

E
with zeal for God; where - fore, thou didst cry a - loud:

G
Know ye, law - less ty - rants, that I am the gen - u - ine

D
ser - vant of Christ now and ev - er - more and come un - bid - den

November 29th - Paramonos et al - Stichera at "O Lord, I have cried" - 3

E

now to be sac - ri - ficed like a guile - less lamb.

D

Hence, tar - ry not, for sore - ly I de - sire

to be - come an ac - cept - a - ble of - fer - ing

G

un - to Him Who for my sake

E

in the flesh was of - fered will - ing - ly.

E

3) The hon - ored cho - rus of tro - phy - bear - ing ath - letes

G

num - ber - ing three hun - dred Mar - tyrs with three score and ten,

D

by strength of faith van-quished and de - stroyed the wretch - ed er - ror

E

of the trans - gres - sors that wor - shipped man - y gods.

The musical score consists of six staves of music for a single voice. The voices are labeled G, E, D, E, D, and G, corresponding to the staves. The music is in common time, with a mix of quarter and eighth notes. The lyrics are written below each staff.

Staff 1 (G):

With them thou wast al - so crowned, O blest Par - a - mo - nos,

Staff 2 (E):

when thou hadst striv - en cou - ra - geous - ly; and thou in glad - ness

Staff 3 (D):

wast num - bered with _____ the an - gel - ic choirs on high.

Staff 4 (E):

With them, be - seech _____ that we might be re - deemed

Staff 5 (D):

from temp - ta - tions, af - flic - tions, and ev - 'ry woe,

Staff 6 (G):

as we loud - ly ex - tol _____ thee

Staff 7 (E):

and sin - cere - ly call thee blest of God.