

*Lenten Triodion*

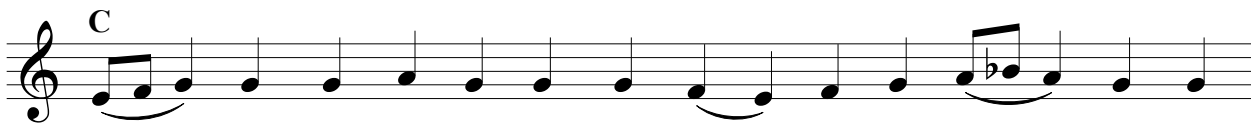
### 3rd Sunday Evening of Lent

#### 6th & 5th Stichera at "O Lord, I have cried"

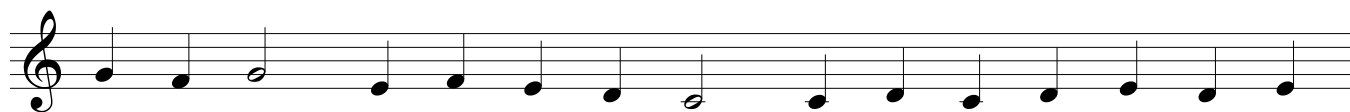
Byzantine Chant Tone 8

Special melody: *O Lord, though Thou didst stand*

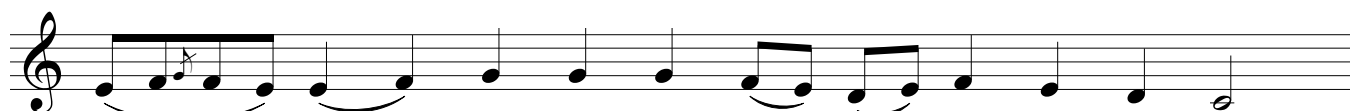
Adapted by Dn. John El Massih



6) O\_\_\_ Lord, Who free - ly hast spread out\_\_\_ Thy di - vine\_\_\_ hands up -



- on the ho - ly and pre - cious Cross, grant us all with heart - felt com -



- punc - tion\_\_\_ and faith to wor - ship it wor - thi - ly,



when we have been\_\_\_ made to shine through fast - ing, prayer, and



ab - sti - nence, and through the do - ing of good with kind - ness,



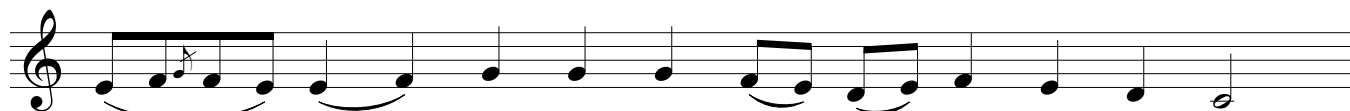
as the Friend of man and good\_\_\_ to\_\_\_ all.



5) Lord,\_\_\_ in the mul - ti - tude of Thy\_\_\_ great com - pas - sions, blot



out the mul - ti - tudes of my sins, and ac - count me wor - thy, O



Sav - ior,\_\_\_ with a pure soul both to look up - on

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*Antiochian Orthodox Christian Archdiocese of North America, Rev. 0, 3/11/2022, CAH*

Lenten Triodion - 3rd Sunday Evening of Lent - 6th & 5th Stichera at "O Lord, I have cried" - 2

and to em - brace — Thy dread Cross now in this week of  
ab - sti - nence, since Thou art in - fin - ite in com - pas - sion  
and art ver - i - ly the Friend — of — man.