

Lenten Triodion
4th Wednesday of Lent
7th & 6th Stichera at "O Lord, I have cried"

Byzantine Chant Tone 1
Special melody: *O all-lauded Martyrs*

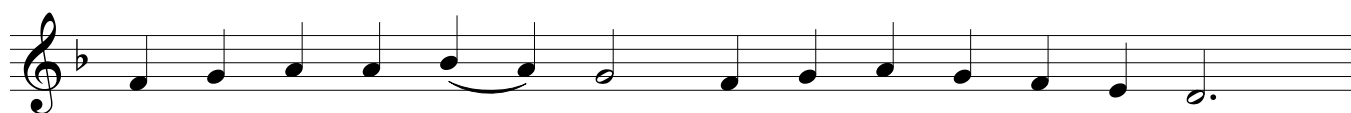
Adapted by Dn. John El Massih



7) Come, let us completely wash our souls in the waters of the



Fast; and as we come near the Lord's precious, all-ven-er-a-ble Cross,



let us offer worship and draw forth there-from with faith



di-vine-ly-wrought en-light-en-ment, reap-ing now the



ev-er-last-ing fruit of sal-va-tion in e-ter-ni-ty



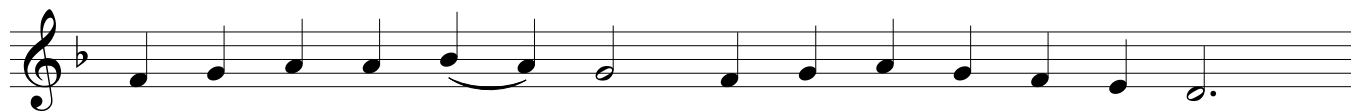
and great mer-cy and un-end-ing peace of soul.



6) O Cross, the A-pos-tles' boast and joy, who art wait-ed on with



hon-or by the pow-ers, arch-an-gels and the prin-ci-pal-i-ties:



Save from harm of all kinds us that wor-ship thee with faith

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and once we have com - plet - ed a - right the ho - ly

course of ab - sti-nence, deem us wor - thy so to reach the day

of sal - va - tion where - by we are al - so saved.