

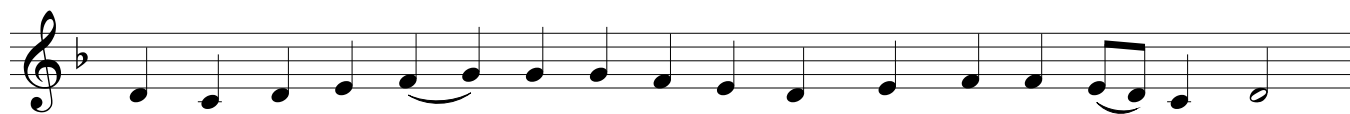
Lenten Triodion
5th Thursday of Lent
7th & 6th Stichera at "O Lord, I have cried"

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

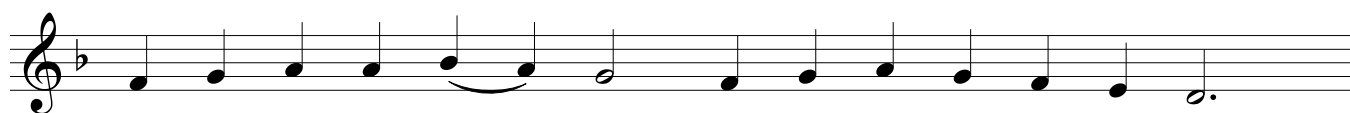
Adapted by Dn. John El Massih



7) O Lord, Thou wast nailed up - on the Cross and didst rend the writ of



Ad - am's sin by means of the ho - ly spear; hence rend a - part my bonds



that with faith and glad - ness I might of - fer un - to Thee



a sac - ri - fice of praise — in this sea - son of the



Fast pleas - ing to Thee, which, O Word, Thou hast made man - i - fest



for the ran - som and sal - va - tion of — us — all.



6) While shin - ing with fast-ing's bril-liant light, Proph-et Mo-ses once be -

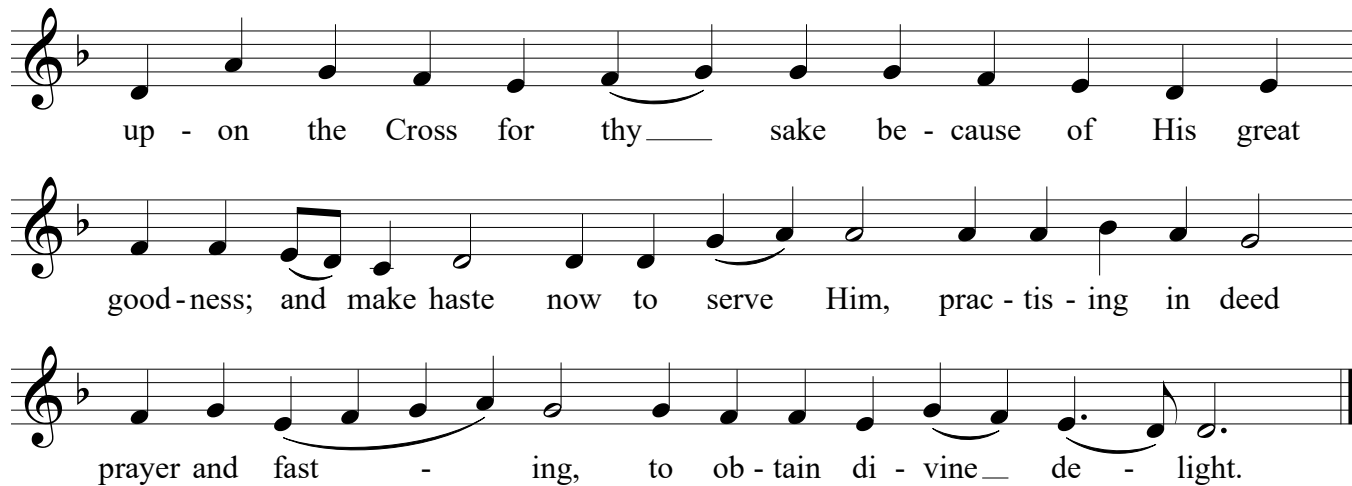


-held the shin - ing glo - ry of God; where-fore, my weak and low - ly soul,



im - i - tate with fer - vor Him Whom stretched His ho - ly hands

Lenten Triodion - 5th Thursday of Lent - 7th & 6th Stichera at "O Lord, I have cried" - 2



up - on the Cross for thy sake be - cause of His great
good-ness; and make haste now to serve Him, prac - tis - ing in deed
prayer and fast - ing, to ob - tain di - vine de - light.