

Lenten Triodion
5th Wednesday of Lent
1st two metered 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

Verse: When my spirit was overwhelmed within me, then Thou knewest my path.



+) Thou hast shown forth Thy most sa - cred dis - ci - ples as
liv - ing heav - ens en - dowed with speech; through their sa - cred prayers and en -
- treat - ies save me from ē - vils up - on thē earth,
and dai - ly lift up my thought from pas - sions and the
car - nal mind through bless - ed ab - sti - nence and self - mas - t'ry,
as the Friend of man most mer - ci - ful.

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Verse: In the way wherein I walked have they secretly laid a snare for me.

