

November 11th

# Holy Martyr Menas of Egypt

## Stichera at "O Lord, I have cried"

Byzantine Chant Tone 8  
Special melody: *O strange wonder*

Adapted by Dn. John El Massih  
from various sources



D C

1) Thou didst give thy - self up like a lamb to will - ing

slaugh - ter and death, im - i - tat - ing the

G↓ C G↓

Pas - sion of Him Who is dis - pas - sion - ate,

C

O prize - win - ner, all - famed Me - nas. The wrath of

G↓

rul - ers didst thou not fear at all,

C

nor didst thou shrink back from tor - ments of the flesh.

O might - y for - ti - tude of thy strug - gles and re -

Un. G↓

- sis - tance! where - by thou threw - est to thē earth the

C

haugh - ty foe, O Mar - tyr of Christ.

November 11th - Martyr Menas of Egypt - Stichera at "O Lord, I have cried" - 2

**D** **C**  
 Thou wast scraped and torn with man - y wounds; thou, like the  
 Mas - ter of old, wast stretched out \_\_\_\_\_ on a  
**G↓** **C** **G↓**  
 wood - en stock; all thy sides were ruth - less - ly  
**C**  
 crushed and beat - en with i - ron \_\_\_\_\_ rods. Yet thou didst  
**G↓**  
 nev - er de - ny the Name of Christ,  
**C**  
 hav - ing thē eyes \_\_\_\_\_ of thy soul on Him a - lone;  
 look - ing forth stead - fast - ly un - to Him, O Saint, thou  
**Un.** **G↓**  
 brave - ly didst en - dure all the pain in - flict - ed  
**C**  
 on thy flesh, O blest \_\_\_\_\_ Me - nas.

November 11th - Martyr Menas of Egypt - Stichera at "O Lord, I have cried" - 3

3) All the dark - ness of i - dol - a - try, the murk - y  
gloom of the world, with the coun - cils of  
god - less men and the mor - tal sol - dier - y  
thou for - sook - est for love of Christ; and thou wast  
num - bered, O most re - nowned Me - nas,  
with that en - list - ment of His di - vine e - lect.  
Thence wast thou shown to be an un - con - quered Mar - tyr  
in all truth when thou strov - est most cou - ra - geous -  
- ly in con - test for His sake.