

# Wednesday of the 4th Week

At "Lord, I have Cried"

Idiomelon

Mode  $\frac{4}{2}$  Pa ♪

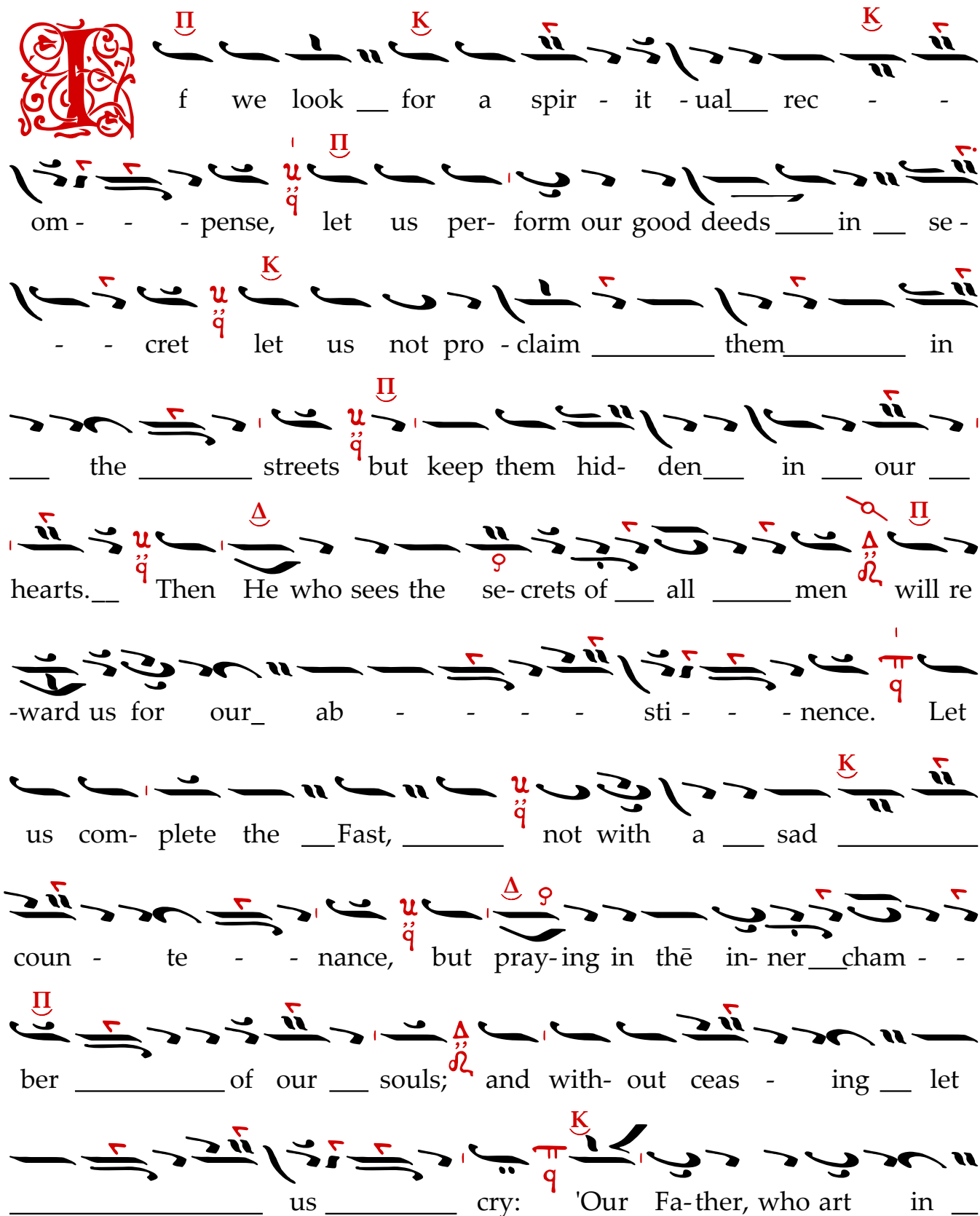
The musical notation is written in a stylized, black, calligraphic style on a white background. It consists of ten lines of music, each corresponding to a line of text. The notation includes various rhythmic values (e.g., quarter, eighth, and sixteenth notes) and rests, indicated by red symbols above the notes. The text is in a Gothic-style font, with a large, ornate initial 'G' at the beginning of the first line. The text is as follows:

he Fast \_\_\_ that brings us \_\_\_ bless - - ings has now  
reached \_\_\_ its \_\_\_ mid - most \_\_\_ point: it has helped  
us to re - ceive God's \_\_\_ grace \_\_\_ in \_\_\_ the days \_\_\_ that  
\_\_\_ are \_\_\_ past, and it will bring us \_\_\_ fur - ther \_\_\_ ben -  
- e - fit in \_\_\_ the \_\_\_ days \_\_\_ still \_\_\_ to \_\_\_ come.  
For by con - tin - u - ing in \_\_\_ what is \_\_\_ right we at - tain \_\_\_  
yet great - - - er \_\_\_ gifts. \_\_\_ We there - fore cry to  
\_\_\_ Christ, \_\_\_ the Giv - - er \_\_\_ of \_\_\_ all \_\_\_  
good: 'O Thou who for our sakes hast \_\_\_ fast - - ed and en -

دured the \_\_\_ Cross, <sup>Δ</sup> make us wor- thy to share \_\_\_\_\_ un - - con  
- -demned \_\_\_ in Thy <sup>Π</sup> di - vine \_\_\_\_\_ Pass o - - -ver.  
<sup>π</sup> May we spend our \_\_\_\_\_ lives \_\_\_ in \_\_\_\_\_ peace <sup>π</sup> and right <sup>Β</sup>  
- ly glo - ri - fy \_\_\_\_\_ Thee <sup>Ϟ</sup> with the Fa - ther and the Spir - -  
it.' \_\_\_\_\_ <sup>Ϟ</sup>

## Another Idiomelon

## Mode ᾠή Πα ρ


**I**f we look \_\_ for a spir - it - ual\_\_ rec - -  
om - - - pense, let us per- form our good deeds \_\_\_ in \_\_\_ se -  
- - cret let us not pro - claim \_\_\_\_\_ them \_\_\_\_\_ in  
\_\_\_ the \_\_\_\_\_ streets but keep them hid- den \_\_\_ in \_\_\_ our \_\_\_  
hearts. \_\_\_ Then He who sees the se- crets of \_\_\_ all \_\_\_\_\_ men will re  
-ward us for our\_ ab - - - - sti - - - - nence. Let  
us com- plete the \_\_\_ Fast, \_\_\_\_\_ not with a \_\_\_ sad \_\_\_\_\_  
coun - te - - - nance, but pray- ing in thē in- ner \_\_\_ cham - -  
ber \_\_\_\_\_ of our \_\_\_ souls; and with- out ceas - ing \_\_\_ let  
\_\_\_\_\_ us \_\_\_\_\_ cry: 'Our Fa- ther, who art in \_\_\_

heav - en, <sup>v' 22</sup> lead us <sup>M</sup> not <sup>K</sup> in - to temp - ta - - -

tion, <sup>u q</sup> we <sup>A</sup> pray, but de - liv - er <sup>A</sup> us from thē e - vil

one.'

<sup>A</sup>  
Ω

To the Martyrs

Mode  $\hat{\pi} \acute{\rho}$  —  $\leftarrow$   $K \epsilon \rho$

**V**our souls, O ho - ly mar - tyrs, were filled with an in - sa -  
 tia-ble love; not de - ny - ing Christ ye en-dured great suffering and  
 tor - ment, and ye cast down the ty- rants' pride. YE kept the faith  
 un- al- tered and un- harmed, and now have gone to dwell in heav-  
 -en. Since ye have bold-ness be-fore Christ, pray that peace be giv -  
 - en to the world, and to our souls great mer - - - - cy.

\* Alternate text, found elsewhere in the Triodion:

pray that He may grant us His great mer - - - - cy.