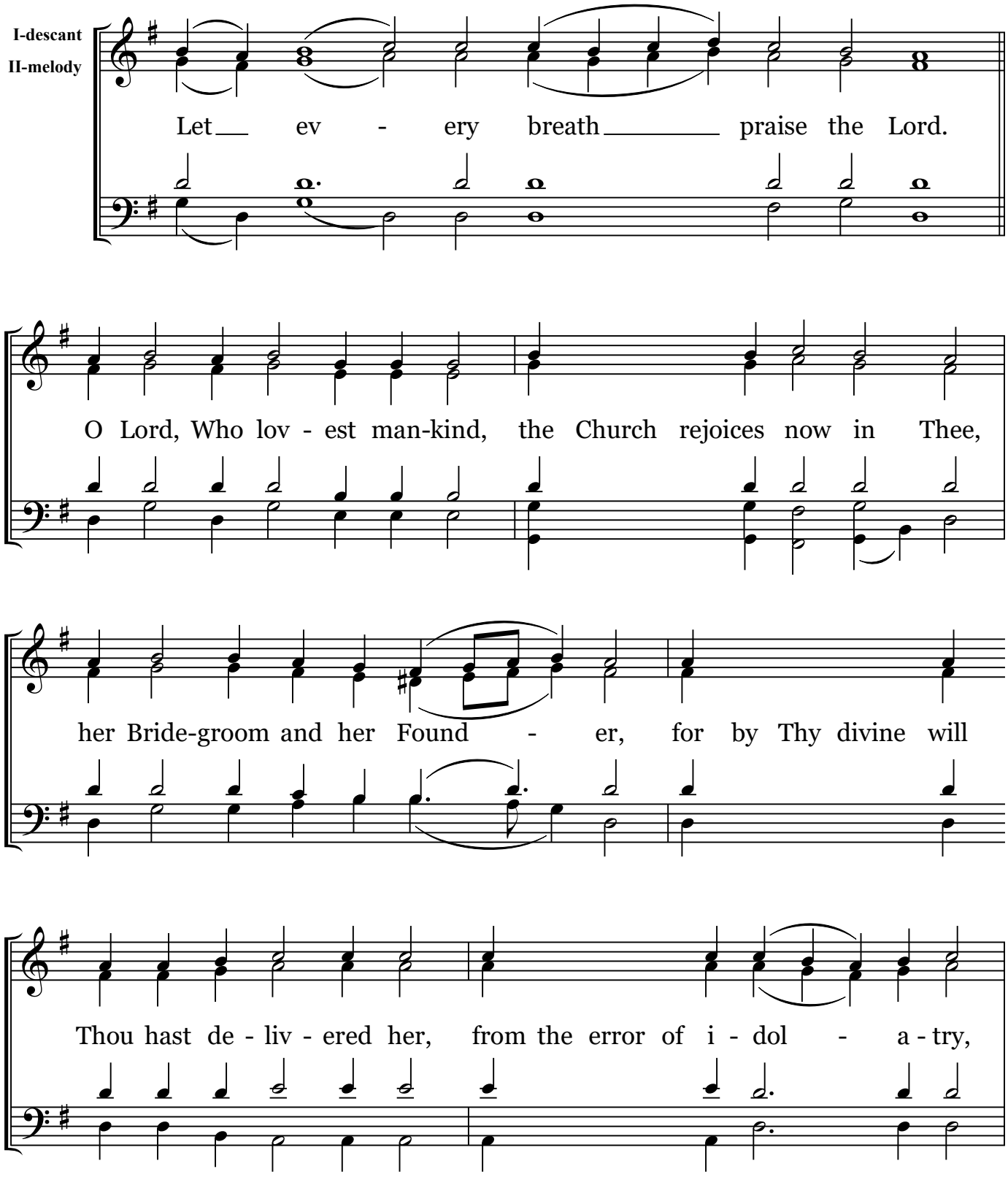
1st Sunday of Great Lent: The Sunday of Orthodoxy

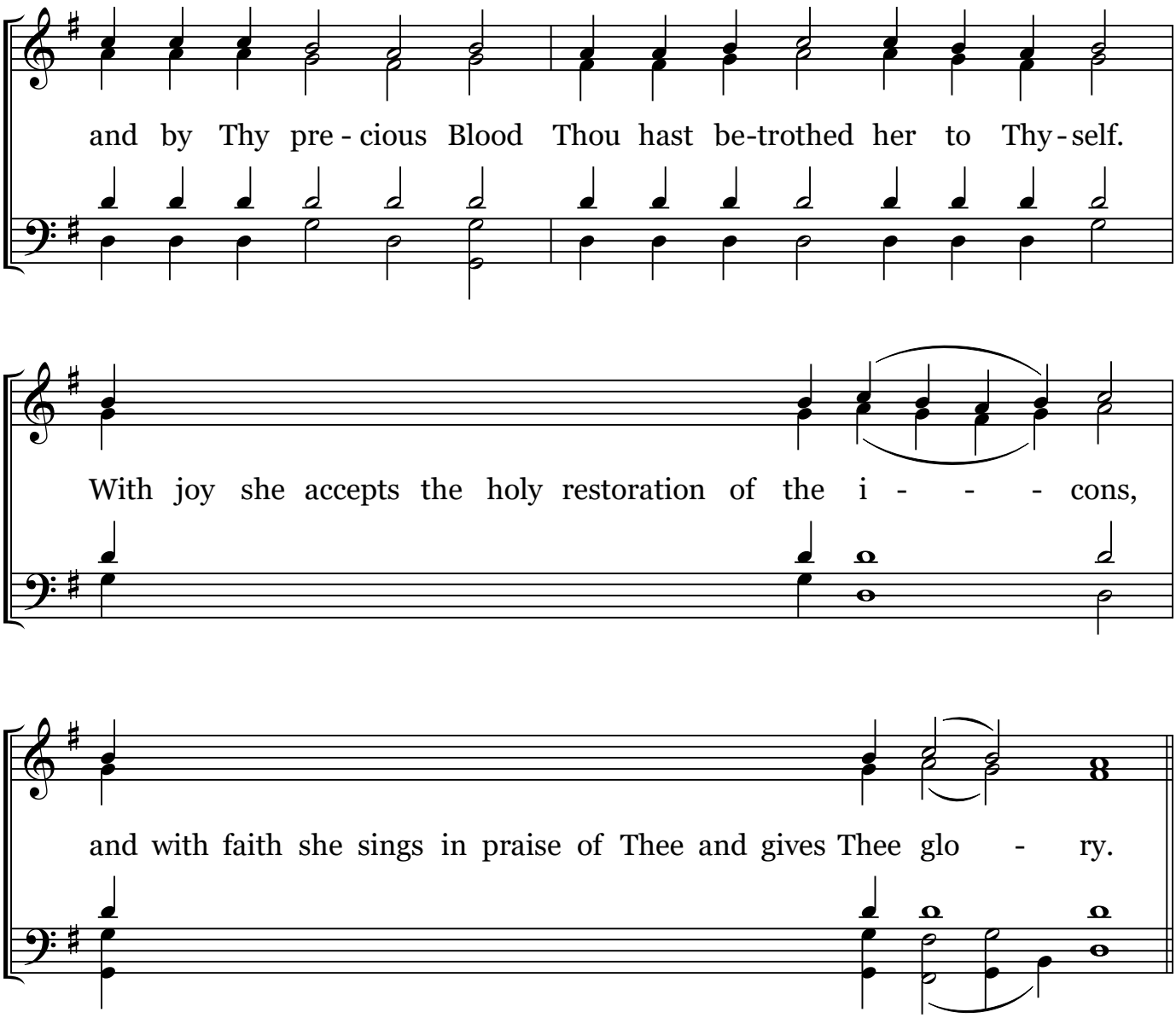
Triodion Stichera of the Praises, Tone 4,

Melody, "Thou hast given a sign..."

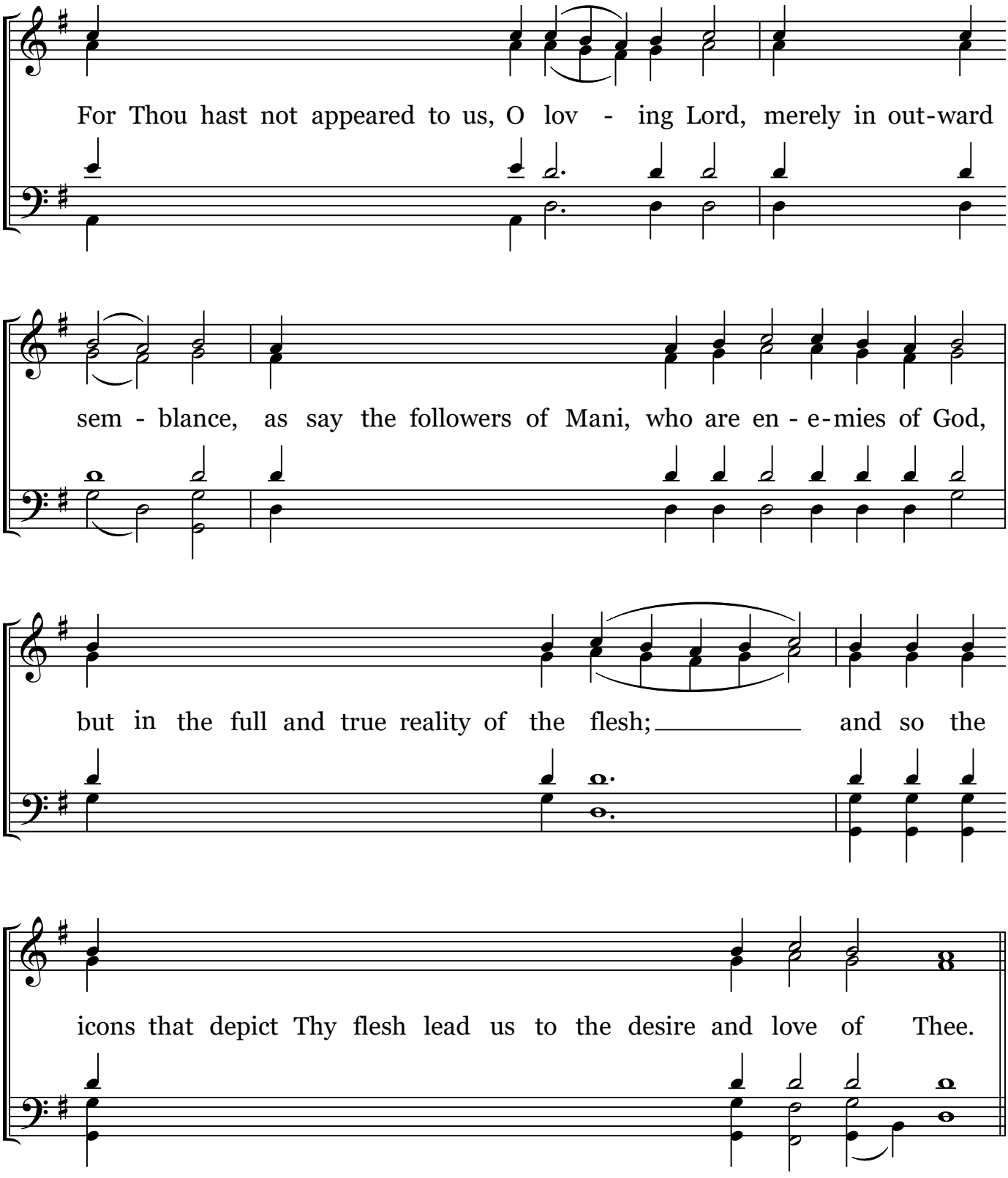
Kiev Caves Lavra

Stichos: **In the 4th Tone, Melody, "Thou hast given a sign",**
Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

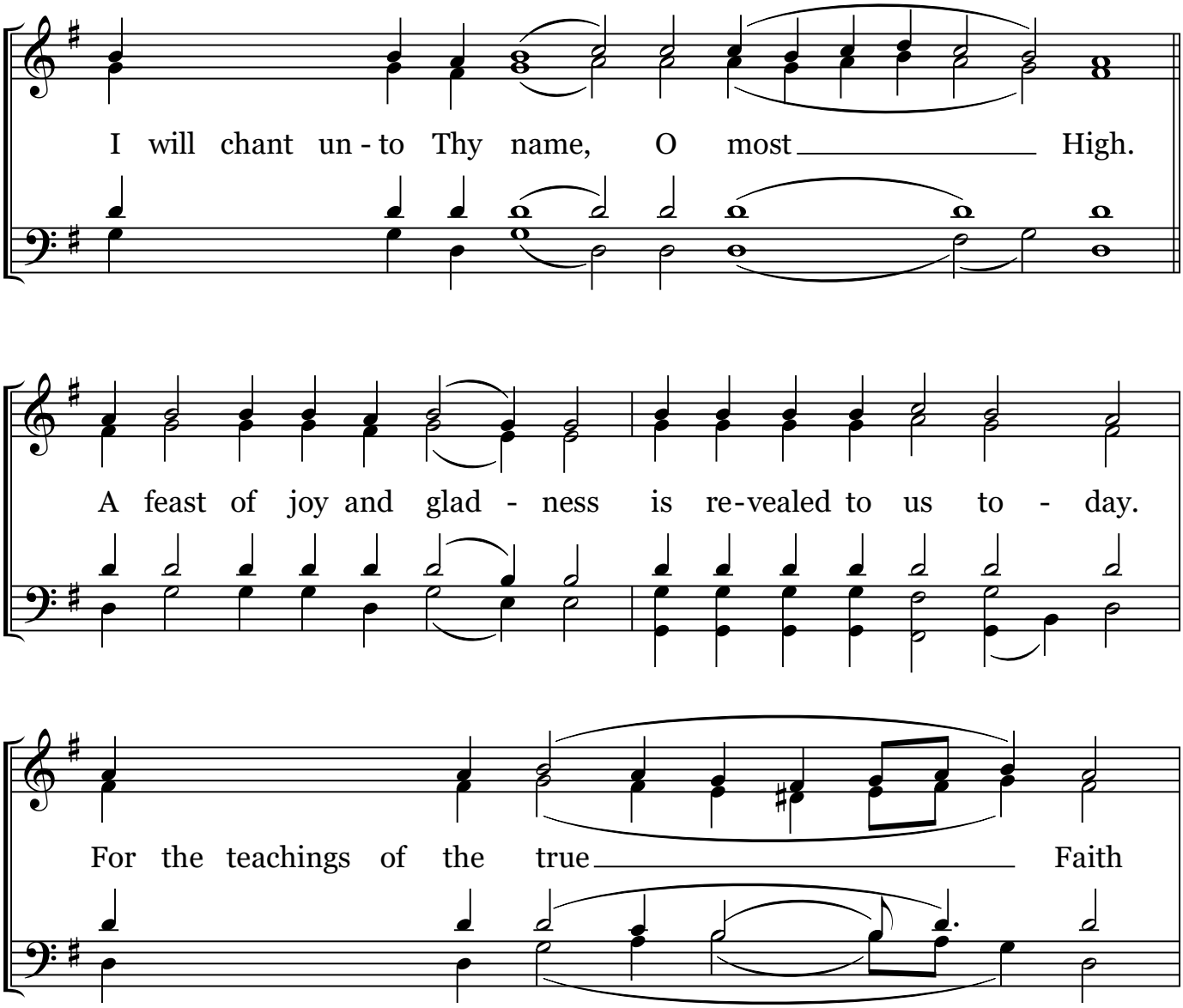



and by Thy pre - cious Blood Thou hast be-trothed her to Thy - self.
With joy she accepts the holy restoration of the i - - - cons,
and with faith she sings in praise of Thee and gives Thee glo - ry.

Stichos: **I will confess Thee, O Lord with my whole heart,**


For Thou hast not appeared to us, O lov - ing Lord, merely in out-ward
sem - blance, as say the followers of Mani, who are en - e-mies of God,
but in the full and true reality of the flesh; and so the
icons that depict Thy flesh lead us to the desire and love of Thee.

Stichos: **I will be glad and rejoice in Thee;**



1st Sunday of Lent
Stichera of the Praises, p. 6

Stichera text from
"The Lenten Triodion",
translated by Mother Mary and
Archimandrite Kallistos Ware,
©1977, Faber and Faber, London.

Psalm text from "The Psalter
according to the Seventy",
Holy Transfiguration Monastery,
Brookline, MS, ©1987.

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