Tone 7

The sticheron melody for Tone 7 consists of two repeating phrases (A and B) and a final phrase. If a sticheron is divided into 6 textual phrases, the musical lines will consist of A, B, A, B, A and Final Phrase.

PHRASE A

Phrase A has an intonation, reciting tone, and a cadence. The first accented syllable of the phrase is a half note, sung on ti, and moves to the reciting tone (re) via a passing note, do. The reciting tone begins on the second accented syllable of the phrase. Unaccented syllables preceding the first accented syllable are sung half tone above, on do.

The cadence is used to sing two or more syllables, beginning with an accented syllable sung on do, and concluding with the last syllable sung on ti.
Example of *Phrase A* (from the feast of the Meeting of Our Lord, first sticheron at the Aposticha)

A-dorn your bridal chamber, O Zion, and welcome Christ the King!

**PHRASE B**

*Phrase B* consists of an *intonation*, *reciting tone*, and *cadence*. The *intonation* includes the first accented syllable of the phrase, sung as a half note on *re*. If the first accented syllable is preceded by one or more unaccented syllables, then these unaccented syllables are quarter notes sung on *ti*. The *reciting tone* directly follows, sung on *ti*, a third below the accented syllable.

The *cadence* is used to sing two or more syllables, beginning with an accented syllable sung on *la*, and concluding with the last syllable sung on *sol*. 
Example of Phrase B (from the feast of the Meeting of Our Lord, first sticheron at the Aposticha)

\[\text{intonation} \quad \text{reciting tone} \quad \text{cadence}\]

Sa-lute Mar-y, the heavenly gate, fashioned as the throne of the cher-u-bim!

**FINAL PHRASE**

The *Final Phrase* begins directly with the *reciting tone* (re) and concludes with a *cadence*, beginning on the second to last internal accent of the phrase with a half note (or dotted half, depending on the word), sung on the same pitch as the *reciting tone*.

\[\text{reciting tone} \quad \text{cadence}\]

O Sav-i-or, glo-ry to You!

Be-seech Him to save our souls!

Example of Final Phrase (from the feast of the Meeting of Our Lord, first sticheron at the Aposticha)

\[\text{reciting tone} \quad \text{cadence}\]

“He is the Master of life and death; the Sav-i-or of the world!”
Melodic Phrases in Four-Part Harmony - Common, Tone 7

Phrase A

<table>
<thead>
<tr>
<th>Soprano</th>
<th>Alto</th>
</tr>
</thead>
<tbody>
<tr>
<td>sopranos: mi mi re mi</td>
<td>altos: fa fa mi re</td>
</tr>
<tr>
<td>tenors: do do sol sol</td>
<td>basses: sol sol do sol</td>
</tr>
</tbody>
</table>

Phrase B

<table>
<thead>
<tr>
<th>Tenor</th>
<th>Bass</th>
</tr>
</thead>
<tbody>
<tr>
<td>do re fa re ti ti sol sol</td>
<td>re re re do ti la sol fi sol/re</td>
</tr>
</tbody>
</table>

Final Phrase

<table>
<thead>
<tr>
<th>Soprano</th>
<th>Alto</th>
<th>Tenor</th>
<th>Bass</th>
</tr>
</thead>
<tbody>
<tr>
<td>fa fa</td>
<td>fa fa mi re</td>
<td></td>
<td></td>
</tr>
<tr>
<td>re re re do ti do ti la</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sol sol sol sol sol sol</td>
<td>sol ti do sol do mi la</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Stichera at the Aposticha

The Meeting of Our Lord - February 2

Tone 7

Adorn your bridal chamber, O Zion, and welcome Christ the King!

Salute Mary, the heavenly gate, fashioned as the throne of the cherubim!

She carries the King of Glory! The Virgin is a cloud of light:

She has borne in the flesh the Son begotten before the morning star.
Sim - eon, taking Him in his arms, proclaimed to the peo - ples: // "He is the Master of life and death; the Sav - ior of the world!"