

3rd Sunday in Lent
Adoration of the Precious and Life-giving Holy Cross

VESPERS: Tone 6

During Small Vespers the Priest places the Cross on a plate decorated with basil or flowers, onto the table of Prothesis and covers it with the Air. The Royal Doors and curtain are closed. Before the beginning of the Vigil, the Priest in phelonion and cuffs stands before the Cross and exclaims:

P. Blessed is our God...

R. Amen. Glory to Thee, our God...
Trisagion.

P/R. Troparion of the Cross, (Tone 1) x1

O Lord, save Thy people/ and bless Thine inheritance./ Grant victory to the Orthodox Christians/ over their adversaries,/ and by the virtue of Thy Cross,// preserve Thy habitation.

G/B... Kontakion from the Triodion (Tone 7)

The fiery sword no longer guards the gate of Eden/ for in a strange and glorious way the wood of the Cross has quenched its flames./ The sting of death and the victory of hell are now destroyed/ for Thou art come, my Saviour, crying unto those in hell:// 'Return again to Paradise.'

During the singing, the priest censures the Cross and returns the censer. After a prostration, he picks it up with the Air onto his head and carries it over to the Holy Table, candle-bearers preceding, and he puts it on the place of the Gospel Book; The Book of Gospels has previously been placed upright at the back of the Altar. A candle is lit and kept in front of the Table of Prothesis.

After this the Priest censures three times around the Altar on each side and the rest of the Altar as usual before a Vigil. Then the curtain and royal doors are open and the Vigil begins:

P. Regular Beginning

C. Lord I have cried...

1. O Christ, triumphant **over** hell,/ Thou hast ascended **upon** the Cross,/ to raise up with Thyself those dwelling in the **darkness** of death./ Free **among** the dead,/ Thou pourest forth life from **Thine** own light:// O almighty Saviour, have mercy **upon** us.
2. Christ, having trampled upon **death** today,/ according to His word, rose up bestowing **joy** upon the world,/ that all of us shouting this **hymn** might say:/ O Fount of life, O Light that no **man** can approach,// O almighty Saviour, have mercy **upon** us.
3. Whither shall we sinners fly from **Thee**, O Lord,/ Who art everywhere in the **creation**?/ Into heaven? Thy **abode** is there./ Into hell? Thou hast trampled **upon** death./ Into the uttermost **parts** of the sea?/ Thy

hand reaches thither, O **Master**./ We run to Thee and falling before **Thee** we pray:// O Thou, risen from the dead, have mercy upon us.

4. We exult in Thy **Cross**, O Christ,/ and we praise and glorify Thy Resurrection./ For **Thou** art our God;// we know no other **Lord** but Thee.
5. Ever **blessing** the Lord,/ we praise His Resurrection./ For enduring the Cross,// He destroyed **death** by death.
6. Glory be unto Thy **might**, O Lord,/ for thou hast destroyed the **power** of death;/ and Thou hast renewed us **through** Thy Cross// bestowing upon us life and incorruption.

Stichera from the Triodion, (Tone 5)

7. **Shine**, Cross of the Lord, shine with the light of thy grace upon the hearts of those that **honour** thee./ With love inspired by God, we embrace thee, O desire of **all** the world./ Through thee our tears of sorrow have been **wiped** away;/ we have been delivered from the snares of death and have passed over to unending joy./ Show us the glory of thy **beauty**/ and grant to us thy servants the reward of our **abstinence**,// for we entreat with faith thy rich protection and great **mercy**.
8. **Hail!** life-giving Cross, the fair Paradise **of** the Church,/ Tree of incorruption that brings us the enjoyment of eternal **glory**:/ Through thee the hosts of demons have been **driven** back;/ and the hierarchies of angels rejoice with **one** accord,/ as the congregations of the faithful **keep** the feast./ Thou art an invincible weapon, an unbroken **stronghold**;/ thou art the victory of kings and the **glory** of priests.// Grant us now to draw near to the Passion of Christ and to His Resurrection.
9. **Hail!** life-giving Cross, unconquerable trophy of the **true** faith,/ door to Paradise, help of the faithful, rampart set **about** the Church./ Through thee the curse is **utterly** destroyed,/ the power of death is swallowed up, and we are raised from earth to **heaven**:/ Invincible weapon, adversary of demons, glory of **martyrs**,/ true ornament of holy monks, haven of salvation// bestowing on the world great **mercy**.
10. **Come**, Adam and Eve, our first father and **mother**,/ who fell from the choir on high through the envy of the **murderer** of man,/ when of old with bitter pleasure ye tasted from the tree in **Paradise**./ See, the Tree of the Cross, revered by **all**, draws near!/ Run with haste and embrace it joyfully, and **cry** to it with faith:/ O precious Cross, thou **art** our help;/ partaking of thy fruit, we have gained incorruption;/ we are restored once more to **Eden**,// and we have received great **mercy**.

Glory... From the Triodion (Tone 3)

O **Christ** our God, of Thine **own** Will/ **Thou** hast accepted Crucifixion,/ that **all** mankind might be restored to life./ **Taking** the quill of the Cross, out of **love** for man/ in the red **ink** of royalty with bloody fingers Thou hast signed our absolution./ We are in **danger** once again of being **parted** from Thee;/ O forsake us not! Take pity on Thy **people** in distress,/ for **Thou**

alone art long-suffering.// Rise up and fight against our enemies in Thine almighty **power**.

Both now & ever... Dogmatikon Tone 6

Who does not call thee **blessed**,/ O all-hallowed **Virgin**?/ Who does not sing the praises of thy **giving** birth,/ which was not according to the laws of **nature**;/ for the only-begotten **Son** Himself,/ timelessly having shone out of the **Father**,/ came forth from thee who **art** pure;/ and having been ineffably made flesh, He, Who by **nature** is God,/ for our sakes became also by **nature** man,/ not in two divided persons, but in two natures without **confusion** is He known./ O thou, honoured and greatly **blessed**,// beseech Him to have **mercy** on our souls.

- P. Wisdom. Aright!
 C. O Joyful Light...
 P. Prokimenon. The Lord is King...
 P. Wisdom! (And readings, if any)
 P. Augmented Litany
 R. Vouchsafe...
 P. Litany of Fervent Supplication

APOSTICHA: (Tone 6)

1. Angels in heaven sing the **praises**/ of Thy Resurrection, O Christ our **Saviour**./ Vouchsafe that we **too** on earth// may from pure hearts give Thee **glory**.
 V. The Lord is King,/ and hath put on glorious apparel.
2. After breaking in pieces the **gates** of brass/ and crushing the bolts and **bars** of hell,/ Thou, being almighty God, didst raise **fallen** man./ Therefore, with one **accord**, we cry:// Glory unto Thee, O Lord, **risen** from the dead.
 V. He hath made the world so sure/ that it cannot be moved.
3. Wishing to lift us out of the ancient **corruption**,/ Christ was nailed upon the Cross and **laid** in the tomb./ As in tears the women bearing myrrh **searched** for Him,/ they said, lamenting: Woe are we, O **Saviour** of all:/ How comes it that Thou wast pleased to **dwell** in the tomb?/ How comes it, if that was Thy wish, that Thou hast now been **stolen**?/ How comes it that Thou hast been taken **elsewhere**?/ In what place have they laid Thy life-bearing **Body**?/ But, O Master, as Thou hast **promised**,/ appear to us and dry up the **fountain** of our tears./ Upon which, as they wept, an angel **came** to them and cried:/ Cease your weeping and tell the apostles that the Lord is **risen**// giving the world purification and great **mercy**.
 V. Holiness becometh Thine house/ O Lord, forever.

4. Crucified according to Thy **Will**, O Christ,/ despoiling death by Thy **entombment**,/ Thou hast risen up on the third day as God in **glory**,// granting the world life without end and great **mercy**.

G/B... From the Triodion (Tone 4)

O **Lord** Who hast helped gentle David in the **combat**/ and enabled him to overcome the **Philistine**,/ come to the **aid** of Thine Orthodox **people**,/ and by the weapon of the Cross cast down our **enemies**./ In Thy compassion show us Thy **mercy** as of old,/ and make them know in truth that **Thou** art God,/ and that we who put our trust in Thee shall **conquer**./ At the constant intercessions of Thy most pure **Mother**,// grant us Thy great **mercy**.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x2

Troparion of the Cross, (Tone 1) x1

O Lord, save Thy people/ and bless Thine inheritance./ Grant victory to the Orthodox Christians/ over their adversaries,/ and by the virtue of Thy Cross,// preserve Thy habitation.

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 6

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 6) x2

The angelic powers were at thy tomb;/ the guards became as dead men./ Mary stood by Thy grave,/ seeking Thy most pure Body./ Thou didst capture hell not being tempted by it./ Thou didst come to the Virgin, granting life./ O Lord, Who didst rise from the dead:// Glory to Thee.

Glory... Troparion of the Cross, (Tone 1)

O Lord, save Thy people/ and bless Thine inheritance./ Grant victory to the Orthodox Christians/ over their adversaries,/ and by the virtue of Thy Cross,// preserve Thy habitation.

Both now and ever... (Tone 1)

At **Gabriel's** salutation, '**Hail!**',/ the Master of all things took flesh in thee, O **Virgin**./ Thou **art** the holy Ark of which the righteous **David** spoke;/ Thou was made wider than the heavens, for Thou hast carried thy **Creator** in thy womb./ **Glory** be to Him Who **dwelt** in Thee;/ glory be to Him Who from **Thee** came forth;/ **glory** be to Him Who through thy **childbearing**// has **set** us free.

Lord Have Mercy 3x

Glory...

R. Now...
 R. Kathisma II
 P. Small Ectenia

R. Sessional Hymns:

When the tomb was opened and hades wept, Mary cried out to the apostles, who had hidden themselves: "Come forth, ye laborers of the vineyard! Proclaim the tidings of the resurrection! The Lord hath risen, granting the world great mercy."

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

O Lord, Mary Magdalene stood before Thy tomb and wept aloud; and supposing Thee to be the gardener, she said: "Where hast Thou hidden our eternal Life? Where hast Thou laid Him Who sitteth upon the throne of the cherubim? For those who guarded Him have become as dead through fear. Either give me my Lord, or cry out with me: O Thou Who wast among the dead and hast raised up the dead, glory to Thee!"

G/B... He Who called thee Mother and blessed went up of His own will to suffer, and wishing to search out Adam, He made light shine with the Cross, saying unto the angels: Rejoice with Me, for I have found the lost piece of silver. Glory unto Thee, O God, Who hast ordered all things wisely.

R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and a seal was affixed to the stone. Soldiers guarded Christ as they would a sleeping king, and the Lord arose, invisibly smiting His enemies.

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

Jonah prefigured Thy tomb, and Symeon told of Thy divine resurrection, O immortal Lord; for Thou didst descend into the tomb as one dead, demolishing the gates of hades, and didst arise as Master, without corruption, for the salvation of the world, O Christ our God, Who hast enlightened those in darkness.

G/B... O Virgin Theotokos, entreat thy Son, Christ our God, Who of His own will was nailed to the Cross and arose from the dead, that our souls be saved.

R. Psalm 118
 C. Evlogitaria (Blessed art Thou, O Lord...)
 P. Small Ectenia

R. Ypakoe:

Having, as God broken down the gates of hades by Thy voluntary and life-creating death, O Christ, Thou didst open ancient paradise unto us; and rising from the dead, Thou hast delivered our life from corruption.

Hymn of Degrees: (Antiphon One)

I lift up mine eyes to heaven, to Thee, O Word. Have pity, that I may live in Thee.

Have mercy upon us who are downcast, O Word, making us vessels useful to Thee.

G/B... The Holy Spirit is the Cause of all salvation. And if He blow upon anyone as is meet, He quickly taketh him away from among the things of earth: He giveth him wings, maketh him grow and setteth him on high.

Hymn of Degrees: (Antiphon Two)

If the Lord were not among us, none of us would be able to combat the warfare of the enemy; for they who conquer are lifted upon from hence.

Let not my soul be seized like a bird by the teeth of the enemy, O Word. Woe is me! How shall I, who love sin, escape them?

G/B... From the Holy Spirit come deification, goodwill, understanding, peace and blessing for all; for He worketh equally with the Father and the Word.

Hymn of Degrees: (Antiphon Three)

They that hope in the Lord are fearsome to the enemy and wondrous to all; for they direct their gaze on high.

He who hath Thee, O Saviour, as his Helper, the Portion of the righteous, doth not stretch out his hands toward iniquities.

G/B... The dominion of the Holy Spirit is over all. Him do the armies on high worship, as doth every creature here below.

P. Prokimenon:

O Lord, stir up Thy might/ and come to save us.

V. O Shepherd of Israel, attend, Thou that leadest Joseph like a sheep.

C. Let every breath praise the Lord.

P. GOSPEL #6

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

Glory... Open unto me, O **Giver** of Life,/ the gates of **repentance**:/ for early in the morning my spirit seeks Thy holy **temple**,/ bearing a temple of the body **all** defiled.// But in Thy compassion cleanse it by Thy loving-kindness and Thy **mercy**.

Both now... **Guide** me in the paths of salvation, O **Theotokos**:/ for I have befouled my soul with **shameful** sins/ and have wasted all my life in **slothfulness**.// By thine intercessions deliver me from all **uncleanness**.

(Tone 6)

Have mercy upon me, O God,/ in Thy great **mercy**:/ and according to the multitude of Thy **compassion**// blot out my **transgressions**.

As I ponder in my **wretchedness**/ the many evil things that **I** have done,/ I tremble for the fearful day of **judgment**./ But trusting in Thy merciful **compassion**,/ like David do I **cry** to Thee:// Have mercy upon me, O God, in Thy great **mercy**.

P. Save, O God, Thy People...

(The anointing takes place at the end of this service)

Canticle One

Irmos: Traversing the deep on foot/ as though it were dry land,/ and seeing the tyrant Pharaoh drowned,/ Israel cried aloud:// Let us chant unto God a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

Jesus the Good, by Thine arms outspread upon the Cross, Thou hast filled all things with the good pleasure of the Father. Therefore shall we all sing Thee a triumphal song.

For fear of Thee, the end that is death became like a servant and was ordered to approach the Master of Life, whereby He awarded us life without end and the Resurrection.

Theotokion

Having received thine own Creator incarnate of thy seedless womb in manner past understanding, O pure one, as He Himself desired, thou wast truly shown to be the Mistress of creation.

Most Holy Theotokos, Save us.

O pure Virgin, who hast borne Christ the pearl from the divine lightning, do thou disperse by the light of thine own brightness the gloom of my passions and the tumult of my faults.

Jacob secretly foresaw with the eyes of the mind, God, the hope of the Gentiles, made flesh of thee and delivering us at thine intercession.

Glory to Thy Precious Cross, O Lord.

This is a day of festival: at the Awakening of Christ, death has fled away and the light of life has dawned; Adam has arisen and dances for joy. Therefore let us cry aloud and sing a song of victory.

This is the day for veneration of the Precious Cross. Now it is placed before us and shines with the brightness of Christ's Resurrection. Let us all draw near and kiss it with great rejoicing in our souls.

O mighty Cross of the Lord, manifest thyself: show me the divine vision of thy beauty, and grant me worthily to venerate thee. For I speak to thee and embrace thee as though thou wast alive.

Let heaven and earth give praise with one accord, for the all-blessed Cross is now set forth before us all, on which Christ's Body was nailed when He was offered in sacrifice. Let us venerate it with great rejoicing in our souls.

Glory... O Trinity of Persons, O Unity of Essence, Father, Son and Spirit, equal in power, one in purpose and will, one in dominion and rule, watch over Thy world and grant it peace.

Both... O Virgin who hast not known a man, without seed thou hast conceived: Pure and sinless is the birth, and the Child thou bearest is the Maker of all, Christ our God. Entreat Him to grant the whole world peace.

C. Katavasia (Tone 1)

Moses the servant of God/ prefigured Thy Cross in the days of old,/ when he divided the Red Sea with his rod/ and led Israel across on dry land;// and he sang a song of deliverance unto Thee, O Christ our God.

Canticle Three

Irmos: There is none as holy as Thee,/ O Lord my God,/ Who hast uplifted the horn of Thy faithful/ and established us// on the rock of the confession of Thee, O Good One.

Glory to Thy Holy Resurrection, O Lord.

The creation, looking upon God crucified in the flesh was dissolved by fear but was strongly held together by the firm hand of Him Who was crucified for us.

Death having been destroyed by death, the wretch lay lifeless; For, not able to bear the divine assault, he who was strong was put to death and the Resurrection was bestowed upon all.

Theotokion

The miracle of thy divine birthgiving transcendeth every order of nature, O pure one; for thou didst supernaturally conceive God in thy womb, and having given birth thou dost ever remain a virgin.

Most Holy Theotokos, Save us.

Looking at God, made flesh from thee, O Virgin, the choirs of angels were stricken with fear and wonder and they honour thee as Mother of God in hymns that are never still.

The prophet Daniel was stricken with amazement on beholding thee, thou living Mountain, from which a stone was cut without hand of man and broke with its might the altars of devils, O Mother of God.

Glory to Thy Precious Cross, O Lord.

O come, let us sing a new song, celebrating the overthrow of hell, for Christ has risen from the tomb; death He has taken captive, and saved all the world.

O come, ye faithful, and let us drink, not from a well of earthly water that perishes, but from the fountain of light, as we venerate the Cross of Christ: for His Cross is our glory.

When now we venerate Thy Cross, which Moses once prefigured with his outstretched arms, we put to flight the invisible Amalek, O Christ our Master, and so we gain salvation.

O ye faithful, with pure eyes and lips let us venerate in joy the Cross of the Lord, singing a song of exultation.

Glory... I honour one God without beginning, three in Persons but undivided in Essence, the Father, the Son and the Spirit of life, in Whose Name we were baptized.

Both... In days of old Moses saw thy mystery prefigured in the bush, O hallowed Virgin: Just as the flames did not consume it, so the fire of the Godhead has not consumed thy womb.

C. Katavasia (Tone 1)

Through Thy Cross, O Christ my **Master**,/ set me firmly on the **rock** of the faith:/ Let not my **mind** be shaken by the assaults of the malicious **enemy**;// for Thou alone art **holy**.

P. Small Ectenia

R. Sessional Hymns of the Cross (Tone 6)

Thy Cross, O Lord, is holy, and brings healing to those who are in sickness through their sins. Venerating it, we fall before Thee: have mercy upon us.

V. Exalt ye the Lord our God and worship at His footstool, for He is holy.

Today the words of the Prophet are fulfilled: For see, we worship at the place on which Thy feet have stood, O Lord, and tasting from the Tree of salvation, we have been delivered from our sinful passions at the intercessions of the Theotokos, O Thou Who alone lovest mankind.

Glory... No sooner had the wood of the Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy upon us.

Both... O Virgin Theotokos, thy Son, Christ our God, was nailed of His own will upon the Cross, and He has risen from the dead. Pray to Him for the salvation of our souls.

Canticle Four

Irmos: Christ is my power, my God and my Lord,/ the honoured Church doth sing,/ crying out in godly manner/ with a pure mind,// keeping festival in the Lord.

Glory to Thy Holy Resurrection, O Lord.

The Wood made life truly flower, O Christ. For the Cross set up and watered by the Blood and Water from Thy spotless side, put forth life for us.

The serpent no more whispers falsely to me that I should be God; for Christ, the divine Maker of the nature of man hath now unfolded unto me, without hindrance, the path of life.

Theotokion

Truly ineffable and unapproachable to those on earth and in heaven are the mysteries of thy divine birthgiving, O Ever-virgin.

Most Holy Theotokos, Save us.

Thou, O most blessed Virgin, hast borne the Light that never sets, Who shone through the flesh unto those in the darkness of life and thou hast poured forth joy unto those who sing thy praises, O ever-Virgin.

Through thee, All-holy, grace flowered and the law hath ceased to be. For thou, O Pure, hast borne the Lord Who hath granted us remission, O ever-Virgin.

Glory to Thy Precious Cross, O Lord.

'Behold, Christ is risen,' the Angel said to the women bearing sweet spices. 'Lament not, but go and say to the apostles: Rejoice, today is the salvation of the world; for through Christ's death the tyranny of the enemy has been destroyed.'

As we celebrate today the joyful veneration of Thy life-giving Cross, O Christ our Saviour, we prepare ourselves for Thy most holy Passion; for Thou in Thine almighty power hast brought to pass the salvation of the world.

There is joy today in heaven and on earth, for the sign of the Cross is made manifest to the world. The thrice-blessed Cross is set before us, and to all who show it veneration it is a fount of ever-flowing grace.

What shall we offer Thee, O Christ? For Thou hast given us Thy Precious Cross to venerate, on which Thy holy Blood was shed, to which Thy flesh was fixed by nails. With love we kiss it and give thanks to Thee.

Glory... I sing the praises of the Three Persons in one Godhead; I proclaim one simple Nature undivided: Father eternal, Son and Holy Spirit, one in throne and lordship, one single Kingdom, one everlasting Power.

Both... In thee alone among women, O pure Lady, there was revealed a marvelous and fearful thing: Thou hast made nature new, conceiving without seed and still remaining as at first a virgin; for the Child that thou hast borne is the true God.

C. Katavasia (Tone 1)

Seeing Thee, O mighty Lord, upon the Cross,/ the sun was seized with fear and hid its rays,/ with dread the whole creation glorified Thy longsuffering,// and the earth was filled with Thy praise.

Canticle Five

Irmos: With Thy divine light/ illumine the souls of those who with love/ rise at dawn unto Thee, I pray Thee, O Good one,/ that they may know Thee, O Word of God, to be the true God// Who calleth all forth from the darkness of sin.

Glory to Thy Holy Resurrection, O Lord.

The cherubim now withdraws from me and the flaming sword turns its back on me, O Master, after beholding Thee, O Word of God Who art God indeed, making for the thief a way in Paradise.

I shall no more fear my return to the earth, O Master Christ, for through much compassion hast Thou by Thy Resurrection led me, forgotten, from the earth to the height of immortality.

Theotokion

Save those who with all their soul confess thee to be the Theotokos, O good Mistress of the world, for we have thee, the true Theotokos, as an invincible intercession.

Most Holy Theotokos, Save us.

Wearing the spiritual beauty of thy most fair soul, thou hast become the Bride of God, sealed with holy virginity and shining upon the world the joyful light of purity.

Let the congregation of the ungodly who proclaim thee not expressly Mother of God lament; for thou hast been shown forth to us as the gateway of God, Who hath dispersed the deep gloom of sin.

Glory to Thy Precious Cross, O Lord.

From the tomb hast Thou arisen, O Light that never sets, and shone upon the world with the bright dawn of incorruption. In Thy compassion Thou hast driven out the dark sorrow of death from the farthest ends of the earth.

Cleansed by abstinence let us draw near, and with fervent praise let us venerate the all-holy Wood on which Christ was crucified, when He saved the world in His compassion.

Today the ranks of angels dance with gladness at the veneration of Thy Cross. For through the Cross, Christ, Thou hast shattered the hosts of devils and saved mankind.

The Church has been revealed as a second Paradise, having within it, like the first Paradise of old, a tree of life, Thy Cross, O Lord. By touching it we share in immortality.

Glory... I glorify three co-eternal Persons in one Essence, Father, Son and Spirit, a single Light in threefold brightness, one Power and Kingdom in unconfused identity.

Both... Thou hast conceived by the law of nature, but above that law; for thou alone hast borne child without seed. We are afraid to think or speak of the manner of thy giving birth, O all-blameless Virgin.

C. Katavasia (Tone 1)

Rising early in the morning/ we sing Thy praises, O Saviour of the world,/ for we have found peace through Thy Cross./ By it Thou hast renewed mankind,// and led us to the light that knows no evening.

Canticle Six

Irmos: Beholding the sea of life/ surging with the tempest of temptations,/ fleeing to Thy calm haven I cry unto Thee:/ Lead up my life from corruption,// O greatly Merciful One.

Glory to Thy Holy Resurrection, O Lord.

O Master, crucified with nails, Thou hast wiped out the curse against us while pierced in Thy side by the lance, Thou hast torn up the handwriting against Adam and set the world free.

Tripped up by the heel through beguilement, Adam hath been led down towards the pit of hell. But God Who is compassionate by nature, descended to seek him and carrying him on His shoulders, He raised him up with Himself.

Theotokion

O all-pure Mistress who for men gavest birth to Christ, the Helmsman, allay the inconstant and grievous tumult of my passions, and grant serenity to my heart.

Most Holy Theotokos, Save us.

Death is put to death and the corruption from the condemnation of Adam is abolished by its coming into conflict with thy Fruit, O Lady, for thou

hast given birth to the Life Who delivers from corruption all those who sing thy praises, O Mother Virgin.

The law failed and the shadow passed away when the grace past thought and understanding of the birth of our God and Saviour from thee, O far-famed Virgin, was revealed to me.

Glory to Thy Precious Cross, O Lord.

Thou hast crushed death, O Christ, and risen as a mighty King; Thou hast recalled us from the depths of hell and brought us to the land of immortality, granting us the joy of the Kingdom of Heaven.

O ye faithful, let us cry aloud with joy and sing triumphantly to God, as we greet the Cross of the Lord; for it is a fountain of holiness to all those in the world.

The words of the Psalmist are fulfilled: for see, we worship at the footstool of Thy most pure feet, O Lord all-powerful, at Thy Precious Cross, the thrice-blessed Wood.

We kiss the holy Cross, O Christ, which Thou wast pleased to bear upon Thy shoulders, on which Thou hast accepted to be lifted up and crucified in the flesh; and from it we receive strength against our invisible enemies.

Glory... I praise the Unity in three Persons and the Trinity worshipped in one Nature, the Triune God, threefold Light, Father, Son and Holy Spirit.

Both... O Ewe free from blemish, the greatest wonder of all wonders was revealed in thee: For thou hast borne the Lamb that takes away the sin of the world. Entreat Him fervently for those who sing thy praises.

C. Katavasia (Tone 1)

Jonah in the **belly** of the whale/ foreshadowed with his outstretched hands the **figure** of the Cross;/ and he **leapt** out from the **monster**,// saved by Thy **power**, O Word.

P. Small Ectenia

C. Kontakion from the Triodion Tone 7 (**See choir music**)

The fiery sword no longer guards the gates of Eden,/ for in a strange and glorious way the wood of the Cross has quenched its flames./ The sting of death and the victory of hell are now destroyed,/ for Thou art come, my Saviour, crying unto those in hell:// 'Return again to Paradise.'

R. Ikos of the Cross

Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hell cried to those below: 'O my ministers and powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer; anguish has seized my belly and my senses. My spirit

trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise.'

Canticle Seven

Irmos: An angel caused the furnace to pour forth dew/ upon the pious youths,/ and the command of God, which consumed the Chaldeans,/ prevailed upon the tyrant to cry out:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

The sun, lamenting at Thy Passion, was wrapped in gloom, and on that day, O Master, the light was darkened over the whole earth, that cried aloud: Blessed art Thou, the God of our fathers.

At Thy descent, O Christ, the lowest parts of the earth put on light: while our forefather appeared singing full of joy and he danced crying aloud: Blessed art Thou, O God of our fathers.

Theotokion

Through thee, O Virgin Mother, radiant Light hath shone forth upon the whole world; for thou gavest birth unto God, the Creator of all. Him do thou entreat, O most pure one, that He send down great mercy upon us, the faithful.

Most Holy Theotokos, Save us.

The furnace that burnt not the three Children was the prefigure of thy giving birth. For the divine fire went to dwell in thee without consuming thee and taught all to cry aloud: Blessed art Thou, O God of our fathers.

Thou art the place where human nature is purified, O thou who alone art blessed of God; for, bearing in thine arms God Who sitteth upon the shoulders of the cherubim, thou criest: Blessed art Thou, O God of our fathers!

Glory to Thy Precious Cross, O Lord.

Thou hast risen on the third day from the tomb as one awakening from sleep, O Lord, and by Thy divine power Thou hast struck down the gatekeepers of hell; Thou hast raised up all our ancestors from the beginning, O God of our fathers, Who alone art blessed and greatly glorified.

This day, ye peoples, let us dance and sing to the music of the harp, and greatly rejoice at the veneration of the Cross, giving glory to Christ Who was nailed upon it, the God of our fathers, Who alone is blessed and greatly glorified.

Thy Cross, O Lord all-merciful, is honored by the whole world, for Thou hast made the instrument of death into a source of life. Sanctify those who

venerate it, O God of our fathers, Who alone art blessed and greatly glorified.

Thou alone, O only Jesus, art merciful and tenderhearted: illumine and sanctify those who venerate with faith Thy Cross and Thy divine Passion, O God of our fathers, Who alone art blessed and greatly glorified.

Glory... I praise the Godhead, Unity in three Persons: For the Father is Light, the Son is Light, and the Spirit is Light, but the Light remains undivided, shining forth in oneness of Nature, yet in the three rays of the Persons.

Both... Under many different names thou wast proclaimed by all the prophets: For thou hast been revealed as the gateway of God, the golden vessel of manna, the holy land, O Virgin Bride of God who hast conceived in the flesh Jesus Christ, the God of our fathers Who is greatly glorified.

C. Katavasia (Tone 1)

The Lord Who delivered the Children from the flames/ took flesh and came upon the earth;/ nailed to the Cross, He has granted us salvation,/ the God of our fathers,// Who alone is blessed and greatly glorified.

Canticle Eight

Irmos: From the flame didst Thou pour forth dew upon the venerable ones,/ and didst consume the sacrifice of the righteous one with water;/ for Thou, O Christ, dost do all things soever Thou desirest.// Thee do we exalt supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Envy hath now made the people of the Jews who killed the Prophets in past times into killers of God, since they hung Thee upon the Cross, O Word of God Whom we exalt above all for ever.

Without forsaking the vaults of Heaven, Thou hast gone down into hell, and hast raised up with Thyself, O Christ, man entire who lay in decay and who exalts Thee above all forever.

Theotokion

From Light thou didst conceive the Word, the Bestower of light; and having ineffably given birth unto Him, thou hast been glorified. For the Spirit of God dwelt within thee, O Maiden. Wherefore, we hymn thee for all ages.

Most Holy Theotokos, Save us.

O Most Pure, thy Son, having made thee shine by the brightness of the spirit, set thee at His right hand, clothed as a Queen in garments of gold, and we exalt Him above all for ever.

The golden candlestand prefigured thee who ineffably received the unapproachable Light Who illumineth all things with His radiance. Wherefore, we hymn thee, O pure one, for all ages.

Glory to Thy Precious Cross, O Lord.

'Why do ye hold sweet-smelling spices in your hands? Whom are ye seeking?,' cries the young man at the tomb. 'Christ our God is risen, raising up the nature of mortal men from the hidden depths of hell.'

Rejoice, O Cross, thrice-blessed and divine Wood, a light to those in darkness. Shining on the four corners of the earth, thou dost prepare us for the dawn of Christ's Resurrection. O grant to all the faithful that they may come to the festival of Pascha.

On this day the Wood anointed with life, the Cross of Christ, fills all things with the perfume of divine grace. Let us smell its God-given fragrance, venerating it with faith for ever.

Come, Elisha the prophet, and tell us plainly: What was the wood that thou hast cast into the water? 'It was the Cross of Christ, which draws us up from the depths of corruption: and we venerate it with faith for ever.'

Let us bless Father, Son, Holy Spirit, the Lord!

I glorify one Substance in three beings: Father, Son and Spirit, neither confused in Persons nor divided in Essence; for there is one God in Trinity, ruling over all forever.

Both... Alone among mothers, Mary Bride of God, thou hast remained a virgin. Without knowing man thou hast given birth to the Saviour Christ, yet kept the seal of thy purity unbroken; and with all the faithful we shall call thee blessed forever.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 1)

Daniel, great among the **prophets**,/ was cast into the **lions'** den;/ but, **stretching** out his hands in the **form** of the Cross,/ he was delivered **from** their mouths// and kept unharmed, blessing Christ our God **forever**.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: It is not possible for men/ to behold God,/ upon Whom the ranks of angels dare not gaze;/ but through thee, O most pure one,/ hath the Word appeared incarnate unto men;// and magnifying Him with the armies of heaven, we call thee blessed.

Glory to Thy Holy Resurrection, O Lord.

Having associated in the flesh with passion, Thou hast remained without participation in passion. And Thou, O our Saviour, dost set man loose from passion by having made the passions suffer. For Thou only art impassible and almighty.

Having accepted the corruption of death, Thou hast kept Thy body from tasting corruption: While Thy life-giving and divine soul, O Master, hath not been left in hell, but Thou, risen as from sleep, hast made us rise with Thyself.

Triadicon

O all ye men, with pure lips let us glorify God the Father and the Son Who is equally without beginning, and let us honour the ineffable and all-glorious power of the most Holy Spirit; for Thou alone art the almighty and indivisible Trinity.

Most Holy Theotokos, Save us.

The Star which shineth forth out of Jacob with the rays of divinity shone forth upon those held fast in darkness; for through thee, O most pure one, did Christ God the Word become incarnate. And illumined by Him, with the armies of heaven we call thee blessed.

Resurrection hath now been given to the dead through thine ineffable and unutterable birthgiving, O most pure Theotokos; for Life, clothing Himself in flesh through thee, shone forth upon all, and hath manifestly lifted the gloom of death.

Glory to Thy Precious Cross, O Lord.

Thou hast gone down into the tomb, O God the Giver of Life, and Thou hast broken all the bolts and bars, raising up the dead who cry aloud: Glory to Thy Resurrection, O Christ, the Saviour all-powerful.

Thy tomb, O Christ, has brought me life: for Thou, the Lord of life, hast come and cried to those who were dwelling in the grave: 'O all who are in bonds, be loosed: for I am come, the Ransom of the world.'

Let all the trees of the forest dance and sing, as they behold their fellow-tree, the Cross, today receiving veneration: for Christ, as holy David prophesied, has exalted it on high.

I died through a tree, but I have found in thee a Tree of Life, O Cross of Christ. Thou art my invincible protector, my strong defense against the demons. Venerating thee this day, I cry aloud: Sanctify me by thy glory.

Glory... I worship Thee, O holy God, as Trinity of Persons in Unity of Essence, Father, Son and Holy Spirit, one Power and Kingdom, sovereign over all.

Both... Thou art the great mountain, O Virgin, wherein Christ dwelt, as holy David says. By thee we are raised up to heaven, all-blessed Lady, regaining through the Spirit the adoption of sons.

C. Katavasia (Tone 1)

O **Virgin** Mother and true Theotokos, / without seed thou hast borne **Christ** our God, / **Who** was lifted in the **flesh** upon the Cross. / We and all the faithful, **as** is right, // magnify **thee** with thy Son.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Six (Luke 24:36-53)

Showing that Thou art man in essence, O Saviour, Thou hast risen from the tomb. And Thou hast partaken of food and hast stood in their midst to preach repentance. And Thou hast straightway ascended to the Father and promised to send the disciples the Comforter.

Glory... Exapostilarion of the Cross (from the Triodion)

Seeing the Precious Cross of Christ placed this day before us, let us venerate it and rejoice in faith; with love let us greet the Lord Who by His own free choice was crucified upon it, asking Him to grant us all uncondemned to adore His Holy Passion and to attain the Resurrection.

Both... Theotokion

All-hallowed Lady, with true devotion now we venerate the Wood on which thy Son stretched out His most pure hands and for our sakes was nailed. Give us peace and grant that we may come to the Holy Passion that has saved the world; and may we worship at the radiant Festival of Pascha, the Lord's Day that brings light and joy to all creation.

C. Lauds: Tone 6 Stichera

Let every breath **praise** the Lord/
Praise the Lord from the **Heavens**/
Praise Him in the **highest**/
To Thee is due a **hymn**, O God/
Praise Him, all ye His **Angels**://
Praise Him, all **ye** His hosts.//
To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
Fire, hail, snow, ice, blast of tempest, which perform His word,
The mountains and all the hills, fruitful trees, and all cedars,
The beasts and all the cattle, creeping things and winged birds,

Kings of the earth, and all peoples, princes and all judges of the earth, Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints. Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds. The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples, To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. Thy **Cross**, O Lord,/ is the life and resurrection of Thy **people**/ and assured of this, we sing unto Thee our **risen** God:// Have mercy upon us.

V. Praise ye God in His saints,/ praise Him in the firmament of His power.

2. Thy burial, O **Master**,/ opened Paradise for **mankind**,/ and we, delivered from **corruption**,/ sing unto Thee our **risen** God:// Have mercy upon us.

V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.

3. Let us praise Christ with the Father and the **Spirit**:/ Let us cry aloud unto Him **risen** from the dead:/ Thou art our life and **resurrection**:// Have **mercy** on us.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.

4. O Christ, on the **third** day,/ Thou hast risen from the tomb according to the **Scriptures**,/ having raised our **forefather** with Thyself:// therefore, mankind glorifies Thee and praises Thy **Resurrection**.

V. Praise Him with timbrel and dance, praise Him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

5/6 **With** our voices **let** us shout/ and magnify in songs the **Precious Cross**;/ **let** us kiss it and **cry** out:/ O honoured Cross, sanctify our souls and bodies by thy **power**,/ and keep unharmed from all malice of the **enemy**// those who venerate thee with true **reverence**.

V. Exalt ye the Lord our God: And worship at His footstool, for He is holy.

7. **Approach** and draw waters that shall **never** fail,/ flowing from the **grace** of the Cross./ See now set **before** you the holy Wood, source of **divine** gifts,/ on which there fell blood and water from the wounded side of the **Lord** of all./ Of His own Will He was raised **upon** the Cross,// and with Himself He has raised up **mortal** man.

V. God is our King before the ages: He has worked salvation in the midst of the earth.

8. O **honoured** Cross, thou art the firm **foundation** of the Church,/ the strength of kings, the glory and **defense** of monks./ **Venerating** thee today, we are filled with light in **heart** and soul,/ through the divine grace of the Lord Who was nailed **upon** thee/ and overthrew the power of our deceitful **enemy**// bringing the **curse** to naught.

V. Arise, O Lord my God, let Thy hand be lifted high;/ forget not Thy paupers to the end.

(Tone 8)

9. The **Lord** of all has taught us in a **parable**/ to shun the boastful thoughts of the evil **Pharisees**;/ and He has instructed all of us not to think more **highly** than we should./ He Himself became our pattern and **example**,/ for He emptied Himself even unto **death** upon the Cross./ Let us therefore render thanks with the **Publican** and say:/ O God Who hast suffered for us and yet remained **impassible**// deliver us from the passions and **save** our souls.

Glory... (Tone 8)

The **Lord** of all has taught us in a **parable**/ to shun the boastful thoughts of the evil **Pharisees**;/ and He has instructed all of us not to think more **highly** than we should./ He Himself became our pattern and **example**,/ for He emptied Himself even unto **death** upon the Cross./ Let us therefore render thanks with the **Publican** and say:/ O God Who hast suffered for us and yet remained **impassible**// deliver us from the passions and **save** our souls.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin **Theotokos**,/ for through Him Who became incarnate of thee is hades led **captive**,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

(Candles are handed out for the faithful and lit when the Cross is brought out)

*(During the stichera of Lauds the officiating priest puts on all his vestments. While the choir sings the Great Doxology, he takes incense and goes three times around the Holy Table, on which lies the Precious Cross upon a tray with branches of basil or flowers; and he censes the Cross from the four sides. Then, while the choir sings the concluding **Holy God** to a slow and solemn melody, he takes the Cross with the tray and, placing it upon his head, he proceeds round the Holy Table and out of the sanctuary through the north door, preceded by candles and by the deacon with the incense. The priest stops in front of the Holy Doors, facing to the east, and when the final **Holy God** has ended, he says:)*

P. Wisdom, let us attend.

C. Troparion of the Cross, (Tone 1) x3
 O Lord, save Thy people/ and bless Thine inheritance./ Grant victory to the Orthodox Christians/ over their adversaries,/ and by the virtue of Thy Cross,// preserve Thy habitation.

(The priest proceeds to the center of the Church, and places the Cross on a table or analogion especially prepared for it; and he censes the Cross from the four sides of the table, going around it three times. Then the priest sings three times:)

P/C. (Tone 6) (**See Choir Music**) x3
 We venerate Thy Cross, O Master, and we glorify Thy holy Resurrection.

(This is repeated three times by the choir and people. Meanwhile the priest makes two prostrations in front of the Cross and kisses it, after which he makes another prostration. The Cross is then venerated by the other clergy in order of rank and by all the faithful. During the veneration of the Cross and the anointing, the choir sings the following:)

C. (Tone 2)
 Come, ye faithful, and let us venerate the **life**-giving Wood,/ on which Christ, the King of Glory, stretched out His hands of His **own** Will./ To the ancient blessedness He **raised** us up,/ whom the enemy despoiled of old through pleasure, making us exiles **far** from God./ Come, ye faithful, and let us venerate the **Wood** whereby/ we have been counted worthy to crush the heads of our invisible **enemies**./ Come, all ye kindred of the **nations**,/ and let us honor in hymns the **Cross** of the Lord./ Rejoice, O Cross, perfect redemption of fallen **Adam**./ Glorifying in thee, our faithful kings laid low by thy might the people of **Ishmael**./ We Christians kiss thee **now** with awe,/ and glorifying God Who was nailed on thee, we **cry** aloud:/ O Lord, Who on the Cross was crucified, have mercy **upon** us,// for Thou art good and **lovest** mankind.

(Tone 8)

Today the Master of the creation and the Lord of **Glory**/ is nailed to the Cross and His **side** is pierced;// and He Who is the sweetness of the Church tastes gall and **vinegar**./ A crown of thorns is put upon Him Who covers the **heaven** with clouds./ He is clothed in a cloak of **mockery**,/ and He Who formed man with His hands is struck by a **hand** of clay./ He Who wraps the heaven in clouds is smitten **upon** His back./ He accepts spitting and scourging, reproach and **buffeting**;// and all these things my Deliverer and God endures for me that **am** condemned,// that in His compassion He may save the world from **error**.

Glory... (Tone 8)

Today He Who is in essence un**approachable**,/ becomes approachable for me and suffers His Passion, delivering me from **passions**./ He Who grants light unto the blind is spat upon by the mouths of the **transgressors**,/ and He gives His back to scourging for the sake of those that are held **captive**./ When the pure Virgin His Mother saw Him on the Cross, she cried **aloud** in pain:/ 'Woe is me, my Child! What is this that **Thou** hast done?/ Thou Who wast in beauty fairer than all **mortal** men,/ dost now appear without life and form, having neither shape nor **comeliness**./ Woe is me, **my** Light!/ I cannot bear to look upon Thee sleeping, and I am wounded **inwardly**,/ a harsh sword has **pierced** my heart./ I sing the praises of Thy Passion, I venerate Thy merciful **kindness**:// O long-suffering Lord, **glory** to Thee!

Both now and ever... (Tone 6)

Today the words of the **Prophet** are fulfilled:/ For see, we worship at the place on which Thy feet have **stood**, O Lord;// and tasting from the Tree of **salvation**,/ we have been delivered from our sinful **passions**/ at the intercessions of the Theotokos,// O Thou Who alone **lovest** mankind.

P. Litanies
Dismissal

C. G/B... Gospel Sticheron (Tone 6)

Thou, O Christ, art **peace** indeed/ Who givest the peace of **God** to men,/ and after the Resurrection, Thou hast shown terrible things to the **disciples**/ who supposed they saw a **spirit**./ But Thou hast calmed the tumult **of** their souls,/ by showing them Thine **hands** and feet./ To those who nevertheless still **disbelieved**,/ Thou hast opened their minds to understand the **Scriptures**/ by partaking food with them and reminding them of Thy **teachings**./ And having assured them of the promise of the **Father**,/ and having blessed them, Thou hast gone away to **heaven**:// With them we therefore worship Thee, glory to **Thee**, O Lord.

R. Hours:
Tropar: Resurrection & Cross
Kontak: Cross

At Liturgy of St. Basil:

Order of Troparia & Kontakia:
Tropar Sunday
Tropar Cross

G/B... Kontak Cross

Instead of the Triagion: Before Thy Cross...

Prokimenon for the Cross (Tone 6)

O Lord, save Thy people, and bless Thine inheritance.

V. Unto Thee, O Lord, will I cry; O my God, be not silent unto me.

Epistle(s): Heb 4:14-5:6

Alleluia for the Cross (Tone 1)

Remember Thy congregation...

Gospel(s): Mark 8:34-9:1

Instead of Truly Meet: In thee rejoiceth...

Communion Hymn: The light of Thy countenance (No Praise Ye)