

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

VESPERS: Tone 7

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 censens 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 censens 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 **come** let us rejoice in the **Lo**-ord/ Who **destroyed** the power of death and **enlightened** mankind,/ and **let** us cry aloud with the **angels**://
Glory to Thee, our Creator and our **Saviour**.
2. **On** our account Thou hast endured the **Cross** and the tomb:/ and as **God** Thou hast by death also put **death** to death:/ **Therefore**, we worship Thy Resurrection on the **third** day:// Glory to **Thee**, O Lord.
3. On **beholding** the Resurrection of the **Creator**,/ the **Apostles**, marveling, sang an angelic **song** of praise:/ **Here** is the glory **of** the Church,/

here the richness of the **Kingdom**:/ **Glory** be to **Thee**, O Lord,// Who hast suffered **death** for us.

4. O **Christ**, though Thou hast been taken captive by **wicked** men,/ Thou **art** my God and I am **not** shamed;/ I deny not that Thy **back** was scourged;/ I keep not **hid** that Thou wast **nailed** to the Cross./ I **boast** of Thy Resurrection, for Thy **death** is my life;// O almighty Lord, Who lovest mankind, to Thee be **glory**.
5. **Christ**, fulfilling the prophecy of **David**,/ **revealed** to His disciples the majesty of His habitation in **Zion**;/ and **showed** Himself forth as ever praised and **glorified**/ with the **Father** and the Holy **Spirit**,/ being **first** the Word without flesh that is without **beginning**/ and **then** incarnate for our sakes and slain as man and risen in **power**,// as He **loves** mankind.
6. As **God** and Lord, O Christ, of Thine **own** Will,/ Thou hast **descended** into hell **despoiling** death;/ **and** the third day Thou hast risen again, raising with Thee **Adam**,/ held **captive** by the chains of hell and of **corruption**,/ who **cried** and said: Glory be to Thy Resurrection,// O Thou, Who alone **lovest** mankind.

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 un**ending** 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 7)

Thou, O Theotokos, hast been acknowledged to be a **Mother**/ **above** and beyond nature, yet withal remaining a **Virgin**./ **This** is past words and understanding,/ and the **wonder** of thy giving birth no **tongue** can tell./ Most **glorious**, O pure Virgin, was thy **conceiving**:/ and **beyond** the grasp of mind, the manner of thy **bearing** child./ **For** when God so wills, the order of nature is **overthrown**./ **Therefore**, we all acknowledging thee as the Mother of God, fervently **beseech** thee:// Make supplication for our **souls** to be saved.

- 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 7)

1. **Rising** from the tomb, O **Saviour** of the world,/ Thou **hast**, together with Thy flesh, **raised** up man:// To Thee, O Lord, be **glory**.
 V. The Lord is King,/ and hath put on glorious apparel.
2. **Come**, let us **worship** Him,/ Who **rose** from the tomb and gave **light** to all./ For **by** His resurrection on the **third** day/ He **set** us free from the **tyranny** of hell,// granting us life and great **mercy**.
 V. He hath made the world so sure/ that it cannot be moved.
3. O **Christ**, the Lord, Who alone **lovest** mankind,/ **Thou** hast descended **into** hell,/ **despoiling** death and rising upon the **third** day;/ Thou hast **raised** us up with Thee glorifying Thine all-powerful Resurrection,// O Thou Who **lovest** mankind.
 V. Holiness becometh Thine house/ O Lord, forever.
4. O **Lord**, what an awful sight it was to see Thee lying as if **asleep** in the tomb;/ yet **Thou** didst rise on the third **day** in might,/ **raising** up

with Thee **Adam**, who cried:// Glory to Thy Resurrection, O Thou, Who alone **lovest** mankind.

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

MATINS: Tone 7

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

Sunday Troparia (Tone 7) x2

By Thy Cross, Thou didst destroy death./ To the thief, Thou didst open paradise./ For the myrrh-bearers, thou didst change weeping into joy/ and Thou didst command Thy disciples, O Christ God,/ to proclaim that Thou art risen// granting the world great mercy.

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 child**bearing**// has **set** us free.

Lord Have Mercy 3x

Glory...

R. Now...

R. Kathisma II

P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and the seal lay upon the stone. The soldiers guarded Christ as they would a sleeping king, and the angels glorified Him as immortal God. And the women cried aloud: The Lord hath risen, granting great mercy to the world!

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

O Christ God, Who by Thy burial madest death captive, and Who by Thine arising raised up man who had become corrupt: Glory to Thee, in that Thou lovest mankind!

G/B... As thou, who art sung by all the world, art the treasure house of our Resurrection, lead out of the pit and abyss of their offences, those who have put their faith in thee. For thou who before bearing child wast Virgin, and in childbirth and after childbirth hast remained Virgin, hast saved us by giving birth to our salvation.

R. Kathisma III

P. Small Ectenia

R. Sessional Hymns:

While the tomb was sealed, Thou didst shine forth life from the grave, O Christ God; and while the doors were shut, Thou, the Resurrection of all, didst stand before the disciples, through them renewing an upright spirit for us, according to Thy great mercy.

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

The women ran to Thy tomb, bearing myrrh and tears; and while the soldiers were keeping watch over Thee, the King of all, they said to themselves: "Who will roll away the stone for us?" But the Angel of great Counsel had arisen, trampling down death. O Lord almighty, glory be to Thee!

G/B... Rejoice, O Virgin Theotokos full of grace, haven and intercession for the human race, for of thee did the Deliverer of the world become incarnate, for thou alone art both Mother and Virgin, ever-blessed and all-glorious. Entreat Christ God, that He grant peace to all the world.

R/C. Psalm 118 (before Jan 14 OS) or Polyeleos (after Jan 14 OS)

C. Evlogitaria (Blessed art Thou, O Lord...)

P. Small Ectenia

R. Ypakoe:

O Christ God, Who assumed our form and endured the Cross in the flesh, save me by Thy resurrection, in that Thou lovest mankind.

Hymn of Degrees: (Antiphon One)

O Saviour Who turned the captivity of Sion away from falsehood, grant life unto me, rescuing me from enslaving passions.

He who with tears soweth the afflictions of fasting in the south shall reap sheaves of joy and everlasting life.

G/B... Through the Holy Spirit cometh the well-spring of divine treasures: from Him are wisdom, understanding and fear, and to Him are due praise and glory, honour and dominion.

Hymn of Degrees: (Antiphon Two)

If the Lord buildeth not the house of the soul, in vain do we labor; For without Him is no work or word made perfect.

Moved by the Spirit, the saints, made true children through adoption by the Son, have transmitted the teachings of the Father.

G/B... Through the Holy Spirit doth everything come into being; for, from before the beginning of time, He hath been the God of all, the Lord of all, the unapproachable Light, and the Life of all.

Hymn of Degrees: (Antiphon Three)

Having found the paths of life, they who fear the Lord are blessed, now and forever, with incorruptible glory.

Seeing thine offspring like the trunks of trees round about thy table, rejoice and be glad, leading them to Christ, the Chief Shepherd.

G/B... From the Holy Spirit come an abyss of gifts, a wealth of glory and great depths of judgment; for, equal in glory with the Father and the Son, He is worshipped with Them.

P. Prokimenon: (Tone 7)

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

V. I will confess Thee, O Lord, with my whole heart.

Let every breath praise the Lord.

GOSPEL #7

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 un**cleanness**.

(Tone 6)

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

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: By Thy hand was the nature of water,/ which before was fluid,/ transformed into solid form, O Lord./ Wherefore, having passed through it dryshod,// Israel chanteth to Thee a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

By the Tree was the tyranny of death overthrown, when Thou was condemned to an unjust death, O Lord; thus, utterly unable to vanquish Thee, the prince of darkness was rightly banished.

Hades drew nigh to Thee, but his fangs were unable to rend Thy body, and his jaws were broken; wherefore, having destroyed the pangs of death, O Saviour, Thou didst arise on the third day.

Theotokion

The pangs of our first mother Eve have been eased, for, eluding pain, thou gavest birth without knowing man. Wherefore, clearly knowing thee to be the Theotokos, O all-pure one, we all glorify thee.

Most Holy Theotokos, Save us.

O Virgin who gavest birth to the Abyss of loving-kindness, illumine my soul with thy luminous effulgence, that I may hymn the abyss of thy wonders as is meet.

Seeing us wounded by the dart of sin, the Word took pity on us, as our Benefactor; wherefore, the All-divine One ineffably united Himself to flesh He had received from thee, O most pure one.

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: O Lord and Saviour/ Who in the beginning established the heavens by Thine omnipotent Word/ and confirmed all their power by the all-accomplishing and divine Spirit:// establish me upon the immovable rock of the confession of Thee!

Glory to Thy Holy Resurrection, O Lord.

Having ascended the Tree, O compassionate Saviour, of Thine own will Thou didst experience pain for our sake and didst endure the wounding which won reconciliation and salvation for the faithful. And thereby have we all been reconciled with Thy Father, O Merciful One.

Having cleansed of sores me who was wounded by the sting of the serpent, O Christ, Thou didst show forth light unto me who from of old have lain in darkness and corruption; for having descended into hades through the Cross, Thou didst raise me up with Thyself.

Theotokion

Through the entreaties of Thy Mother who knew not man, O Saviour, grant peace to the world, and vouchsafe Thine ineffable glory unto those who glorify Thee.

Most Holy Theotokos, Save us.

The serpent who slithered forth from Eden, beguiling me with a desire to become a god, hath cast me down to the ground; but He Who is merciful and compassionate by nature, having made His abode within thy womb and become like unto me, O Virgin Mother, hath taken pity and deified me.

O Virgin Theotokos, thou didst truly give birth for us to eternal Life and Peace, causing men's ancient battle against God the Father to cease, through thy faith and confession of grace.

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: O Christ God Who, without leaving the bosom of the Father, didst descend to earth;/ I have heard the mystery of Thy dispensation, // and have glorified Thee, Who alone lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Giving His shoulders over to stripes, the innocent Master, Who was incarnate of the Virgin, was beaten by a most sinful servant, loosing mine offenses.

Standing before the tribunal of iniquitous judges, the Judge is examined as one indicted; and He Who judgeth the earth with righteousness and as God formed man is smitten by a hand of clay.

Theotokion

In that thou art truly the Mother of God, entreat thy Creator and Son, O most immaculate one, that He guide me to the saving haven of His glorious will.

Most Holy Theotokos, Save us.

For man, O pure one, thou gavest birth unto God, Who became incarnate of thy pure blood, and delivereth from many offenses those who with love glorify and honour thee, O Mother and Virgin.

Reason-endowed nature, having now learned the ineffable mystery of thy birthgiving, O most hymned and all-blessed one, offereth priestly ministry unto Him Who shone forth from thee.

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: Night is bereft of light for those without faith, O Christ,/ but for the faithful there is enlightenment in the sweetness of Thy words;/ wherefore, I rise early unto Thee// and hymn Thy divinity.

Glory to Thy Holy Resurrection, O Lord.

For Thy servants art Thou betrayed, and Thou endurest blows to Thy cheeks, which win freedom for those who chant: I rise early unto Thee and hymn Thy divinity!

By Thy divine power, O Christ, Thou didst cast down the mighty one with Thy weak human flesh, and by Thy resurrection thou hast shown me to be a victor over death, O Saviour.

Theotokion

O pure Mother, Thou gavest birth unto God, Who as God became incarnate of thee, O most hymned one; and though thou hadst no concourse with the male gender, yet dost thou give birth through the Holy Spirit.

Most Holy Theotokos, Save us.

Beholding the ladder set firmly in the highest, Jacob understood it to be an image of thee, O thou who knewest not wedlock; for through thee hath God come into fellowship with men, O most pure Mistress.

The Bridegroom found thee alone like a lily among thorns, shining with the radiance of purity and the light of virginity, O Virgin, and He took thee to be His Bride, O most immaculate one.

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: Sailing amid the tumult of the cares of life,/ I founder with the ship of sin and am cast to the soul-destroying beast;/ yet like Jonah I cry to Thee, O Christ;// Lead me up from the deadly abyss!

Glory to Thy Holy Resurrection, O Lord.

The souls of the righteous imprisoned in hell and left there, remembered Thee and besought salvation of Thee, which through the Cross Thou didst grant to the nether regions, O Christ, having come there full of loving-kindness.

The choir of the apostles despaired of ever seeing again Thine animate temple not made by man, which was destroyed by Thy sufferings; yet, beyond hope, they worshipped Thee and everywhere proclaimed Thee risen.

Theotokion

Who among men can explain the manner of thine ineffable birthgiving which took place for our sake, O Virgin Bride of God? For God the Word, Who is uncircumscribable, uniting Himself to thee, became flesh through thee.

Most Holy Theotokos, Save us.

The first-created Adam, who of old was banished from the divine delight of Eden through the treachery of the slayer of man, didst thou restore when thou gavest birth unto Him Who hath delivered us from his transgression, O thou who knewest not wedlock.

He Who by His divine will and creative power brought all things into being out of nothingness, issued forth from thy womb, O pure one, and with divine lightning flashes He hath illumined those who are in the darkness of death.

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 **b**elly of the whale/ foreshadowed with his outstretched hands the **f**igure of the Cross;/ and he **l**eapt out from the **m**onster,// saved by Thy **p**ower, 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: Of old, the children showed the fiery furnace to pour forth dew,/ hymning the one God and saying:/ Supremely exalted and all-glorious// is the God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Through a tree death came to Adam, who of his own will committed disobedience; but through the obedience of Christ is he restored. For my sake is the all-glorious Son of God crucified.

All creation hath hymned Thee, O Christ, Who rose from the tomb; for Thou didst cause life to blossom forth for those in hades, and resurrection for the dead, and light for those in darkness, O All-glorious One.

Theotokion

Rejoice, daughter of corrupt Adam! Rejoice, only Bride of God! Rejoice, O thou who gavest birth to God, and through whom corruption was driven off! Him do thou beseech, O pure one, that we all be saved.

Most Holy Theotokos, Save us.

Receiving the burning coal of old, Isaiah was purified, O Maiden; and in signs he beheld thy giving birth to the supremely exalted and all-glorious God of our fathers.

Of old, the divine prophets, beholding images and signs of thy divine birthgiving, joyously cried out, chanting: Supremely exalted and all-glorious is the 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 honoured 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: The bush on Sinai, which partook of fire without being consumed,/ revealed God unto Moses,/ who was slow of speech and spake with difficulty;/ and the zeal of God showed forth the three children in the fire as invincible, who chanted:/ Hymn the Lord, all ye works of the Lord,// and exalt Him supremely forever!

Glory to Thy Holy Resurrection, O Lord.

Slaughtered for the world, the all-pure Lamb brought an end to the sacrifices offered in accordance with the law, in that He is God, purifying it of transgressions, that it may ever cry: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

Our flesh, which was assumed by the Creator, was not incorrupt before His suffering; but after His suffering and resurrection it was rendered untouchable by corruption, and restoreth mortals, who cry: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

Theotokion

Thy pure and most unblemished state hath purified the vile and abominable state of the whole world, O Virgin; and thou becamest the cause of our reconciliation with God. Wherefore, O all-pure Virgin, all of us, His works, bless and exalt thee supremely for all ages.

Most Holy Theotokos, Save us.

O pure one, we piously hymn thy womb, which ineffably contained the incarnate God, Who hath given the enlightenment of the knowledge of God unto all the faithful, who ever cry: O ye works of the Lord, hymn the Lord and exalt Him supremely for all ages!

With the splendors of thy light thou hast rendered those who hymn thee luminous, O pure Theotokos, bearer of the Light; for thou wast shown to be the habitation of the Light, illumining with light those who cry: O ye works of the Lord, hymn the Lord and exalt Him supremely 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: O Mother who knewest not man,/ who gavest birth without experiencing corruption,/ and lent flesh to the Word Who hath fashioned all things,/ O Virgin Theotokos, thou receptacle of Him Whom nought can resist/ and dwelling-place of the Infinite:// thee do we magnify.

Glory to Thy Holy Resurrection, O Lord.

O all ye of alien mind, who assume that the Divinity suffered, stop your mouths; for we magnify the Lord of glory crucified in the flesh, but not crucified in His divine essence, for His is One in two natures.

O ye who believe not in the resurrection of the body, come ye to the tomb of Christ and learn; for the flesh of the Bestower of life was dead and rose again, to assure us of the final resurrection, wherein we hope.

Triadicon

Worshipping a Trinity of Hypostases, not of Godheads, a Oneness of divinity, not of Persons, we cut off those who divide It; moreover, we confound those who dare to confuse that which we magnify.

Most Holy Theotokos, Save us.

Thou hast been the Mediatress of everlasting joy and gladness for us, O Ever-virgin Maiden, having given birth to the Deliverer Who delivereth those who worship Him as God in truth and by the divine Spirit.

Thou art truly more exalted than all creation, O Maiden, for thou didst give birth bodily to the Creator of all for us; wherefore, as the Mother of the one Master, with authority thou dost carry the victory against all enemies.

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 (John 20:1-10)

Mary having said that they had taken the Lord away, Simon Peter and the other friend of Christ whom He loved, ran to the tomb and they both found the grave clothes lying alone therein and the napkin that had been about his head not with them but apart. They therefore kept silence again until they saw Christ.

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 7 Stichera

Le-et every breath **praise** the Lord/

Praise the Lord from the **Heavens**/

Pra-**aise** Him in the **highest**/

To **Thee** is due a **hymn**, O God/

Praise Him, all ye His **Angels**;/

Pra-**aise** 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. **Christ** is risen **from** the dead,/ bursting **asunder** the **chains** of death:/ Proclaim, O ye earth, tidings of **great** joy:// Sing, O ye heaven, of the **glory** of God.

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

2. Having **beheld** the Resurrection of Christ,/ let us **worship** the Holy Lord **Jesus**,// Who alone is **without** sin.

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

3. **Let** us never cease to hail the Resurrection of Christ/ Who has **saved** us from our transgressions./ **Holy** is the Lord **Jesus**// Who showed forth the Resurrection.

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

4. **Wha**-at shall we **give** Thee, O Lord,/ for **all** that Thou hast **given** us?/
For our sakes Thou, O God, hast lived **among** men;/ on **account** of our corrupt nature the Word became flesh and **dwelt** in us./ He became the Benefactor of the **thankless**,/ the **Liberator** of those in **captivity**;/ **He** is the Sun of Righteousness for those sitting in **darkness**;/ **He** Who is impassible, **endured** the Cross;/ **He** is the light in hell; He is **Life** in death;/ **He** is the Resurrection of the fallen, and we **cry** unto Him://
Glory unto **Thee**, our God.

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.

Stichera for the Precious Cross from the Triodion (Tone 4)

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.

P. 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 honour 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 The**otokos**,// O Thou Who alone **lovest** mankind.

P. Litanies
Dismissal

C. G/B... Gospel Sticheron (Tone 7)

Behold it is dark and very early in the **morning**./ And **what** art thou doing on the tomb, thy mind full of darkness, O **Mary**?/ **Why** dost thou ask where Jesus **has** been laid?/ **See** how the disciples running forward with the grave-clothes and the **napkin**/ have **positively** proved the **Resurrection**/ and have **remembered** that which had been written concerning this in the **Scriptures**./ And **we**, believing with them and through them sing Thy **praises**,// O Chri-ist, **Giver** of life.

R. Hours:

Tropar: Resurrection & Cross

Kontak: Cross

At Liturgy

Order of Troparia & Kontakia:

Tropar Sunday

Tropar Cross

G/B... Kontak Cross

Instead of the Trisagion, sing "Before Thy Cross..."

Prokeimenon (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 (Tone 1)

V. Remember Thy congregation, which Thou hast purchased of old.

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

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

Communion Hymn: Praise Ye & The light of Thy countenance is marked upon us, O Lord.