

SUNDAY, MARCH 23

TONE 6

Third Sunday of Great Lent, Veneration of the Cross

"Lord I Call..." Tone 6

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,
when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

v. (10) Bring my soul out of prison, that I may give thanks to Your Name!

Tone 6 *(for the Resurrection)*

Possessing victory over hell, O Christ,

since You are free among the dead,

You ascended the Cross

raising with Yourself those who sat in the shades of death.//

Drawing life from Your light, O almighty Savior, have mercy on us!

v. (9) The righteous will surround me, for You will deal bountifully with me.

Today Christ tramples on death,

for He is risen as He said!

Let us all sing this song,

for He has granted joy to the world:

O Light unapproachable, O Fountain of life!//

O Savior almighty, have mercy on us!

v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!

Where shall we sinners flee from You, Who are in all creation?

In heaven You dwell!

In hell You trampled on death!

In the depths of the sea?

Even there is Your hand, O Master!

To You we flee, and falling before You, we pray://

O You Who rose from the dead, have mercy on us!

v. (7) Let Your ears be attentive to the voice of my supplications!

(Resurrection stichera by Anatolius)

In Your Cross, we glory, O Christ.
We sing and glorify Your Resurrection.
For You are our God, //
and we know no other than You.

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

We will always bless the Lord
by singing of His Resurrection!
For He endured the Cross, //
trampling down death by death.

v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

Glory to Your might, O Lord,
for You overthrew the prince of death,
by Your Cross renewing us, //
granting us life and incorruption.

v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!

Tone 5* *(from the Lenten Triodion)* *(Rejoice, O Life-bearing Cross)*

Shine, O Cross of the Lord!
Illumine the hearts of those who honor you!
With love inspired by God, we embrace you,
for you are the only hope of the world.
Through you our tears are wiped away,
the snares of death are sprung,
and we pass over into everlasting joy.
Through the Cross reveal Your beauty to us, O Lord!
Help Your servants who ask for mercy in faith! //
Bestow upon us the fruits of abstinence!

v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

* Music for the Veneration of the Cross from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

Rejoice, O life-bearing Cross:
bright paradise of the Church, the tree of incorruption!
You have obtained for us the joy of everlasting glory.
Through you, the hosts of demons are driven out;
the choirs of angels are amazed and rejoice;
the company of the faithful gathers in celebration.
O unconquerable weapon, unbroken stronghold,
triumph of Orthodox Christians and pride of priests, //
by following you may we witness the Passion and Resurrection of Christ our
God!

v. (2) Praise the Lord, all nations! Praise Him, all peoples!

Rejoice, O life-bearing Cross:
invincible triumph of godliness,
gate of Paradise, and protection of the faithful!
The Cross is the might of the Church,
through which corruption is abolished,
through which the power of death is crushed,
and we are raised from earth to heaven.
O invincible weapon, the adversary of demons,
the glory of martyrs, the true adornment of ven'erable saints,
and the haven of salvation, //
which grants the world great mercy.

v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.

Come, O Adam and Eve, our first father and mother,
who fell from divine glory
through the envy of the murderer of man!
Bitter was the pleasure of the Tree of old;
but see, the honored Tree of the Cross draws near!
Run with haste and embrace it in joy,
crying out with faith:
"You are our help, O most-precious Cross!
We eat your fruit and gain incorruption! //
We are restored again to Eden, having received great mercy!"

Glory to the Father, and to the Son, and to the Holy Spirit;

Tone 3 *(from the Lenten Triodion)*

Wishing to restore all men to life,
You accepted crucifixion, O Christ our God.
Burning with boundless love for man,
You took the quill of the Cross in Your hand;
dipping it in ink of royal crimson,
You signed our release with blood-stained fingers.
Though temptations assault us,
may we never forsake You again!
Have mercy on Your despairing people,
O long-suffering Master! //
Arise and fight Your enemies in Your almighty power!

now and ever, and unto ages of ages. Amen.

Tone 6 *(Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?
Who will not sing of your most pure childbearing?
The only-begotten Son shone timelessly from the Father,
but from you He was ineffably incarnate.
God by nature, yet Man for our sake,
not two persons, but one known in two natures.
Entreat Him, O pure and all-blessed Lady, //
to have mercy on our souls!

Aposticha

Tone 6 *(for the Resurrection)*

Your Resurrection, O Christ our Savior,
the Angels in heaven sing!
Enable us on earth //
to glorify You in purity of heart!

V. The Lord is King; He is robed in majesty!

Destroying the gates of hell,
breaking the chains of death,
You resurrected the fallen human race as almighty God! //
O Lord, Who rose from the dead, glory to You!

V. For He has established the world, so that it shall never be moved.
Desiring to return us to Paradise,
Christ was nailed to the Cross and placed in a tomb.
The Myrrhbearing Women sought Him with tears, crying,
“Woe to us, O Savior!
How do You deign to descend to death?
What place can hold Your life bearing body?
Come to us as You promised!
Take away our wailing and tears!”
Then the Angel appeared to them:
“Stop your lamentations!
Go, proclaim to the Apostles:
‘The Lord is risen,//
granting us purification and great mercy!’”

V. Holiness befits Your house, O Lord, forevermore!

Having been crucified as You willed,
by Your burial You captured death, O Christ,
rising on the third day as God in glory,//
granting the world unending life and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.*

Tone 4 *(from the Lenten Triodion)*

The humble David
defeated his enemies by Your help, O Lord.
Now come to the aid of Your Orthodox people;
show us Your power as You did of old,
and our adversaries will know that You are God!
And we will be victorious, for we hope in You.
Through the constant intercessions of Your all-pure Mother,//
grant us Your great mercy!

(at Great Vespers)

Tone 6 Troparion *(Resurrection)*

The Angelic Powers were at Your tomb;
the guards became as dead men.
Mary stood by Your grave,
seeking Your most pure body.
You captured hell, not being tempted by it.
You came to the Virgin, granting life.
O Lord, Who rose from the dead, //
glory to You.

Glory to the Father, and to the Son, and to the Holy Spirit,

Tone 1 Troparion of the Cross

O Lord, save Your people,
and bless Your inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by virtue of Your Cross, //
preserve Your habitation!

now and ever, and unto ages of ages. Amen.

Tone 1 Resurrectional Dismissal Theotokion

When Gabriel announced to you, O Virgin, saying “Rejoice!”
with that word the Master of all was incarnate in ^you,
the holy Ark, spoken of by the righteous David!
Your womb became more spacious than the heavens,
for you carried your Creator.
Glory to Him Who took abode in you!
Glory to Him Who came ^forth from you! //
Glory to Him Who freed us by being born of you!

Stichera at the Veneration of the Cross

NOTE: The following stichera are specifically appointed for this occasion. Some, but not all of them, are also appointed to be sung on the feast of the Elevation of the Cross, September 14.

Tone 2 *(by Emperor Leo)*

Come, O faithful, let us venerate the life-giving Wood
on which Christ the King of Glory voluntarily stretched out His hands
and raised us up to our ancient bliss,
though formerly the enemy had despoiled us through pleasure
and made us exiles from God.

Come, O faithful, let us venerate the Wood
through which we have been accounted worthy to crush the heads of our
invisible enemies.

Come, all you kindred of the nations,
let us honor in hymns the Cross of the Lord:
"Rejoice, O Cross, complete deliverance of fallen Adam!
In you our faithful rulers make their boast,
since by your power they subjugate the people of Ishmael.
As we Christians now kiss you with fear,
we glorify God Who was nailed upon you, and we say:
'O Lord, Who on the Cross were crucified, have mercy on us, //
as You are good and love mankind!'"

Tone 8

Today, the Master of creation and Lord of glory
is nailed to the Cross and His side is pierced.
He Who is the sweet drink of the Church tastes gall and vinegar.
The One Who crowned the heavens is crowned with thorns;
He is vested in a robe of mockery.
The Creator of the earth is struck with human hands.
He accepts scourging, spitting, and buffeting,
all for the sake of me, as I stand condemned!
He is my God and compassionate Deliverer, //
Who saves the world from deceit!

Glory to the Father, and to the Son, and to the Holy Spirit,

Tone 8

Today He Who by nature is unapproachable approaches me.
He Who freed me from my passions endures the Passion.
The Light of the blind is spat upon by lawless lips.
For the sake of captives He gives His back to scourging.
When His pure Virgin Mother beheld Him on the Cross, she cried in pain:
“Woe is me, O my Child! What have You done?
Your beauty was fairer than that of any man,
yet now You appear lifeless,
without form or comeliness.
Woe is me, O my Light!
I cannot bear to see You sleeping.
My soul is wounded, for a sword has pierced my heart,
and yet I praise Your Passion.
I bow down before Your compassion.//
O long-suffering Lord, glory to You!”

now and ever, and unto ages of ages. Amen.

Tone 6

Today the words of the Prophet are fulfilled:
for, behold, we worship at the place on which Your 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 You Who alone love mankind.

(at the Divine Liturgy)

Tone 6 Troparion *(Resurrection)*

The Angelic Powers were at Your tomb;
the guards became as dead men.
Mary stood by Your grave,
seeking Your most pure body.
You captured hell, not being tempted by it.
You came to the Virgin, granting life.
O Lord, Who rose from the dead, //
glory to You.

Tone 1 Troparion of the Cross

O Lord, save Your people,
and bless Your inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by virtue of Your Cross, //
preserve Your habitation!

Tone 7 Kontakion *(Cross)*

Now the flaming sword no longer guards the gates of Eden;
it has been mysteriously quenched by the wood of the Cross.
The stmg of death and the victory of hell have been vanquished;
for You, O my Savior, have come and cried to those in hell: //
“Enter again into Paradise!”

(Instead of the Trisagion, we sing:)

Before Your Cross, we bow down in worship, O Master,
and Your holy Resurrection we glorify.

Tone 6 Prokeimenon *(Cross)*

O Lord, save Your people, / and bless Your inheritance! *(Ps. 27:9a)*

V. To You, O Lord, will I call. O my God, be not silent to me! (Ps. 27:1a)

Epistle
(311) Hebrews 4:14-5:6

Tone 8†
Alleluia, Alleluia, Alleluia!

V. Remember Your congregation, which You have purchased of old! (Ps. 73:2)

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

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

(Instead of "It is truly meet...", we sing the following)

Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace:
the assembly of angels and the race of men.
O sanctified temple and spiritual paradise,
the glory of virgins,
from whom God was incarnate and became a Child –
our God before the ages.
He made your body into a throne,
and your womb He made more spacious than the heavens.
All of creation rejoices in you, O Full of Grace.
Glory to you!

Communion Hymn

The light of Your countenance has shone on us, O Lord. *(Ps. 4:7a)*
Alleluia, Alleluia, Alleluia!

Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.

† The Slavonic Triodion indicates that the Alleluia is sung in Tone 1.
The Slavonic "Apostol" indicates that the Alleluia is sung in Tone 8.
The Greek Triodion indicates that the Alleluia is sung in Tone 2.