

Sunday of the Cross - 3rd Lent

Sunday, March 15, 2026

Tone 7

MATINS – HYBRID

The Trisagion Prayers

PEOPLE: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (3x)

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Your name's sake.

Lord, have mercy. (3x)

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

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For Thine is the kingdom and the power and the glory: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Troparion and Kontakion of the Cross and Theotokion

LEADER: O Lord, save Your people, and bless Your inheritance, granting to Your people victory over all adversaries, and by Your Cross preserving Your habitation.

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

O Lord, Who of Your own good will were lifted up on the Cross, O Christ our God, bestow Your generous gifts on the new nation which is called by Your name; make glad in Your might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Your aid a weapon of peace and a trophy invincible.

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

O fearsome Champion, who cannot be put to confusion, despise not our petitions, O good and all-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us all to that victory which is from heaven, for you are she who gave birth to God and alone are blessed.

Twelve-Fold Lord Have Mercy

LEADER: Lord, have mercy. (12x)

Through the prayer of our holy fathers, O Lord Jesus Christ, have mercy on us and save us. Amen.

Glory to God in the highest, and on earth peace, good will among men. (3x)

O Lord, open my lips, and my mouth shall declare Your praise. (2x)

The Six Psalms

Psalm 3

Lord, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, "There is no help for him in God." But You, O Lord, are a shield for me, my glory and the One Who lifts up my head. I cried to the Lord with my voice, and He heard me from His holy hill. I lay down and slept; I awoke, for the Lord sustained me. I will not be afraid of ten thousands of people who have set themselves against me all around. Arise, O Lord; save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. Salvation belongs to the Lord. Your blessing is upon Your people.

I lay down and slept; I awoke, for the Lord sustained me.

Psalm 38 (LXX 37)

O Lord, do not rebuke me in Your wrath, nor chasten me in Your hot displeasure! For Your arrows pierce me deeply, and Your hand presses me down. There is no soundness in my flesh because of Your anger, nor any health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden they are too heavy for me. My wounds are foul and festering because of my foolishness. I am troubled, I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation, and there is no soundness in my flesh. I am feeble and severely broken; I groan because of the turmoil of my heart. Lord, all my desire is before You; and my sighing is not hidden from You. My heart pants, my strength fails me; as for the light of my eyes, it also has gone from me. My loved ones and my friends stand aloof from my plague, and my relatives stand afar off. Those also who seek my life lay snares for me; those who seek my hurt speak of destruction, and plan deception all the day long. But I, like a deaf man, do not hear; and I am like a mute who does not open his mouth. Thus I am like a man who does not hear, and in whose mouth is no response. For in You, O Lord, I hope; You will hear, O Lord my God. For I said, "Hear me, lest they rejoice over me, lest, when my foot slips, they exalt themselves against me." For I am ready to fall, and my sorrow is continually before me. For I will declare my iniquity; I will be in anguish over my sin. But my enemies are vigorous, and they are strong; and those who hate me wrongfully have multiplied. Those also who render evil for good, they are my adversaries, because I follow what is good. Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

Psalm 63 (LXX 62)

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to see Your power and Your glory. Because Your loving-kindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me. But those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals. But the king shall rejoice in God; everyone who swears by Him shall glory; but the mouth of those who speak lies shall be stopped. I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice.

My soul follows close behind You; Your right hand upholds me.

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

Alleluia, alleluia, alleluia. Glory to You, O God. (3x)

Lord, have mercy. (3x)

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

Psalm 88 (LXX 87)

O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry. For my soul is full of troubles, and my life draws near to the grave. I am counted with those who go down to the pit; I am like a man who has no strength, adrift among the dead, like the slain who lie in the grave, whom You remember no more, and who are cut off from Your hand. You have laid me in the lowest pit, in darkness, in the depths. Your wrath lies heavy upon me, and You have afflicted me with all your waves. You have put away my acquaintances far from me; You have made me an abomination to them; I am shut up, and I cannot get out; my eye wastes away because of affliction. Lord, I have called daily upon You; I have stretched out my hands to You. Will You work wonders for the dead? Shall the dead arise and praise You? Shall Your loving-kindness be declared in the grave? Or Your faithfulness in the place of destruction? Shall Your wonders be known in the dark? And Your righteousness in the land of forgetfulness? But to You I have cried out, O Lord, and in the morning my prayer comes before You. Lord, why do You cast off my soul? Why do You hide Your face from me? I have been afflicted and ready to die from my youth; I suffer Your terrors; I am distraught. Your fierce wrath has gone over me; Your terrors have cut me off. They came around me all day long like water; they engulfed me altogether. Loved one and friend You have put far from me, and my acquaintances into darkness.

O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry.

Psalm 103 (LXX 102)

Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's. The Lord executes righteousness and justice for all who are oppressed. He made known His ways to Moses, His acts to the children of Israel. The Lord is merciful and gracious, slow to anger, and abounding in mercy. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are but dust. As for man, his days are like grass; as a flower of the field, so he flourishes. For the wind passes over it, and it is gone, and its place remembers it no more. But the mercy of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to such as keep His covenant, and to those who remember His commandments to do them. The Lord has established His throne in heaven, and His kingdom rules over all. Bless the Lord, You His angels, who excel in strength, who do His word, heeding the voice of His word. Bless the Lord, all you His hosts, you ministers of His, who do His pleasure. Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul!

In all places of His dominion, bless the Lord, O my soul!

Psalm 143 (LXX 142)

Hear my prayer, O Lord, give ear to my supplications! In Your faithfulness answer me, and in Your righteousness. Do not enter into judgment with Your servant, for in Your sight no one living is righteous. For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, like those who have long been dead. Therefore my spirit is overwhelmed within me; my heart within me is distressed. I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. I spread out my hands to You; my soul longs for You like a thirsty land. Answer me speedily, O Lord; my spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit. Cause me to hear Your loving-kindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to you. Deliver me, O Lord, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. In Your mercy cut off my enemies, and destroy all those who afflict my soul; for I am Your servant.

O Lord, give ear to my supplications and do not enter into judgment with Your servant. (2x)

Your Spirit is good. Lead me in the land of uprightness.

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

Alleluia, alleluia, alleluia. Glory to You, O God. (3x)

O our God and our Hope, glory to You.

“God is the Lord...” - Psalm 118 (LXX 117) Tone 7 (Byzantine)

God is the Lord Who has shown us light. Bless - ed is
He Who comes in the name of the Lord.

The image shows two staves of musical notation in G major (one sharp). The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. Red curved lines are drawn under the notes for 'Who has shown us light' and 'in the name of the Lord' to indicate phrasing.

Verse: O give thanks unto the Lord and call upon His holy name.

Verse: All nations surrounded me; but in the name of the Lord will I destroy them.

Verse: The stone which the builders refused has become the head cornerstone. This is the Lord's doing; it is marvelous in our eyes.

Troparion of the Cross: Tone 1 (Byzantine)

O Lord, save Your peo - ple and bless Your in - her - i - tance, grant - ing to the
6
faith - ful vic - t'ry o - ver their en - e - mies, and by the pow - er
11
of Your Cross, pre - ser - ving Your hab - i - ta - tion.

The image shows three staves of musical notation in G major. The first staff is for the first line of text, the second for the second line, and the third for the third line. Red curved lines are drawn under the notes for 'in - her - i - tance', 'vic - t'ry o - ver their en - e - mies', and 'pre - ser - ving Your hab - i - ta - tion' to indicate phrasing.

First Kathisma Hymn

Tone 7

Our Life was laid in a tomb and a seal was set on the stone at the door. The soldiers kept guard before Christ as though keeping watch before a sleeping King. The angels glorified Him as the Immortal God, while the holy women cried aloud: "The Lord has risen, granting great mercy to the world!"

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

By Your burial for three days, You have despoiled the power of Death. By Your

life-giving Resurrection, You have raised up the human race from the dust of the tomb. O Christ our God, Lover of mankind, glory to You!

Now and ever and unto ages of ages. Amen.

In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O people, let us with one accord raise in faith our cry to God: His house is full of glory.

Resurrectional Evlogetaria - Tone 1 (Byzantine)

Blessed are You, O Lord. Teach me Your statutes.

The company of the angels was amazed, when they beheld You numbered among the dead; yet You, O Savior, were destroying the power of death and with Yourself raising up Adam and releasing all men from hell.

Blessed are You, O Lord. Teach me Your statutes.

Why, O women disciples, do you mingle sweet-smelling spices with your tears of pity? The radiant angel within the sepulcher cried to the myrrh-bearing women: "Behold the grave, and understand; for the Savior is risen from the tomb."

Blessed are You, O Lord. Teach me Your statutes.

Very early in the morning the myrrh-bearing women ran lamenting unto Your tomb; but an angel came toward them, saying: "The time for lamentation is passed. Do not weep, but announce to the apostles the Resurrection."

Blessed are You, O Lord. Teach me Your statutes.

The myrrh-bearing women mourned as they carried ointments and drew near Your tomb, O Savior. But the angel spoke to them, saying: "Why do you number the living among the dead? Since He is God, He is risen from the grave."

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

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one essence; crying with the seraphim: "Holy, holy, holy are You, O Lord."

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

Since you bore the Giver of life, O Virgin, you redeemed Adam from sin, and gave to Eve joy in place of sadness; and He Who was incarnate of you, Who is both God and man, has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to You, O God. (3x)

O our God and our hope, glory to You.

Tone 7

O Christ God, You have taken our form and endured the Cross in Your body. Through Your Resurrection, save me, O Lover of mankind!

Anavathmoi

Antiphon 2

Unless the Lord build the house of the soul, in vain do we labor; without Him, neither words nor deeds can bear fruit.

The Saints put forth teachings about our adoption as children by the Father, as through the fruit of the womb, through the activity of the Holy Spirit.

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

Everything receives its existence from the Holy Spirit: being God from before all ages, He is Lord of the creation, the unapproachable Light and the Life of all!

Matins Prokeimenon: Tone 7 - Psalm 10

Arise, O Lord my God, lift up Your hand! Forget not Your poor forever.

Verse: I will give thanks to You, O Lord, with my whole heart.

Matins Gospel Reading: Eothinon 7 – John 20:1-10

Now the first day of the week Mary Magdalene went to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. Then she ran and came to Simon Peter, and to the other disciple, whom Jesus loved, and said to them, "They have taken away the Lord out of the tomb, and we do not know where they have laid Him." Peter therefore went out, and the other disciple, and were going to the tomb. So they both ran together, and the other disciple outran Peter and came to the tomb first. And he, stooping down and looking in, saw the linen cloths lying there; yet he did not go in. Then Simon Peter came, following him, and went into the tomb; and he saw the linen cloths lying there, and the handkerchief that had been around His head, not lying with the linen cloths, but folded together in a place by itself. Then the other disciple, who came to the tomb first, went in also; and he saw and believed. For as yet they did not know the Scripture, that He must rise again from the dead. Then the disciples went away again to their own homes.

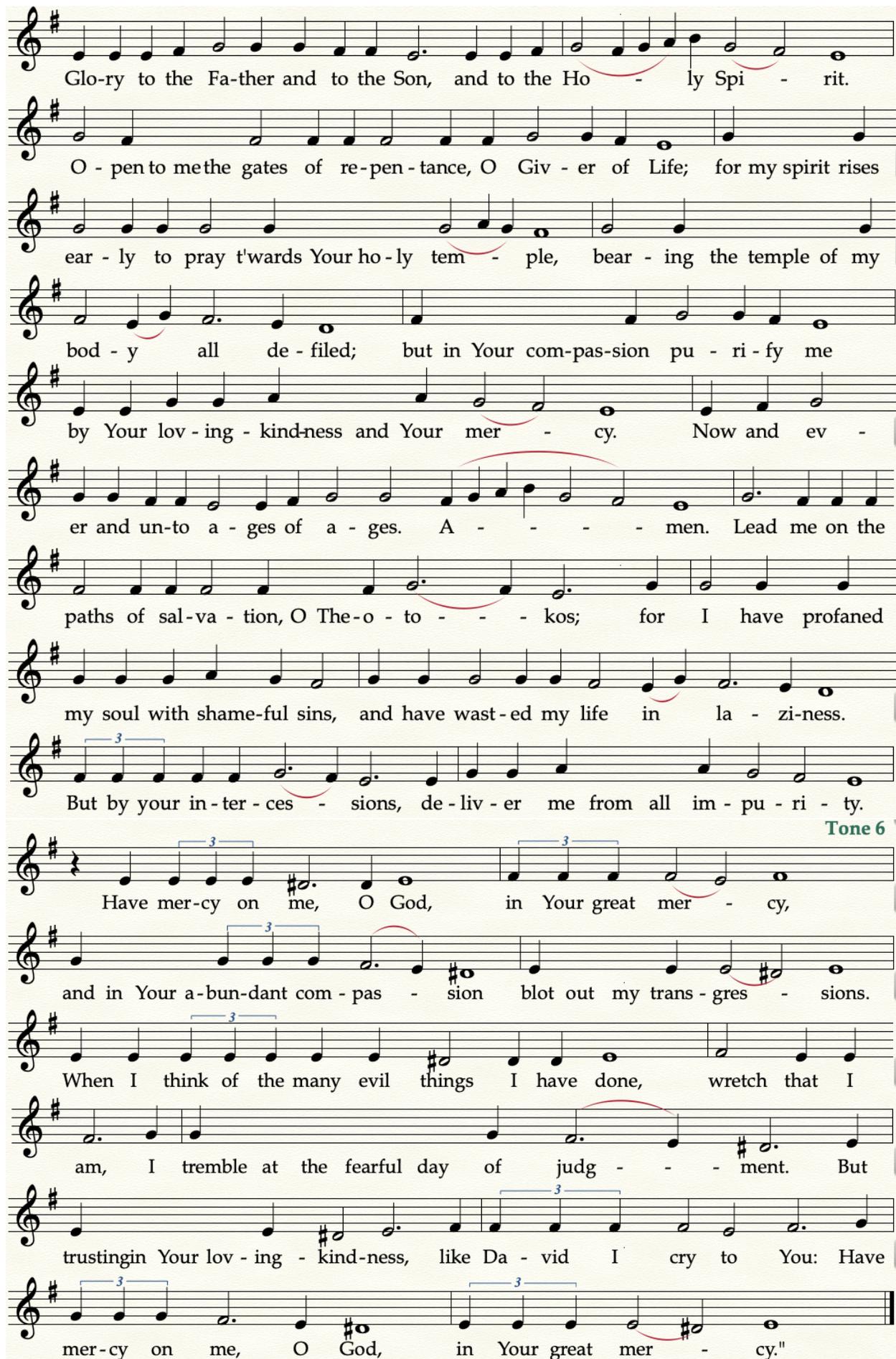
“Having Beheld...”

Having beheld the Resurrection of Christ let us worship the holy Lord Jesus, the only sinless One. We venerate Your Cross, O Christ, and we praise and glorify Your holy Resurrection for You are our God, and we know no other than You. We call on Your name. Come all you faithful, let us venerate Christ’s holy Resurrection. For behold through the Cross, joy has come into all the world. Let us ever bless the Lord, praising His Resurrection; for by enduring the Cross for us He has destroyed death by death.

Psalm 51 (LXX 50)

Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions, and my sin is always before me. Against You, You only, have I sinned, and done this evil in Your sight — that You may be found just when You speak, and blameless when You judge. Behold, I was brought forth in iniquity, and in sins my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me hear joy and gladness, that the bones You have broken may rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart — these, O God, You will not despise. Do good in Your good pleasure to Zion; build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

PreLenten / Lenten Idiomelon: Tone 8



Glo-ry to the Fa-ther and to the Son, and to the Ho - ly Spi - rit.

O - pen to me the gates of re-pen - tance, O Giv - er of Life; for my spirit rises ear - ly to pray t'wards Your ho - ly tem - ple, bear - ing the temple of my bod - y all de - filed; but in Your com-pas-sion pu - ri - fy me by Your lov - ing - kind-ness and Your mer - cy. Now and ev - er and un-to a - ges of a - ges. A - - - - men. Lead me on the paths of sal - va - tion, O The - o - to - - - kos; for I have profaned my soul with shame - ful sins, and have wast - ed my life in la - zi-ness. But by your in - ter - ces - sions, de - liv - er me from all im - pu - ri - ty.

Tone 6

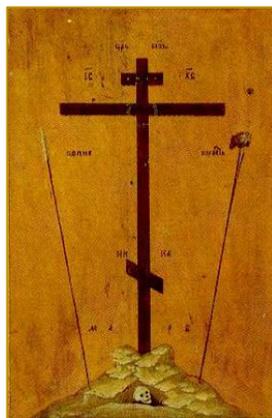
Have mer - cy on me, O God, in Your great mer - cy, and in Your a - bun - dant com - pas - sion blot out my trans - gres - sions. When I think of the many evil things I have done, wretch that I am, I tremble at the fearful day of judg - - - ment. But trust in Your lov - ing - kind-ness, like Da - vid I cry to You: Have mer - cy on me, O God, in Your great mer - cy."

Sunday of the Cross Kontakion: Tone 7 (Byzantine)

The fier-y sword no long - er guards the gate of E - den for
in a strange and glo - ri - ous way the wood of the Cross has
quenched its flames. The sting of death and the vic - to - ry of hell
are now de - stroyed, for You have come, my Sa - - vior,
cry - ing un - to those in hell Re - turn a - gain to
Par - a - dise.

Ikos

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 causes them to return again to Paradise.'



Sunday of the Cross

Synaxarion of the Day & Feast

On March 30, in the Holy Orthodox Church, we commemorate the New Hieromartyr Zachariah, metropolitan of Corinth; and Sophronios, bishop of Irkutsk.

On this day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-giving Cross.

Verses

*Let the whole entire world venerate Your Cross
through which the world will come to know how to worship You, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work as Great Lent. For the effort in this struggle brings with it fatigue which makes the accomplishment of the rest of this Season difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother, the Holy Orthodox Church, thought it fit to elevate the Holy Cross as the joy of the world and the power of the faithful to help us carry on with the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and count us worthy to worship Your divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as You alone are good and the Lover of mankind. Amen.

Canon – Sunday of the Cross: Tone 1

Katavasia Odes 1-8

Ode 1: Moses the servant of God prefigured Your 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 You, O Christ our God.

Ode 3: Through Your 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 You alone are holy.

Ode 4: Seeing You, O mighty Lord, upon the Cross, the sun was seized with fear and hid its rays, with dread the whole creation glorified Your longsuffering, and the earth was filled with Your praise.

Ode 5: Rising early in the morning we sing Your praises, O Savior of the world, for we have found peace through Your Cross. By it You have renewed mankind, and led us to the light that knows no evening.

Ode 6: 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 Your power, O Word.

Ode 7: 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.

We praise, bless and worship the Lord, singing and exalting Him above all forever.

Ode 8: 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.

Matins Canon – 9th Ode:

DEACON: *The Theotokos and Mother of the Light, let us honor and magnify in song.*

Magnification

“My soul magnifies the Lord and my spirit rejoices in God my Savior.

Refrain: More hon'orable than the cherubim and more glorious beyond compare than the seraphim, who without corruption gave birth to God the Word and are truly Theotokos, we magnify you.

For He has regarded the lowliness of His handmaiden, for behold from this time forth all generations shall call me blessed. For He Who is mighty has magnified me, and holy is His name, and His mercy is on those who fear Him throughout all generations.

He has shown strength with His arm. He has scattered the proud in the imagination of their hearts. He has put down the mighty from their seat, and has exalted the humble and meek.

He has filled the empty with good things and the rich He has sent away empty. Remembering His mercy He has helped His servant Israel as He promised to our forefathers, Abraham and his seed forever.”

If needed, the cantor sings the 9th Ode Resurrection verses for the Tone of the Week while the deacon completes censing altar, then concludes with the 9th Ode Katavasia of the Feast or Season.

Ode 9: O Virgin Mother and true Theotokos, without seed you have borne Christ our God, Who was lifted in the flesh upon the Cross. We and all the faithful, as is right, magnify you with your Son.

Little Litany

“Holy is the Lord our God”

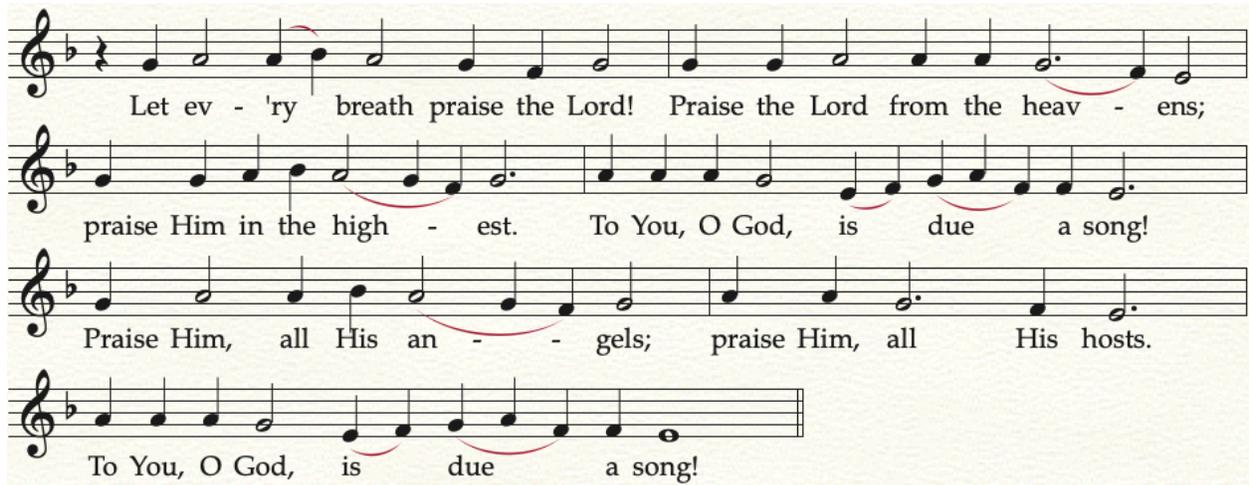
Exapostilaria – Eothinon 7 + Cross + Theotokion

Then Mary said, “They have taken away the Lord.” Peter and the disciple whom the Lord loved ran to the grave. They found the linen clothes lying there and the napkin by itself and were told to keep silence until Christ appeared.

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.

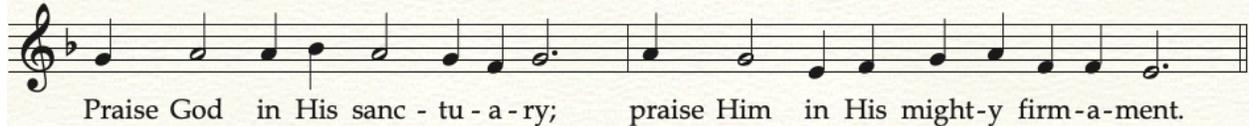
All-hallowed Lady, with true devotion now we venerate the Wood on which your Son stretched out His most pure hands and for our sakes was nailed. Give us peace and grant that we may come to the Holy Passion that has saved the world; and may we worship at the radiant Festival of Easter, the Lord’s Day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

The Praises: Tone 3 - Psalms 148, 150 (Kievan)



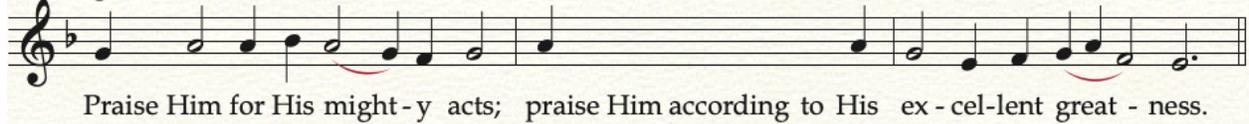
Let ev - 'ry breath praise the Lord! Praise the Lord from the heav - ens;
praise Him in the high - est. To You, O God, is due a song!
Praise Him, all His an - gels; praise Him, all His hosts.
To You, O God, is due a song!

Cantor



Praise God in His sanc - tu - a - ry; praise Him in His might-y firm-a-ment.

People



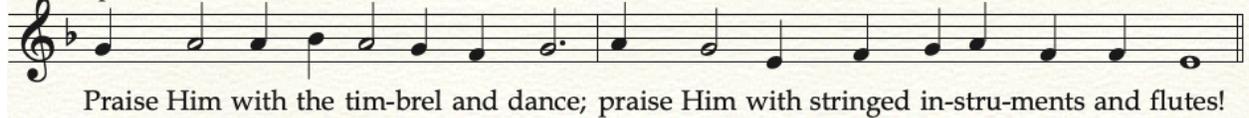
Praise Him for His might-y acts; praise Him according to His ex - cel-lent great - ness.

Cantor



Praise Him with the sound of the trum - pet; praise Him with the lute and harp.

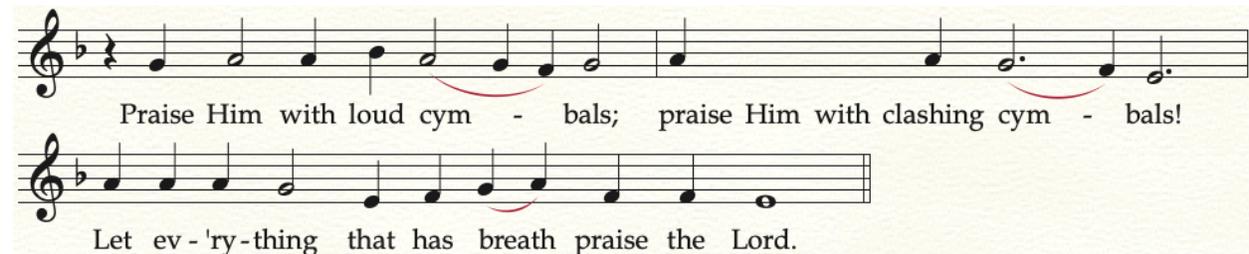
People



Praise Him with the tim-brel and dance; praise Him with stringed in-stru-ments and flutes!

(Tone 7) - Resurrection

Christ has risen from the dead, trampling on Death's chains. O earth, proclaim great joy; O heaven, praise God's glory.



Praise Him with loud cym - bals; praise Him with clashing cym - bals!
Let ev - 'ry-thing that has breath praise the Lord.

We ceaselessly worship Christ's Resurrection for He has saved us from our sins; Holy is the Lord Jesus Christ Who has shown forth the Resurrection.



A-rise, O my God, lift up Your hand and for-get not the hum - ble.

(Tone 4) - Cross

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

With our voices let us shout and magnify in songs the precious Cross; let us kiss it and cry aloud: O honored Cross, sanctify our souls and bodies by your power, and keep unharmed from all malice of the enemy those who venerate you with true reverence.



I will praise You, O Lord, with my whole heart; I will show all Your mar-vel-ous works.

God is our King before the ages; working salvation in the midst of the earth.

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.



Glo-ry to the Fa-ther and to the Son and to the Ho-ly Spi - rit:

(Tone 8) – Cross

The Lord of all has taught us in a parable to shun the boastful thoughts of the evil Pharisees. He has instructed us not to think more highly of ourselves than we should. He Himself became our pattern and example, for He emptied Himself even unto death upon the Cross. Therefore, let us offer our thanksgiving with the Publican and say, “O God Who has suffered for us and yet remain impassible, deliver us from the passions and save our souls.”



Now and ev - er, and un - to a - ges of a - ges. A - men.

Most blessed are you, O Virgin Theotokos, for through Him Who was incarnate of you Hades is plundered, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are given life. Therefore, in hymns of praise, we cry aloud: “Blessed are You, O Christ our God, Who are thus well pleased. Glory to You.”

Great Doxology

Glory to You, Who have shown us the light. Glory to God in the highest, and on earth peace, good will among men.

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

O Lord King, heavenly God, Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.

O Lord God, Lamb of God, Son of the Father, Who take away the sin of the world, have mercy on us, You Who take away the sins of the world

Receive our prayer, You Who sit at the right hand of the Father, and have mercy on us.

For You only are holy, You only are the Lord, O Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and I will praise Your name forever; yes, forever and ever.

Grant, O Lord, to keep us this day without sin.

Blessed are You, O Lord the God of our fathers, and praised and glorified is Your name forever. Amen.

Let Your mercy, O Lord, be upon us, as we have set our hope on You.

Blessed are You, O Lord; teach me Your statutes.

Blessed are You, O Lord; teach me Your statutes.

Blessed are You, O Lord; teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: "Be merciful unto me; heal my soul, for I have sinned against You."

Lord, I have fled to You; teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

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

Holy Immortal: have mercy on us.

Holy God, **Holy Mighty, Holy Immortal: have mercy on us.**

Procession of the Cross

The people sing "Holy God..." while the Cross is carried in the Procession from the Altar, around the Church to the table in the front of the church. When the clergy reach the front they sing the troparion, "O Lord, save Your people..." 1x then people sing it 2x, followed by "Before Your Cross..."

Troparion of the Cross: Tone 1 (Byzantine)

O Lord, save Your peo - ple and bless Your in - her - i - tance, grant - ing to the
6 faith - ful vic - t'ry o - ver their en - e - mies, and by the pow - er
11 of Your Cross, pre - ser - ving Your hab - i - ta - tion.

“Before Your Cross...” 1x Clergy, 2x People

Before Your Cross we bow down, O Master, and Your holy Resurrection we glorify. (3x)

The faithful come forward to venerate the Cross, as the reader chants, the Idiomelon, “Come, O faithful...”.

Idiomelon of the Cross: Tone 2

Come, O 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 had before despoiled through pleasure, making us exiles far from God. Come, O faithful, and let us venerate the Wood, through which we have been counted worthy to crush the heads of invisible enemies. Come, all you kindred of the nations, and let us honor in hymns the Cross of the Lord. Rejoice, O Cross, complete redemption of fallen Adam. With you as their boast our faithful kings laid low by your might the people of Ishmael. We Christians kiss you now with fear and awe, and glorifying God Who was nailed upon you, we cry: O Lord, Who on the Cross were crucified, have mercy on us, for You are good and love mankind.

As the idiomelon is chanted the faithful come forward to venerate the cross,

The cantors then sing the Troparion after the Great Doxology while the clergy at the Altar begin the Divine Liturgy.

Troparion: Tone 8

Having risen from the tomb and having burst the bonds of Hades, You loosed the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Yourself to Your Apostles, You sent them

forth to proclaim You; and through them You have granted Your peace unto the civilized world, O You Who alone are abundant in mercy.

DIVINE LITURGY OF ST. BASIL THE GREAT

The Second Antiphon (Psalm 115)

O Son of God, **Who rose from the dead**, save us who sing to You: Alleluia

The Third Antiphon - Psalm 21 (LXX 20)

Verse by cantor then sing Troparion of the Feast (3x)

Troparion of the Cross: Tone 1 (Byzantine)

O Lord, save Your people, and bless Your inheritance, granting to the faithful vict'ry over their enemies, and by the power of Your Cross preserving Your habitation.

The Entrance Hymn

Come, let us worship and fall down before Christ. O Son of God, Who rose from the dead save us who sing to You. Alleluia, Alleluia, Alleluia.

Resurrection Troparion: Tone 7 (Byzantine)

You have de-destroyed death by Your Cross. You have o-pened par-a-dise
to the thief. You have changed the weep-ing of the myrrh-bear-ers
in-to joy. You have com-mand-ed Your a-post-les to pro-claim: You have
ris-en, O Christ our God, and grant the world Your great mer-cy.

Troparion of the Cross: Tone 1 (Byzantine)

O Lord, save Your people, and bless Your inheritance, granting to the faithful vict'ry over their enemies, and by the power of Your Cross preserving Your habitation.

Hymn to St. John

O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people, powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.

Sundays of Lent Kontakion: Tone 8 (Byzantine)

To you, the cham-pion lead - er, do I of-fer thanks of vic - to -
ry, O The-o - to - kos, you who have de-liv-ered me from ter -
ror; but since you have that pow - er in - vin - ci - ble, O The - o -
to - kos, you a - lone can set me free from all forms of
dan-ger free me and de - liv - er me, that I may cry un - to you:
Hail, O Bride with-out bride - - - groom.

Anti-Trisagion – “Before Your Cross...”

Prokeimenon: Tone 6 - Psalm 28 (LXX 27)

O Lord, save Your people; and bless Your inheritance.

Verse: To You I will cry, O Lord my Rock: Do not be silent to me.

The Epistle Reading - Hebrews 4:14 – 5:6

Brethren, seeing then that we have a great High Priest Who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest Who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant

and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He Who said to Him: “You are My Son, today I have begotten You.” As He also says in another place: “You are a priest forever according to the order of Melchizedek.”

The Alleluia before the Gospel: Tone 6 - Psalm 91 (LXX 90)

Verse: Remember Your congregation, which You have purchased from of old.

Verse: For God is our King from of old, working salvation in the midst of the earth.

The Gospel Reading – Mark 8:34 – 9:1

When He had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.” And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.”

Magnification Hymn

All of creation rejoices in you, O full of grace, the angelic hosts and the race of men. O sanctified temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little Child, even our God Who is before all the ages, for He made your womb a throne and your body He made more spacious than the heavens. All of creation rejoices in you, O full of grace! Glory to you!

The Communion Hymn - Psalm 4:6

The light of Your countenance has been marked upon us, O Lord. Alleluia.
(3x)

Post-Communion Hymn

Instead of “We have seen the true Light...” we sing the Festal Troparion.

O Lord, save Your people, and bless Your inheritance, granting to the faithful vict’ry over their enemies, and by the power of Your Cross preserving Your habitation.

The Dismissal

PRIEST: May Christ our true God, *Who rose from the dead* through the intercessions of His all-pure and all-blameless, Mother... and of all the saints, have mercy on us and save us, for He is good and loves mankind.

Through the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us and save us.

PEOPLE: Amen.

Sunday of the Cross Kontakion: Tone 7 (Byzantine)

The fier-y sword no long - er guards the gate of E - den for
in a strange and glo - ri - ous way the wood of the Cross has
quenched its flames. The sting of death and the vic - to - ry of hell
are now de - stroyed, for You have come, my Sa - - vior,
cry - ing un - to those in hell Re - turn a - gain to
Par - a - dise.

Ikos

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 causes them to return again to Paradise.'



“Rejoice, Life-giving Cross” Tone 5 (Byzantine)

Re - joice, life-giv-ing Cross, un-con-qu'ra-ble tro - phy of god-li-ness,
 6 door to para-dise, help of the faith - ful, ram-part set a - bout the Church.
 11 Through you cor - rup - tion is ut-ter - ly de-stroyed the pow-er of death is
 15 swal-lowed up, and we are raised from earth to heav-en: invincible weapon,
 19 glo - ry of mar - tyrs, true or-na-ment of saints, ha-ven of sal-va -
 25 tion be - stow-ing on the world great mer - cy. *rit.*