

Elevation of the Cross

Sunday Morning - September 14

MATINS

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.

PRIEST: 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.

PEOPLE: Amen.

Troparion and Kontakion of the Cross and Theotokion

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.

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

O Lord, Who of Your own goodwill 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 vict'ry over our enemies, 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.

Litany and Blessing

PRIEST: Have mercy on us, O God, according to Your great mercy, hear us we pray, and have mercy.

PEOPLE: Lord, have mercy. (3x)

PRIEST: Again we pray for all pious and Orthodox Christians.

PEOPLE: Lord, have mercy. (3x)

PRIEST: Again we pray our father, (*metropolitan, archbishop, or bishop*) N., and all our brotherhood in Christ.

PEOPLE: Lord, have mercy. (3x)

PRIEST: For You are a merciful God and love mankind, and unto You we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

READER/PEOPLE: Bless, father, in the name of the Lord.

PRIEST: Glory to the holy, consubstantial, life-giving, and undivided Trinity always, now and ever, and unto ages of ages.

Six Psalms

Psalms 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.

Psalms 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.

The Great Litany

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

God is the Lord, Who has shown us light. Blessed is He Who comes in the name of the Lord.

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

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: 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.

First Kathisma

Tone 1

We venerate the wood of Your Cross, O You Who love mankind, for upon it You, the Life of all, were nailed. O Savior, You have opened Paradise to the thief who turned to You in faith, and You have counted him worthy of blessedness when he confessed to You crying, ‘O Lord remember me’. Accept us like him, as we cry: We all have sinned, in Your merciful kindness despise us not.

Second Kathisma

Tone 6

No sooner had the wood of Your Cross been set up, O Christ our Lord, than the foundations of death were shaken. For that which hell had swallowed eagerly, it let go in trembling. You have shown us Your salvation, O Holy One, and we glorify You. Have mercy upon us, O Son of God.

Third Kathisma

Tone 8

In times past Joshua, the son of Nun, stretched out his arms in a cross, O my Savior, mystically prefiguring the sign of the Cross: and the sun stood still until he had defeated the enemy that resisted You, O God. And now this same sun is darkened, seeing You upon the Cross destroying the power of death and despoiling hell.

Polyeleos - Psalm 135 (LXX 134) (Glinsk)

All you servants of the Lord, praise the Lord. Alleluia, Alleluia.

Praise the name of the Lord, O you servants of the Lord. Alleluia.

You who stand in the house of the Lord. Alleluia, Alleluia.

In the courts of the house of our God. Alleluia.

Praise the Lord, for the Lord is good. Alleluia, Alleluia.

Sing praises to His name, for it is good. Alleluia.

For the Lord has chosen Jacob for Himself, Alleluia, Alleluia.

Israel for His special treasure. Alleluia.

For I know that the Lord is great. Alleluia, Alleluia.

And our Lord is above all gods. Alleluia.

All that the Lord has willed He has done in heaven and earth, Alleluia, Alleluia.

In the seas and in the abyss. Alleluia.

Bringing clouds from the uttermost parts of the earth, Alleluia, Alleluia.

He makes lightening for the rain. Alleluia.

He destroyed the first born of Egypt, Alleluia, Alleluia.

Both from man and beast. Alleluia.

He sent signs and wonders in to your midst, O Egypt, Alleluia, Alleluia.

Upon Pharaoh and all his servants. Alleluia.

He defeated many nations, Alleluia, Alleluia.

And slew mighty kings. Alleluia.

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

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

Alleluia, Alleluia, Alleluia, glory to You, O God! (3x)

O our God and our hope, glory to You! Alleluia.

The Little Litany

Anavathmoi: Tone 4

From my youth up many passions have warred against me; but help me and save me, O my Savior. You who hate Zion shall be put to confusion by the Lord; like grass in the fire you shall be withered up. Glory to the Father and to the Son and to the Holy Spirit: Through the Holy Spirit is every soul enlivened and exalted in purity, and made resplendent by the Triune Unity in mystic holiness. Now and ever and unto ages of ages. Amen. Through the Holy Spirit the channels and streams of grace overflow, watering all creation with invigorating life.

Prokeimenon: Tone 4 - Psalm 143

All the ends of the earth have seen the salvation of our God.

Verse: Sing to the Lord a new song, for He has done marvelous things.

“Let every breath...”

Matins Gospel Reading – John 12:28-36a

The Lord said, “Father, glorify Your name.” Then a voice came from heaven, *saying*, “I have both glorified *it* and will glorify *it* again.” Therefore the people who stood by and heard *it* said that it had thundered. Others said, “An angel has spoken to Him.” Jesus answered and said, “This voice did not come because of Me, but for your sake. Now is the judgment of this world; now the ruler of this world will be cast out. And I, if I am lifted up from the earth, will draw all *peoples* to Myself.” This He said, signifying by what death He would die. The people answered Him, “We have heard from the law that the Christ remains forever; and how *can* You say, ‘The Son of Man must be lifted up’? Who is this Son of Man?” Then Jesus said to them, “A little while longer the light is with you. Walk while you have the light, lest darkness overtake you; he who walks in darkness does not know where he is going. While you have the light, believe in the light, that you may become sons of light.”

“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.

(Tone 2)

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

O three-branched Cross of Christ, / you are my strong protection. / Sanctify me by your might, / that I may venerate and glorify you in faith and love.

Now and ever and unto ages of ages. Amen.

O three-branched Cross...

(Tone 6)

Have mercy on me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies blot out my transgression.

O Cross of Christ, you are the hope of Christians, guide of those who have gone astray, haven of the storm-tossed, victory in warfare, firm foundation of the inhabited earth, physician of the sick, and resurrection of the dead: Have mercy on us.

The Intercession

Kontakion: Tone 4 (Carpatho-Russian)

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 vict'ry over our enemies, having in Your aid a weapon of peace and a trophy invincible.

Ikos

He who was caught up in the third heavens to Paradise and who heard unspeakable and divine words which it is not lawful for the human tongue to utter, wrote to the Galatians as lovers of the Scriptures, you have read His words and know – “But God forbid”, said he, “that I should glory save in the Cross of our Lord Jesus Christ” on which He killed our passions by His Passion. Let us, then, firmly hold fast to the Cross of the Lord, the glory of us all: for this Wood is our salvation, a weapon of peace and a trophy invincible.

Synaxarion of the Feast

On September 14, in the Holy Orthodox Church we commemorate the Universal Elevation of the Honored and Life-giving Cross.

Verses

*Creation, seeing the Cross highly exalted,
Offers You hymns of high praise, O Savior.
On the fourteenth, the Wood of the Cross is elevated with honor.*

On this day, we commemorate two events connected with the Precious Cross of Christ: the finding of the Cross on Golgotha, and the returning of the Cross to Jerusalem from Persia. While in the Holy Land, the Empress Helena learned that the Holy Cross was buried underneath the temple of the pagan goddess Venus which was built on Golgotha. She demanded it be torn down and the Cross be excavated. The search turned up three crosses. Uncertain which was the true Cross, the Patriarch Marcarius ordered that each cross be placed on the corpse in a funeral procession passing by. The first two produced nothing, but the third brought the man back to life, thus determining that this was the very Cross on which our Savior brought life to the world. Later, King Chozroes conquered Jerusalem, took the people into slavery and carried off the Lord's Cross to Persia. In 628, the Greek Emperor Heraclius defeated Chozroes, and brought the Cross back to Jerusalem with great ceremony. Heraclius was carrying the Cross on his back when, suddenly, he froze in place. The Patriarch Zacharias saw an angel directing the emperor to take off his robes and walk with the same extreme humility with which our Savior bore His Cross. The emperor complied, and was able to finish the

procession to the Church of the Resurrection on Golgotha, where he restored the Holy Cross.

By the power of Your Cross, O Christ God, have mercy upon us, and save us. Amen.

Canon – Cross: Tone 8

Katavasia Odes 1-8

Ode 1: Inscribing the invincible weapon of the Cross upon the waters, Moses marked a straight line before him with his staff and divided the Red Sea, opening a path for Israel who went over dry-shod. Then he marked a second line across the waters and united them in one, overwhelming the chariots of Pharaoh. Therefore let us sing to Christ our God, for He has been glorified.

Ode 3: The rod of Aaron is an image of this mystery, for when it budded it showed who should be priest. So in the Church, that once was barren, the wood of the Cross has now put forth flower, filling her with strength and steadfastness.

Ode 4: O Lord, I have heard the mystery of Your dispensation: and I have considered Your works, and I have glorified Your Godhead.

Ode 5: O thrice-blessed Tree, on which Christ the King and Lord was stretched! Through you the beguiler fell, who tempted mankind with the tree. He was caught in the trap set by God, Who was crucified upon you in the flesh, granting peace unto our souls.

Ode 6: Jonah stretched out his hands in the form of a cross within the belly of the sea monster, plainly prefiguring the redeeming Passion. Cast out from there after three days, he foreshadowed the marvelous Resurrection of Christ our God, Who was crucified in the flesh and enlightened the world by His Rising on the third day.

Ode 7: The senseless decree of the wicked tyrant, breathing forth threats and blasphemies hateful to God, confused the people. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three Children: but standing together in the flame, fanned by the wind that brought refreshment as the dew, they sang: ‘Blessed are You and praised above all, O our God and the God of our fathers.’

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

Ode 8: O Children, equal in number to the Trinity, bless God the Father and Creator; sing the praises of the Word Who descended and changed the fire to dew; and exalt above all forever the most Holy Spirit, Who gives life to all.

Matins Canon – 9th Ode: 1st & 2nd Canons

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

9th Ode - Canon 1: Tone 8 (Greek)

Cantor: *O my soul magnify the most precious Cross of the Lord*

You are a mys-ti-cal par-a-dise, O The-o-to - kos; with-out seed,
you have brought forth Christ by Whom the life - giv-ing tree of the
Cross was plant-ed on the earth. As we bow down be - fore the Cross
which is now ex - al - ted, we mag - ni - fy you.

Refrain: *O my soul, magnify the most precious Cross of the Lord.*

Tone 8

Let all the trees of the wood rejoice, for their nature is made holy by Christ, Who planted them in the beginning and Who was outstretched upon the Tree. At its Elevation on this day, we worship Him and you we magnify.

Refrain: *O my soul, magnify the most precious Cross of the Lord.*

The Cross is raised up as a sacred horn of strength to all God's people, upon whose foreheads it is marked. Thereby all the horns of the spiritual powers of wickedness are crushed. At its Elevation on this day, we worship Him and you we magnify.

9th Ode - Canon 2: Tone 8

Tone 8

Refrain: *O my soul, magnify the Elevation of the life-giving Cross of the Lord.*

Not allowing the deadly bitterness of the tree to remain, You have utterly destroyed it through the Cross. In like manner of old did wood once destroy the bitterness of the waters of Marah, prefiguring the strength of the Cross that all the powers of heaven magnify.

Refrain: O my soul, magnify the Elevation of the life-giving Cross of the Lord.

Through the Cross, O Lord, today You have raised us up again, who were plunged continually in the gloom of our forefather. Unrestrained greed thrust down our nature into error: but now we have been restored to our full inheritance by the light of Your Cross which we the faithful magnify.

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

To show the world, O Lord, the figure of the Cross, revered in all places as most glorious, You have formed it in the sky, shining with boundless light, unconquerable armor for the King. This holy Cross do all the powers of heaven magnify.

1st Canon 9th Ode Katavasia: Tone 8 (Greek)

You are a mys-ti-cal par-a-dise, O The-o-to - kos; with-out seed,
you have brought forth Christ by Whom the life - giv-ing tree of the
Cross was plant-ed on the earth. As we bow down be - fore the Cross
which is now ex - al - ted, we mag - ni - fy you.

2nd Canon 9th Ode Katavasia: Tone 8 (Greek Chant)

4 To-day the death that came to man through the eat-ing of the tree, is

6 made of no ef - fect through the Cross.

9 For the curse of our mother Eve that fell on all man - kind

10 is de-stroyed by the Fruit of the pure Moth - er of God,

whom all the pow'rs of heav-en mag-ni-fy.

The Little Litany

Exapostilarion / Hymn of Light: Tone 2 (Znamenny) 2x

5 The Cross is the guard - dian of the whole

9 earth; the Cross is the beau-ty of the Church.

14 The Cross is the strength of kings; the

18 Cross is the sup - port of the faith - ful. The

22 Cross is the glo - ry of an - gels and the

wound - er of de - mons.



Hierarchical Praises: Tone 4 (Znamenny)

Psalm 148

Let every breath praise the Lord. To You, O God, is due a song. Praise the Lord from the heavens; praise Him in the highest! To You, O God, is due a song.

Praise Him, all His angels; praise Him, all His hosts! To You, O God, is due a song.

Praise Him, sun and moon; Praise Him, all you stars of light! Praise Him, you heavens of heavens, and you waters above the heavens!

Let them praise the name of the Lord, for He commanded and they were created. He also established them forever and ever; He made a decree which shall not pass away.

Psalm 150

Praise God in His sanctuary; praise Him in His mighty firmament!

Praise Him for His mighty acts; praise Him according to His excellent greatness!

Tone 8

O marvelous wonder! The most holy Cross, the life-giving Tree, is lifted up on high today and shown to the world. All the ends of the earth give glory, all the devils fear and tremble. How great a gift is here bestowed on all mankind! Through the Cross save our souls, O Christ, You Who alone are full of compassion.

Praise Him with the sound of the trumpet; praise Him with the lute and harp.

O marvelous wonder! The most holy Cross, the life-giving Tree, is lifted up on high today and shown to the world. All the ends of the earth give glory, all the devils fear and tremble. How great a gift is here bestowed on all mankind! Through the Cross save our souls, O Christ, You Who alone are full of compassion.

Praise Him with the timbrel and dance; praise Him with stringed instruments and flutes!

O marvelous wonder! The Cross which carried the Most High as a cluster of grapes full of life is seen today exalted high above the earth. Through the Cross we are all drawn to God, and death has been forever swallowed up. O undefiled Wood! Through you we enjoy the immortal fruit of Eden, as we glorify Christ.

Praise Him with loud cymbals; praise Him with clashing cymbals! Let everything that has breath praise the Lord.

O marvelous wonder! The length and breadth of the Cross is equal to the heavens, for by divine grace it sanctifies the whole world. By the Cross barbarian nations are conquered, by the Cross the scepters of kings are confirmed. O divine ladder! By you we go up to heaven, exalting Christ the Lord in song.

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

(Tone 6)

Today the Cross of the Lord goes forth, and the faithful welcome it with love; and they receive healing of soul and body and of every weakness. Let us kiss it with joy and fear: with fear, for we are unworthy because of sin; with joy, for upon it Christ the Lord was in His great mercy crucified, Who grants the world salvation.

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.**

Proclamation

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.

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

Troparion: Tone 1 (Byzantine) 1x Clergy, 2x People

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.

*All **KNEEL** as the priest elevates the Cross.*

PRIEST: Have mercy on us, O God, according to Your great mercy.

Hear us we pray and have mercy.

PEOPLE: **Lord, have mercy.** *100x (English)*

PRIEST: Again, we pray for all pious and Orthodox Christians.

PEOPLE: **Kyrie eleison.** *100x (Greek)*

PRIEST: Again we pray for our Father Metropolitan *Name*, and all our brotherhood in Christ.

PEOPLE: **Lord, have mercy.** *100x (English)*

PRIEST: Again we pray for mercy, life, peace, health, salvation, visitation and pardon and forgiveness of sins for the servants of God, the parishioners, members of the parish council and organizations, donors and benefactors of this holy temple.

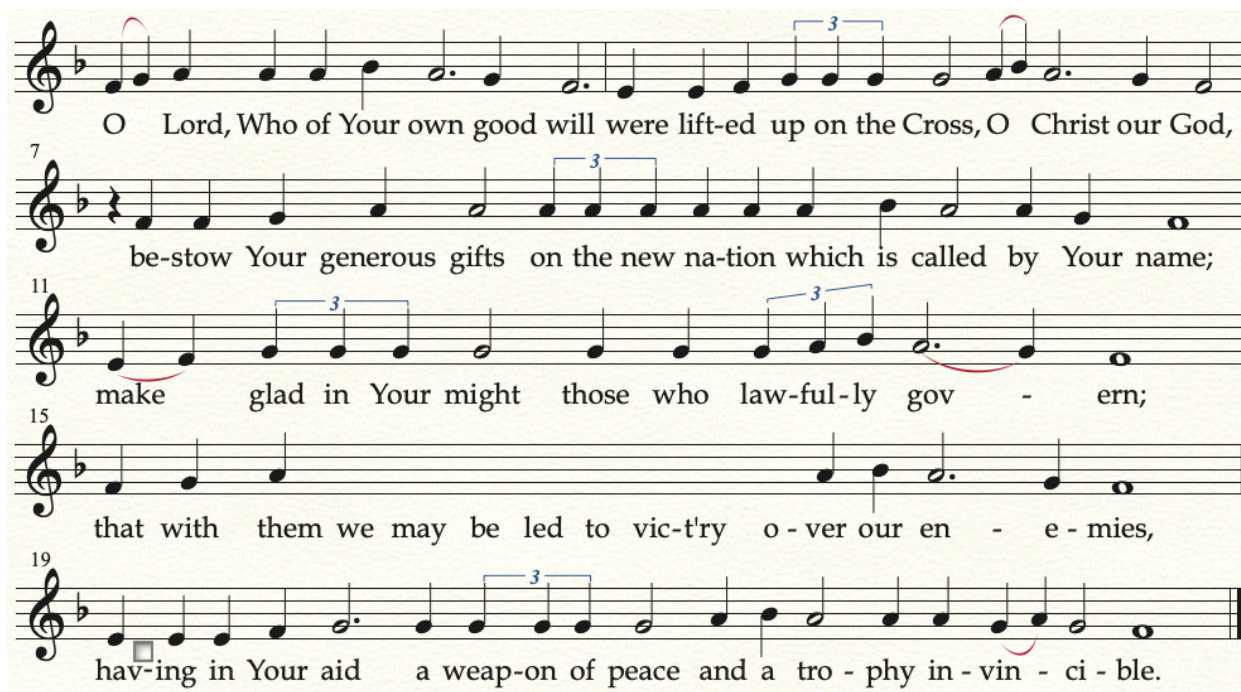
PEOPLE: **Yarub burham.** *100x (Arabic)*

PRIEST: Again we pray for the souls of all Orthodox Christians, their health, salvation and forgiveness of their sins.

PEOPLE: **Lord, have mercy.** *100x (English)*

*All **STAND** and sing the Kontakion of the Feast:*

Kontakion: Tone 4 (Carpatho-Russian)



“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.

The people then sing the Troparion of the Cross 1x while the clergy at the Altar begin the Divine Liturgy.

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

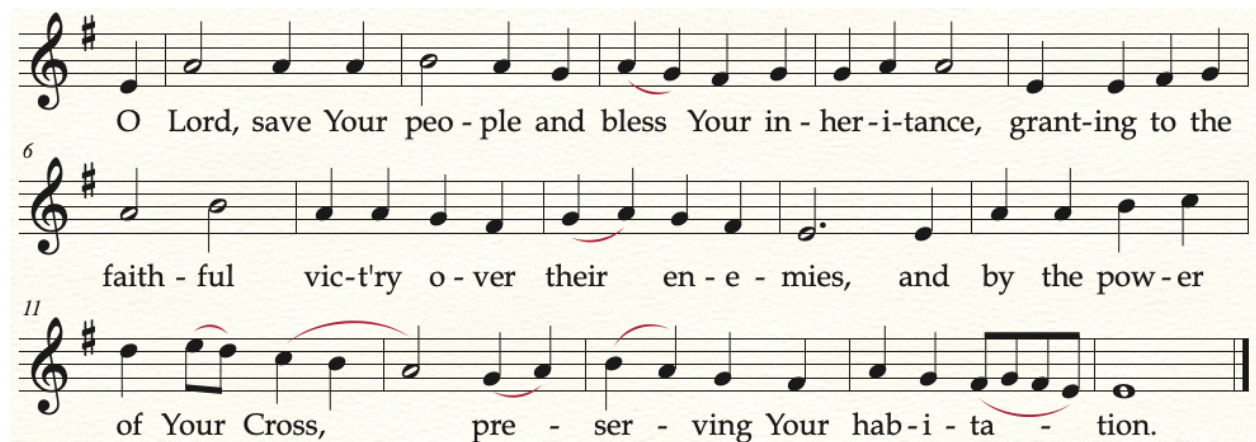
The Second Antiphon - Psalm 20 (LXX 19)

O Son of God, **Who were crucified in the flesh**, save us who sing to You:
Alleluia!

The Third Antiphon - Psalm 21 (LXX 20)

Sing Troparion with verse by cantor (3x)

Troparion: Tone 1 (Byzantine)




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

Entrance Hymn – done by Bishop & clergy. People sing “Many Years”

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

O Son of God, **Who were crucified in the flesh**, save us who sing to You:
Alleluia, Alleluia, Alleluia!

Troparion: Tone 1 (Byzantine)



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

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

Kontakion: Tone 4 (Carpatho-Russian)

O Lord, Who of Your own good will were lift-ed up on the Cross, O Christ our God,
be-stow Your generous gifts on the new na-tion which is called by Your name;
make glad in Your might those who law-ful-ly gov - ern;
that with them we may be led to vic-t'ry o-ver our en - e - mies,
hav-ing in Your aid a weap-on of peace and a tro - phy in - vin - ci - ble.

“Before Your Cross...”

(Anti-Trisagion) – sung 4x at beginning

PEOPLE: 1x **CLERGY:** 1x **PEOPLE:** 1x **CLERGY:** 1x

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

PEOPLE: Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. And Your holy Resurrection we glorify!
Before Your Cross **STOP**

BISHOP: *O Lord, O Lord, look down from heaven and behold, and visit this vine which Your right hand has planted.*

PEOPLE: Many years, O master! We bow down, O Master, **STOP**

BISHOP: *O Lord, O Lord, look down...*

PEOPLE: Many years, O master! And Your holy Resurrection, **STOP**

BISHOP: *O Lord, O Lord, look down...*

PEOPLE: Many years, O master! We glorify!

DEACON: With strength!

PEOPLE: Before Your Cross we bow down, O Master, and Your holy Resurrection we glorify! 1x

DEACON: O Lord, save the faithful! **PEOPLE:** *Repeat*

DEACON: O Lord, save those of true worship! **PEOPLE:** *Repeat*

DEACON: And grant this to us. **CLERGY:** *Repeat*

Prokeimenon - Psalm 99 (LXX 98)

Exalt the Lord our God and bow down before His footstool, for He is holy.

Verse: The Lord reigns; let the peoples tremble! He dwells between the cherubim; let the earth be moved.

The Epistle Reading – 1 Corinthians 1:18-24

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: “I will destroy the wisdom of the wise, And bring to nothing the understanding of the prudent.” Where is the wise? Where is the scribe? Where is the disputer of this age? Has not God made foolish the wisdom of this world? For since, in the wisdom of God, the world through wisdom did not know God, it pleased God through the foolishness of the message preached to save those who believe. For Jews request a sign, and Greeks seek after wisdom; but we preach Christ crucified, to the Jews a stumbling block and to the Greeks foolishness, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God.

The Alleluia before the Gospel - Psalm 74 (LXX 73)

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

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

The Gospel Reading - John 19:6-11, 13-20, 25-28, 30-35

At that time, the chief priests and the elders of the people took counsel against Jesus to put Him to death. And they came to Pontius Pilate saying, “Crucify Him, crucify Him!” Pilate said to them, “You take Him and crucify Him, for I find no fault in Him.” The Jews answered him, “We have a law, and according to our law He ought to die, because He made Himself the Son of God.” Therefore, when Pilate heard that saying, he was the more afraid, and went again into the Praetorium, and said to Jesus, “Where are You from?” But Jesus gave him no answer. Then Pilate said to Him, “Are You not speaking to me? Do You not know that I have power to crucify You, and power to release You?” Jesus answered, “You could have no power at all against Me unless it had been given you from above. Therefore the one who delivered Me to you has the greater sin.” When Pilate therefore heard that saying, he brought Jesus out and sat down in the judgment seat in a place that is called The Pavement, but in Hebrew, Gabbatha. Now it was the Preparation Day of the Passover, and about the sixth hour. And he said to the Jews, “Behold your King!” But they cried out, “Away with Him, away with Him! Crucify Him!” Pilate said to them, “Shall I crucify your King?” The chief priests answered, “We have no king but Caesar!” Then he delivered Him to them to be crucified. Then they took Jesus and led Him away. And He, bearing His cross, went out to a place called the Place of a Skull, which is called in Hebrew, Golgotha, where they crucified Him, and two others with Him, one on either side, and Jesus in the center. Now Pilate wrote a title and put it on the Cross; it read: “Jesus of Nazareth, the King of the Jews.” Then many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, Greek, and Latin. Now there stood by the Cross of Jesus His

mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold your son!" Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own home. After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, "I thirst!" So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit. Therefore, because it was the Preparation Day, that the bodies should not remain on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. Then the soldiers came and broke the legs of the first and of the other who was crucified with Him. But when they came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers pierced His side with a spear, and immediately blood and water came out. And he who has seen has testified, and his testimony is true; and he knows that he is telling the truth, so that you may believe.

PEOPLE: Glory to You, O Lord, Glory to You. *Then sing: "Many Years".*

Magnification Hymn: Tone 8 (Greek)

Cantor: O my soul magnify the most precious Cross of the Lord.

You are a mys-ti-cal par-a-dise, O The-o-to - kos; with-out seed,
you have brought forth Christ by Whom the life - giv-ing tree of the
Cross was plant-ed on the earth. As we bow down be - fore the Cross
which is now ex - al - ted, we mag - ni - fy you.

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 Blessing and Dismissal

BISHOP: May Christ our true God, Who rose from the dead...by the might of the precious and life-giving Cross, the elevation of which we celebrate today...and of all the saints...

The people sing "Preserve, O Lord,..." as bishop blesses them with the cross.

Preserve, O Lord Our Master: Tone 2 (Byzantine)

Pre serve O Lord, our mas-ter and chief-priest and grant him ma-ny years.
Ma-ny years to you, O Mas-ter. Ma-ny years to you, O Mas - ter.

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. The music is in a simple, melodic style with some phrasing slurs.

Recessional

Exapostilaria: Tone 2 (Znamenny)

The Cross is the guard - dian of the whole
earth; the Cross is the beau-ty of the Church.
The Cross is the strength of kings; the
Cross is the sup - port of the faith - ful. The
Cross is the glo - ry of an - gels and the
wound - er of de - mons.

The image shows seven staves of musical notation in B-flat major (two flats). The music is in a Znamenny style, characterized by its melodic contour and phrasing. The text is written below the staves, with line numbers 5, 9, 14, 18, and 22 indicating the start of new lines of text. The music is written in a simple, melodic style with some phrasing slurs.



Kontakion: Tone 4 (Carpatho-Russian)

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 vict'ry over our enemies, having in Your aid a weapon of peace and a trophy invincible.

Ikos

He who was caught up in the third heavens to Paradise and who heard unspeakable and divine words which it is not lawful for the human tongue to utter, wrote to the Galatians as lovers of the Scriptures, you have read His words and know – “But God forbid”, said he, “that I should glory save in the Cross of our Lord Jesus Christ” on which He killed our passions by His Passion. Let us, then, firmly hold fast to the Cross of the Lord, the glory of us all: for this Wood is our salvation, a weapon of peace and a trophy invincible.

Aposticha Verse: 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.



Elevation of the Cross