

SEPTEMBER 14

The Universal Exaltation of the Precious and Life-giving 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!*
- v. (9) The righteous will surround me, for You will deal bountifully with me.*
- v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*
- v. (7) Let Your ears be attentive to the voice of my supplications!*
- v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*
- 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.*
- v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*
- v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

**Tone 6**      *(Having placed all their hope)*

As the Cross is lifted on high,  
it urges all of creation  
to praise the undefiled Passion of Christ, Who was lifted up on it.  
For by the Cross He killed the one who killed us,  
and brought us back to life when we were dead.  
He adorned us in beauty,  
and in His compassion made us worthy to live in heaven.  
Therefore we rejoice and exalt His Name,//  
and magnify His infinite condescension.

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

Moses prefigured you, O precious Cross,  
when he stretched out his hands on high,  
and put the tyrant Amalek to flight.  
You are the boast of the faithful, the support of those who suffer,  
the glory of the Apostles, the champion of the Righteous,  
and the preservation of all the Saints.  
Therefore, beholding you raised on high,  
creation rejoices and celebrates,  
glorifying Christ Who has joined together through you that which was  
divided //  
in His infinite goodness.

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

O most venerable Cross,  
attended by ranks of rejoicing angels,  
as you are exalted today at the divine command,  
may you lift up again  
all those who through the stolen food  
had been cast out and were sunk in death.  
Therefore, as we venerate you in faith with heart and lips,  
we draw sanctification from you and cry aloud:  
“Exalt Christ, the God transcendent in goodness, //  
and venerate His divine footstool!”

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

## **Tone 2**

Come, all you nations,  
let us fall down in worship before the blessed Tree,  
by which eternal justice has come to pass!  
For he who deceived Adam by a Tree  
is caught by the lure of the Cross;  
and he who held under his tyranny the creature endowed by God with royal  
dignity  
is brought down in a headlong fall.  
The serpent’s venom is washed away by the blood of God, (con’t)

and the curse of just condemnation is undone  
when the Just One is condemned by an unjust judgment.  
For it was fitting that the tree should be healed by a Tree,  
and that by the Passion of the passionless God  
what was wrought on the Tree should destroy the passions of man, who was  
condemned.

But glory to Your dread dispensation for our sakes, O Christ the King,  
through which You have saved us all, //  
since You are good and the Lover of man!

### Old Testament Readings

Exodus 15:22-16:1

Proverbs 3:11-18

Isaiah 60:11-16

### Aposticha

**Tone 5**     *Automelon*

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. Extol the Lord our God: and worship at His footstool for He is holy! (Ps. 98:5)*

Rejoice, O Cross of the Lord,  
through which mankind has been delivered from the curse!  
You are a sign of true joy,  
shattering our enemies by your Exaltation.  
O Cross, worthy of all honor,  
you are our help, you are the strength of kings.  
You are the power of the righteous.  
You are the majesty of priests.  
All who sign themselves with you are freed from danger.  
O rod of strength, under which we like sheep are tended,

you are a weapon of peace around which the angels stand in fear.  
You are the divine glory of Christ, //  
Who grants the world great mercy.

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

Rejoice, O guide of the blind,  
physician of the sick and resurrection of all the dead;  
you have raised us up when we were fallen into mortality.  
O precious Cross,  
through you corruption has been destroyed,  
and incorruption has blossomed forth.  
We mortals are made divine,  
and the devil is completely overthrown.  
Today, as we see you exalted by the hands of bishops,  
we exalt Him Who was lifted up upon you,  
and we fall down in worship before you, //  
drawing rich streams of 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 8**      *(by John the Monk)*

Your precious Cross, O Christ God,  
which Moses of old prefigured in his own person  
when he overthrew Amalek and put him to flight;  
which David commanded to be worshipped,  
calling it Your footstool:  
this same Cross we sinners worship today with unworthy lips.  
We praise You Who were pleased to be nailed upon it,  
and we cry to You: //  
“With the thief, make us worthy of Your Kingdom, O Lord!”

**Tone 1**      **Troparion**

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!      *(sung once at Great Vespers)*

*(at the Divine Liturgy)*

### **The First Antiphon**

God, my God, attend to me! Why have You forsaken me? *(Ps. 21:1a)*

*Refrain:* Through the prayers of the Theotokos, O Savior, save us!

Why are You so far from helping me, from the words of my groaning? *(Ps. 21:1b)*  
*(Refrain)*

O my God, I cry by day, but You do not answer; and by night, but find no rest.  
*(Ps. 21:2) (Refrain)*

You dwell in the sanctuary, the praise of Israel. *(Ps. 21:3) (Refrain)*

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

### **The Second Antiphon**

O God, why do You cast us off forever? *(Ps. 73:1a)*

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

Remember Your congregation, which You have gotten of old! *(Ps. 73:2) (Refrain)*

Remember Mount Zion, where You have dwelt! *(Ps. 73:3b) (Refrain)*

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

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

*(“Only-begotten Son and immortal Word of God...”)*

## The Third Antiphon

The Lord reigns, let the people tremble! *(Ps. 98:1a)*

### **Tone 1      Troparion**

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!

The Lord reigns, let the people tremble! He sits enthroned upon the cherubim; let the earth quake! *(Ps. 98:1)*

*Troparion of the Feast*

The Lord is great in Zion; He is exalted over all the people. *(Ps. 98:2)*

*Troparion of the Feast*

Bow down in worship to the Lord in His holy court! *(Ps. 98:10)*

*Troparion of the Feast*

### **Entrance Verse**

Extol the Lord our God: worship at His footstool for He is holy! *(Ps. 98:5)*

### **Tone 1      Troparion**

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 4      Kontakion**

As You were voluntarily raised upon the Cross for our sake,  
grant mercy to those who are called by Your Name, O Christ God;  
make all Orthodox Christians glad by Your power,  
granting them victories over their adversaries//  
by bestowing on them the invincible trophy, Your weapon of peace!

*(Instead of the Trisagion, we sing:)*

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

**Tone 7      Prokeimenon**

Extol the Lord our God: / worship at His footstool for He is holy! *(Ps. 98:5)*

*V. The Lord reigns, let the people tremble! (Ps. 98:1a)*

**Epistle**

(125) 1 Corinthians 1:18-24

**Tone 1**

Alleluia, Alleluia, Alleluia!

*V. Remember Your congregation, which You have gotten 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**

(60) John 19:6-11, 13-20, 25-28, 30-35

*(Instead of "It is truly meet...", we sing:)*

**Tone 8**

Magnify, O my soul, the most precious Cross of the Lord!

You are a mystical Paradise, O Theotokos,  
who, though untilled, have brought forth Christ;  
through Him the life-bearing wood of the Cross was planted on earth.  
Now at its Exaltation,  
as we bow in worship before it, we magnify you.

**Communion Hymn**

The light of Your countenance has been signed upon us, O Lord. *(Ps. 4:7)*  
Alleluia, Alleluia, Alleluia!