SUNDAY, MARCH 15 **TONE 7**
Third Sunday of Great Lent, Veneration of the Cross

"Lord I Call..." Tone 7

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!

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

Tone 7 *(for the Resurrection)*

Come, let us rejoice in the Lord,
Who destroyed the dominion of death!
Let us sing to Him with the bodiless hosts,
for He enlightened the race of man!//
O our Maker and Savior, glory to You!

℣. (9) *The righteous will surround me; for You will deal bountifully with me.*

You endured the Cross and burial for our sake.
By Your death, You destroyed death as God.
We fall down before Your Resurrection on the third day,//
O Savior, glory to You!

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

When the Apostles beheld the Resurrection of the Maker,
they were amazed and sang the angelic praise.
This is the glory of the Church.
This is the richness of the Kingdom.//
O Lord, crucified for our sake, glory to You!

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

(Resurrection stichera by Anatolius)

You were held by lawless men, O Christ,
but to me, You are God, and I am not ashamed.
You were smitten on the cheek, but I do not deny You.
You were nailed to the Cross and I do not conceal it,
for I glory in Your Resurrection: Your death is my life.//
O Almighty Lord and Lover of man, glory to You!

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

Fulfilling the prophecy of David,
Christ manifested His greatness in Zion to the disciples.
He is praised and always glorified,
together with the Father and the Holy Spirit.
At first as the Word, He was bodiless,
but then He took flesh and was slain for our sake.//
He rose in power as the Lover of man!

℣. (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.*

You descended into hell as You willed, O Christ,
overthrowing death as God, and rising on the third day as Master!
With Yourself You raised Adam from the bonds of hell and from corruption!//
Glory to Your Resurrection, O only Lover of man!

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

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

Shine, O Cross of the Lord!
Illumine the hearts of those who honor you!
With love inspired by God, we embrace you,
for you are the only hope of the world.
Through you our tears are wiped away,

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

the snares of death are sprung,
and we pass over into everlasting joy.
Through the Cross reveal Your beauty to us, O Lord!
Help Your servants who ask for mercy in faith!//
Bestow upon us the fruits of abstinence!

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

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

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

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

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

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

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

Tone 3 *(from the Lenten Triodion)*

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

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

Tone 7 *(Theotokion – Dogmatikon)*

No tongue can speak of your wonderful childbearing,
for the order of nature was overruled by God.
You were revealed to be a Mother above nature,
for you remained a Virgin beyond reason and understanding.
Your conception was most glorious, O Theotokos!
The manner of your giving birth was ineffable, O Virgin!
Knowing you to be the Mother of God,
devoutly we pray to you://
"Beseech Him to save our souls!"

Aposticha

Tone 7 *(for the Resurrection)*

As the Savior of the world You arose from the tomb.
As God You resurrected the race of man with Your flesh.//
O Lord, glory to You!

℣. *The Lord is King; He is robed in majesty!*

Come, let us worship the One Who rose from the dead,
and enlightened all creation!
By His death, He saved us from the torments of hell.//
By His Resurrection He has granted us eternal life and great mercy.

℣. *For He has established the world, so that it shall never be moved.*

You descended into hell, capturing death, O Christ.
In three days You arose again,
resurrecting us who glorify Your Resurrection,//
O Lord and Lover of man.

℣. *Holiness befits Your house, O Lord, forevermore!*

When You were placed in the tomb as one asleep,
the sight was great and awesome.
But when You rose on the third day as almighty God,
You resurrected Adam with Yourself.//
Glory to Your Resurrection, only Lover of man!

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

Tone 4 *(from the Lenten Triodion)*

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

(at Great Vespers)

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are risen,//
granting the world great mercy.

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

Tone 1 Troparion of the Cross

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

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

Tone 1 Resurrectional Dismissal Theotokion

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

Stichera at the Veneration of the Cross

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

Tone 2 *(by Emperor Leo)*

Come, O faithful, let us venerate the life-giving Wood
on which Christ the King of Glory voluntarily stretched out His hands
and raised us up to our ancient bliss,
though formerly the enemy had despoiled us through pleasure
and made us exiles from God.
Come, O faithful, let us venerate the Wood
through which we have been accounted worthy to crush the heads of our
invisible enemies.
Come, all you kindred of the nations,
let us honor in hymns the Cross of the Lord:
"Rejoice, O Cross, complete deliverance of fallen Adam!
In you our faithful rulers make their boast,
since by your power they subjugate the people of Ishmael.
As we Christians now kiss you with fear,
we glorify God Who was nailed upon you, and we say:
'O Lord, Who on the Cross were crucified, have mercy on us,//
as You are good and love mankind!'"

Tone 8

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

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

Tone 8

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

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

Tone 6

Today the words of the Prophet are fulfilled:
for, behold, we worship at the place on which Your feet have stood, O Lord;
and tasting from the Tree of salvation,
we have been delivered from our sinful passions
at the intercessions of the Theotokos,//
O You Who alone love mankind.

(at the Divine Liturgy)

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are risen,//
granting the world great mercy.

Tone 1 Troparion of the Cross

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

Tone 7 Kontakion *(Cross)*

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

(Instead of the Trisagion, we sing:)

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

Tone 6 Prokeimenon *(Cross)*

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

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

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

Tone 8†

Alleluia, Alleluia, Alleluia!

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

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

Gospel

(37) Mark 8:34-9:1

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

Hymn to the Theotokos

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

Communion Hymn

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

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

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