**SUNDAY, MARCH 31 TONE 7**

**Third Sunday of Lent: Veneration of the Holy Cross**

**Repose of St Innocent of Alaska *(transferred to April 1)***

***(Before the vigil: the celebrant transfers the precious Cross to the Holy Altar Table, accompanied by the singing of the Troparion, “O Lord, save Thy people”, and the Kontakion, “Now the flaming sword”)***

***[Music for the stichera for the Cross from the Department of Liturgical Music and Translations can be downloaded at*** [***www.oca.org***](http://www.oca.org)***]***

**"Lord I Call..." Tone 3**

Lord, I call upon Thee, hear me.

Hear me, O Lord.

Lord, I call upon Thee, hear me.

Receive the voice of my prayer,

when I call upon Thee.

Hear me, O Lord.

Let my prayer arise

in Thy 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 Thy name!*

**Tone 3**  *(for the Resurrection)*

By Thy Cross, O Christ our Savior,

death’s dominion has been shattered;

the devil’s delusion destroyed.

The human race, being saved by faith,//

always offers Thee a song.

*v. (9) The righteous will surround me; for Thou wilt deal bountifully with me.*

All has been enlightened by Thy Resurrection, O Lord.

Paradise has been opened again.

All creation, praising Thee,//

always offers Thee a song.

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

I glorify the power of the Father and the Son.

I praise the authority of the Holy Spirit:

the undivided, uncreated Godhead,//

the consubstantial Trinity which reigns forever.

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

*(for the Resurrection, by Anatolios)*

We bow down in worship before Thy precious Cross, O Christ,

and we glorify and praise Thy Resurrection,//

for by Thy wounds we have all been healed.

*v. (6) If Thou, O Lord, shouldest mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

We praise the Savior incarnate of the Virgin,

for He was crucified for our sake and resurrected on the third day,//

granting us great mercy.

*v. (5) For Thy name’s sake have I waited for thee, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.*

Christ descended to hell proclaiming the glad tidings:

“Be bold! Now I have triumphed!

I am the Resurrection, I will lead you out,//

for I have shattered the gates of death!”

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

**Tone 5** *(from the Lenten Triodion) (Rejoice, O ascetics)*

Shine, O Cross of the Lord!

Illumine the hearts of those who honor thee!

With love inspired by God, we embrace thee,

for thou art the only hope of the world.

Through thee our tears are wiped away,

the snares of death are sprung,

and we pass over into everlasting joy.

Through the Cross reveal Thy beauty to us, O Lord!

Help Thy servants who ask for mercy in faith!//

Bestow upon us the fruits of abstinence!

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

Rejoice, O life-bearing Cross:

bright paradise of the Church, and tree of incorruption!

Thou hast obtained for us the joy of everlasting glory.

Through thee, 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 thee may we witness the Passion and Resurrection

of Christ our God!

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

Rejoice, O life-bearing Cross:

invincible weapon 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.

The Cross raises us up from earth to heaven.

The Cross is the enemy of Satan.

The Cross is the glory of martyrs.

The Cross is the haven of salvation,//

and grants the world great mercy.

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

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:

“Thou art our help, O most-precious Cross!

We eat of thy 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,

Thou didst accept crucifixion, O Christ our God.

Burning with boundless love for man,

Thou didst take the quill of the Cross in Thy hand;

dipping it in ink of royal crimson,

Thou didst sign our release with blood-stained fingers.

Though temptations assault us,

may we never forsake Thee again!

Have mercy on Thy despairing people,

O long-suffering Master!//

Arise and fight Thine enemies in Thine almighty power!

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

**Tone 3**  *(Theotokion – Dogmatikon)*

How can we not wonder

at thy mystical childbearing, O exalted Mother?

For without receiving the touch of man,

thou gavest birth to a Son in the flesh, O immaculate Virgin.

The Son born of the Father before eternity

was born of thee at the fullness of time, O honored Lady.

He underwent no mingling, no change, no division,

but preserved the fullness of each nature.

Entreat Him, O Lady and Virgin and Mother,

to save the souls of those who, in the Orthodox manner, confess thee//

to be the Theotokos.

**Third Sunday of Lent: Veneration of the Holy Cross**

**Litya *(If the rector desires the Litya, following the stichera of the patron saint of the church or monastery:)***

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

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

**Tone 5** *(from the Lenten Triodion)*

Beholding Thee, the Fashioner and Creator of all, hanging naked on the

Cross,

all creation was changed with fear and lamented.

The sun withdrew its light, and the earth quaked;

the rocks were rent, and the splendor of the Temple was torn asunder.

The dead rose out of their graves, and the hosts of Angels were amazed,

and said:

“Oh, the wonder!

The Judge is judged and suffers,//

desiring this for the salvation and renewal of the world.”

**Third Sunday of Lent: Veneration of the Holy Cross**

**Aposticha**

**Tone 3**  *(for the Resurrection)*

The sun was darkened by Thy Passion, O Christ,

but all creation was enlightened by the light of Thy Resurrection.//

Accept our evening song, O Lover of man!

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

Thy life-bearing Resurrection, O Lord,

enlightened the whole universe, recalling Thy creation.

Delivered from Adam’s curse, we sing://

O Almighty Lord, glory to Thee!

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

Thou art the changeless God,

Who, suffering in the flesh, wast changed.

Creation could not endure seeing Thee on the Cross.

It was filled with fear while praising Thy patience.

By descending to hell and rising on the third day,//

Thou hast granted to the world life and great mercy.

*v. Holiness befits Thy house, O Lord, forevermore!*

Thou didst endure death, O Christ,

to deliver the human race from death.

Thou didst rise from the dead on the third day,

raising with thyself those who knew Thee as God//

and enlightening the world. Glory to Thee!

*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 Thy help, O Lord.

Now come to the aid of Thine Orthodox people;

show us Thy power as Thou didst of old,

and our adversaries will know that Thou art God!

And we will be victorious, for we hope in Thee.

Through the constant intercessions of Thine all-pure Mother,//

grant us Thy great mercy!

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***(at Great Vespers)***

**Tone 3** **Troparion**  *(Resurrection)*

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to 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 Thy people,

and bless Thine inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by virtue of Thy Cross,//

preserve Thy habitation!

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

**Tone 1 Resurrectional** **Dismissal Theotokion**

When Gabriel announced to thee, O Virgin, saying “Rejoice!”

with that word the Master of all was incarnate in ^thee,

the holy Ark, spoken of by the righteous David!

Thy womb became more spacious than the heavens,

for thou hast carried thy Creator.

Glory to Him Who took abode in thee!

Glory to Him Who came ^forth from thee!

Glory to Him Who freed us by being born of thee!

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***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

Mary, full of grace, the Lord is with thee!

Blessed art thou among women,

and blessed is the Fruit of thy womb,//

for thou hast borne the Savior of our souls. *(twice)*

**Tone 1 Troparion of the Cross**

O Lord, save Thy people,

and bless Thine inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by virtue of Thy Cross,//

preserve Thy habitation!

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***(at the Divine Liturgy)***

**Tone 3** **Troparion**  *(Resurrection)*

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

**Tone 1** **Troparion**  *(for the Cross)*

O Lord, save Thy people,

and bless Thine inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by virtue of Thy Cross,//

preserve Thy habitation!

**Tone 7** **Kontakion** *(for the 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 Thou, O my Savior, hast come and cried to those in hell://

“Enter again into Paradise!”

***(In place of the Trisagion, we sing:)***

Before Thy Cross, we bow down in worship, O Master,

and Thy holy Resurrection, we glorify.

**Tone 6** **Prokeimenon** *(Cross)*

O Lord, save Thy people and bless Thine inheritance! *(Ps 27/28:9))*

*v: To Thee, O Lord, will I call. O my God, be not silent to me! (Ps 27/28:1)*

**Epistle**

Hebrews 4:14-5:6

**Tone 8 \***

Alleluia, Alleluia, Alleluia!

*v: Remember Thy congregation, which Thou hast purchased of old!*

*(Ps 73/74:2)*

*v: God is our King before the ages; He has worked salvation in the midst of the earth! (Ps 73/74:12)*

**Gospel**

Mark 8:34-9:1

***(Instead of “It is truly meet …,” we sing:)***

**Hymn to the Theotokos**

All of creation rejoices in you, O Full of Grace:

All of creation rejoices in thee, 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 thy body into a throne,

and thy womb He made more spacious than the heavens.

All of creation rejoices in thee, O Full of Grace.//

Glory to thee!

**Communion Hymn**

The light of Thy countenance has shone on us, O Lord. *(Ps* *4/5:6)*

Alleluia, Alleluia, Alleluia!

\* 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.

Liturgical music for the Lenten stichera on “Lord, I call” and the Aposticha from the Triodion and the Troparion and the Kontakion for the Veneration of the Cross, published by the Department of Liturgical Music, can be downloaded at [www.oca.org](http://www.oca.org) ; Liturgical Music and Translations; Music Downloads; Services of the Yearly Cycle; Lenten Triodion; 3rd Sunday of Great Lent.

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