

## Third Sunday of Lent—Veneration of the Cross; TONE 7

**EVERYONE:** O, God cleanse me a sinner and have mercy on me! (3x)

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us.

**READER 2:** Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

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

O most Holy Trinity, have mercy on us. Lord, cleanse from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for Thy Name's sake.

Lord have mercy. Lord have mercy. Lord have mercy.

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

**EVERYONE:** 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.

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us.

**READER 2:** Amen. Lord have mercy (12x)

**EVERYONE:** Amen.

### First Antiphon

Bless the Lord, O my soul, blessed art Thou, O Lord.

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 you iniquity, Who heals all you diseases.

Who redeems your life from the pit; Who crowns you with steadfast love and mercy.

Who satisfies you with good as long as you live, so that your youth is renewed like the eagles.

The Lord works vindication, and justice for the oppressed.

He made known his ways to Moses, His acts to the people of Israel.

The Lord is compassionate and merciful, long-suffering and of great goodness.

He will not always chide, nor will He keep His anger forever.

The Lord has established His throne in the heavens, and His kingdom rules over all.

Bless the Lord, O you His angels, you mighty ones who do His will hearkening to the voice of His word.

Bless the Lord all His hosts, His ministers that do His will.

Bless the Lord, all His works, in all places of His dominion.

Bless the Lord, O my soul, and all that is within me bless His holy name.

Blessed art Thou, O Lord.

**READER 2:** Amen. Lord have mercy (12x)

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God,  
have mercy on us.

**EVERYONE:** Amen.

### **Second Antiphon**

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

Praise the Lord, O my soul. I will praise the Lord as long as I live,

I will sing praises to my God while I have my being.

Put not your trust in princes, in sons of men, in whom there is no salvation.

When his breath departs, he returns to his earth. On that day his plans perish.

Blessed is he whose helper is the God of Jacob, who has his hope in the Lord his God,

Who created heaven and the earth, the sea and all that is within them,

Who keeps his faith forever, Who executes justice for the oppressed, Who gives food  
to the hungry.

The Lord sets those in prison free; the Lord opens the eyes of the blind;

the Lord lifts those who are bowed down; the Lord loves the righteous;

The Lord watches over the sojourners, He upholds the widow and the fatherless,

but brings to ruin the way of the wicked.

The Lord shall reign forever; thy God, O Zion, to all generations.

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

Only-begotten Son and Immortal Word of God.

Who for our salvation didst will to be incarnate

of the holy Theotokos and Ever-Virgin Mary;

Who without change didst become man and was crucified.

O Christ our God, trampling down death by death;

who art one of the Holy Trinity,

Glorified with the Father and the Holy Spirit: Save us!

**READER 2:** Amen. Lord have mercy (12x)

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God,  
have mercy on us.

**EVERYONE:** Amen.

### **The Third Antiphon - The Beatitudes**

**EVERYONE:** In Thy Kingdom remember us, O Lord, when Thou comest into Thy  
Kingdom.

Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness, for they shall be filled.

***Blessed are the merciful, for they shall obtain mercy.***

Fair to look upon and good for food was the fruit that killed me; while Christ is the Tree of Life. Eating thereof I die not but cry aloud with the thief: Remember me, O Lord, in Thy Kingdom.

***Blessed are the pure in heart, for they shall see God.***

Lifted upon the Cross, Thou Who art compassionate, hast blotted out the handwriting of Adam's sin in days of old, and Thou hast saved from error all the whole line of mortal men. Therefore we sing Thy praises, O Benefactor and Lord.

***Blessed are the peacemakers for they shall be called the sons of God.***

Thou hast nailed our sins upon the Cross, O Christ Who art compassionate, and by Thy death hast Thou put death to death, raising the dead from the dead. Therefore we venerate Thy Holy Resurrection.

***Blessed are those who are persecuted for righteousness sake, for theirs is the Kingdom of Heaven.***

The serpent once emptied his poison into the ears of Eve while Christ on the wood of the Cross poured the sweetness of life unto the world. Remember me, O Lord, in Thy Kingdom.

***Blessed are you when men shall revile you, and persecute you, and say all manner of evil against you for My sake.***

The wood which the prophet of lamentation saw placed in thy bread - Thy Cross, O merciful Lord - we venerate and we sing in praise of Thy bonds and tomb, of the spear and nails.

***Rejoice, and be exceedingly glad, for great is your reward in Heaven.***

We kiss the holy Cross, O Christ, which Thou wast pleased to bear upon Thy shoulders, on which Thou hast accepted to be lifted up and crucified in the flesh; and from it we receive strength against our invisible enemies.

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

I praise the Unity in three Persons and the Trinity worshipped in one nature, the triune God, threefold light, Father, Son and Holy Spirit.

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

O Ewe free from blemish, the greatest wonder of all wonders was revealed in you, for you have borne the lamb that takes away the sins of the world. Entreat Him fervently for those who sing your praises.

*Followed by the singing of the appointed Troparia for the day.*

**Tone 7    Troparion    *(Resurrection)***

By Thy Cross Thou didst destroy death.

To the thief Thou didst open Paradise.

For the Myrrhbearers Thou didst change weeping into joy,

and Thou didst command Thy disciples, O Christ God,

to proclaim that Thou art risen,

granting the world 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 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!

**EVERYONE:**     Before Thy Cross,  
we bow down in veneration, O Master,  
and Thy holy Resurrection, we glorify. (3x)  
Glory to the Father, and to the Son, and to the Holy Spirit;  
Now and ever, and unto ages of ages, Amen.  
and Thy holy Resurrection, we glorify.  
Before Thy Cross,  
we bow down in veneration, O Master,  
and Thy holy Resurrection, we glorify.

**READER 1:** The prokeimenon in the sixth tone: O Lord, save Thy people and bless  
Thine inheritance.

**EVERYONE:**     (repeats prokeimenon)

**READER 1:** To Thee, O Lord, will I call. O my God, be not silent to me!

**EVERYONE:**     (repeats prokeimenon)

**READER 1:** O Lord, save Thy people!

**EVERYONE:**     (finishes prokeimenon)

**READER 1:**     The Reading is from the Epistle of the Holy Apostle Paul to the  
Hebrews!

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: “Thou art are My Son, today I have begotten Thee.” As He also says in another place: “Thou art a priest forever according to the order of Melchizedek.”

**READER 1:** Alleluia! Alleluia! Alleluia!

**EVERYONE:** Alleluia! Alleluia! Alleluia!

**READER 1:** Remember Thy congregation, which Thou hast purchased of old!

**EVERYONE:** Alleluia! Alleluia! Alleluia!

**READER 1:** God is our King before the ages; He has worked salvation in the midst of the earth!

**EVERYONE:** (repeats Alleluia)

**READER 1:** And that we may be accounted worthy of hearing the Holy Gospel, let us pray to the Lord God.

**EVERYONE:** Lord have mercy (3x)

**READER 1:** Let us listen to the Holy Gospel. The Reading is from the Holy Gospel according to the Holy Apostle and Evangelist Mark.

**EVERYONE:** Glory to Thee, O Lord, glory to Thee.

**READER 1:** Let us attend! Now in those days, 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.”

**EVERYONE:** Glory to Thee, O Lord, glory to Thee.

**Tone 6:** Remember us, O Lord,  
when Thou comest into Thy Kingdom.

Remember us, O Master,  
when Thou comest into Thy Kingdom.

Remember us, O Holy One,  
when Thou comest into Thy Kingdom.

**READER 2:** Amen. Lord have mercy (12x)

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us.

**EVERYONE:** Amen. (Tone 6)

The Heavenly Choir sings Thy praises and cries out:  
Holy, Holy, Holy Lord of Sabaoth;  
Heaven and earth are full of Thy glory.

**READER 1:** Draw nigh unto Him, and be enlightened;  
and your faces shall not be put to shame.

**EVERYONE:** The Heavenly Choir sings Thy praises and cries out:  
Holy, Holy, Holy Lord of Sabaoth;  
Heaven and earth are full of Thy glory.

**READER 1:** Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.

**EVERYONE:** The Choir of Holy Angels and Archangels,  
with all the Powers of Heaven,  
sings Thy praises and cries out:  
Holy, Holy, Holy Lord of Sabaoth;  
Heaven and earth are full of Thy glory.

### The Nicene Creed - The Symbol of Faith

**EVERYONE:** I believe in one God, the Father Almighty; Maker of Heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the Son of God, the only-begotten; begotten of the Father before all ages. Light of Light, true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from Heaven, and was incarnate of the Holy Spirit and the Virgin Mary and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried; and on the third day He rose again, according to the Scriptures; and He ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one, holy, catholic, and apostolic Church; I acknowledge one Baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

**READER 2:** Amen. Lord have mercy (12x)

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us.

**EVERYONE:** Our Father, who art in heaven, hallowed by 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.

**READER 1:** Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy on us.

**EVERYONE:** Amen.

*Followed by the singing of the appointed Kontakion:*

## Kontakion—Tone 7 *(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!”

**READER 1:** Lord have mercy. (12 times)

O All-Holy Trinity, Consubstantial Power, Undivided Kingdom, Origin of all Good: be graciously inclined unto me, a sinner. Make steadfast my heart and give it understanding, and take away from me every defilement. Enlighten my mind, that I may ever glorify, praise and worship Thee, and say: One is Holy, One is the Lord Jesus Christ, to the glory of God the Father. Amen.

Blessed be the Name of the Lord, henceforth and forevermore. (3x)

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

### Psalm 34

I will bless the Lord at all times; His praise shall be continually in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my troubles. Draw nigh unto Him, and be enlightened, and your faces shall not be put to shame. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The Angel of the Lord will encamp around those who fear Him, and will deliver them.

O taste and see that the Lord is good; blessed is the man that hopes in Him. O fear the Lord, all you His saints; for there is no want for them that fear Him. The rich have become poor and have hungered; but they that seek the Lord shall lack no good thing. Come, O children, hearken unto me; I will teach you the fear of the Lord. Who is the man that desires life, who loves to see days that are good? Keep thy tongue from evil, and thy lips from speaking deceit. Turn away from evil, and do good; seek peace, and pursue it.

The eyes of the Lord are upon the righteous, and His ears unto their supplication. The face of the Lord is against them that do evil, to cut off the remembrance of them from the earth. The righteous cried, and the Lord hear them, and He delivered them out of all their troubles. The Lord is nigh unto them that are broken in heart, and will save them that are humble in spirit.

Many are the afflictions of the righteous, and out of them all shall the Lord deliver them. The Lord keeps all of their bones; not one of them shall be broken. The death of sinners is cruel, and they that hate the righteous shall do wrong. The Lord will redeem the soul of His servants, and none of them shall do wrong that hope in Him.

**EVERYONE:** Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen. Lord have mercy. Lord have mercy. Lord have mercy. O Lord, bless us!

**READER 1:** Through the Prayers of our Holy Fathers, through the Prayers of the Most Holy Theotokos and Ever-Virgin Mary, by the Power of the Precious and Life-Creating Cross, through the protection of the Bodiless Powers of Heaven, through the prayers of Holy Glorious Prophet, Forerunner and Baptist John, through the prayers of the holy glorious and all-laudable Apostles, through the Prayers of all the North American Saints, of the holy and righteous Ancestors of God, Joachim and Anna, and of all the saints, O Lord Jesus Christ Our God, have mercy on us and save us.

**EVERYONE:** Amen.

**READER 1:** Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us.

**EVERYONE:** Amen. Lord have mercy. Lord have mercy. Lord have mercy.