

SUNDAY, MARCH 15, 2026

TONE 7

**Third Sunday of Great Lent / Veneration of the Cross**

*Before beginning, the priest takes the Venerable Cross from the place in which it is kept throughout the year, places it on a round tray arranged with basil and flowers, and sets it on the Table of Oblation [жертвенника].*

**"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!

**Reader reads the rest of Psalm 140 and Psalm 141 on pgs 31 & 32 in the pew book, then:**

**v. (10)** *Bring my soul out of prison, that I may give thanks to Your Name! Tone 7*

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!

**v. (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!

**v. (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!

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

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!

*v. (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!

*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.*

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!

*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 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,  
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!

*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, 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!

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

**V. (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'erable saints,  
and the haven of salvation,//  
which grants the world great mercy.

**V. (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** 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!

*v. 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.

*v. 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.

*v. 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** 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!

## TROPARIA

**Tone 7** 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!

*Then: Tone 1* 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! (*thrice*)

*At the first singing of* O Lord, save Your people, *the priest censes the Cross on the tray, kisses it*  
*At the second singing of* O Lord, save Your people, *he takes the tray upon his head and, preceded by*  
*a sacred server with the censer, carries it to the Holy Table and places it on the spot for the Holy*  
*Gospel, which in turn he places slightly above [its usual place].*

*Deacon:* Wisdom! Let us attend! The prokeimenon in the third tone: Say among the nations  
that the Lord reigns! / For he has established the world so that it shall never be moved.  
(*Psalm 95:10*)

*Choir:* Say among the nations that the Lord reigns! For he has established the world so that it  
shall never be moved.

*Deacon:* Sing to the Lord a new song, sing to the Lord, all the earth. (*Psalm 95:1*)

*Choir:* Say among the nations that the Lord reigns! For he has established the world so that it  
shall never be moved.

*Deacon:* Say among the nations that the Lord reigns!

**Choir:** For he has established the world so that it shall never be moved.

**Deacon:** Let us pray to the Lord.

**Choir:** Lord, have mercy.

**Priest:** For you are holy, our God, and you dwell in the holy place and to you we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages.

**Choir:** Amen.

**Deacon:** Let every breath praise the Lord.

**Choir:** Let every breath praise the Lord.

**Deacon:** Praise God in his holies, praise him in the firmament of his power.

**Choir:** Let every breath praise the Lord.

**Deacon:** Let every breath

**Choir:** praise the Lord.

**Deacon:** And that we be accounted worthy of hearing the holy Gospel, let us implore the Lord our God.

**Choir:** Lord, have mercy. Lord, have mercy. Lord, have mercy.

**Deacon:** Wisdom! Upright! Let us hear the holy Gospel.

**Priest:** Peace to all!

**Choir:** And to your spirit.

**Priest:** The reading from the Holy Gospel according to John (21:15-25)

**Choir:** Glory to you, O Lord. Glory to you.

**Deacon:** Let us attend!

**Priest:** (*reads the Gospel*)

**Choir:** Glory to you, O Lord. Glory to you.

**Choir:** 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 50**

Have mercy on me, O God, according to your great mercy, and according to the fullness of your compassions blot out my transgression.

More thoroughly wash me from my lawlessness, and cleanse me from my sin.

For I do know my lawlessness, and my sin is ever before me.

Against you only I have sinned and have done the evil before you, so that you are righteous in your words and conquer in your judging.

For, behold, in iniquities I was conceived, and in sins my mother bore me.

For, behold, you have loved truth, the unseen and hidden things of your wisdom you have shown me.

You will sprinkle me with hyssop and I will be cleansed; you will wash me, and I will be made whiter than snow.

You will make me hear joy and gladness; the humbled bones will rejoice.

Turn away your face from my sins, and blot out all my iniquities.

Create a clean heart in me, O God, and renew a right Spirit in my inward parts.

Do not cast me away from your Face, and do not take your Holy Spirit from me.

Give me back the joy of your salvation, and make me steadfast with a governing Spirit.

I will teach the lawless your ways, and the impious will turn around to you.

Deliver me from blood, O God, God of my salvation, and my tongue will rejoice in your righteousness.

Lord, you will open my lips, and my mouth will proclaim your praise.

For if you had willed a sacrifice, I would have given it; you will not well-will whole burnt offerings.

A sacrifice to God is a shattered spirit; a shattered and humbled heart God will not despise.

Do good, Lord, to Sion in your good pleasure and the walls of Jerusalem be rebuilt.

Then you will well-will sacrifice of righteousness, offering and whole-burnt offerings.

Then they will offer calves upon your altar.

*Glory to the Father and to the Son and to the Holy Spirit. Open to me the doors of repentance, O Life-Giver. \* for my spirit rises early to pray towards Your Holy Temple, \* bearing the temple of my body all defiled, \* but in Your compassion, \* purify me by the loving-kindness of Your mercy.*

*Now and ever and unto ages of ages. Amen. Lead me on the paths of salvation, O Mother of God, \* for I have profaned my soul with shameful sins \* and have wasted my life in laziness. \* But by your intercessions deliver me from all impurity.*

Have mercy on me, O God, according to Your great mercy, and according to the multitude of Your compassions blot out my transgressions. When I think of the many evil things I have done, \* wretch that I am \* I tremble at the fearful Day of Judgement. \* But trusting in Your loving-kindness \* like David I cry to You: \* Have mercy on me, O God, have mercy on me, O God, have mercy on me, O God, according to Your great mercy.

### **GREAT DOXOLOGY**

**Priest:** Glory to You Who have shown us the Light!

**Choir:** Glory to God in the highest, and on earth peace, good will towards men. We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory! O Lord, heavenly King, God the Father almighty! O Lord, the only-begotten Son Jesus Christ! And the Holy Spirit! O Lord God, Lamb of God, Son of the Father, who take up the sin of the world, have mercy on us. You who take up the sins of the world, accept our prayer. You who sit on the right hand of the Father, have mercy on us. For You alone are holy, You alone are the Lord, Jesus Christ, in the glory of God the Father. Amen. Every day I will bless You and praise Your name forever and ever, unto ages of ages! Vouchsafe, O Lord, to keep us this day without sin. Blessed are You, O Lord 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: Lord, have mercy on me; heal my soul, for I have sinned against You. O 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 on those who know You!

Holy God, Holy Mighty, Holy Immortal have mercy on us. (thrice)

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.

*The final Holy God is sung very slowly, during which we do the following:*

### **Translation [ИЗНАСЯНЕ] of the Holy Cross.**

*The priest venerates the Cross by making three prostrations and kissing it.*

*He then takes up the round tray with the Cross, places it upon his head, and preceded by the deacon bearing the censer, processes around the Holy Table and exits the altar through the north door.*

*Before them go the altar servers and cantors, who sing **Holy God** slowly*

*As they reach the middle of the Church, where an analogion has been set out beforehand, **the priest goes around the analogion three times**, and then stands in front of it.*

*The cantors then bring the singing of **Holy God** to an end*

*The priest exclaims in front of the analogion: **Wisdom! Upright!** as he sets down the tray with the Precious Cross on it.*

*Immediately after this the priest sings **O Lord, save Your people** once, and the cantors twice.*

*At this time the priest censens [crosswise] around the analogion three times.*

*Then he sings: **Before Your Cross...** once.*

*The cantors then sing the same **twice**, as the priest then bows low to the ground and kisses the Cross [in the usual way].*

*Then the cantors then sing the stikhira, as the people come to prostrate before the Cross and kiss it, as many stichera as are necessary for everyone to venerate the Cross.*

**Tone 2** Come, you 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 despoiled of old through pleasure, making us exiles far from God.  
Come, you faithful, and let us venerate the Wood  
Whereby we have been counted worthy to crush the heads of our invisible enemies.  
Come, all you kindred of the nations,  
and let us honor in hymns the Cross of the Lord.  
Rejoice, O Cross, perfect redemption of fallen Adam.  
Glorying in you, our faithful kings laid low by your might the people of Ishmael.  
We Christians kiss you now with awe,  
and glorifying God Who was nailed on you, we cry aloud:  
O Lord, Who on the Cross was crucified, have mercy upon us, //  
for You are good and love mankind.

**Tone 8** Today the Master of the creation and the Lord of Glory  
is nailed to the Cross and His side is pierced;  
and He Who is the sweetness of the Church tastes gall and vinegar.  
A crown of thorns is put upon Him Who covers the heaven with clouds.  
He is clothed in a cloak of mockery,  
and He Who formed man with His hands is struck by a hand of clay.  
He Who wraps the heaven in clouds is smitten upon His back.  
He accepts spitting and scourging, reproach and buffeting;  
and all these things my Deliverer and God endures for me that am condemned, //  
that in His compassion He may save the world from error.

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

**Tone 8** Today He Who is in essence unapproachable,  
becomes approachable for me and suffers His Passion, delivering me from passions.  
He Who grants light unto the blind is spat upon by the mouths of the transgressors,  
and He gives His back to scourging for the sake of those that are held captive.  
When the pure Virgin His Mother saw Him on the Cross, she cried aloud in pain:  
“Woe is me, my Child! What is this that You have done?  
You Who are in beauty fairer than all mortal men,  
now appear without life and form, having neither shape nor comeliness.  
Woe is me, my Light!  
I cannot bear to look upon You sleeping, and I am wounded inwardly,  
a harsh sword has pierced my heart.  
I sing the praises of Your Passion, I venerate Your merciful kindness://  
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 see, 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.

*After these stikhira, O Lord, save Your people is sung once more.*

**The Apolysis**