

SUNDAY, MARCH 22

TONE 7

Third Sunday of Lent. Veneration of the Cross. Hieromartyr Basil of Ancyra.

*(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")*

"Lord I Call..." Tone 7

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 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 Thee!

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

Thou didst endure the Cross and burial for our sake.  
By Thy death, Thou didst destroy death as God.  
We fall down before Thy Resurrection on the third day,//  
O Savior, glory to Thee!

*v. (8) Out of the depths I cry to Thee, 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 Thee!

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

*(Resurrection stichera by Anatolius)*

Thou wast held by lawless men, O Christ,

but to me, Thou art God, and I am not ashamed.

Thou wast smitten on the cheek, but I do not deny Thee.

Thou wast nailed to the Cross and I do not conceal it,

for I glory in Thy Resurrection: Thy death is my life.//

O almighty Lord and Lover of man, glory to Thee!

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

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 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.*

Thou didst descend into hell as thou didst will, O Christ,

overthrowing death as God and rising on the third day as Master!

With Thyself Thou didst raise Adam from the bonds of hell and from  
corruption!//

Glory to Thy 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<sup>1</sup>**     *(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!*

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<sup>1</sup> 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).

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.

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endureth 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:  
"Thou art our help, O most-precious Cross!  
We eat 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 7**      *(Theotokion – Dogmatikon)*

No tongue can speak of thy wonderful childbearing,  
for the order of nature was overruled by God.  
Thou wast revealed to be a Mother above nature,  
for thou didst remain a Virgin beyond reason and understanding.  
Thy conception was most glorious, O Theotokos!  
The manner of thy giving birth was ineffable, O Virgin!  
Knowing thee to be the Mother of God,  
devoutly we pray to thee://  
Beseech Him to save our souls!

**Aposticha**

**Tone 7**      *(for the Resurrection)*

As the Savior of the world Thou didst arise from the tomb.  
As God Thou didst resurrect the race of man with Thy flesh.//  
O Lord, glory to Thee!

*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.*

Thou didst descend into hell, capturing death, O Christ.  
In three days Thou didst rise again,  
resurrecting us who glorify Thy Resurrection,//  
O Lord and Lover of man.

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

When Thou wast placed in the tomb as one asleep,  
the sight was great and awesome.  
But when Thou didst rise on the third day as almighty God,  
Thou didst resurrect Adam with Thyself.//

Glory to Thy 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 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 7** Troparion (Resurrection)

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the Myrhbearers 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,*

**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 didst carry 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!

*at the Divine Liturgy*

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

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the Myrhbearers 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.

**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 stmg 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      *(for the 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<sup>2</sup>**

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 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 4:6/7)*  
Alleluia, Alleluia, Alleluia!

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2 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.