

On the eve of the Third Sunday of the Great Fast Veneration of the Holy Cross

Priest: Blessed be our God, always, now and for ever and ever. *All:* **Amen.**

Then, in two choirs:

+ Glory be to You, our God, glory be to You.

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come and dwell within us; cleanse us of all that defiles us, and, O Good One, save our souls.

- + Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.
- + Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.
- + Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.
 - + Glory be to the Father and to the Son and to the Holy Spirit,
- * now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

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

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

^{*} now and for ever and ever. Amen.

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.

Priest: For the kingdom, the power, and the glory are Yours, + Father, Son, and Holy Spirit, now and for ever and ever.

All: Amen.

Lord, have mercy. Twelve times.

- + Glory be to the Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen.
 - + Come, let us bow in worship before the King, our God.
- + Come, let us bow in worship before Christ, the King, our God.
- + Come, let us bow in worship and fall down before the very Lord Jesus Christ, * our King and God.

PSALM 103

Chanted in two choirs, or recited on the reader on a single note

- (1) Bless the Lord, O my soul! * You are very great O Lord, my God!
- (2) Clothed in pomp and brilliance; * arrayed with light as with a cloak.
- (1) Stretching out the sky as a tent-cloth, * covering Your lofty halls with water.
- (2) You make the clouds Your conveyance. * You surge on the wings of the wind.
- (1) You make spirits Your messengers, * and flaming fires Your attendants.
- (2) You settle the earth on its firm foundation; * it shall stand unmoved from age to age.

- (1) The abyss covers it like a garment; * waters stand over the mountains.
- (2) At Your rebuke they will take flight; * at the peal of Your thunder they will fear.
- (1) They hurdle the hills and run down the dales, * to the place You have chosen for them.
- (2) You have set up a boundary not to be passed; * they shall never return to cover the earth.
- (1) Down in the gullies You make springs to rise; * water shall go down between the mountains.
- (2) They shall give drink to the beasts of the field; * wild asses will seek them to quench their thirst.
- (1) The birds of the sky will abide by them; * from among the rocks they will raise their song.
- (2) From Your lofty halls You refresh the mountains; * the earth shall be fed with the fruit of Your works.
- (1) You make green pastures for the cattle * and food-plants for the service of all,
- (2) So that bread may be brought forth from the earth, * and wine that gladdens the heart of man.
- (1) So that oil may put a gleam upon his face; * and that bread may strengthen the heart of all.
- (2) The trees of the plain will be satisfied, * the cedars of Lebanon that He planted.
- (1) The sparrows will build their nests in them; * and the herons will call them their home.
- (2) To the deer belong high mountains, * to rodents, the shelter of the rocks.
- (1) You have made the moon to mark the seasons; * the sun knows the time of its setting.
- (2) You establish darkness, and it is night * wherein the forest creatures prowl around.

- (1) Young lions roar for their prey, * and call out to God for their meat.
- (2) As the sun rises, they will come together, * and lay themselves down in their dens.
- (1) Man will go out to his labour* and work until eventide.
- (2) How great are Your works, O Lord, * in wisdom You have wrought them all.
- (1) The earth is filled with Your creatures; even the wide and open sea itself, * within it there are countless creeping things, living beings small and large.
- (2) Upon it there are ships a-sailing, * and that great beast You made to have fun.
- (1) All of them look up to You, * to give them their food in due time.
- (2) You provide and they gather up; * You open Your hand and they are full.
- (1) You hide Your face and they cringe; * You suspend their breath, and they die and return to their dust.
- (2) You send forth Your breath and they live; * You renew the face of the earth.
- (1) May the Lord's glory endure forever, * may the Lord rejoice in His works.
- (2) He looks upon the earth and makes it quake; * He touches the mountains and they smoke.
- (1) I will sing to the Lord as long as I live; * I will praise my God as long as I last.
- (2) Would that my thoughts be pleasing to Him, * and I will rejoice in the Lord.
- (1) May sinners vanish from the earth, * and may the wicked be no more. Bless the Lord, * O my soul!
- (2) The sun knows the time of its setting. * You establish darkness, and it is night.
- (1) How great are Your works, O Lord, * in wisdom You have wrought them all.

- **+** Glory be to the Father and to the Son * and to the Holy Spirit, now and for ever * and ever. Amen.
- + Alleluia, alleluia, * Glory be to You, O God. *Three times*.

THE GREAT LITANY

Deacon: In peace let us pray to the Lord.

All: Lord, have mercy.

Deacon: For the peace from on high and for the salvation of our souls, let us pray to the Lord.

All: Lord, have mercy.

Deacon: For peace throughout the world, for the well-being of God's holy Churches and for the unity of all, let us pray to the Lord. **All:** Lord, have mercy.

Deacon: For this holy church and for all who enter it with faith, reverence, and fear of God, let us pray to the Lord.

All: Lord, have mercy.

Deacon: For our most holy universal Pontiff, *N*., Pope of Rome, our most blessed Patriarch, *N*., our most reverend Metropolitan, *N*., our God-loving Bishop, *N*., the reverend priesthood, the diaconate in Christ, and all the clergy and the people, let us pray to the Lord.

All: Lord, have mercy.

Deacon: For our nation under God, for our government, and for all the military, let us pray to the Lord.

All: Lord, have mercy.

Deacon: For this city, for every city and country and for the faithful who live in them, let us pray to the Lord.

All: Lord, have mercy.

Deacon: For favourable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

All: Lord, have mercy.

Deacon: For the seafarers and travellers, for the sick and the suffering, for those held captive, and for their salvation, let us pray to the Lord.

All: Lord, have mercy.

Deacon: That we may be delivered from all tribulation, wrath, and misfortune, let us pray to the Lord.

All: Lord, have mercy.

Deacon: Help and save, have mercy and protect us, O God, by Your grace.

All: Lord, have mercy.

Deacon: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

All: To You, O Lord.

Priest: For all glory, honour, and worship befit You, + Father, Son, and Holy Spirit, now and for ever and ever.

All: Amen.

BLESSED IS THE MAN – FIRST STASIS OF THE FIRST KATHISMA

Verses from Psalms 1-3

Blessed is the man * who has not walked in the council of the wicked. Alleluia, alleluia, alleluia.

For the Lord knows the way of the just, * but the way of the wicked shall be lost. Alleluia, alleluia, alleluia.

Serve the Lord with fear, * exult in Him with trembling. Alleluia, alleluia, alleluia.

Blessed are those who trust in Him! Alleluia, alleluia, alleluia.

Arise, O Lord, save me, my God! Alleluia, alleluia, alleluia.

Salvation is of the Lord! * Upon Your people Your blessing! Alleluia, alleluia, alleluia.

+ Glory be to the Father and to the Son and to the Holy Spirit. Alleluia, alleluia, alleluia.

Now and for ever and ever. Amen. Alleluia, alleluia, alleluia.

- + Alleluia, alleluia, alleluia.* Glory be to You, O God.
- + Alleluia, alleluia, alleluia.* Glory be to You, O God.
- + Alleluia, alleluia, alleluia.* Glory be to You, O God.

SMALL LITANY

Deacon: Again and again in peace let us pray to the Lord.

All: Lord, have mercy.

Deacon: Help and save, have mercy and protect us, O God, by Your grace.

All: Lord, have mercy.

Deacon: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

All: To You, O Lord.

Priest: For Yours is the might, and Yours are the kingdom and the power and the glory, + Father, Son and Holy Spirit, now and for ever and ever.

All: Amen.

"O LORD, I HAVE CRIED TO YOU"

Psalms 140, 141, 129, 116

Right choir: O Lord, I have cried to You, hear me; * Hear me, O Lord! * O Lord, I have cried to You, hear me; * receive the voice of my prayer when I call upon You. * Hear me, O Lord!

Left choir: Let my prayer rise like incense before You; * and the lifting up of my hands as an evening sacrifice. * Hear me, O Lord! *Then, in two choirs, or recited on the reader on a single note:*

- (1) Set a guard, O Lord, before my mouth, * and a portal around my lips.
- (2) Incline my heart away from evil dealings, * from finding excuses for sinful deeds.
- (1) In company with those who work iniquity, * let me not partake of what they choose.
- (2) May the just chasten me with justice and reprove me; * may the oil of the wicked never touch my head.
- (1) Yet even then shall I pray for their welfare. * Their rulers were swallowed near the rock.
- (2) My words will be heard, for they were sweet. * As a lump of clay broken on the ground, so their bones were strewn near the grave.
- (1) To You, Lord, O Lord, my eyes are lifted up. * In You have I hoped; let not my soul be lost.
- (2) Keep me from the snare that was set for me, * and from the stumbling-blocks of the wicked.
- (1) The wicked shall fall into their own nets, * while I remain alone until I can escape.

Psalm 141

- (2) With my voice I cried to the Lord; * with all my voice I implored the Lord.
- (1) Before Him I pour out my supplications; * before Him I declare my distress.
 - (2) When my breath was escaping me, * then you knew my paths;

- (1) On the road upon which I was walking, * they set up snares for me.
- (2) I looked to my right and observed * there was no one friendly to me;
- (1) Even flight was denied me; * there was no one to take care of my life.
- (2) I cried out to You, O Lord, and said: * You are my hope, my share in the land of the living.
- (1) Listen to my supplication, * for I am laid very low.
- (2) Deliver me from my oppressors, * for they have overwhelmed me.

(If 10 stichera are sung): Lead my soul forth from prison, * that I may give thanks to Your name.

The just shall gather around me * when You have been good to me.

(If 8 stichera are sung): Out of the depths I cry to You, O Lord; * O Lord, hear my voice!

Let Your ears be attentive * to the voice of my prayer.

(Tone 7) If You mark iniquities, Lord, who can stand?* **But with You forgiveness is that You may be revered.**

Come, let us rejoice in the Lord,* Who destroyed the power of death* and enlightened the human race;* and let us cry out with the angels:* Glory to You, our Creator and Saviour!

I have waited for You as You have commanded; my soul patiently relies on Your promise,* for it has trusted in the Lord.

O Saviour, for our sake You suffered crucifixion and burial;* and, as God, You destroyed death by Your death.* Therefore, we adore Your resurrection on the third day* and we sing: Glory to You, O Lord!

From the morning watch until night* let Israel trust in the Lord.

On seeing the resurrection of the Creator,* the Apostles were amazed,* and they sang an angelic hymn of praise:* This is the glory of the Church,* this is the richness of the Kingdom!* O Lord, Who suffered for our sake, glory to You!

(Tone 5): For with the Lord there is mercy, and with Him there is plentiful redemption;* and He shall redeem Israel from all its iniquities.

Hail, life-giving Cross,* the fair Paradise of the Church,* Tree of incorruption that brings us the enjoyment of eternal glory:* through you the hosts of demons have been driven back;* and the hierarchies of angels rejoice with one accord,* as the congregations of the faithful keep the feast.* You are an invincible weapon, an unbroken stronghold;* you are the victory of kings and the glory of priests.* Grant us now to draw near to the Passion of Christ** and to His Resurrection.

Praise the Lord, all the nations;* proclaim His glory, all you people.

Hail, life-giving Cross,* unconquerable trophy of the true faith,* door to Paradise, succour of the faithful,* rampart set about the Church.* Through you the curse is utterly destroyed,* the power of death is swallowed up,* and we are raised from earth to heaven:* invincible weapon, adversary of demons, glory of martyrs,* true ornament of holy monks, haven of salvation** bestowing on the world great mercy.

Strong is the love of the Lord for us;* eternally will His truth endure.

Come, Adam and Eve, our first father and mother,* who fell from the choir on high through the envy of the murderer of man,* when of old with bitter pleasure you tasted of the three in Paradise.* See, the Tree of the Cross, revered by all, draws near!* Run with haste and embrace it joyfully,* and cry out to it with faith:* O precious Cross, you are our succour;* partaking of your fruit we have gained incorruption;* we are restored once more to Eden,** and we have received great mercy.

+ Glory be to the Father and to the Son * and to the Holy Spirit.

(Tone 3): O Christ our God, of Your own will You have accepted Crucifixion,* that all mankind might be restored to life.* Taking the quill of the Cross, out of love for man* in the red ink of royalty with bloody fingers* You signed our absolution.* We are in danger once again of being parted from You;* O forsake us not!* Take pity on Your people in distress,* for You alone are longsuffering.** Rise up and fight against our enemies in Your almighty power.

Now and for ever and ever. Amen.

(Tone 7): Immaculate Mother of God,* you became a mother outside the laws of nature,* remaining a virgin in a way that exceeds all description* and human understanding.* The wonder of your birth-giving could not be told in human language,* for your conception of Christ blinded intelligence,* and your birth-giving exceeded understanding:* for whenever God so desires, the laws of nature are broken.* Wherefore, we all firmly believe that you are the Mother of God,* and we eagerly beseech you to intercede for the salvation of our souls.

THE ENTRANCE

This dialogue takes place in a spoken voice.

Deacon: Let us pray to the Lord.

Priest: O gracious King, You love mankind and bless all things. With contrite heart and humble spirit we pray to You, O Christ our true God: Bless our comings and our goings. For Your coming and ascension and dwelling among us are blessed, always, now and for ever and ever.

Deacon: Amen. Master, bless the holy entrance.

Priest (blessing towards the east): Blessed is the entrance of Your saints, always now and for ever and ever.

Deacon: Amen.

Then, aloud, the Deacon: Wisdom! Stand aright!

TRANQUIL LIGHT

Tranquil Light, of the holy glory of the immortal, heavenly, holy blessed Father, O Jesus Christ: as we come upon the sunset, as we see the evening light, we sing to God, the Father, the Son, and the Holy Spirit. At all times You are worthy of being hymned by joyful voices; O Son of God, You are the giver of life. For this the whole world glorifies You.

(Trans. Conrad Dachuk)

PROKEIMENON

Deacon: Wisdom! Let us be attentive!

The deacon intones the Prokeimenon and its verse, and in conclusion repeats the first half of the Prokeimenon.

Prokeimenon, Tone 6: The Lord reigns, * He is clothed in majesty.

Verse: Robed is the Lord and girt about with strength.

Verse: For He has made the world firm, which shall not be moved. *Verse:* Holiness befits Your house, O Lord, for length of days.

READINGS FROM THE OLD TESTAMENT

On certain Sundays and feasts, three readings from the Old

Testament are included here

INSISTENT LITANY

Deacon: Let us all say with our whole soul and our whole mind, let us say.

All: Lord, have mercy.

Deacon: Almighty Lord, God of our Fathers, we pray You, hear us and have mercy.

All: Lord, have mercy.

Deacon: Have mercy on us, O God, in the greatness of Your compassion, we pray You, hear us and have mercy.

All: Lord, have mercy. (3x)

Deacon: We also pray for our most holy universal Pontiff, *N*., Pope of Rome; for our most blessed Patriarch, *N*., our most reverend Metropolitan, *N*., our God-loving Bishop, *N*., for those who serve and have served in this holy church, for our spiritual fathers, and for all our brothers and sisters in Christ.

All: Lord, have mercy. (3x)

Deacon: We also pray for our nation under God, for our government, and for all the military.

All: Lord, have mercy. (3x)

Additional petitions may be added here.

Deacon: We also pray for the people here present who await Your great and bountiful mercies, for those who have been kind to us, and for all orthodox Christians.

All: Lord, have mercy. (3x)

Priest: For You are a merciful and loving God, and we give glory to You,

♣ Father, Son and Holy Spirit, now and for ever and ever. *All:* Amen.

All: Amen.

DEIGN, O LORD

Chanted by a single reader, or sung in tone 7

Deign, O Lord, to keep us this evening * 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, * because we have set our hope in You.

Blessed are You, O Lord, * teach me Your commandments.

Blessed are You, O Master, * make me understand Your commandments.

Blessed are You, O Holy One, * enlighten me with Your laws.

O Lord, Your mercy endures forever; * do not despise the work of Your hands.

It is proper to praise You, * and hymns belong to You.

Glory belongs to You, * + Father, Son, and Holy Spirit,

Now and for ever, * and ever. Amen.

EVENING LITANY OF SUPPLICATION

Deacon: Let us complete our evening prayer to the Lord.

All: Lord, have mercy.

Deacon: Help and save, have mercy and protect us, O God, by Your grace.

All: Lord, have mercy.

Deacon: That this whole day may be perfect, holy, peaceful and sinless, let us ask the Lord.

All: Grant this, O Lord.

Deacon: For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

All: Grant this, O Lord.

Deacon: For the forgiveness and remission of our sins and offences, let us ask the Lord.

All: Grant this, O Lord.

Deacon: For all that is good and beneficial for our souls and for peace for the world, let us ask the Lord.

All: Grant this, O Lord.

Deacon: That we may spend the rest of our lives in peace and repentance, let us ask the Lord.

All: Grant this, O Lord.

Deacon: For a Christian end to our lives, one that is painless, unashamed, and peaceful; and for a good defence at the awesome tribunal of Christ, let us ask the Lord.

All: Grant this, O Lord.

Deacon: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of God and ever-virgin Mary, together with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

All: To You, O Lord.

Priest: For You, O God, are gracious and You love mankind, and we glorify You, + Father, Son, and Holy Spirit, now and for ever and ever

All: Amen.

Priest: Peace + be with all! *All:* And with your spirit.

Deacon: Bow your heads to the Lord.

All: To You, O Lord.

Priest: O Lord our God, You lowered the heavens when You came down for the salvation of the human race. Now look upon Your servants and upon Your inheritance; for they have bowed their heads to You, the Judge, both awesome and loving. They do not await human help, but look for Your mercy and are ready to receive Your

salvation. Guard them at all times, this evening and tonight, against all enemies, against the devil's assaults, against vain thoughts and evil dreams.

May the might of Your kingdom be blessed and exalted, ♣ Father, Son, and Holy Spirit, now and for ever and ever.

All: Amen.

APOSTICHA

Of the Resurrection or the feast. The verses for Saturday vespers are given below.

(Tone 7) O Saviour of the world, You arose from the grave,* and together with Your own flesh You raised up mankind.* O Lord, glory to You!

The Lord reigns, He is clothed in majesty.* Robed is the Lord, and girt about with strength.

Come, let us worship Christ Who arose from the dead* and enlightened all creation.* For by His resurrection on the third day,* He set us free from the oppression of Hades,* granting us life and His great mercy.

For He has made the world firm,* which shall not be moved.

O Christ, Lover of mankind,* You descended into Hades and destroyed death.* Then You arose on the third day;* and, together with Yourself You lifted up all of us* who glorify Your mighty resurrection.

Holiness befits Your house, O Lord,* for length of days.

O Lord, what a fearful sight it was to see You lying in the tomb as if asleep.* Yet on the third day You arose in great power,* and at the same time You raised up Adam who joyfully cried out:* Glory to Your resurrection, O Lover of mankind!

Glory be to the Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen (Tone 4)

O Lord who helped gentle David in the combat* and enabled him to overcome the Philistine,* come to the aid of Your orthodox people,* and by the weapon of the Cross cast down our enemies.* In Your compassion show us Your mercy as of old,* and make them know in truth that You are God,* and that we who put our trust in You shall conquer.* At the constant intercessions of Your most pure Mother,** grant us Your great mercy.

CANTICLE OF SIMEON

Now, * O Master, You have kept Your promise; * let Your servant go in peace. * With my own eyes, I have seen the salvation * which You have prepared * in the sight of every people: * a Light to reveal You to the gentiles * and the glory of Your people, Israel!

TRISAGION PRAYERS

Chanted by a single reader

- + Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. (*three times*)
- + Glory be to the Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. (three times)

+ Glory be to the Father and to the Son and to the Holy Spirit, * now and forever and ever. Amen.

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.

Priest: For the kingdom, the power, and the glory are Yours, + Father, Son, and Holy Spirit, now and for ever and ever.

All: Amen.

TROPARIA

Of the Resurrection or the feast

By Your cross You destroyed death;* You opened Paradise to the thief;* You changed the lamentation of the myrrh-bearers to joy,* and charged the apostles to proclaim* that You are risen, O Christ our God,* offering great mercy to the world.

Verse: + Glory be to the Father and to the Son * and to the Holy Spirit,

(*Tone 1*): Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,** and protect Your community by Your Cross.

Verse: Now and for ever * and ever. Amen.

O Holy Tabernacle, when Gabriel cried out to you:* Rejoice, O Virgin, full of grace,* the Lord of All became incarnate of you,* as the righteous David had foretold.* In bearing your Creator, you have shown yourself to surpass the vastness of the heavens.* We, therefore, cry out: Glory to Him Who dwelt in you!* Glory to Him Who came forth from you!* Glory to Him Who has set us free** through your life-giving birth!

DISMISSAL

Deacon: Wisdom!

All: Give the blessing!

Priest: Blessed is the One-Who-Is, blessed is Christ our God, always, now and for ever and ever.

All: Amen. O God, strengthen the orthodox faith for ever and ever!

Priest: O most holy Mother of God, save us.

All: More honourable than the cherubim * and by far more glorious than the seraphim; * ever a virgin, you gave birth to God the Word, * O true Mother of God, we magnify you.

Priest: Glory be to You, O Christ our God, our hope, glory be to You.

All: Glory be to the + Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen. * Lord, have mercy, Lord, have mercy. * Give the blessing.

Priest: Christ our true God, risen from the dead, through the prayers of His immaculate Mother, patroness of this church; of the holy, glorious, and all-praiseworthy apostles; of Saint, *N.* (*whose day it is*), and of all the saints, will have mercy and save us, for He is good and loves mankind.

All: Amen.

After the Dismissal, we sing the Kontakion, Tone 7:

No longer does the flaming sword guard the gate of Eden;* the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished,* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"