

3rd Sunday of Lent: Veneration of the Cross Stichera of the Praises Tone 4, Kievan

(2) *Reader:* In the 4th Tone — Praise Him with timbrel and dance,

II-chant melody

Praise Him with strings and flute.

I-descant

With our voices let us shout and magnify in songs /
the Precious Cross, /
let us kiss it and cry out: /
O honored Cross, sanctify our souls and bodies by thy power, /
and keep unharmed from all malice of the enemy //
those who venerate thee with true reverence.

(1) *Reader:* Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

Let every breath praise the Lord.

Repeat above: "With our voices let us shout and magnify in songs..."

English stichera from "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware.

Stichos: Exalt ye the Lord our God: and worship at His footstool,

For He is ho - - - - - ly.

Approach and draw waters that shall never fail, /
 flowing from the grace of the Cross. /
 See now set before you the holy Wood, /
 source of divine gifts, /
 on which there fell blood and water from the wounded side of the Lord of all. /
 Of His own will He was raised upon the Cross, //
 and with Himself He has raised up mortal man.

Stichos: The mouth of the righteous shall meditate wisdom,

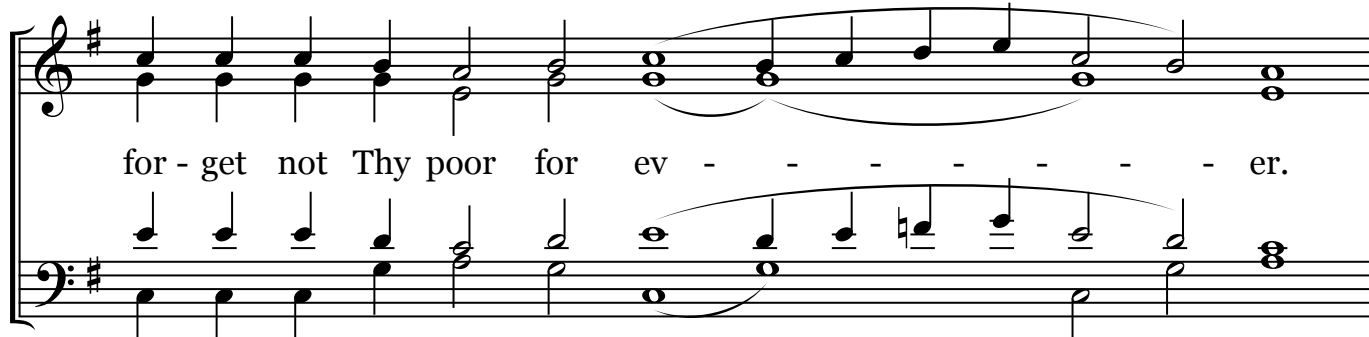
He has worked sal - va - tion in the midst _____ of the earth.

O honored Cross, thou art the firm foundation of the Church, /
 the strength of kings, /
 the glory and defence of monks. /
 venerating thee today, we are filled with light in heart and soul, /
 through the divine grace of the Lord Who was nailed upon thee /
 and overthrew the power of our deceitful enemy, //
 bringing the curse to naught.

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos
 reprinted by St. Tikhon's Seminary Press, 2002.

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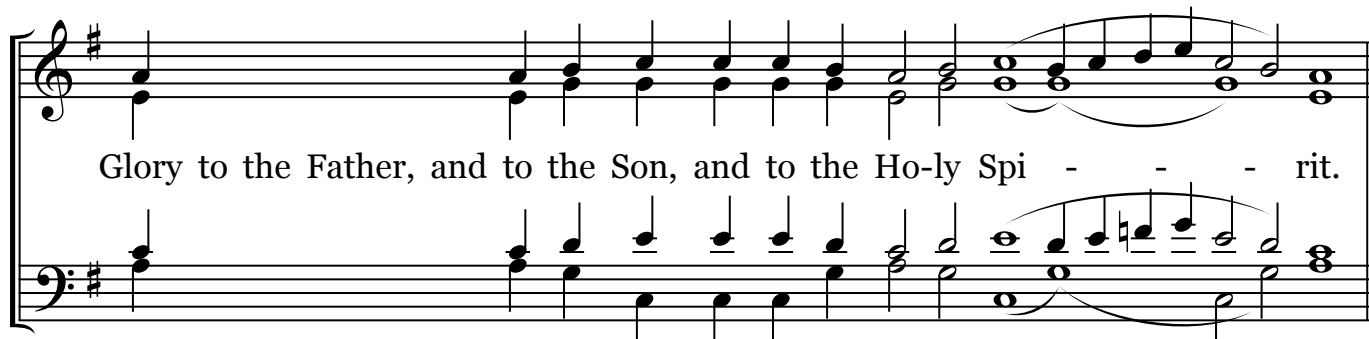
Stichos: In the 8th tone— Arise, O Lord my God, lift up Thine hand:



for - get not Thy poor for ev - - - er.

The Lord of all has taught us in a parable /
to shun the boastful thoughts of the evil Pharisees; /
and He has instructed all of us /
not to think more highly than we should. /
He Himself became our pattern and example, /
for he emptied Himself even unto death upon the Cross.
Let us therefore render thanks with the Publican and say: /
O God Who hast suffered for us
and yet remained impassible, //
deliver us from the passions and save our souls.

Reader: Glory, in the same tone.



Glory to the Father, and to the Son, and to the Ho-ly Spi - - - rit.

Repeat: "The Lord of all has taught us in a parable..."

Then, Both now..., "Most blessed art thou..."