

Service for use at home on 14th September 2020

The Universal Exaltation of the Precious and Life-Giving Cross

The 'Reader' may be the most senior person present – e.g. a parent or grandparent, according to the situation – or simply the most confident reader or singer. The parts marked for the 'Choir' can be read or sung by everyone together, or by one person alone. Music for some parts may be found on the website: www.orthodoxcommunityrugby.com/choir/ If no one present is a confident singer, the service can be chanted on one note, or simply read. You may prefer to use parts of the service in your own language. If so, please make sure that the prayers are read from an Orthodox prayer book or service book.

Before the Service

If possible, the Service should be said in front of the household icons – e.g. in the family icon corner. If practical, and if they are available, a Cross and a Book of the Gospels (or a copy of New Testament, or a Bible) should be placed on a table in front of the icons. A lamp or candle, and incense, if available, should be lit before the Service begins.

Reader: Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

In place of the GREAT LITANY, the choir sings:
Lord, have mercy. (x 12)

FIRST ANTIPHON

Choir: God, my God, attend to me! Why hast Thou forsaken me?
Through the prayers of the Theotokos, O Saviour, save us!

Why art Thou so far from helping me, from the words of my groaning?
Through the prayers of the Theotokos, O Saviour, save us!

O my God, I cry by day, but Thou dost not answer; and by night, but find no rest.

Through the prayers of the Theotokos, O Saviour, save us!

Thou dwellest in the sanctuary, the praise of Israel.

Through the prayers of the Theotokos, O Saviour, save us!

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

Through the prayers of the Theotokos, O Saviour, save us!

In place of the LITTLE LITANY, the choir sings:
Lord, have mercy. Lord, have mercy. Lord, have mercy.

SECOND ANTIPHON

Choir: O God, why dost Thou cast us off forever?

O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

Remember Thy congregation, which Thou hast gotten of old!

O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

Remember Mount Zion, where Thou hast dwelt!

O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

God is our King before the ages; He has worked salvation in the midst of the earth.

O Son of God, crucified in the flesh, save us who sing to Thee: Alleluia!

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

Both now and ever and unto the ages of ages. Amen.

O only-begotten Son and Word of God. O Thou Who art Immortal, yet for our salvation didst deign to be incarnate of the holy Mother of God and Ever-Virgin Mary; and without change wast made man; Who also wast crucified for us; and by death didst overcome death: save us, O Christ, our God; one Person of the Holy Trinity, glorified together with the Father and the Holy Spirit.

In place of the LITTLE LITANY, the choir sings:
Lord, have mercy. Lord, have mercy. Lord, have mercy.

THIRD ANTIPHON

Reader: The Lord reigns, let the people tremble!

Troparion of the Cross in Tone 1

[Music on website]

O Lord, save Thy people,

and bless Thine inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by the power of Thy Cross, //

preserve Thy habitation.

Reader: The Lord reigns, let the people tremble! He sits enthroned upon the cherubim; let the earth quake!

Choir: **O Lord, save Thy people ...**

Reader: The Lord is great in Zion; He is exalted over all the people.

Choir: *O Lord, save Thy people ...*

Reader: Bow down in worship to the Lord in His holy court!

Choir: *O Lord, save Thy people ...*

ENTRANCE HYMN

Reader: Extol the Lord our God: worship at His footstool for He is holy!

Choir: O come, let us worship and fall down before Christ. O Son of God, **Who wast crucified in the flesh**, save us who sing to Thee: Alleluia, alleluia, alleluia!

TROPARION & KONTAKION

Troparion of the Cross in Tone 1

[Music on website]

O Lord, save Thy people,
and bless Thine inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by the power of Thy Cross, //
preserve Thy habitation.

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

Kontakion of the Cross in Tone 4

[Music on website]

As Thou wast voluntarily crucified for our sake,
grant mercy to those who are called by Thy Name;
make all Orthodox Christians glad by Thy power,
granting them victories over their adversaries //
by bestowing on them the invincible trophy, Thy weapon of peace!

INSTREAD OF THE TRISAGION

[Music on website]

Choir: Before Thy Cross, we bow down in worship, O Master,
and Thy holy Resurrection we glorify. (x 3)

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

And Thy holy Resurrection we glorify.

Before Thy Cross, we bow down in worship, O Master,
and Thy holy Resurrection we glorify.

PROKEIMENON

Reader: The Prokeimenon in the Seventh Tone.

Reader: Extol the Lord our God. Worship at His footstool, for He is holy!

Choir: Extol the Lord our God. Worship at His footstool, for He is holy!

Reader: The Lord reigns, let the people tremble!

Choir: Extol the Lord our God. Worship at His footstool, for He is holy!

Reader: Extol the Lord our God.

Choir: Worship at His footstool, for He is holy!

EPISTLE

Reader: The Reading from the Epistle of the Holy Apostle Paul to the
Corinthians [1 Corinthians 1:18-24]

Ye Brethren: The word of the cross is folly to those who are perishing,
but to us who are being saved it is the power of God. For it is written, "I
will destroy the wisdom of the wise, and the cleverness of the clever I
will thwart." Where is the wise man? Where is the scribe? Where is the
debater of this age? Has not God made foolish the wisdom of the world?
For since, in the wisdom of God, the world did not know God through
wisdom, it pleased God through the folly of what we preach to save
those who believe. For Jews demand signs and Greeks seek wisdom, but
we preach Christ crucified, a stumbling block to Jews and folly to
Gentiles, but to those who are called, both Jews and Greeks, Christ the
power of God and the wisdom of God.

ALLELUIA

Choir: Alleluia, alleluia, alleluia!

Reader: Remember Thy congregation, which Thou hast gotten of old!

Choir: Alleluia, alleluia, alleluia!

Reader: God is our King before the ages; He has worked salvation in the
midst of the earth.

Choir: Alleluia, alleluia, alleluia!

THE GOSPEL

*All stand for the reading of the Gospel. In these exceptional circumstances,
the Gospel may be read by the most senior person present – e.g. a parent or
grandparent – according to the situation.*

Reader: The Reading from the Holy Gospel according to John.

Choir: Glory be to Thee, O Lord, glory be to Thee.

Reader: At that time: The chief priests and elders of the people took counsel against Jesus to put him to death. And they came to Pilate, saying, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him, for I find no crime in him." The Jews answered him, "We have a law, and by that law he ought to die, because he has made himself the Son of God." When Pilate heard these words, he was the more afraid; he entered the praetorium again and said to Jesus, "Where are you from?" But Jesus gave no answer. Pilate therefore said to him, "You will not speak to me? Do you not know that I have power to release you, and power to crucify you?" Jesus answered him, "You would have no power over me unless it had been given you from above; therefore he who delivered me to you has the greater sin." When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called the Pavement, and in Hebrew, Gabbatha. Now it was the day of Preparation of the Passover; it was about the sixth hour. He said to the Jews, "Behold your King!" They cried out, "Away with him, away with him, crucify him!" Pilate said to them, "Shall I crucify your King!" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Golgotha. There they crucified him, and with him two others, one on either side, and Jesus between them. Pilate also wrote a title and put it on the cross; it read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. But standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold your son!" Then he said to the disciple, "Behold your mother!" And from that hour the disciple took her to his own home. Then when Jesus had received the vinegar, he said, "It is finished"; and he bowed his head and gave up his spirit. Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the sabbath (for that sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other who had been crucified with him; but when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water. He who saw it has borne witness, and his testimony is true.

[John 19:6-11, 13-20, 25-28, 30-35]

Choir: Glory be to Thee, O Lord, glory be to Thee.

Instead of the AUGMENTED LITANY, the Choir sings:
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Lord, have mercy. Lord, have mercy. Lord, have mercy.

PRAYER TO THE LORD OF HOSTS

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

Remember us, O Lord, when Thou comest into Thy Kingdom. *(All make a deep reverence)*

Remember us, O Master, when Thou comest into Thy Kingdom. *(Reverence)*

Remember us, O Holy One, when Thou comest into Thy Kingdom. *(Reverence)*

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Come unto Him and be enlightened, and your faces shall not be ashamed.

The heavenly choir sings to Thee, and cries: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

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

The choir of holy Angels and Archangels, with all the Powers of heaven, sing Thy praises and do cry: Holy, Holy, Holy, Lord God of Hosts; heaven and earth are full of Thy glory.

Both now and ever and unto ages of ages. Amen.

THE CREED (SYMBOL OF FAITH)

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 only-begotten Son of God, begotten of the Father before all worlds, Light of Light, very God of very God, begotten, not made; of one substance 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 Ghost and the Virgin Mary, and was made man. And was crucified also for us under Pontius Pilate, He suffered and was buried. And the third day He rose again, according to the Scriptures; and ascended into heaven, and sitteth at the right hand of the Father. And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And in the Holy Ghost, the Lord, the Giver of Life, Who proceedeth from the Father;

Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets.

In One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.

And I look for the Resurrection of the dead, and the life of the world to come. Amen.

PRAYER OF FORGIVENESS

Reader: O God, remit, pardon and forgive our sins, whether voluntary or involuntary, whether by words or deeds, whether in knowledge or ignorance, whether by day or night, whether in mind or thought; forgive us all these, for Thou art good and lovest mankind.

THE LORD'S PRAYER

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 the evil one.

Reader: Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

Reader: Lord, have mercy. (x 12)

All-holy Trinity, Mighty one in essence, Kingdom undivided, origin of all good things, be graciously inclined also to me, a sinner. Establish me; give understanding to my heart, and purge away all my vileness. Enlighten my mind, that I may glorify, sing praises, and adore Thee, and say:

Choir: One is Holy,/ One is Lord,/ Jesus Christ,/ to the glory of God the Father. Amen.

Choir: Blessed be the Name of the Lord, from this time forth and for evermore.

Blessed be the Name of the Lord, from this time forth and for evermore.

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

PSALM 33

Reader: I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the afflicted hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and he answered me, and delivered me from all my fears. Look to Him, and be radiant; so your faces shall never be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and delivers them. O taste and see that the Lord is good! Happy is the man who takes refuge in Him! O fear the Lord, you His saints, for those who fear Him have no want. The young lions suffer want and hunger; but those who seek the Lord lack no good thing.

Come, O sons, listen to me, I will teach you the fear of the Lord. What man is there who desires life, and covets many days, that he may enjoy good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it. The eyes of the Lord are toward the righteous, and his ears toward their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from the earth. When the righteous cry for help, the Lord hears, and delivers them out of all their troubles. The Lord is near to the broken-hearted, and saves the crushed in spirit. Many are the afflictions of the righteous; but the Lord delivers him out of them all. He kept all his bones; not one of them is broken. Evil shall slay the wicked; and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in Him will be condemned.

THE ZADOSTOYNIK

[[Music on website](#)]

Magnify, O my soul,
the most precious Cross of the Lord!
Thou art a mystical Paradise, O Theotokos,
in which Christ has blossomed;
through Him the life-bearing wood of the Cross was planted on earth.
Now at its Elevation,
as we bow in worship before it,
we magnify thee.

THE DISMISSAL

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

Lord, have mercy. Lord, have mercy. Lord, have mercy. Bless, O Lord.

Reader: Lord Jesus Christ, through the intercessions of Thy most pure Mother; by the might of the precious and life-giving Cross; by the protection of the honourable bodiless powers of heaven; at the supplications of our Holy, Venerable and God-bearing Fathers; of our Father among the Saints, Chad, Bishop of Lichfield, Patron and Protector of this Community; of the Holy and Righteous Ancestors of God, Joachim and Anna; and of all the saints, have mercy upon us and save us. Amen.

All kiss the Gospel Book (or New Testament, or Bible) and the Cross placed on the table. When all have done so, the reader or choir sings slowly:

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