

# Hymns and Readings for Sunday 19<sup>th</sup> March 2023

## Third Sunday of Great Lent The Veneration of the Cross

### THE HOURS

#### TROPARIA AND KONTAKION AT BOTH HOURS

**Troparia:** Resurrection; Glory ... The Cross; Both now ... From the Horologion

**Kontakion:** The Cross

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### THE VENERATION OF THE CROSS

*After the Dismissal of the Hours the Priest sings: "Glory to Thee, Who hast shown us the Light" and the Choir sings the **Great Doxology**.*

*At the end of the Great Doxology, "**Holy God ...**" onwards is sung **very slowly**. Preceded by candles and the censer, the Holy Cross is brought in procession through the North Door of the Altar and around the Church as at the Entrance with the Gospel Book, while the choir sings "**Holy God ...**" etc. When the procession reaches the Ambon, the priest raises the Cross and sings "**Wisdom! Let us attend!**"*

*The Troparion "**O Lord save Thy people ...**" (Green Book page 30) is sung three times while the priest places the Cross on the analogion and censes it from the four sides.*

*The priest sings "**Before Thy Cross we bow down in worship ...**" (Sheet) and makes two prostrations before the Holy Cross, kisses it, then makes a third prostration.*

*The choir repeats "**Before Thy Cross we bow down in worship ...**" twice more, followed by the stichera "**Come, ye faithful ...**" etc. (Lenten Triodion page 348ff) while all venerate the Holy Cross in the same way. When all have venerated the Cross, the Divine Liturgy begins as usual.*

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### THE DIVINE LITURGY OF SAINT BASIL

#### TYPICAL PSALMS AND BEATITUDES

##### ENTRANCE HYMN

O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

##### TROPARIA & KONTAKIA

###### **Troparion of the Resurrection in Tone 7**

[Music on website / Green Book page 14]

By Thy Cross Thou didst destroy death.

To the thief Thou didst open Paradise.

For the Myrrhbearers 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.

###### **Troparion of the Cross in Tone 1**

[Music on website / Green Book page 30]

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

## **Kontakion of the Cross in Tone 7**

[Music on website / Sheet]

Now the flaming sword no longer guards the gates of Eden;  
it has been mysteriously quenched by the wood of the Cross!  
The sting of death and the victory of hell have been vanquished;  
for Thou, O my Saviour, hast come and cried to those in hell://  
“Enter again into Paradise.”

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## **INSTEAD OF THE TRISAGION**

[Music on website / Sheet]

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

Glory 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.

**Priest:** Dynamis!

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

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## **PROKEIMENON**

**Reader:** The Prokeimenon in the Sixth Tone.

**Reader:** O Lord, save Thy people, and bless Thine inheritance!

**Choir:** O Lord, save Thy people, and bless Thine inheritance!

**Reader:** To Thee, O Lord, will I call. O my God, be not silent to me!

**Choir:** O Lord, save Thy people, and bless Thine inheritance!

**Reader:** O Lord, save Thy people

**Choir:** and bless Thine inheritance!

## **EPISTLE**

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Ye Brethren: Since we have a great High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honour upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, “Thou art My Son, today I have begotten Thee”; as He says also in another place, “Thou art a priest forever, after the order of Melchizedek.” [Hebrews 4:14-5:6]

## **ALLELUIA**

**Priest:** Peace be to thee that readest, and to all the people.

**Reader:** And to thy spirit. Alleluia, Alleluia, Alleluia.

**Choir:** Alleluia, alleluia, alleluia!

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

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** God is our King before the ages; He hath wrought salvation in the midst of the earth!

**Choir:** Alleluia, alleluia, alleluia!

## **GOSPEL**

The Reading from the Holy Gospel according to Mark.

The Lord said: “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his

soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."  
[Mark 8:34-9:1]

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### **ZADOSTOYNIK**

All of creation rejoices in thee,      [\[Music on website / Green Book page 119 / Sheet / Folder\]](#)  
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!

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### **COMMUNION HYMN**

The light of Thy countenance has shone on us, O Lord. Alleluia, Alleluia, Alleluia!

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### **AFTER COMMUNION**

"We have seen the True Light ..." etc., as usual.

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