

3rd Sunday of Lent
The Sunday of the Veneration of the Cross
Hebrews 4: 14 – 5: 6 **Mark 8: 34 – 9: 1**

Beatitude Verses
6 from Octoechos for Resurrection
4 from Triodion: Canon Ode 6

People: In Your kingdom remember us, O Lord, when You come into Your kingdom.
Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted!
Blessed are the meek, for they shall inherit the earth!

Reader: The fruit which slew me was beautiful and good to eat; but Christ is the Tree of Life, and eating of Him I do not die, but cry out with the Robber: Remember me, O Lord, in Your kingdom!

People: Blessed are those who hunger and thirst after righteousness, for they shall be filled!

Reader: O Compassionate Lord, who was lifted up on the Cross, You have erased the record of Adam's ancient sin, and have saved the whole human race from deception. Therefore, we praise You, O Lord and Benefactor.

People: Blessed are the merciful, for they shall obtain mercy!

Reader: O compassionate Christ, You nailed our sins to the Cross, and by Your death You slew death, O You who raised up the dead from among the dead. Therefore, we worship Your holy resurrection.

People: Blessed are the pure in heart, for they shall see God!

Reader: The serpent once poured its venom into the ears of Eve; but on the tree of the Cross, Christ poured forth the sweetness of life upon the world. Therefore, we cry out: Remember us, O Lord, in Your kingdom!

People: Blessed are the peacemakers, for they shall be called children of God!

Reader: O Christ the Life of all, You were laid in the tomb as one dead; and You broke down the gates of Hades; and having risen again in glory on the third day as One mighty, You have illumined all. Glory to Your arising!

People: Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven!

Reader: Having risen from the dead on the third day, the Lord bestowed His peace upon His disciples; and having blessed them, He sent them forth saying: Lead all into My kingdom!

People: Blessed are you when people revile you, persecute you, and say all kinds of evil against you falsely for my sake!

Reader: O Christ, You have crushed death and risen as a mighty King; You have recalled us from the depths of Hades and brought us to the land of immortality, granting us the joy of the Kingdom of Heaven.

People: Rejoice, and be exceedingly glad, for great is your reward in heaven!

Reader: O faithful, let us cry aloud with joy and sing triumphantly to God, as we greet the Cross of the Lord; for it is a source of holiness to all those in the world.

People: **Glory** to the Father, and to the Son, and to the Holy Spirit.

Reader: O all-powerful Lord, the words of the Psalmist are fulfilled: for see, we worship You at the footstool of Your most pure feet, at Your Precious Cross, the thrice-blessed Wood.

People: **Now** and ever, and to the ages of ages. Amen.

Reader: O Christ, we kiss the holy Cross which You were pleased to carry on Your shoulders, and on which You accepted to be lifted up and crucified in the flesh; and from it we receive strength against our invisible enemies.

Troparia & Kontakia

Resurrection Troparion Tone 7

People:
You destroyed death by Your Cross, /
You opened Paradise to the robber. /
You reversed the lamentation of the Myrrh-bearing Women, /
and You commanded Your Apostles to proclaim /
that You arose, O Christ our God, /
granting to the world //
Your great mercy.

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

**Troparion of the Life-Giving Cross
Tone 1**

People:

O Lord, save Your people /
and bless Your inheritance. /
Grant victory to Orthodox Christians over their enemies, //
and by the power of Your Cross preserve Your dominion.

People: Now and ever and to the ages of ages. Amen.

**Kontakion of the Sunday of Cross Veneration
Tone 7**

People:

The fiery sword no longer guards the gate of Eden, /
for in a strange and glorious way /
the wood of the Cross has quenched its flames. /
The sting of death and the victory of Hades are now destroyed, /
for You have come, my Savior, /
crying to those in Hades: //
'Return again to Paradise.'

Instead of the Thrice-Holy Hymn

People: Before Your Cross we bow down in veneration, O Master, and Your holy Resurrection we glorify. (x 3)

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

And Your holy Resurrection we glorify.

Before Your Cross we bow down in veneration, O Master, and Your holy Resurrection we glorify.

**Resurrection Prokeimenon
Tone 6**

Deacon: Let us attend.

Priest: Peace be to all.

Reader: And to your spirit.

Deacon: Wisdom!

Reader: The Prokeimenon in the 6th Tone: O Lord, save Your people and bless Your inheritance.

People: O Lord, save Your people and bless Your inheritance.

Reader: To You, O Lord, I cry; may You never be silent to me.

People: O Lord, save Your people and bless Your inheritance.

Reader: O Lord, save Your people.

People: And bless Your inheritance.

Deacon: Wisdom!

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

Deacon: Let us attend.

Epistle
Hebrews 4: 14 – 5: 6

Reader: Brethren, since we have such a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold on firmly to our confession. Certainly, we do not have a High Priest who cannot sympathize with our infirmities, but one who has been taught by trial in all things just as we are, yet without sin. Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace for assistance in time of need. Every high priest is selected from among men and is appointed for their sake in matters pertaining to God, so that he may offer both gifts and sacrifices for their sins. The high priest can deal gently with those who are ignorant and going astray since he himself is also subject to weakness. Because of this, he must offer sacrifices for the sins of the people, as well as for himself. Moreover, nobody assumes this honor by himself but one is called by God, just as Aaron was. Likewise, Christ did not glorify Himself to be made a High Priest, but it was God who said to Him: You are My Son: Today I have become Your Father. As He says also in another place: You are a Priest forever, according to the order of Melchizedek.

Priest: Peace be to you the reader.

Reader: And to your spirit.

Deacon: Wisdom!

Alleluiarion Tone 1

(Psalm 73: 2, 12)

Reader: Alleluia in the 1st Tone.

People: Alleluia, alleluia, alleluia.

Reader: Remember Your congregation You acquired from the beginning.

People: Alleluia, alleluia, alleluia.

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

People: Alleluia, alleluia, alleluia.

Gospel

Deacon: Bless Master, him who proclaims the Holy Gospel of the Holy, Apostle and Evangelist Mark.

Priest: May God, through the intercessions of the holy, glorious, all praised Apostle and Evangelist Mark, enable you to proclaim the Good News with great power, for the fulfillment of the Gospel of His Beloved Son, our Lord Jesus Christ.

Deacon: Amen.

Priest: Wisdom! Arise! Let us listen to the Holy Gospel. Peace be to all.

People: And to your spirit.

Deacon: The Reading is from the Holy Gospel according to Saint Mark.

People: Glory to You, O Lord, glory to You.

Priest: Let us attend.

Deacon: **Mark 8: 34 – 9: 1**

People: Glory to You, Lord, glory to You.

The Hymn to the Theotokos

Instead of "It is truly right..." we sing *All Creation Rejoices...*

People:

All of creation rejoices in you, 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 your body into a throne, /
and your womb He made more spacious than the heavens. /
All of creation rejoices in you, O full of grace. //
Glory to you.

Communion Verse (Koinonikon)

People:

Cross: O Lord, the light of Your face was stamped upon us.

Alleluia, Alleluia, Alleluia.