

**SUNDAY 15 MARCH 2026**  
**+ Sunday of Holy Cross**  
**Martyr Agápios and Companions C4**  
**40<sup>th</sup> Sunday Tone 7 & Eothinón 7**

**VESPERS**

**Lord I have cried**

Tone 7

O Lord, I have cried to you, listen to me;  
O Lord, listen to me.

O Lord, I have cried to you, listen to me;  
Note the voice of my plea when I cry to you.  
O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.  
Come, let us rejoice in the Lord who destroyed the dominion of death  
and enlightened the human race. Let us sing to him with the bodiless  
hosts, "Our Maker and Saviour, glory to you!"

S9: The just will wait for me until you reward me.  
O Saviour, you endured the cross and burial for our sake. As God  
you destroyed death by your death. We fall down before your  
resurrection on the third day. O Lord, glory to you!

S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
When the Apostles saw the resurrection of the Maker, they were  
amazed and sang the angelic praise, "This is the glory of the Church;  
this is the wealth of the kingdom." O Lord who suffered for our  
sake, glory to you!

S7: Let your ears note the voice of my plea.  
O Christ, you were held by lawless men, but you are my God and I  
am not ashamed. You were struck on the cheek, but I do not deny  
you. You were nailed to the cross and I do not conceal it, for I  
glorify your resurrection and your death is my life. O almighty Lord,  
Lover of the human race, glory to you!

S6: O Lord, if you mark offences, who will stand?  
But there is forgiveness with you.  
Christ fulfilled the prophecy of David and revealed his own greatness  
in Zion to the disciples. He is praised and always glorified, together  
with the Father and the Holy Spirit. At first, as the Word, he was  
bodiless, but later he took flesh and was killed for our sake as man.  
He rose with power, *for he is* the Lover of the human race.

S5: O Lord, I have waited for you for your name's sake;  
my soul has waited for your word,  
my soul has hoped in the Lord.  
O Christ, you descended into Hades as you freely determined; you  
overthrew death as God and Master. You rose on the third day and  
with you raised Adam from the bonds of Hades and from corruption.  
Glory to your resurrection, only Lover of the human race!

Tone 5

S4: Let Israel hope in the Lord  
from the morning watch until night,  
from the morning watch.

O cross of the Lord, shine and illuminate the hearts of those who  
honour you. We embrace you, only hope of the world, with love  
inspired by God. Through you our tears are wiped away, the snares  
of death are sprung and we pass over to eternal joy. O Lord, reveal  
your beauty to us through the cross. Help your servants who ask for  
mercy with faith and grant us the fruits of abstinence.

S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.

1

Hail, O Life-bearing cross, bright Paradise of the Church and the tree  
of incorruption! You have obtained for us the joy of everlasting  
glory. Through you the hosts of demons are driven out, the choirs of  
angels are amazed and rejoice. The company of the faithful gathers  
in celebration. O invincible weapon, unbroken stronghold, triumph  
of Orthodox Christians and pride of priests, may we witness the  
passion and resurrection of Christ our God by following you.

S2: Every nation, praise the Lord;  
every people, acclaim him!

Hail, O Life-bearing cross, the invincible weapon of godliness, the  
gate of Paradise and the protection of the faithful! The cross is the  
might of the Church through which corruption is abolished and  
through which the power of death is crushed. The cross raises us  
from earth to heaven. The cross is the enemy of Satan. The cross is  
the glory of the martyrs. The cross is the harbour of salvation which  
grants the world great mercy.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
Come, O Adam and Eve, our first mother and father! You fell from  
divine glory through the envy of man's murderer. The pleasure of the  
tree of old was bitter, but see, the honourable tree of the cross  
approaches. Run quickly and embrace it with joy. Cry out with  
faith, "Most precious cross, you are our help. We eat your fruit and  
gain incorruption. We are restored again to Eden now that we have  
received great mercy.

Glory: Tone 3

O Christ our God, you accepted crucifixion because you wished to  
restore all men to life. You were ablaze with boundless love for man  
and took the quill of the cross in your hand. You dipped it in ink of  
royal crimson and signed our release with blood-stained fingers.  
Although temptations assail us, may we never forsake you again. O  
long-suffering Master, have mercy on your despairing people. Rise  
and fight our enemies with your almighty power.

Both now: Tone 7

O Theotokos, you were revealed as a mother above nature, for you  
remained a virgin beyond reason and understanding. No tongue can  
speak about your wonderful childbearing, for the order of nature was  
overruled by God. O pure *Lady*, your conceiving was most glorious.  
O Virgin, the manner of your giving birth was ineffable. We know  
that you are the Mother of God and pray fervently to you, "Plead  
with him to save our souls."

**Phos Ilarón**

P/D: Wisdom! Stand upright!  
O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

**Prokeímenon**

P/D: The Evening Prokeimenon  
R: The Lord reigns *and* is clothed with majesty.  
S1: The Lord has put on power and clothed himself.  
S2: He founded the world, which will not be moved.

**Ektení**

**Prayer**

O Lord, allow us this night to be guarded from sin. Blessed are you,  
O Lord, God of our fathers! Praised and glorified be your name for  
ever. Amen. O Lord, let your mercy be on us, for we have hoped in  
you. Blessed are you, O Lord; teach me your statutes. Blessed are  
you, O Master; make me understand your statutes. Blessed are you,  
O Holy *One*; enlighten me with your statutes. O Lord, your mercy

lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

### Plirotiká

#### Prayer

P: Peace be with you all. R: And with your spirit  
D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. *Amen.*

### Apósticha

Tone 7

O Saviour of the world, you rose from the tomb and raised the human race with your body. O Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;  
the Lord has put on power and clothed himself. Ps 92  
Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

S2: For he founded the world which will not be moved. Ps 92  
O Christ, you descended into Hades and captured death. O Lord, Lover of the human race, you rose again on the third day and have raised us who glorify your all-powerful resurrection.

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Lord, when you were placed in the tomb like someone asleep, you appeared awesome. But, when you rose on the third day as the almighty *Lord*, you raised Adam with you. Glory to your resurrection, only Lover of the human race!

Glory: Both now: Tone 4

O Lord, the humble David defeated his tormentors with your help. Now grant the power of your cross to every Orthodox Christian. O compassionate *Lord*, grant us your great mercies so that our adversaries may know that you are God. We will be victorious, for we hope in you. Grant us great mercy through the intercession of your all-pure Mother.

### Song of Simeon

B/P: O Master, now let your servant depart in peace  
according to your word,  
<sup>2</sup> for my eyes have seen your salvation,  
which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
and *the* glory of your people Israel.

### Triságon Prayers

#### Apolytikia

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

Tone 1

O Virgin, O sacred ark, when Gabriel greeted you with "Hail!" he cried out like the just David, for the Master of all was incarnate in you. You were revealed as more spacious than the heavens, for you carried your Creator. Glory to the *Lord* who lives in you! Glory to

the one who comes from you! Glory to the one who frees us through your Child!

### Dismissal

### ORTHROS

#### God is the Lord Ps 117

R: God is the Lord and has appeared to us.  
Blessed is the one who comes in the Lord's name. Ps 117  
S1: Thank the Lord, for he is good,  
for his mercy lasts for ever.  
S2: All the nations surrounded me,  
but I opposed them in the Lord's name.  
S3: This *is* the Lord's doing  
and it is wonderful in our eyes.

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### Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

### Kathisma 1

Tone 7

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, "The Lord has risen and granted the world great mercy."

Glory:

You have despoiled death by your three days' burial in the tomb. You have raised corrupt man by your life-bearing resurrection. Glory to you, O Christ our God, Lover of the human race!

Both now:

O Virgin-Theotokos, continually pray to Christ our God to save our souls, for he was crucified, rose for us and destroyed the power of death.

### Kathisma 2

O Christ our God, while the sepulchre was sealed, you rose from the tomb as Life. While the doors were closed, you stood in the midst of your disciples. O Resurrection of all, you renew a right Spirit within us through them, for you are great in mercy.

Glory:

O King of all, the women ran to the tomb with tears and carried spices, while the soldiers kept their watch over you. They said to one another, "Who will roll away the stone for us?" The Angel of Great Counsel has risen and tramples down death. Glory to you, almighty Lord!

Both now:

Hail, O virgin Theotokos, full of grace, harbour and protection for the race of men! The Rescuer of the world was made flesh through you. Only you are both mother and virgin, ever-blessed and glorified. Plead with Christ our God to grant peace to the world.

#### **Evlogitária**

Blessed are you, O Lord; teach me your statutes.  
The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.  
The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.  
The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.  
The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:  
We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:  
O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)  
O our God and our hope, glory to you.

#### **Small Litany**

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. *Amen*

#### **Ypakói**

*Read without note*

O Christ our God, you have put on our human form and endured the cross in the body. Save me by your resurrection, for you are the Lover of the human race.

#### **Anaváthmi Tone 7**

Antiphon 1 Ps 125  
O Saviour, since you turned the captivity of Zion from error, make me also live and raise me from slavery to passions.  
The man who sows tribulation in the South with tears of fasting will reap sheaves of eternal life-giving food.

Glory: Both now:  
The fountain of divine treasury is in the Holy Spirit, from whom come wisdom, understanding and fear; praise, honour, glory and might are his due.

Antiphon 2 Ps 126  
If the Lord does not build the house of the soul, we labour in vain, for no work or word is perfected without him.  
The saints from the fruit of the womb, who are spiritually moved, produce the fatherly teaching of adoption as sons.

Glory: Both now:  
Everything has its being through the Holy Spirit, for he is God before all, Master of all, unapproachable Light and Life of all.

#### **Antiphon 3 Ps 127**

Those who fear the Lord and find the way of life are blessed with undefiled glory both now and forever. As you see your offspring like saplings around your table, rejoice and exult when you offer them to Christ, the Chief Shepherd.

Glory: Both now:  
An abundance of graces, the wealth of glory and the great depth of judgments are in the Holy Spirit. We must worship him with the same glory as the Father and the Son.

#### **Prokeímenon Ps 9**

R: O Lord my God, arise, let your hand be raised; *and* never forget the needy.  
S: O Lord, I will thank you with all my heart.

#### **Small Litany**

For you are the King of Peace and Saviour of our souls, and we send up glory to you, to the Father, the Son and the Holy Spirit, always, now and for ever, and to the ages of ages. *Amen*

#### **Kontákion**

*Said without note*

Now the flaming sword no longer guards the gates of Paradise; it has been mysteriously put out by the wood of the cross. The sting of death and the victory of Hades have been vanquished, for you, my Saviour, came and cried to those in Hades, "Enter again into Paradise."

#### **Íkos**

Pilate set up three crosses in the Place of the Skull, two for the thieves and one for the Giver of Life. When it saw him, Hades cried to those below, "My servants and my powers, who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly and I have been torn apart. I suffer inwardly; anguish has seized my belly and senses. My spirit trembles and I have been forced to cast out Adam and his posterity. A tree brought them to my realm, but now the tree of the cross cries out to them, 'Enter again into Paradise.'"

#### **Synaxarion**

Today we remember the holy martyr Agápios and his companions. They were Plisios, Rómylos, Timólaos, the two Alexanders and the two Dionysii. Agápios was condemned to death, but languished first for two years in prison. When they saw Christian joy and constancy, bystanders also professed Christ and met their death at the same time. On the Fifteenth Agápios and his companions were struck with the sword and travelled to heaven.

Together with them we remember:  
Apostle Aristóvoulos of Britain C1  
Martyr Nikandros of Egypt C4  
New Martyr Manouil of Crete C18

#### **Ypónnima**

Today on the third Sunday of the Great Fast we celebrate the precious cross. Let all the inhabited earth adore the cross through which it has learned to worship you, O revered Lord. Therefore, O Christ our God, protect us against harm from the deceitful one through its power. Make us worthy to travel through the battleground of the Forty Days, then to adore your divine passion and life-giving resurrection. Have mercy on us, for you alone are the Lover of the human race. *Amen*.

#### **Katavasías**

##### **Tone 1**

1: O Christ our God, Moses, the servant of God, prefigured your cross in days of old when he divided the Red Sea with his rod and led Israel across on dry land. He sang a song of liberation to you.

3: O Christ my Master, establish me firmly on the rock of faith through your cross, so that my mind is not shaken by the assaults of the evil enemy, for you alone are holy.

4: O mighty Lord, the sun was seized with fear and hid its rays when it saw you on the cross. The whole creation glorified your long-suffering with awe and the earth was filled with your praise.

5: O Saviour of the world, we sing your praises when we rise early in the morning, for we have found peace through your cross. You have renewed the human race through it and lead us to the light that knows no evening.

6: Jonah foreshadowed the figure of the cross with his outstretched arms in the belly of the whale. O Word, he leapt out from the monster and was saved by your power.

7: The Lord, who rescued the children from the flames, took flesh and came to earth. He was nailed to the cross and granted us salvation, for he alone, the God of our fathers, is blessed and greatly glorified.

Let us praise, bless and worship the Lord.

8: Daniel, great among the prophets, was thrown into the lions' den, but he stretched out his hands in the form of the cross and was kept unharmed. He was rescued from their mouths and blessed Christ our God for ever.

### Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

### Eothinón Gospel 7

From the Holy Gospel according to John (20:1-10)

On the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. <sup>2</sup> So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." <sup>3</sup> Peter then came out with the other disciple, and they went toward the tomb. <sup>4</sup> They both ran, but the other disciple outran Peter and reached the tomb first; <sup>5</sup> and stooping to look in, he saw the linen cloths lying there, but he did not go in. <sup>6</sup> Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, <sup>7</sup> and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. <sup>8</sup> Then the other disciple, who reached the tomb first, also went in, and he saw and believed; <sup>9</sup> for as yet they did not know the scripture, that he must rise from the dead. <sup>10</sup> Then the disciples went back to their homes.

R: Glory to you, O Lord, glory to you.

### Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

### Psalm 50

O God, have mercy on me in your abundant mercy  
and wipe out my offence through your great pity.

4 Wash me thoroughly from my lawless act  
and cleanse me from my sin,

5 for I know my lawlessness  
and my sin is always before me.

6 I have sinned against you alone  
and done what is evil before you

6b so that you might be right in your words  
and overcome when you are judged,

7 for see, I was conceived in lawlessness  
and my mother desired me in sin,

8 for see, you have loved truth  
and shown me the mysteries and secrets of your wisdom.

9 You will sprinkle me with hyssop and I will be clean;  
you will wash me and I will become whiter than snow.

10 You will make me hear about joy and gladness;  
humbled bones will rejoice.

11 Turn your face from my sins  
and wipe out all my lawlessness.

12 O God, make a pure heart within me  
and renew an upright spirit within me.

13 Do not banish me from your presence  
or remove your Holy Spirit from me.

14 Restore your saving joy to me  
and strengthen me with your directing Spirit.

15 I will teach the lawless your ways  
and the ungodly will return to you.

16 O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.

17 O Lord, you will open my lips  
and my mouth will announce your praise,

18 for if you had wanted sacrifice, I would have given it;  
you will not be pleased with burnt offerings.

19 Sacrifice for God is a broken spirit;  
God will not despise a broken and humbled heart.

20 O Lord, be good to Zion in your pleasure  
and let the walls of Jerusalem be built,

21 then you will be pleased with a just sacrifice,  
with an offering and burnt sacrifices;  
then they will offer calves on your altar.

Glory: Tone 6

O Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, "O God, have mercy on me according to your great mercy."

### Intercession

*Short form*

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyr Agápios and his companions., and of all the saints., we ask you, only merciful Lord, "Listen to us sinners as we pray to you, and have mercy on us."

*Lord have mercy. X12*

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

### Ode 9

My soul glorifies the Lord  
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim  
and beyond compare more glorious than the Seraphim.  
You gave birth to God the Word without defilement;  
O true Theotokos, we glorify you.

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. R:

<sup>3</sup> For the Almighty has accomplished great *things* for me  
and his name is holy.

His mercy is from generation to generation  
on those who fear him. R:

<sup>4</sup> He has accomplished strength with his arm  
and scattered the proud in the imagination of their hearts. R:

<sup>5</sup> He has put down the mighty from *their* thrones  
and exalted the humble.

He has satisfied the hungry with good *things*  
and dismissed the rich with nothing. R:

<sup>6</sup> He has helped his servant Israel  
in remembering his mercy,  
as he spoke to our fathers,  
to Abraham and his seed for ever. R:

9: O virgin Mother and true Theotokos, you gave birth to Christ our God without seed. He was lifted up in the flesh on the cross. We, together with all the faithful, rightly glorify you together with your Son.

### Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

### Holy is the Lord

Holy is the Lord our God. X3  
Exalt the Lord our God and worship at his footstool.  
for he is holy.

### Exaposteilária

Tone 7

When Mary said, "They have taken away my Lord," Simon Peter and the other disciple, the anointed of Christ whom Jesus loved, went quickly to the grave. They came and found the grave clothes in the tomb, together with the napkin which had covered his head lying near them. Therefore they waited until they also had seen the Christ.

Today as we gaze on the precious cross of Christ, let us bow before it with faith. Let us rejoice and embrace it with longing. Let us plead with the Lord who was willingly crucified, "Make us worthy to venerate the precious cross and enable us to reach the day of resurrection free from evil."

All-holy Lady, with true devotion, we now honour the wood on which your Son stretched out his most-pure hands and on which he was nailed for us. Grant us peace and let us come to the Holy Passion that has saved the world. May we worship at the radiant Festival of Pascha, the Lord's Day that brings light and joy to all creation.

### Praises

Tone 7

Let everything with breath  
praise the Lord.  
Praise the Lord from the heavens;  
praise him in the heights.

To you, O God, is due a song.

Praise him, all his angels;  
praise him, all his powers.  
To you, O God, is due a song.

S8: This glory will be for all his holy ones.  
Christ is risen from the dead; he has shattered the chains of death. O earth, proclaim great joy; O heavens, praise the glory of God.

S7: Praise God in his saints;  
praise him in his mighty firmament.  
Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless *being*.

S6: Praise him for his mighty deeds;  
praise him for the abundance of his majesty.  
We continually praise the resurrection of Christ, for the holy Lord Jesus, who has revealed the resurrection, has saved us from our sins.

S5: Praise him with the trumpet sound;  
praise him with lute and harp.  
What shall we give to the Lord in return for all his bounty to us? For our sake God came and lived among men. The Word became flesh and lived among us because of our corrupt nature. He is the Benefactor of the ungrateful, the Rescuer of captives, the Sun of justice of those sitting in darkness, the passionless *Lord* on the cross, the Light in Hades and the Resurrection for the fallen. Let us cry out to him, "Our God, glory to you!"

Tone 4

S4: Praise him with cymbal and dance;  
praise him with strings and flute.

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.

Let everything with breath praise the Lord.

Let us rejoice in song and glorify the precious cross. Let us embrace it and cry out, "All-honoured cross, sanctify us by your power. Keep those of us who venerate you in true worship safe from harm by our enemies. X2

S2: Exalt the Lord our God  
and worship at his footstool;  
for he is holy. Ps 98

Come and drink living waters which flow from the tree of life as we see the holy cross before us. *It is* the fountain of blessings, and the spring of blood and water which flows from the life-giving side of the Master. He was lifted up on the cross by his own volition, raised the human race and drew us to himself.

S1: God *was* our King in the past;  
he has accomplished salvation in the midst of the earth.  
O precious cross, you are the pillar of the church, the confirmation of the faithful, and the pride and salvation of those who fast. We bow before you with all our heart and soul. We seek illumination from the divine grace of the *Lord* who hung on you, for it demolished the power of the Evil One and healed the curse.

Glory: Tone 8

The Lord taught us all in a parable to flee from the pride of the Pharisee. He himself taught us not to exalt ourselves. He humbled himself, took the form of a servant and was obedient to death, even to death on a cross. Let us give thanks to him with the Tax Collector, "O Lord, you endured the passion for us; rescue us from our passions and save us."

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

**Great Doxology**

Glory to you who have shown us the light!  
 glory to God in the highest!  
 Peace on earth and goodwill to men!

<sup>2</sup> We praise you, we bless you, we worship you,  
 we glorify you, we thank you for your great glory,

<sup>3</sup> O Lord King, heavenly God, almighty Father,  
 O Lord, only-begotten Son, Jesus Christ,  
 and you, O Holy Spirit!

<sup>4</sup> O Lord God, Lamb of God, Son of the Father,  
 you take away the sin of the world;  
 have mercy on us,  
*for* you take away the sin of the world.

<sup>5</sup> Receive our prayer,  
*for* you sit on the right of the Father,  
 and have mercy on us.

<sup>6</sup> For only you are holy, only you are Lord,  
 O Jesus Christ, to the glory of God the Father. Amen.

<sup>7</sup> I will bless you every day  
 and always praise your name for ever and ever. Ps 144

<sup>8</sup> O Lord, allow us this day  
 to be guarded from sin.

<sup>9</sup> Blessed are you, O Lord God of our fathers!  
 Praised and glorified be your name for ever. Amen. Daniel 3

<sup>10</sup> O Lord, let your mercy *be* on us,  
 for we have hoped in you. Ps 32.

<sup>16</sup> Blessed are you, O Lord!  
 Teach me your statutes. X3 Ps 118

<sup>12</sup> O Lord, you have been our refuge  
 from generation to generation. Ps 89

I said, "O Lord, have mercy on me;  
 heal my soul, for I have sinned against you." Ps 40

<sup>14</sup> O Lord, I have fled to you;  
 teach me to do your will, for you are my God. Ps 142

<sup>15</sup> For with you is the source of life  
 and in your light we will see light. Ps 35

<sup>16</sup> Stretch out your mercy  
 to those who know you. Ps 35

**Triságion****Apolytikion**

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

**LITURGY****Antiphon 1 Ps 4, 69, 67, 60 Tone 2**

S1: O Lord, the light of your face has been signed on us.

R: Through the prayers of the Theotokos, Saviour, save us.

S2: You have given a sign for those who fear you,  
 so that they may flee from the face of the bow.S3: When you ascended the high *mountain*  
 you seized captivity.S4: For you, O God, have heard my prayers  
 and have given an inheritance to those who fear your name.

S5: Glory: Both now:

**Antiphon 2 Ps 97, 131, 73, 45 Own Tone**

S1: All the ends of the earth have seen the salvation of our God.

R: Save us, O Son of God, you arose from the dead.  
 We sing to you, "Alleluia!"S2: Let us enter his tabernacle  
 and worship at the place where his feet have stood.S3: Yet God *was* our King in the past;  
 he has accomplished salvation in the midst of the earth.S4: I will be exalted among the nations  
 and be exalted in the earth."S5: Glory: Both now:  
*Monogenes***Antiphon 3 Ps 98, 27, Tone 1**S1: Exalt the Lord our God and worship at his footstool;  
 for he is holy.

R: O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

S2: O Lord, save your people and bless your inheritance;  
 S3: Guide them and exalt them up for ever. Ps 27,9**Entrance Ps 94**

Come, let us worship and fall down before Christ.

Save us, O Son of God.

You arose from the dead.

We sing to you, "Alleluia!"

**Apolytikia**

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

*Of the Church***Kontákion**

Tone 8

O Theotokos, champion commander, I your city, saved from calamities, ascribe to you songs of victory and hymns of thanksgiving. Since you possess invincible might, free us from every danger, so that we may cry to you, "Hail, O bride unwedded!"

**Triságion Substitute**

O Master, we worship your cross  
 and we glorify your resurrection.

**Prokeímenon Ps 27 Tone 6**

R: O Lord, save your people and bless your inheritance.

S: O Lord my God, I have cried to you.

**Apóstolos**

From the Letter of Paul to Hebrews (4:14-5:6)

Brother, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession.

<sup>15</sup> For we do not have a high priest who is unable to sympathise with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help in time of need. <sup>1</sup> 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. <sup>2</sup> He can deal gently with the ignorant and wayward, since he himself is weighed down with weakness.

<sup>3</sup> Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. <sup>4</sup> And no one takes the honour on himself, but is called by God, just as Aaron was. <sup>5</sup> So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "You are my Son, today I have fathered you"; <sup>6</sup> as he says also in another place, "You are a priest for ever, following the order of Melchizedek."

**Alleluia Ps 73 Tone 1**

S1: O Lord, remember your assembled people  
 whom you have purchased from the beginning.

S2: God *was* our king in the past;

he has accomplished salvation in the midst of the earth.

### **Gospel**

From the Holy Gospel according to Mark (8:34-9:1)

At that time Jesus called to him the crowd with his disciples, and said to them, "If any man would come after me, let him deny himself and take up his cross and follow me. <sup>35</sup> For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. <sup>36</sup> For what does it profit a man, to gain the whole world and forfeit his life? <sup>37</sup> For what can a man give in return for his life? <sup>38</sup> For whoever is ashamed of me and of 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 he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

### **Communion Ps 4**

O Lord, the light of your face has been signed on us. Alleluia!

### **Post Communion**

Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the faithful over their adversaries and preserve your commonwealth through your cross.

### **Dismissal**

### **Procession of the Cross**