

September 19: Afterfeast of the Exaltation of the Cross
Stichera on the Praises, Tone 6, Special Melody, "On the Third Day"
 Optina Hermitage Melody

Sopr.
Alto

We bow down be - fore the place where the feet of

Tenor
Bass

Christ stood, ex - alt ing the thrice-bless - ed Cross

whereon was shed the blood of the Mas - - - ter Who

hath poured forth res - sur - rec - tion

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up - on the world.

Hav - - ing mortified the passions of the flesh and spi - rit,

having crucified yourselves with Christ the Mas - - ter, O

ye di - vine ly wise, let us strive to el - e - vate our - selves,

through the el - e - va - - - tion of the

Cross, to the rest of hea - - - ven.

A life - - - bear - ing well - spring hath man - i - fest - ly

welled forth from the divine side of the Sa - vior,

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giv - ing drink to the souls of those

who with faith wor - - - - - ship

His di - vine Pas - sion, Cross and Res - ur - rec - tion.

Translation of Isaac E. Lambertsen, St. John of Kronstadt Press, 1988
 The complete service may be purchased at: sjkp.org

Note: These stichera are also sung at the Aposticha of
 Vespers on Sept. 16 and at the Praises on Sept. 17