

**3rd Sunday of Lent: Veneration of the Precious Cross**  
**Final Sticheron at the Praises, Tone 8**  
**Zosima Hermitage Chant**

*Reader:* In the 8th Tone, Arise O Lord my God, lift up Thine hand:

For - get not Thy poor for ev - - - - er.

The Lord of all has taught us in a par - a - ble to shun

the boastful thoughts of the e - vil Phar - i - sees; and he has

in - struc - ted all of us not to think more highly than we should.

He Him - self became our pattern and ex - am - - - ple,

for He emptied Himself even unto death up - on the Cross.

Let us therefore render thanks with the Pub - li - can and say:

O God Who hast suffered for us and yet remained im-pass - i - ble,

de - liv - er us from the passions and save our souls.

*Reader:* Glory... in the same tone.

Glo - ry to the Father, and to the Son, and to the Ho - ly

Spi - - - - - rit.

***Repeat Sticheron: "The Lord of all has taught us..."***

Music from the harmonization of Archimandrite Matfei  
"Pesnopenia Postnoy Triodi", Trinity-Sergius Lavra, 2002

English text: "The Lenten Triodion", translated by Mother Mary and  
Archimandrite Kallistos Ware, ©1977, Faber and Faber, London.