

# 3rd Sunday of Lent: The Veneration of the Precious Cross Stichera on "Lord I have cried"

Tone 5, Special Melody: "Rejoice"  
Optina Hermitage Melody

*At "Lord I have cried", ten stichera are sung— 6 of the Resurrection  
in the Tone of the week, and 4 from the Triodion:*

**(4) Reader: In the 5th Tone, Special Melody "Rejoice..."  
From the morning watch until night, from the morning watch**

I-descant  
II-chant  
melody

Let \_\_\_\_\_ Is ra - el hope in the Lord.

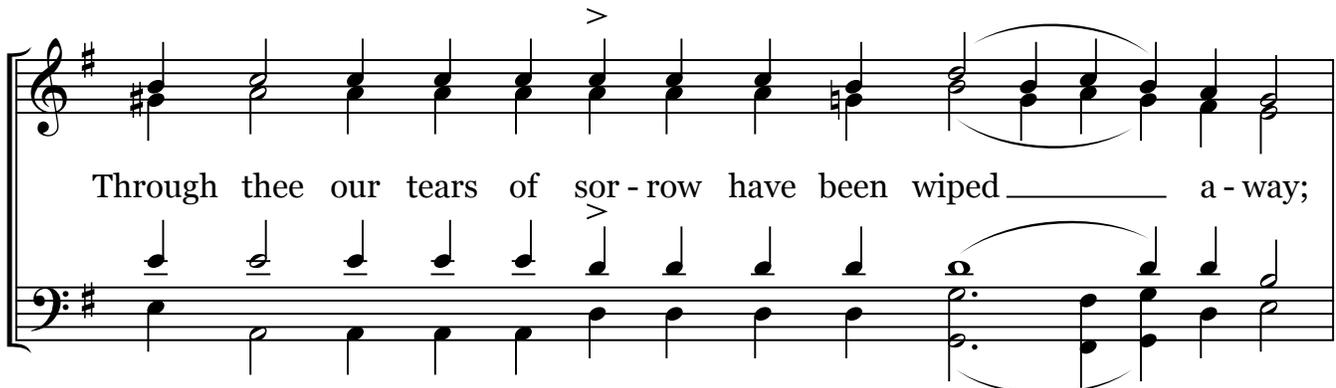
+ Shine, \_\_\_\_\_ Cross of the Lord, shine with the light \_\_\_\_\_ of thy grace

upon the hearts of those who hon - - or thee. With love in-spired \_\_\_\_\_

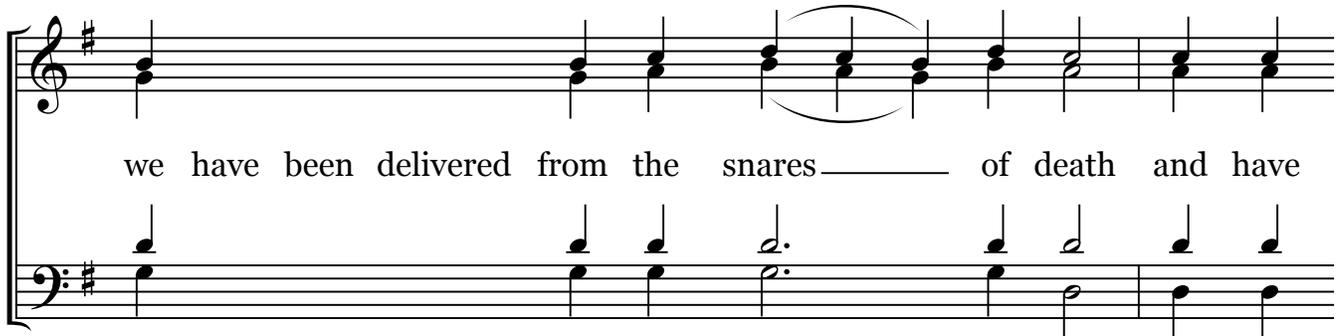
by God



by God, we embrace thee, O desire of all the world.



Through thee our tears of sorrow have been wiped away;



we have been delivered from the snares of death and have



passed over to unending joy. Show us the glory of thy

beauty

beau - - - ty and grant to us thy ser - - - - - vants

The first system of musical notation consists of a treble and bass staff. The treble staff features a melodic line with a fermata over the final note, and a bass line with a fermata over the final note. The lyrics are: "beau - - - ty and grant to us thy ser - - - - - vants".

the re-ward of our ab - - - sti-nence, for we en-treat — with — faith

The second system of musical notation consists of a treble and bass staff. The treble staff features a melodic line with a fermata over the final note, and a bass line with a fermata over the final note. The lyrics are: "the re-ward of our ab - - - sti-nence, for we en-treat — with — faith".

thy rich pro - tec - - - tion and great — mer - - - cy.

The third system of musical notation consists of a treble and bass staff. The treble staff features a melodic line with a fermata over the final note, and a bass line with a fermata over the final note. The lyrics are: "thy rich pro - tec - - - tion and great — mer - - - cy."

(3) *Reader:* For with the Lord there is mercy, and with Him is plenteous redemption;



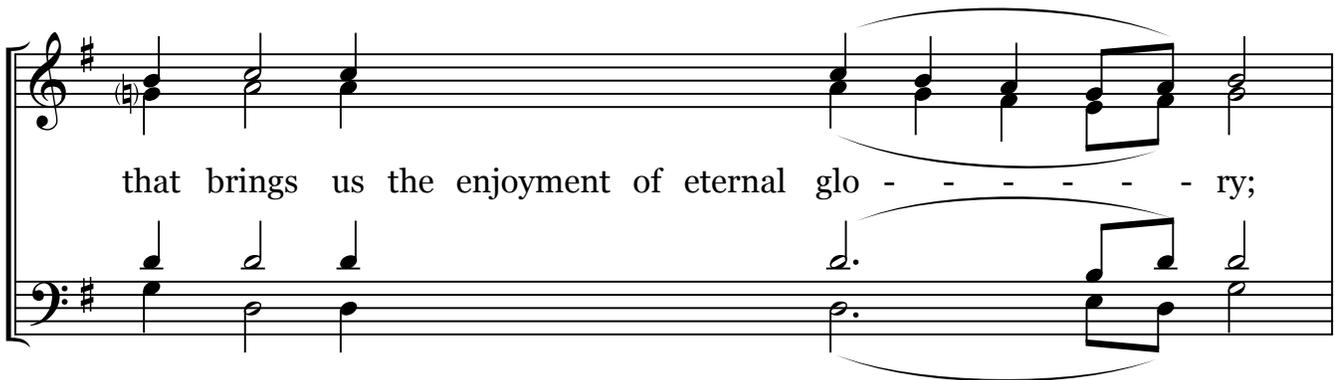
And He shall redeem Israel out of all his in - i - qui - ties.



+ Re-joyce! life - giv - ing Cross, the fair Par - a - dise of



the Church, Tree of in - cor - rup - - - tion



that brings us the enjoyment of eternal glo - - - - - ry;

through thee the hosts of demons have been driv - - - en back;

and the hier - arch - ies of an - - - - - gels re - joice with

one \_\_\_\_\_ ac - cord, as the con - gre - ga - tions of the faithful

keep \_\_\_\_\_ the \_\_\_\_\_ feast. Thou art an in - vinc - i - ble wea - - - pon,

an un-bro-ken strong - - - - hold; thou art the vic - to - ry of kings

The first system of musical notation consists of a treble and bass staff. The treble staff features a series of chords, with a slur over the first four measures and a fermata over the final two. The bass staff provides a simple harmonic accompaniment with quarter and eighth notes.

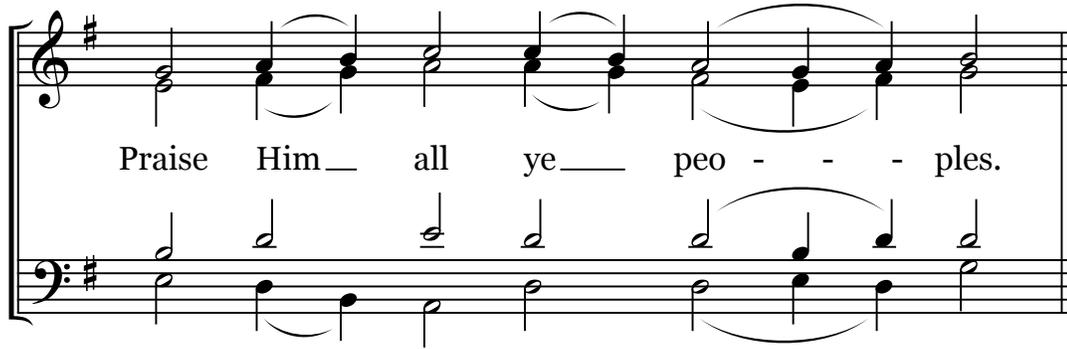
and the glo - ry of priests. Grant us now to draw near to the

The second system continues the musical notation. The treble staff has a slur over the first three measures and a fermata over the final two. The bass staff continues with a steady accompaniment.

Pas - sion of Christ and to His Res - ur - rec - - - - tion.

The third system concludes the musical notation. The treble staff has a slur over the last three measures and a fermata over the final two. The bass staff concludes with a final chord and a fermata.

(2) *Reader:* O praise the Lord, all ye nations;



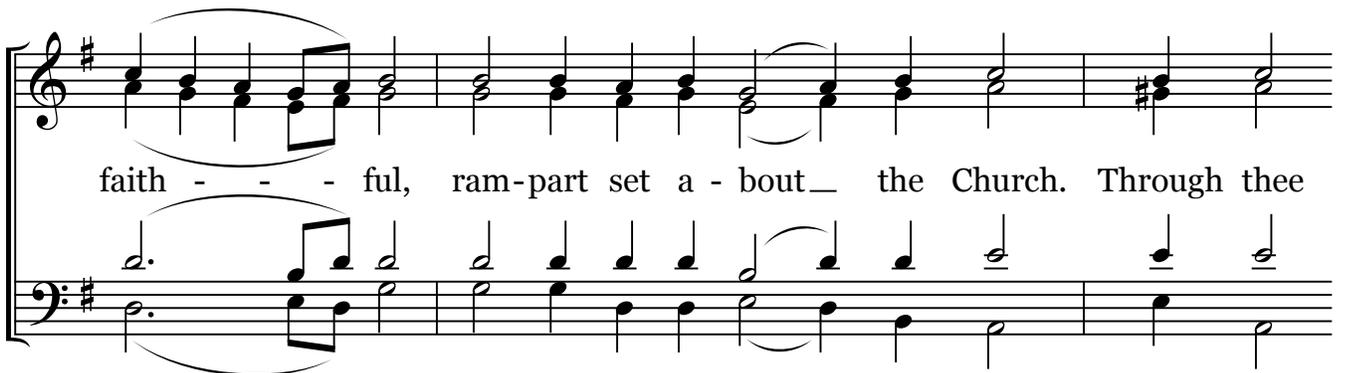
Praise Him all ye peoples.



✦ Re-joyce! Life-giving Cross, unconquerable trophy of



godliness, door to Paradise, succour of the



faithful, rampart set about the Church. Through thee

corruption

\*text adapted from Sept. 14, "The Festal Menaion"

cor - rup - tion is ut - ter - ly de - stroyed, the power of death is

swal - lowed up, and we are raised from earth to hea - - - ven:

in - vin - ci - ble wea - pon, ad - ver - sar - y of dev - - - - ils,

glo - ry of mar - - - tyrs, true or - na - ment of saints, ha - ven of

salvation

sal-va - - - tion be-stow-ing on the world great— mer - cy.

(1) *Reader:* For He hath made His mercy to prevail over us,

And the truth of the Lord— a - bid - eth for ev - - - er.

† Come, ——— A-dam and Eve, our first fa - ther and moth - - - - er,

who fell from the choir ——— on high, through the en - vy of the

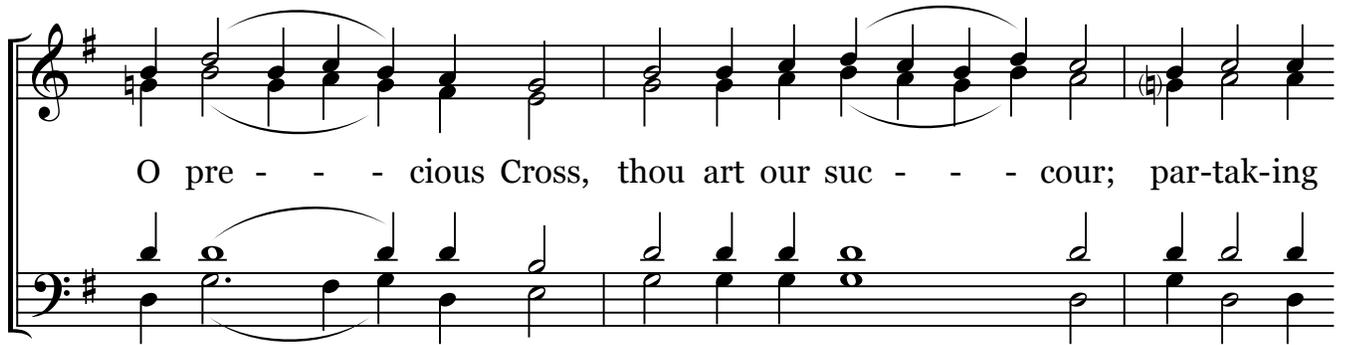
murderer of man

mur-der-er of man, when of old with bit-ter pleas - - - ure

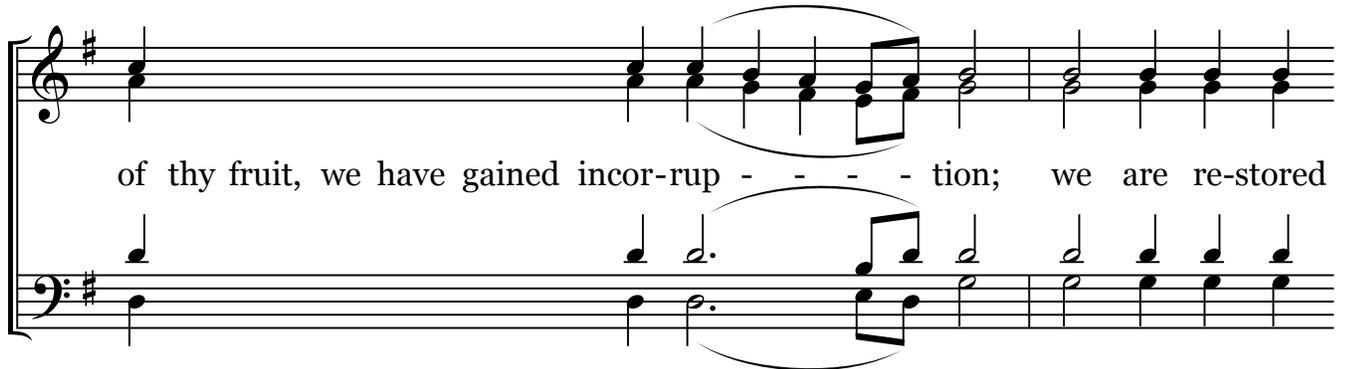
ye tast-ed from the tree in Par - - - - a-dise. See, the Tree

of the Cross, re-vered by all, draws near. Run with

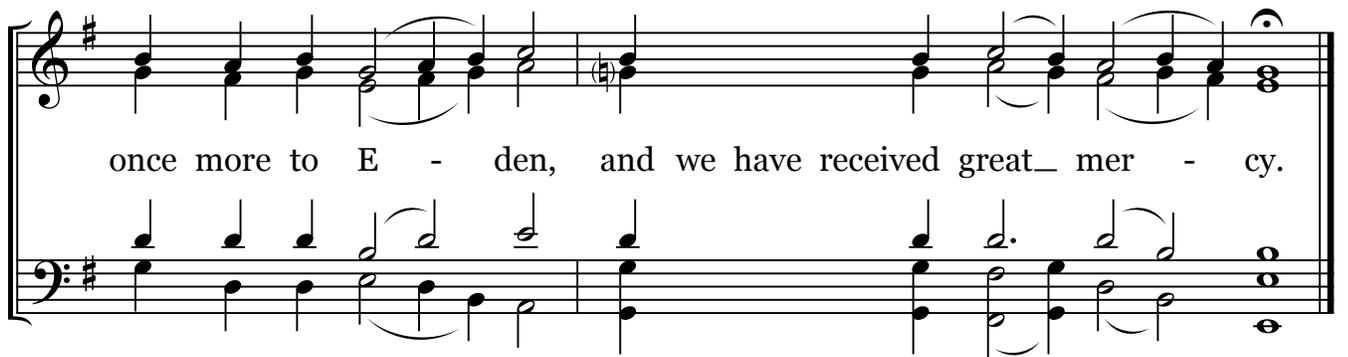
haste and embrace it joy-ful-ly, and cry to it with faith:



O pre - - - cious Cross, thou art our suc - - - cour; par-tak-ing



of thy fruit, we have gained incor-rup - - - - tion; we are re-stored



once more to E - - den, and we have received great\_ mer - - cy.

Text adapted from: "The Lenten Triodion", and "The Festal Menaion", translated by  
Mother Mary and Archimandrite Kallistos, ©1977, 1969, Faber and Faber, London.