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

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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
beauty and grant to us thy servants

the reward of our abstinence, for we entreat with faith

thy rich protection and great mercy.
(3) Reader: For with the Lord there is mercy, and with Him is plenteous redemption;

And He shall redeem Israel out of all his iniquities.

Rejoice! life-giving Cross, the fair Paradise of the Church, Tree of incorruption that brings us the enjoyment of eternal glory;
through thee the hosts of demons have been driven back;

and the hierarchies of angels rejoice with

one accord, as the congregations of the faithful

keep the feast. Thou art an invincible weapon,
an un-bro-ken strong-hold; thou art the vic-to-ry of kings

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

Pas-sion of Christ and to His Res-ur-rec-tion.
(2) Reader: O praise the Lord, all ye nations;

Praise Him all ye peoples.

Rejoice! 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"
corruption is utterly destroyed, the power of death is swallowed up, and we are raised from earth to heaven:
invincible weapon, adversary of devils, glory of martyrs, true ornament of saints, haven of salvation
(1) Reader: For He hath made His mercy to prevail over us,

And the truth of the Lord abideth for ever.

Come, Adam and Eve, our first father and mother,

who fell from the choir on high, through the envy of the murderer of man.
mur-der-er of man, when of old with bit-ter pleas - ure

eye 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 em-brace it joy - ful-ly, and cry to it with faith:
O precious Cross, thou art our succour; par-taking of thy fruit, we have gained incorruption; we are restored once more to Eden, and we have received great mercy.


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