3rd Sunday of Lent: Veneration of the Cross
Stichera of the Praises
Tone 4, Kievian

(2) Reader: In the 4th Tone — Praise Him with timbrel and dance,

With our voices let us shout and magnify in songs /
the Precious Cross, /
let us kiss it and cry out: /
O honored Cross, sanctify our souls and bodies by thy power, /
and keep unharmed from all malice of the enemy //
those who venerate thee with true reverence.

(1) Reader: Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

Repeat above: "With our voices let us shout and magnify in songs..."
Stichos: Exalt ye the Lord our God: and worship at His footstool,

For He is holy.

Approach and draw waters that shall never fail, /
flowing from the grace of the Cross. /
See now set before you the holy Wood, /
source of divine gifts, /
on which there fell blood and water from the wounded side of the Lord of all. /
Of His own will He was raised upon the Cross, //
and with Himself He has raised up mortal man.
Stichos: The mouth of the righteous shall meditate wisdom,

He has worked salvation in the midst of the earth.

O honored Cross, thou art the firm foundation of the Church, /
the strength of kings, /
the glory and defence of monks. /
venerating thee today, we are filled with light in heart and soul, /
through the divine grace of the Lord Who was nailed upon thee /
and overthrew the power of our deceitful enemy, //
bringing the curse to naught.

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos
Carol Surgant ~ music.russianorthodox-stl.org ~ 3/21/09
3rd Sunday of Lent: Stichera of the Praises

*Stichos:* In the 8th tone—Arise, O Lord my God, lift up Thine hand:

The Lord of all has taught us in a parable /
to shun the boastful thoughts of the evil Pharisees; /
and He has instructed all of us /
not to think more highly than we should. /
He Himself became our pattern and example, /
for he emptied Himself even unto death upon the Cross.
Let us therefore render thanks with the Publican and say: /
O God Who hast suffered for us
and yet remained impassible, //
deliver us from the passions and save our souls.

*Reader:* Glory, in the same tone.

Repeat: "The Lord of all has taught us in a parable..."

Then, Both now..., "Most blessed art thou..."