

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

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

II-chant melody

Praise — Him — with strings — and flute.

I-descant

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.

Let — ev - - ery breath — praise the Lord.

***Repeat above: "With our voices let us shout and magnify in songs..."***

English stichera from "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware.

*Stichos:* Exalt ye the Lord our God: and worship at His footstool,

For He is ho - - - - - ly.

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,

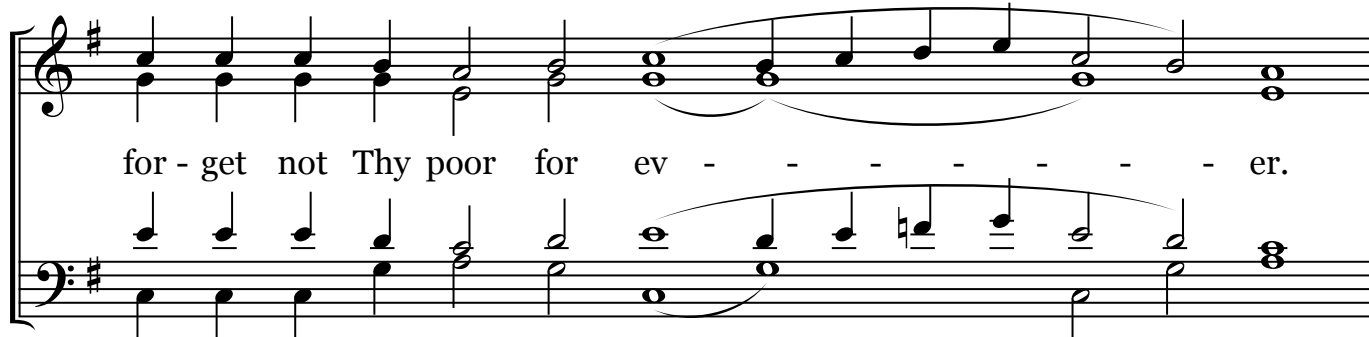
He has worked sal - va - tion in the midst \_\_\_\_\_ of the earth.

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  
 reprinted by St. Tikhon's Seminary Press, 2002.

3rd Sunday of Lent: Stichera of the Praises

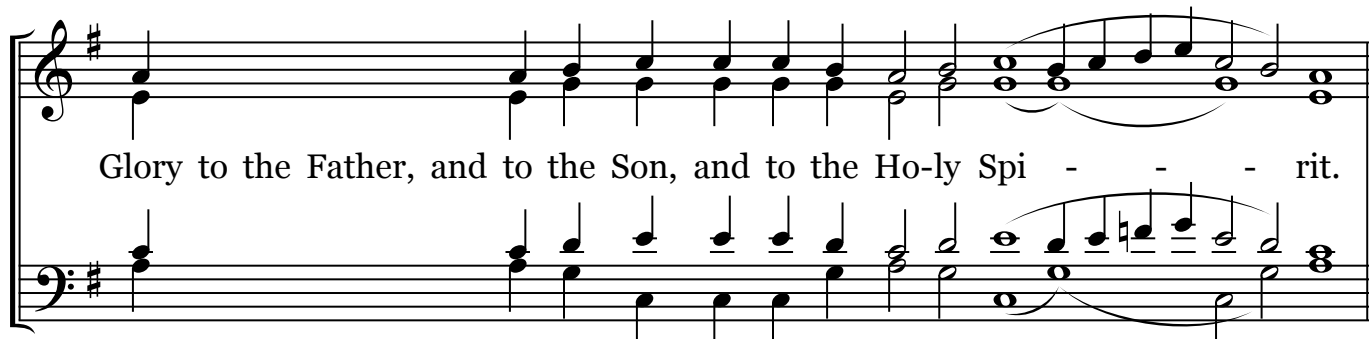
*Stichos:* In the 8th tone— Arise, O Lord my God, lift up Thine hand:



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

The Lord of all has taught us in a 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.



Glory to the Father, and to the Son, and to the Ho-ly Spi - - - rit.

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

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