3rd Sunday of Lent: The Veneration of the Precious Cross
Stichera at the Praises
Tone 4, Special Melody "As one valiant among martyrs..."
Optina Hermitage Melody

Reader: In the 4th Tone, Special Melody "As one valiant among martyrs..."
Praise Him with timbrel and dance,

Praise Him with strings and flute.

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

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and bodies by Thy power, and keep unharmed from all malice of the enemy those who venerate Thee with true reverence.

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

Let every breath praise the Lord.

Repeat 1st Sticheron: "With our voices..."
Reader: 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 up on the Cross, and with Himself He has raised up mortal man.
Reader: God is our King before the ages:

He has wrought 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 from: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware ©1977, Faber and Faber, London.

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