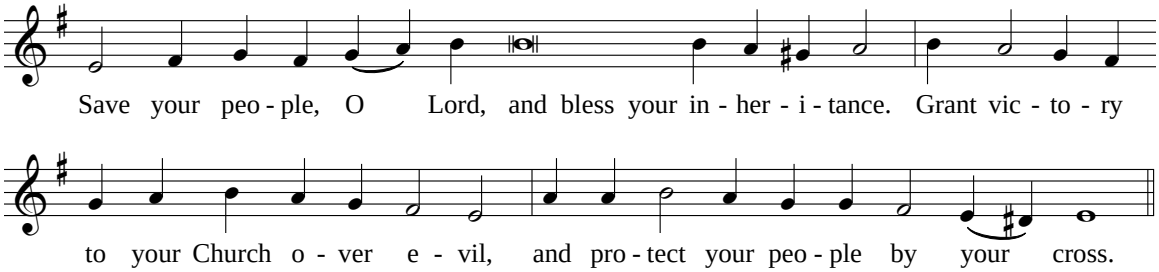
Matins Propers
Third Sunday of the Great Fast

Supplement for ***The Order of Matins: Sundays and Feasts****, 2006*

The Troparion of the Resurrection in the Tone of the week is sung twice. Then:

Cantor: *(Tone 1)* Glory…

Troparion of the Cross - *Tone 1*



Cantor: Glory… now and ever...

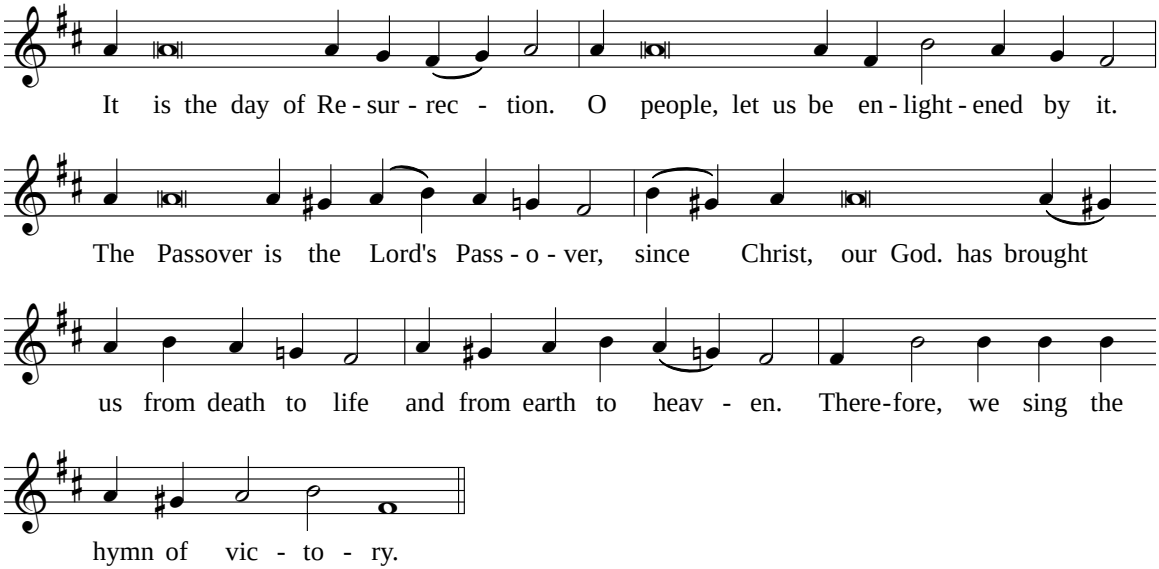
Festal theotokion in the same tone (Tone 1, p. 69).

The service continues as usual for Sunday. After Psalm 50, the penitential stichera are sung (p. 317).

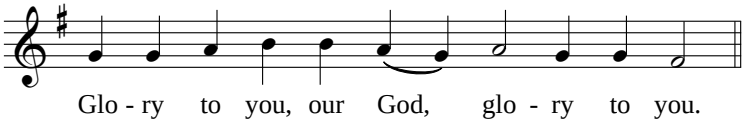
Canon

Ode 1

Irmos - *Tone 1 samopodoben*



Refrain

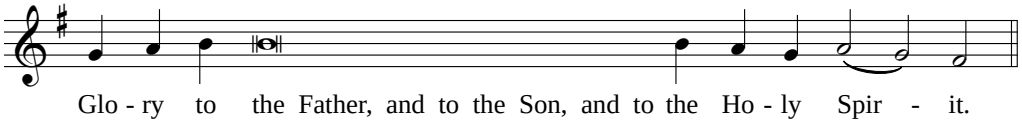


It is a festive day in heaven; for Death is wiped out by the Resurrection of Christ. Once again, life springs forth, and Adam is raised and exults with joy. Let us all praise the victory of the Lord. *Refrain*

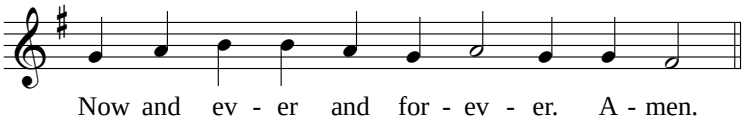
This is the day on which we bow before the life-giving Cross. Come, let us venerate it; resplendent in the light of the Resurrection, it is given to us; let us kiss it in the joy of the Spirit. *Refrain*

O lofty Cross of my Lord, show me the divine image of your beauty. Grant that I may adore your most pure glory. I speak to you and surround you with reverence as if you were alive. *Refrain*

May all join their voices on earth as in heaven to praise the holy Cross placed before the eyes of all. Christ was nailed upon it in his immolated body. Let us kiss it in the joy of the Spirit.

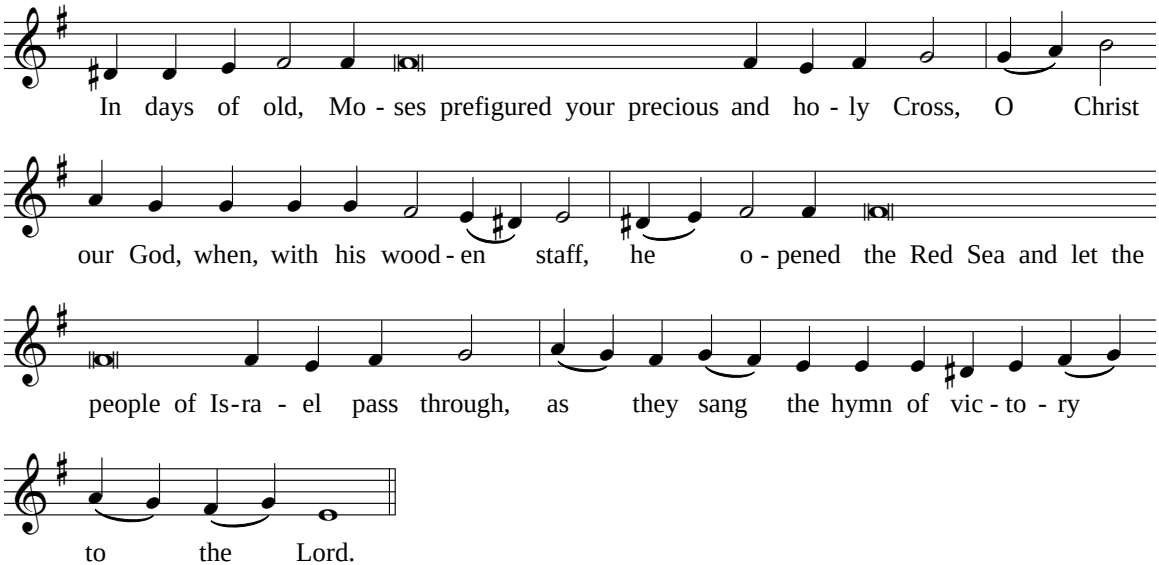


O Divinity in three Persons, unity of essence, Father, Son, and Holy Spirit, sharing the same power and will forever; watch over the world and grant it peace.



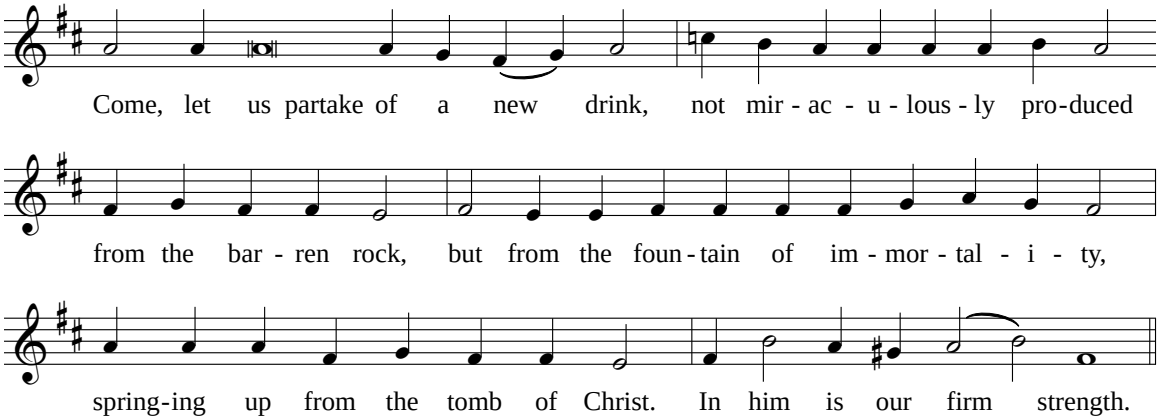
O spouseless Virgin, without seed and in a most pure manner, you conceived the Creator of the universe, Christ our God; intercede with him to grant peace to the world.

Katavasia - *Tone 6 common melody*

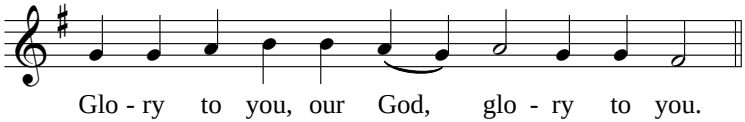


Ode 3

Irmos



Refrain

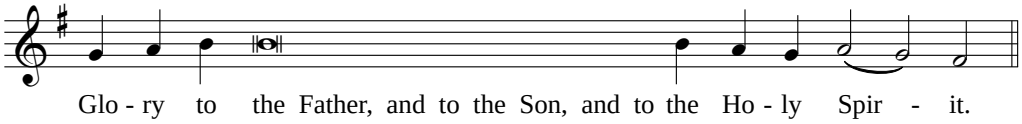


Come, let us all sing a new song to celebrate the defeat of Hades; for, coming from the tomb, Christ has broken the power of Death and saved the world. *Refrain*

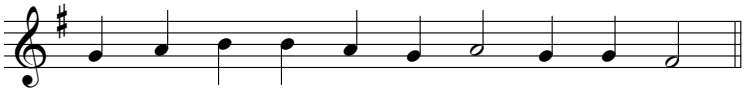
Come, let us all draw in faith, not from the fountain for corruption, but from the source of light; let us venerate the Cross of Christ in which we are glorified. *Refrain*

As we now venerate the cross which Moses formerly prefigured with his hands, we put the spiritual Amalek to flight, O Christ our Master; and we ourselves are saved. *Refrain*

Let us purify our eyes and lips that we may sing in the joy of our hearts; let us venerate the Cross of the Lord in faith, resounding with our joy.



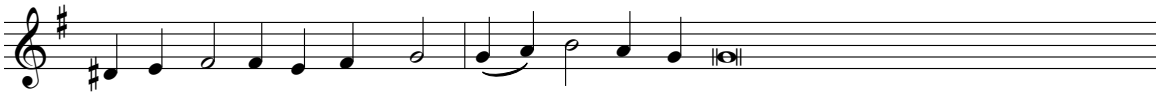
I glorify the one Divinity in three Persons, without beginning and not divided, Father, Son, and life-giving Spirit, in whom we are baptized.



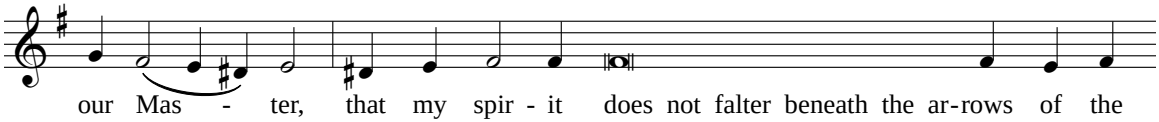
Now and ev - er and for - ev - er. A - men.

O Virgin, Moses formerly saw the burning bush where your mystery was prefigured; for, without being consumed, your womb also held the fire of the Divinity.

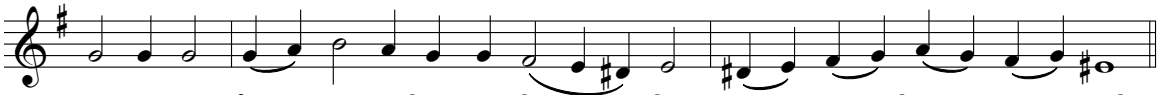
Katavasia



By the pow-er of your Cross, es - tab-lish me firmly on the rock of faith, O Christ

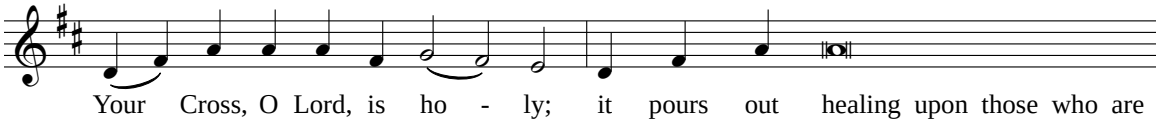


our Mas - ter, that my spir - it does not falter beneath the ar-rows of the

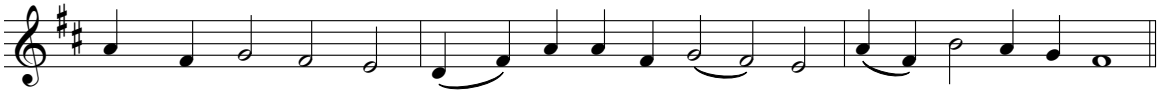


En - e-my; for you a-lone are ho - ly, you a - lone are Lord.

Sessional Hymn - *Tone 6*

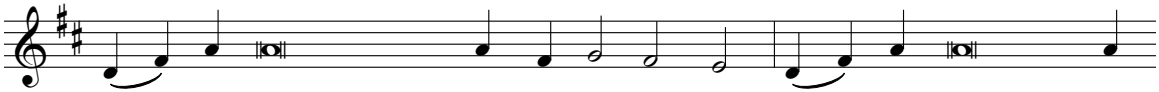


Your Cross, O Lord, is ho - ly; it pours out healing upon those who are

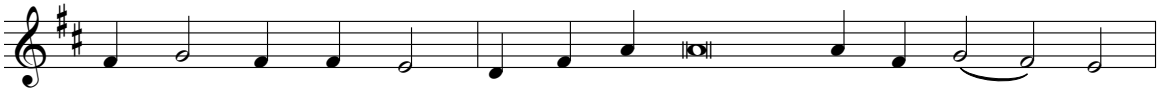


weak-ened by their sin; through it we im - plore you: Have mer-cy on us.

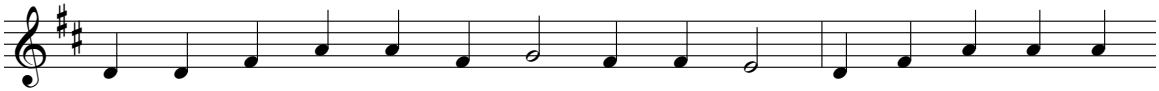
Cantor: Exalt the Lord our God; bow down before Zion, his footstool.
He the Lord is holy.



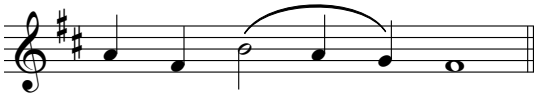
To - day the word of the proph - et is ful - filled: Be - hold, we bow be-fore



your foot - stool, O Lord; hav - ing tas - ted the tree of sal - va - tion,

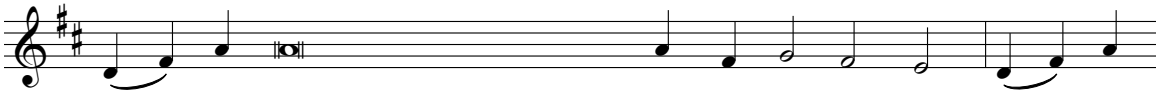


we have been freed from our pas - sion and sin, by the pray'rs of the

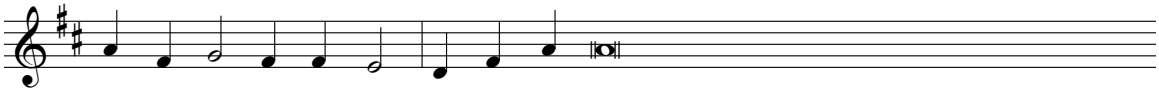


The - o - to - - - kos.

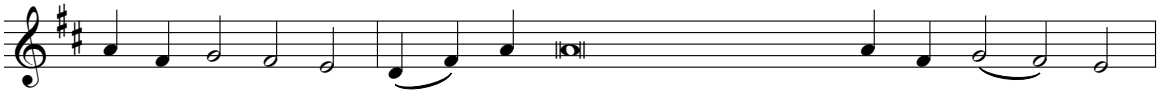
Cantor: Glory…



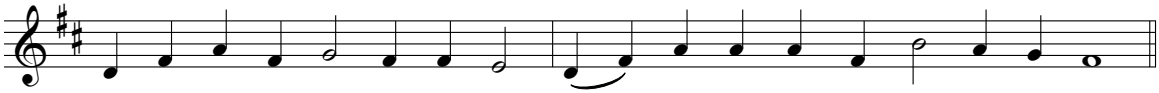
As soon as the wood of the Cross had been set up, O Christ, you shook



the foun-da-tions of death; Ha-des has-tened to swallow the One whom it would have

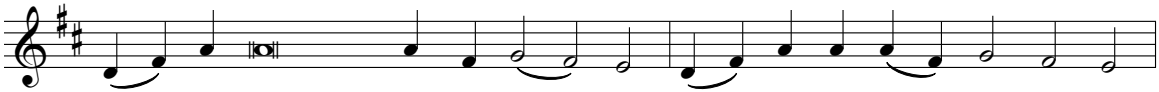


to give up in fear. O ho - ly God, you have shown us sal - va - tion,

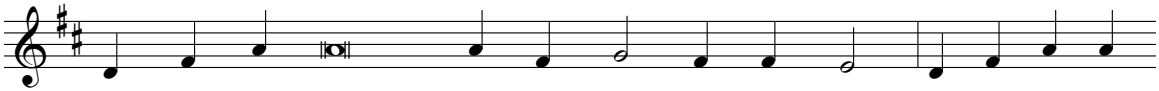


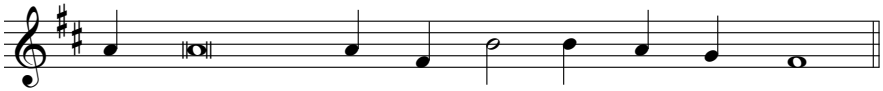
and we ren-der glo - ry to you: O Son of God, have mer - cy on us.

Cantor: Now and ever…



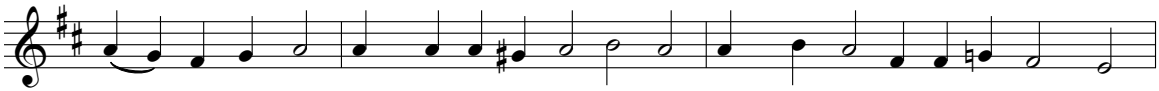
O The - otokos and bless-ed Vir - gin, pray to your Son, Christ our God,

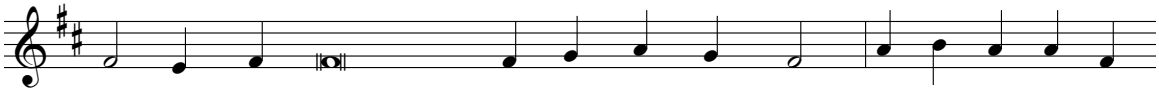


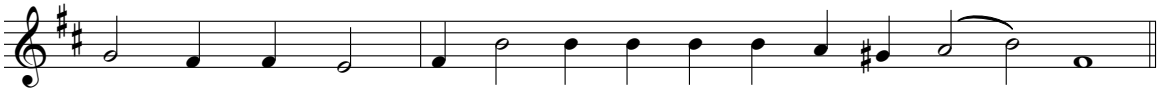


Ode 4

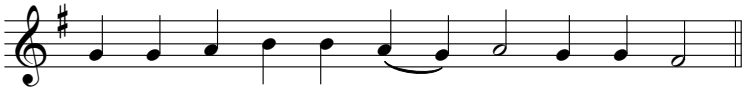
Irmos







Refrain

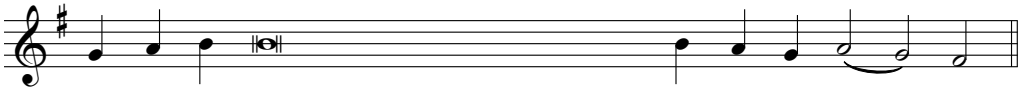


Behold, Christ is risen! said the angel of the Lord to the myrrh-bearing women: Do not weep, but go and say to the apostles: Today, salvation comes to the world; the tyranny of the Enemy is ended in the tomb. *Refrain*

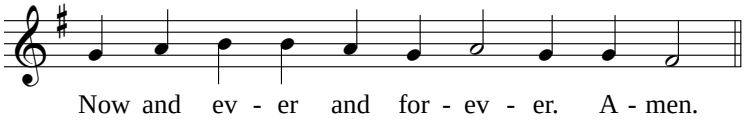
Today we have the joyous veneration of your life-giving Cross as a foretaste of your holy Passion, which you endure to save us, O christ our God and almighty Savior. *Refrain*

Joy reigns on earth and in heaven today, for the sign of the Cross has shone over the world: its thrice-blessed image is a fountain of eternal joy for those who venerate it. *Refrain*

What thanksgiving shall we offer you, O Christ? For you have granted us to bow before your Cross; on it, you poured out your precious blood, and your flesh was pierced with nails. As we now venerate it, it is to you that we give thanks.

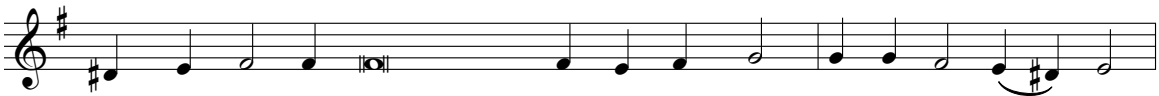


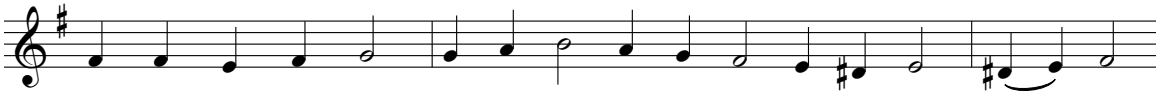
I praise and glorify the three Persons of the one undivided divinity, the unity of essence of the eternal Father, the Son and spirit, eternal and royal majesty, sharing the same throne and lordship

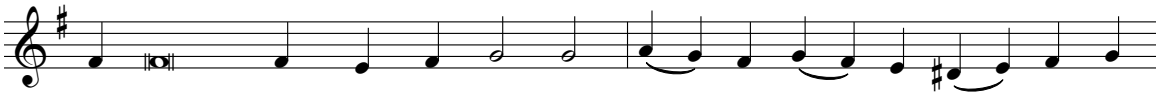


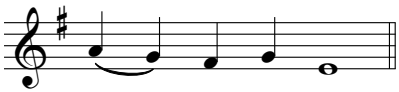
You alone among all women, O most pure Virgin, appear as the object of our admiration: for you renewed nature and its laws when you conceived without seed and remained a virgin as before; it is God himself whom you have borne.

Katavasia



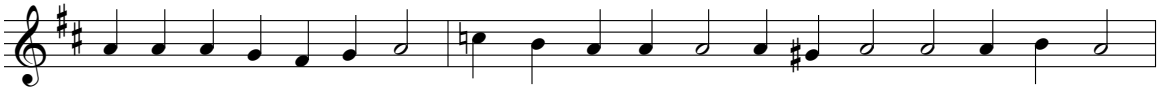




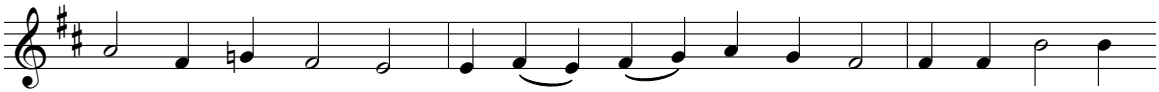


Ode 5

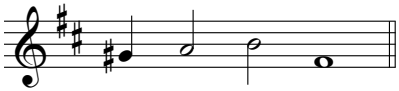
Irmos



Let us rise at ear - ly dawn and bring to our Mas - ter a hymn in - stead of myrrh,

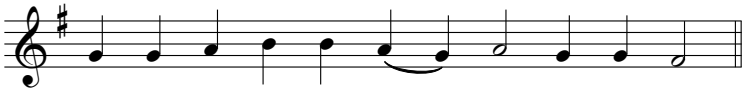


and we shall ssee Christ, the Sun of right-eous-ness, who en - light - ens



the life of all.

Refrain



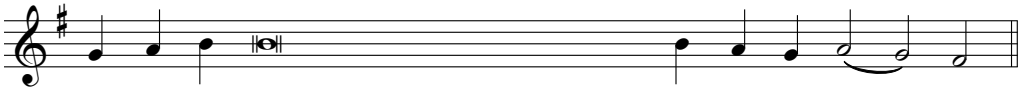
Glo - ry to you, our God, glo - ry to you.

You have risen from the tomb, O Light that knows no evening, to give immortality to the world; you banished the sorrow of death from the ends of the earth in your supreme goodness, O Lord. *Refrain*

Cleansed by abstinence, let us hasten with fervor to kiss and glorify the most holy wood on which Christ was crucified and saved the world in his goodness. *Refrain*

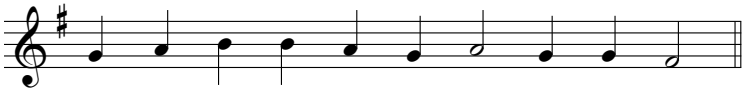
Todaythe angels exult with joy in heaven at the veneration of your Cross; on it, O Christ, you overcame the hosts of demons, and you saved the human race. *Refrain*

The Church now possesses a Tree of life as a second paradise, O Lord; it is your life-giving Cross; by eating its fruits, we share in eternal life.



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.

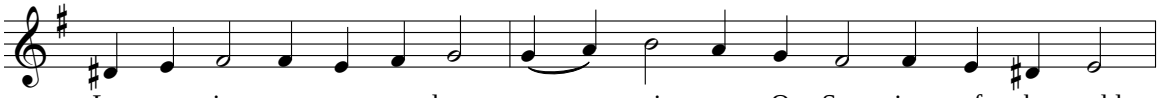
I praise the triple eternity and the one essence of the Divinity, Father, Son, and Holy Spirit, one light in three rays, united without confusion, and equal in majesty.



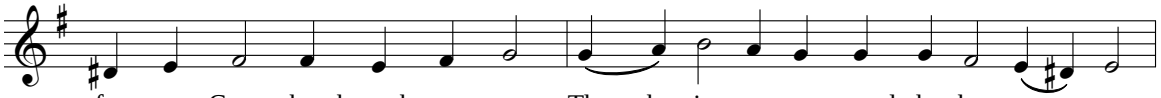
Now and ev - er and for - ev - er. A - men.

You gave birth according to nature, yet you surpassed its laws; for you alone conceived without seed. Your childnirth is ineffable and surpasses our understanding, O most pure Virgin.

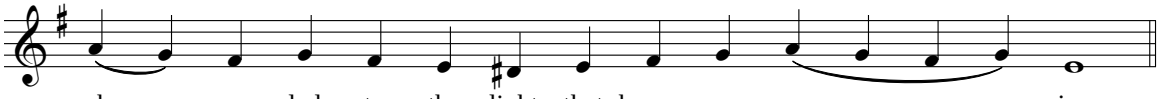
Katavasia



Let us rise at ear - y dawn to praise you, O Sav - ior of the world;



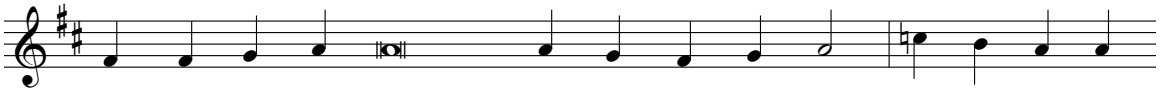
for your Cross has brought us peace. Through it, you re-newed the hu - man race



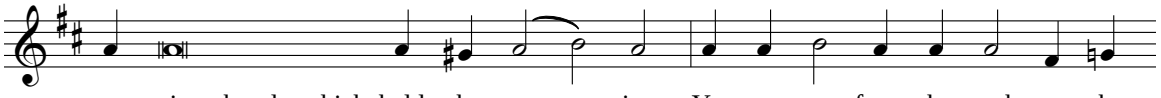
whom you led to the light that knows no eve - - - ning.

Ode 6

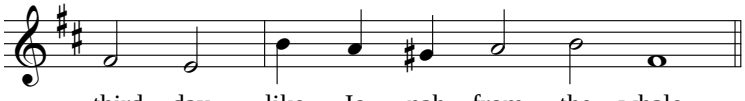
Irmos



You have de - scend - ed into the realm of Death, O Christ, and have bro - ken

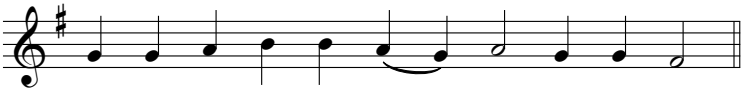


an - cient bonds which held the cap - tive. You a - rose from the tomb on the



third day like Jo - nah from the whale.

Refrain



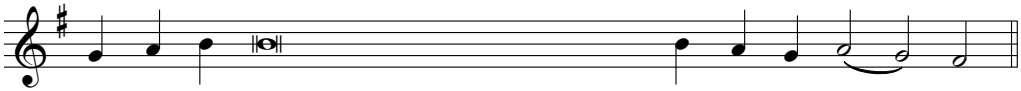
Glo - ry to you, our God, glo - ry to you.

Trampling down death, O Christ, you have risen like an almighty king, calling us forth from the depths of Hades, and leading us to the land of immortality and to the happiness of the kingdom of heaven. *Refrain*

O faithful, let us cry out in joy to our God, clapping our hands with divine praise; let us kiss the Cross of the Lord; it is a fountain of holiness for the whole world. *Refrain*

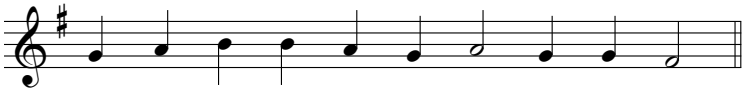
The word of the psalmist is fulfilled: Behold, we bow before your footstool, before the wood of the precious Cross, O almighty Lord. *Refrain*

The wood which Jeremiah, in his prophetic lamentation, saw mixed with your bread, was your Cross, O merciful Lord; we kiss it and venerate your chains and your tomb, the lance and the nails.



Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.

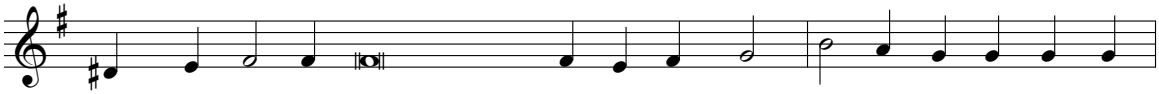
I praise the unity in three Persons, the trinity having one nature; I venerate the three as one God, as the light of a triple sun: Father, Son, and Holy Spirit.



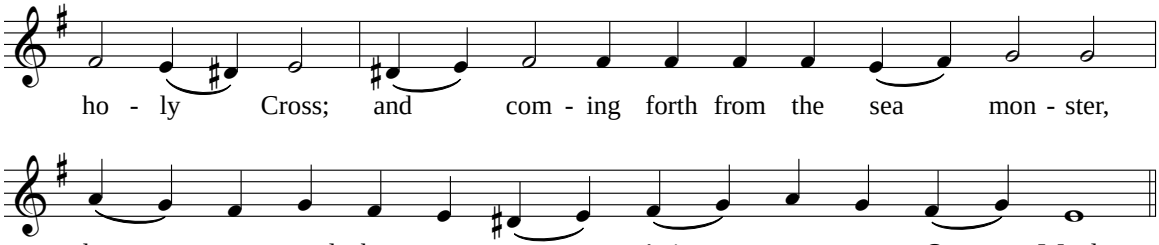
Now and ev - er and for - ev - er. A - men.

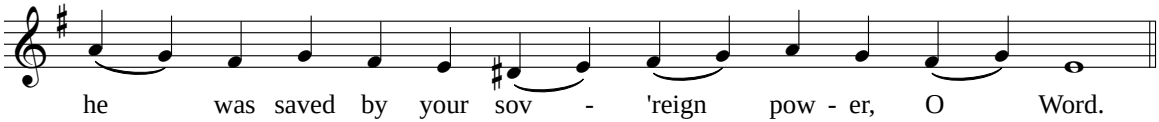
O wonder, greater than all the wonders of old! The spotless Virgin gave birth to the Lamb of God who takes away the sin of the world; intercede with him unceasingly for those who praise your name.

Katavasia

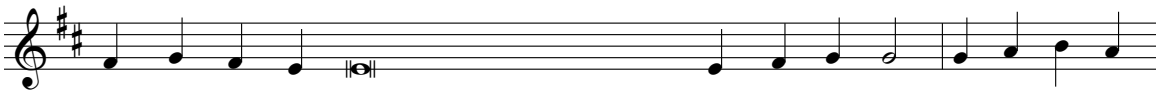


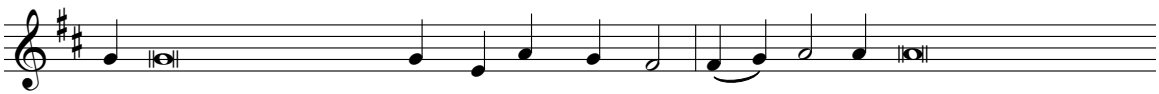
Stretch - ing out his hands in the bel - ly of the whale, Jo - nah pre - fig - ured your

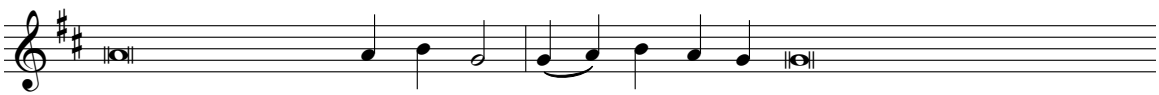


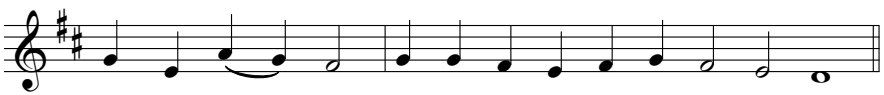


Kontakion - *Tone 7*





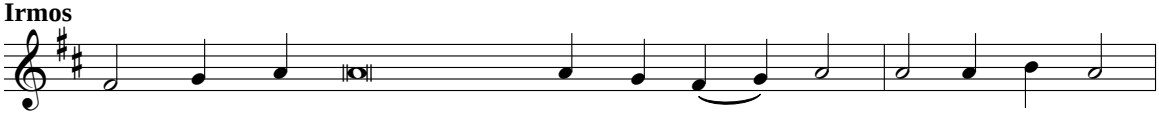


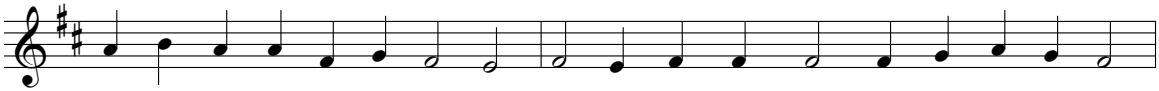


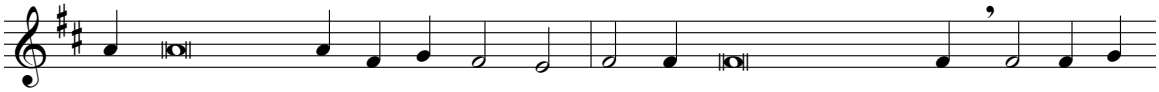
Ikos Pilate set up three crosses on Golgotha, two for the thieves and one for the Lord of life. Seeing this, Hades asked its servants: Who has driven this spear into my heart? A wooden lance has pierced me, and I am torn apart. What pain has penetrated my womb and my heart, what sorrow stabs my spirit? I am forced to give up Adam and his children, those whom I had received from the forbidden Tree, for a new Tree leads them to enter again into Paradise.

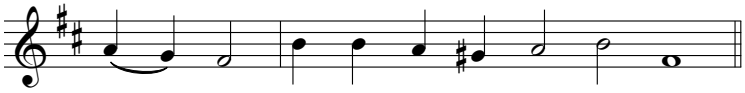
Ode 7

Irmos

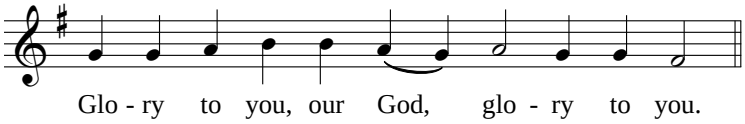








Refrain

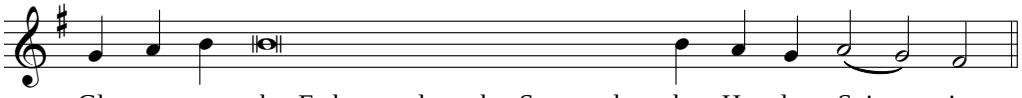


You have come forth from the tomb, as if from sleep, on the third day; your divine power cast down the guardians of Hades. You awakened our first parents, for you are the God of our fathers, and to you alone is due blessing and great glory. *Refrain*

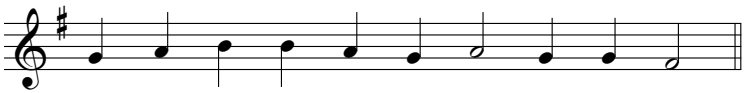
O people, let us sing and dance for joy on this day when we venerate the Cross; for upon it was nailed Christ, whom we now glorify: He is the God of our fathers, and to him alone is due blessing and great glory. *Refrain*

You made an instrument of death to be a key of life for the world; now sanctify those who adore your venerable Cross, for you are the God of our fathers, and to you alone is due blessing and great glory. *Refrain*

O Jesus, you alone are compassionate; enlighten and sanctify those who bow in faith before your Cross and your divine Passion; for you are the God of our fathers, and to you alone is due blessing and great glory.



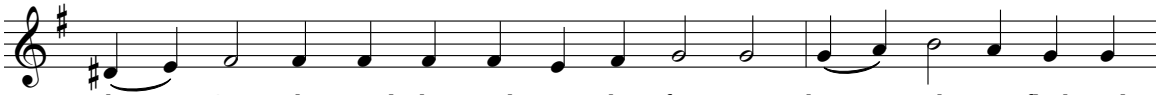
I praise the unity in three Persons who reign in God; the Father is light, the Son is light, and the Holy Spirit is also light, shining with the light of three rays, one light undivided.



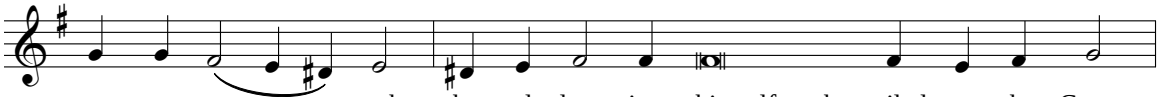
Now and ev - er and for - ev - er. A - men.

You are the one whom the prophets foretold in many ways; the gate whom God alone has crossed, the holy land and the adorned ark; for you have given birth to Christ Jesus, the God of our fathers to whom is due great glory.

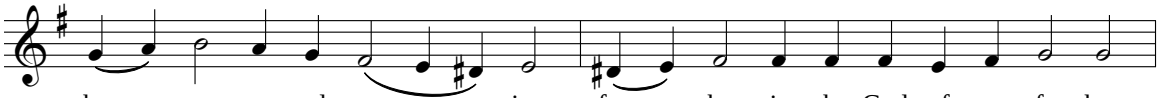
Katavasia



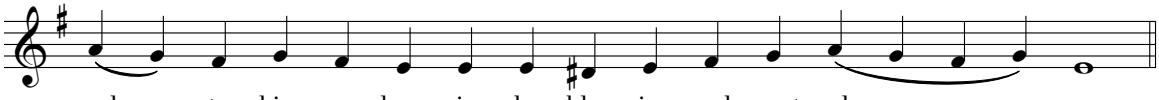
The One who saved the Youths in the fur - nace has tak - en flesh and



come up - on earth; by al - low - ing himself to be nailed to the Cross,



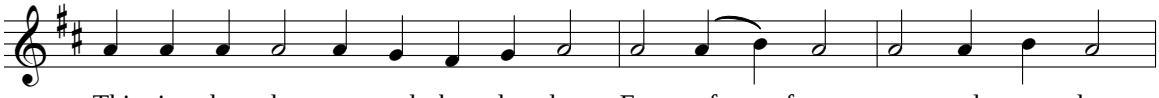
he grants us sal - va - tion; for he is the God of our fa - thers



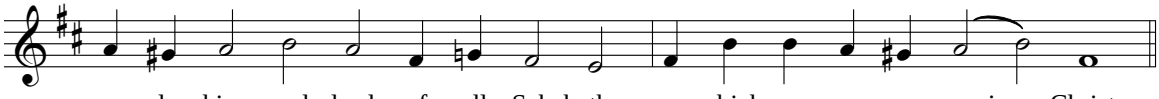
and to him a - lone is due bles - sing and great glo - - - ry.

Ode 8

Irmos

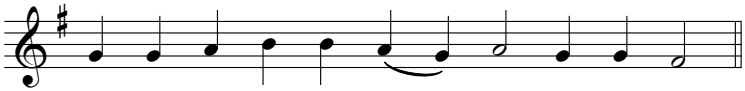


This is that cho - sen and ho - ly day, Feast of feasts, most sol - emn day,



on - ly king and lord of all Sab-baths, on which we ev - er praise Christ.

Refrain



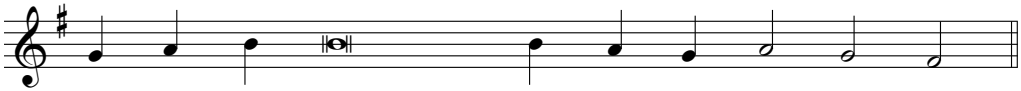
Glo - ry to you, our God, glo - ry to you.

For whom do you bear myrrh? Whom do you seek? Said the resplendent angel at the tomb. Christ our God is risen, raising from Hades the whole human race. *Refrain*

Rejoice, O divine and thrice-blessed Cross, the light of our darkness; you enlighten the four corners of the world with the brightness of the Resurrection. Make us worthy to contemplate in faith the Pasch of the Lord. *Refrain*

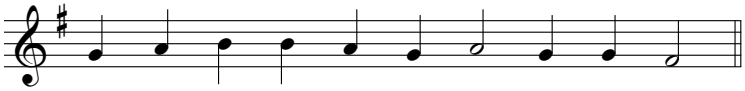
Today the Cross of Christ, the divine fountain of fragrance, pours out its sweet aroma; it is the wood that blossoms forth life. Let us breathe in this pleasing scent of the Divinity, which we adore forever. *Refrain*

Prefiguring your Cross, O Christ, Jacob blessed Joseph and bowed before the top of his divine staff, seeing in advance the awesome scepter of your royalty, which we now adore in faith forever.



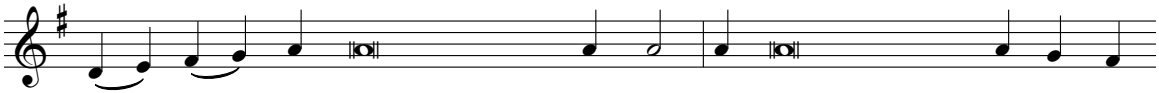
Let us bless the Father, Son, and Ho - ly Spir - it, Lord.

I glorify the one substance in three Persons, without confusion, and I do not divide the Father, Son, and Holy Spirit; for there is only one God forever.

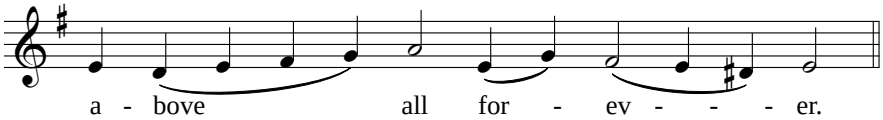


Now and ev - er and for - ev - er. A - men.

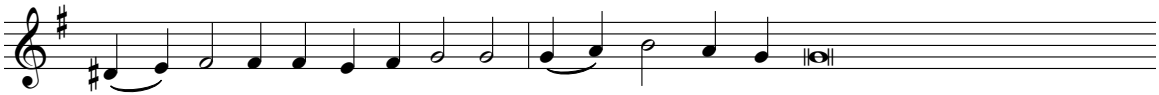
O only Virgin who gave birth without a spouse to Christ our Savior, O Mary, you preserved the seal of virginity; and we, the faithful, extol you forever.

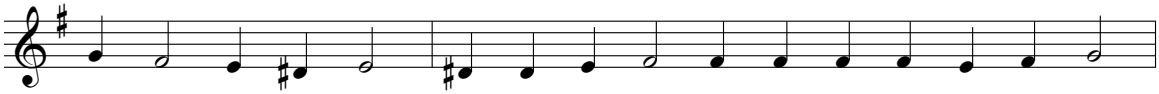


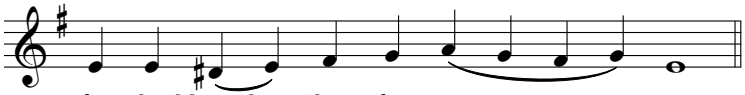
Let us praise, bless, and worship the Lord, sing - ing and highly ex-alt - ing him



Katavasia



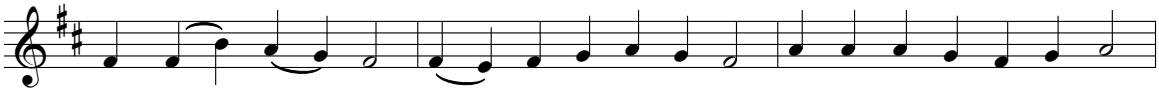


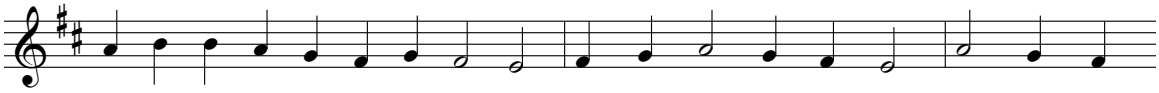


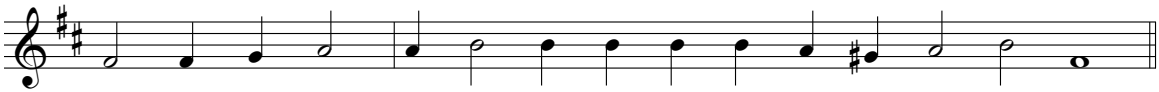
The Canticle of the Theotokos is sung (p. 34).

Ode 9

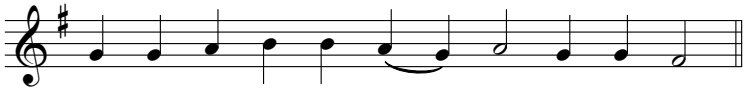
Irmos







Refrain



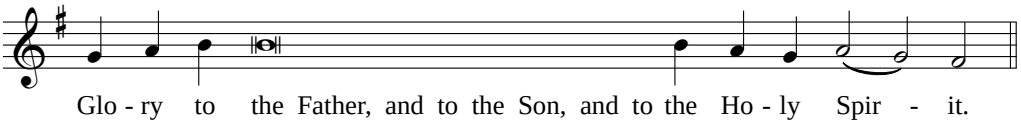
You descended into the tomb, O Giver of life and our God, and you broke open the locks and bolts, raising the dead who sing in joy: Glory to your Resurrection, O Christ, our almighty Savior. *Refrain*

Your tomb, O Christ, is a life-giving fountain for me; you, the Master of life, entered and cried to those in the tombs: Be loosened from your chains, for I have come that the world might be saved. *Refrain*

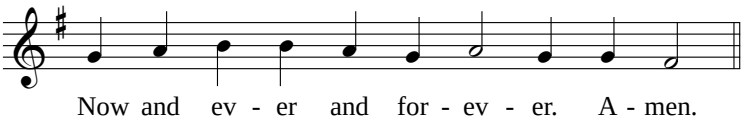
May all the trees of the forest rejoice and sing as they see the Tree of the Cross today filled with honor; for Christ was exalted on it, as David the prophet foretold. *Refrain*

Having once found death through a tree, I now find in you the Tree of life; O precious Cross which bore Christ, my invincible protection and my strength against demons. Bowing before you today, I cry out: sanctify me in your glory. *Refrain*

Rejoice and dance for joy, O holy Church of God, who bows today before the thrice-blessed wood of the holy Cross of Christ; hosts of angels in heaven stand trembling before it.

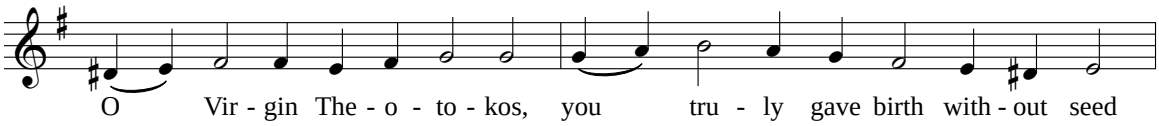


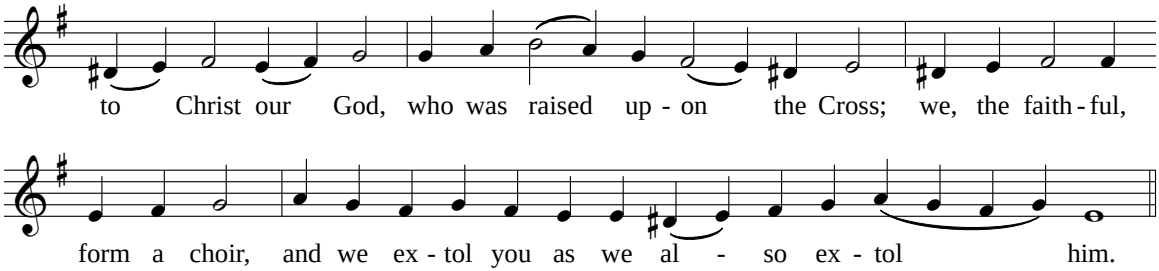
I bow before you, O Trinity of Persons, one and holy Divinity of the Father, Son, and Holy Spirit, one power, one kingdom, who reign over all the world.



You are truly the exalted mountain where Christ dwelled, as David sang, OVirgin; through you, we are able to ascend from earth to heaven, becoming children of God in the Holy Spirit.

Katavasia





Hymns of Light

"Holy is the Lord our God" is sung in the Tone of the Week, and the Sunday Resurrection Gospel is read. Then continue with the Hymns of Light from the Triodion:

Glory…

Today we see the precious Cross of Christ placed before us; let us venerate it in joy as we bow before it; and let us beseech the Lord who was crucified on it, that he may brant us the grace to contemplate his holy and glorious Resurrection.

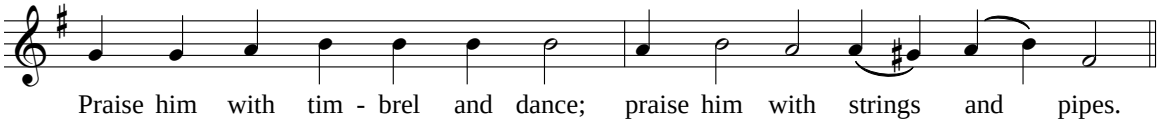
Now and ever…

We bow before the Cross, OVirgin, where your Son stretched out his most pure hands for our salvation. Grant us peace that we may contemplate the holy Passion which saved us, and the bright day of the Pasch of the Lord, which brings joy to all the world.

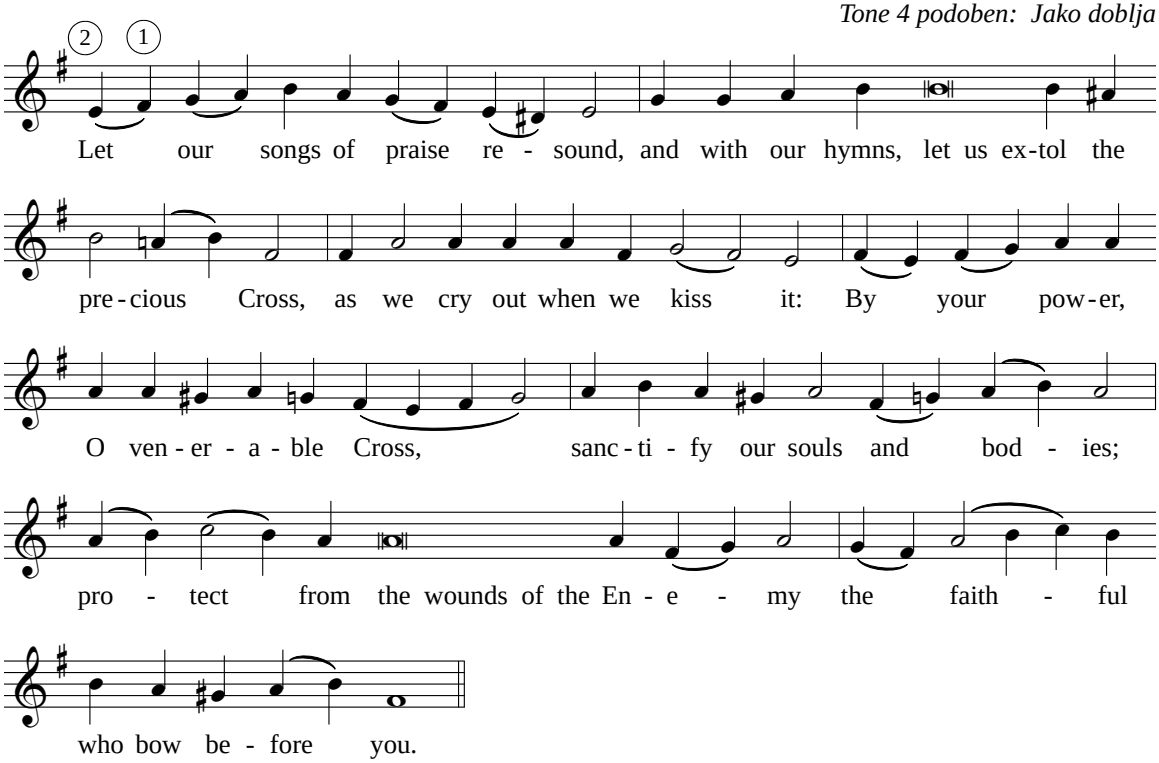
Psalms of Praise

The Psalms of Praise are sung in the Tone of the Week, with the first five stichera of the Resurrection. Then we continue with the following stichera from the Triodion:

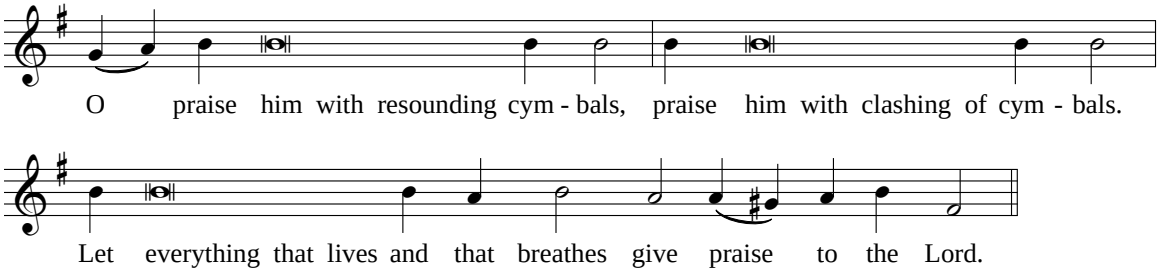
Cantor (on 2) *Tone 4*



Tone 4 podoben: Jako doblja

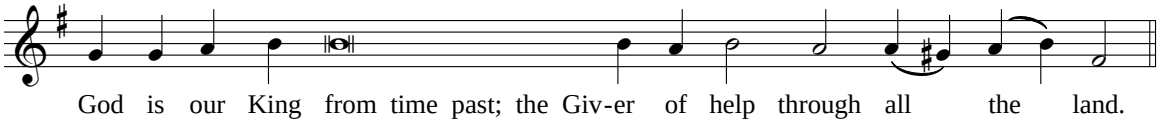


Cantor (on 1)



Repeat "Let our songs of praise resound…"

Cantor (on A)



A

Come, let us drink from the in - ex - haus - ti - ble stream, which flows

from the grace of the Cross. Be - hold, we see ex - posed be - fore our eyes,

the most ho - ly wood, the foun - tain flow - ing with grace, giv - en by the blood

and wa - ter from the side of the Lord of the u - ni - verse;

he was vol - untarily raised up - on the Cross to ex - alt all mor - tals

with him.

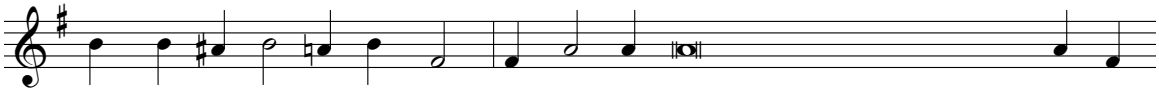
Cantor (on B)

Ex - alt the Lord our God: bow down before Zion, his foot - stool. He, the Lord,

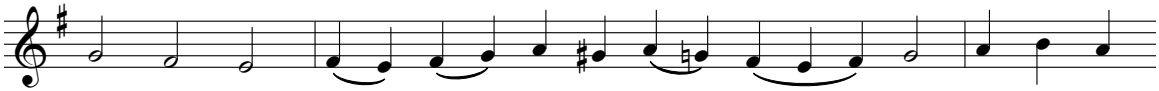
is ho - - - ly.

B

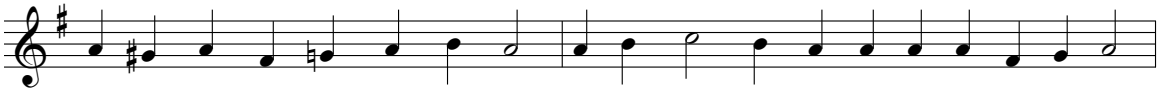
O pre - cious Cross, the firm strength of the Church, the scep - ter of kings, the



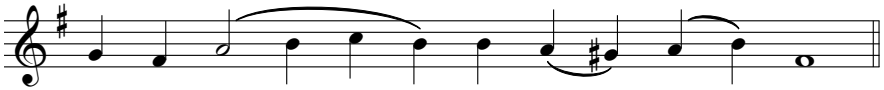
pride and pro - tec - tion of monks; we bow be - fore you on this day on which we are



filled with light, in our souls and in our hearts, by the grace

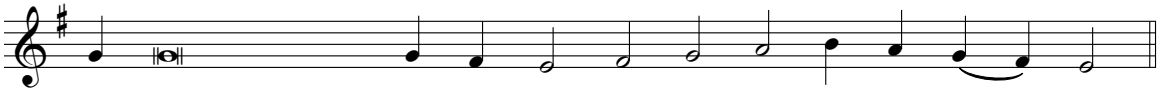


of the One who was nailed on you; he de-stroyed the pow - er of the En - e - my



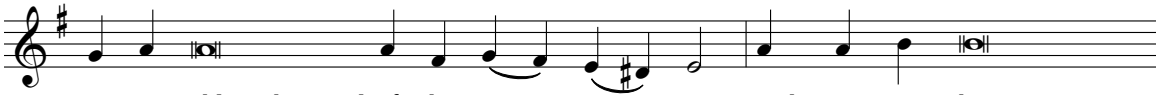
and dis - pelled the an - cient curse.

Cantor *Tone 8 samohlasen*

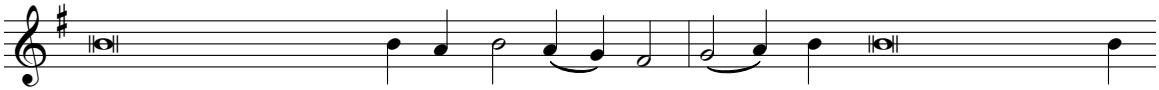


Glo - ry to the Father and to the Son and to the Ho - ly Spir - it.

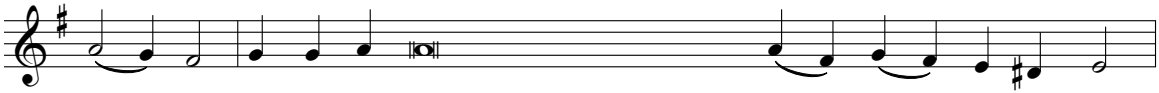
Doxastikon - *Tone 8 samohlasen*



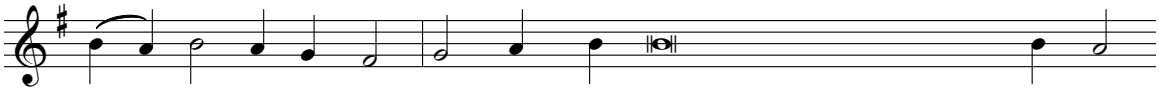
In par - ables, the Lord of the u - ni - verse teach - es us how to preserve



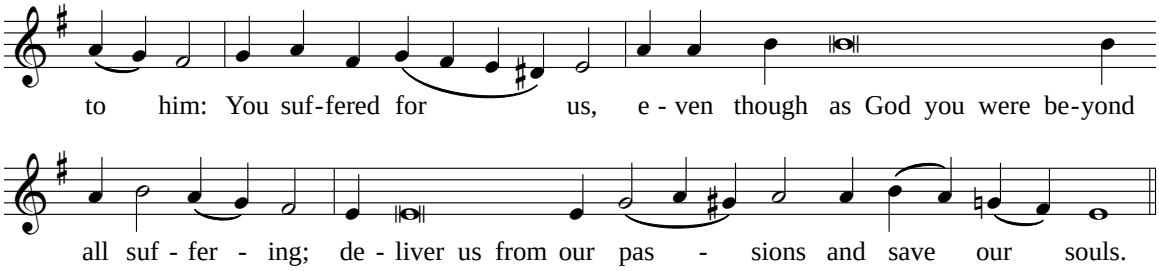
ourselves from the pride of the Phar - i - sees. He makes us watchful against all



boast - ing, giv - ing us the example by emptying him-self e - ven to death,



yes, death on the Cross. In thanks - giv - ing, together with the Publican, we say



Cantor: *(Tone 2)* Now and ever...

The service continues with the Sunday theokion in Tone 2, "You are truly most blessed..." (p. 40).

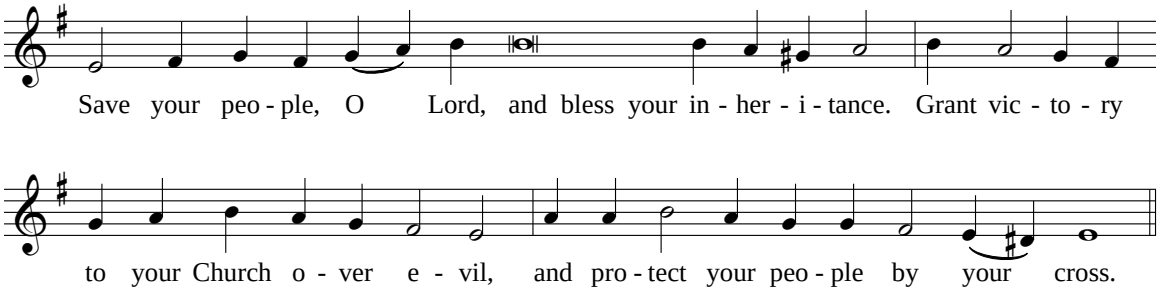
The Veneration of the Holy Cross

During the singing of the Great Doxology, the priest, fully vested, incenses the cross (which was placed on the holy table before Vespers, in place of the Gospel book) three times. Then he takes the cross and, preceded by two candle-bearers, processes through the northern door and stands before the holy doors, facing east. At the end of the Trisagion following the Great Doxology, the deacon (or priest) exclaims:

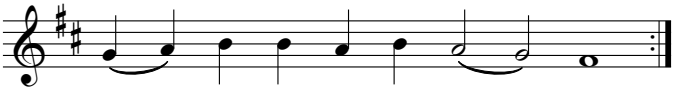
Deacon: Wisdom! Be attentive!

Then the priest places the cross on the tetrapod as the people sing:

Troparion of the Cross - *Tone 1 (three times)*

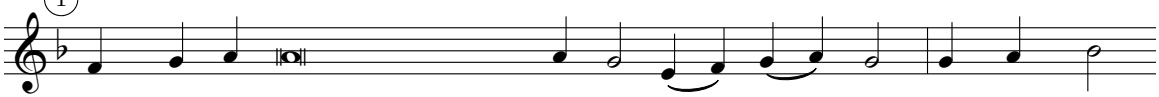


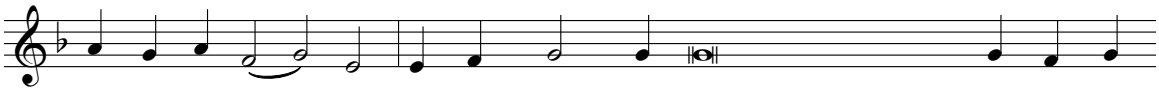
Tne priest censes around the tetrapod three times, while people sing three times:

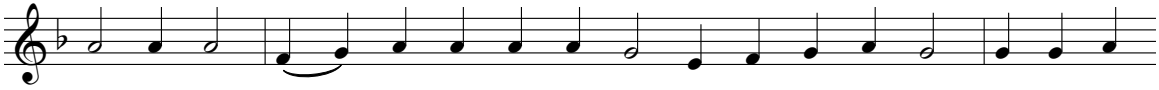


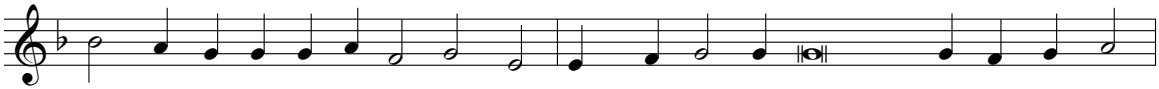
The priest, deacon, and faithful come forward to venerate the cross while the following stichera are sung. As many stichera are sung as the time of veneration permits.

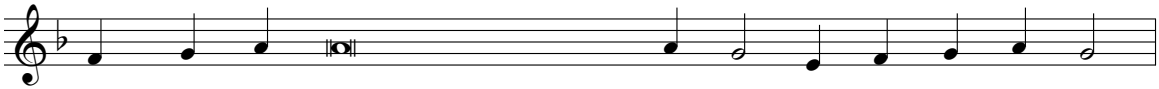
Tone 2 samohlasen

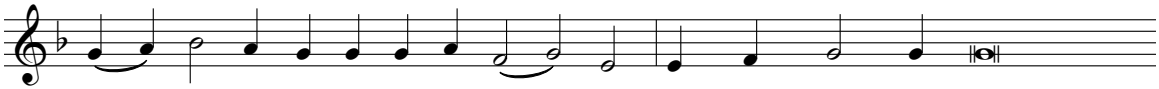


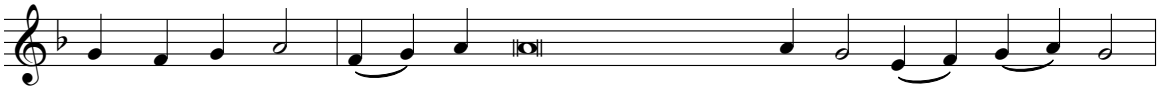


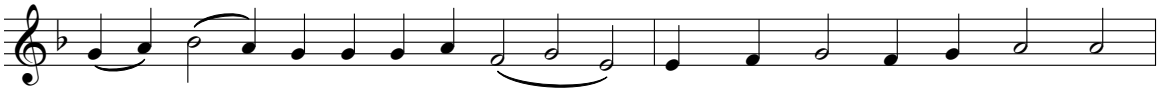


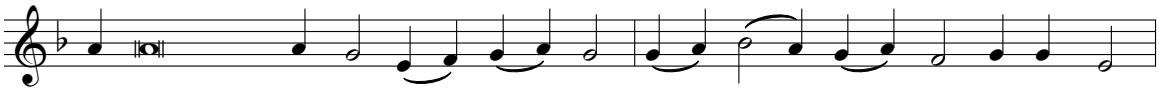


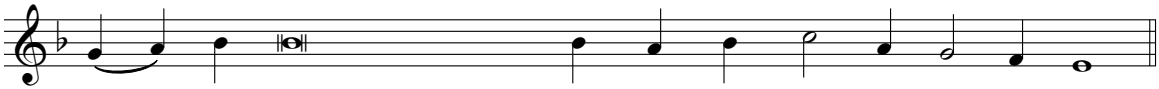






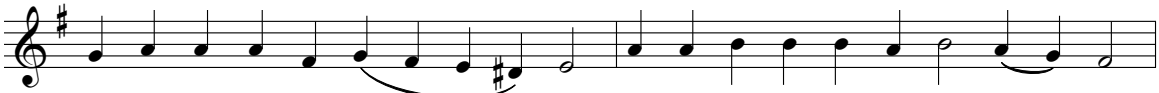


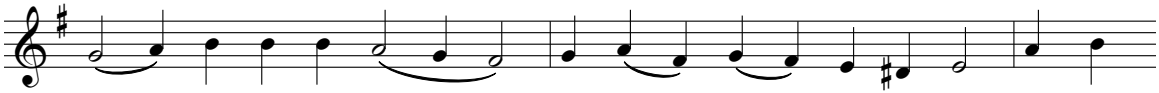


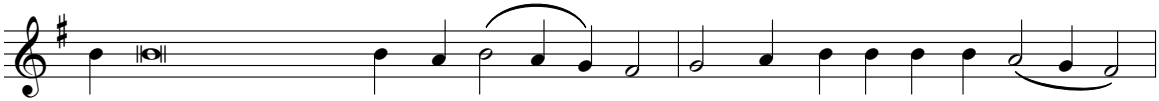


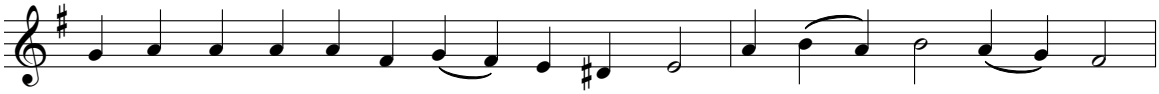
2

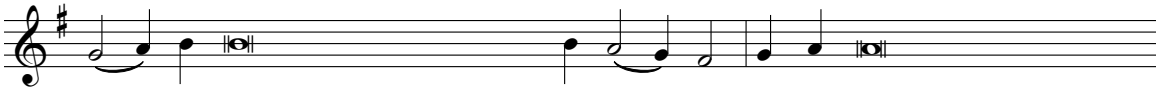
Tone 8 samohlasen

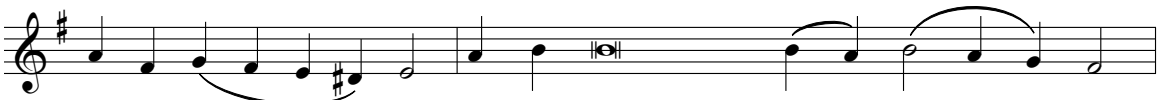


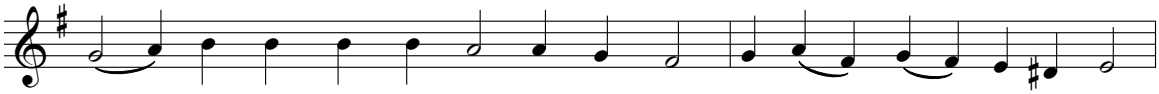


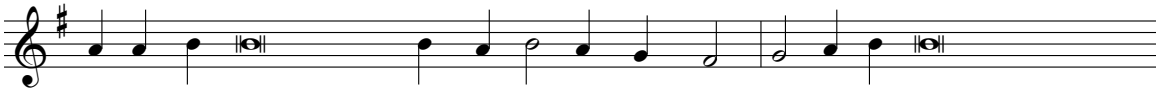


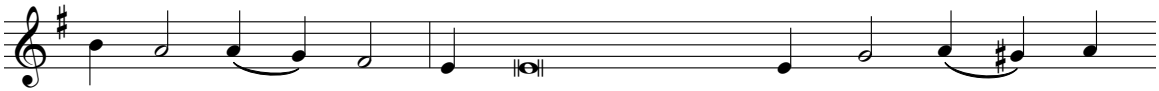


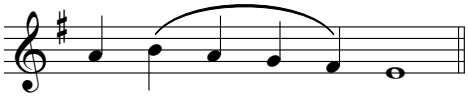




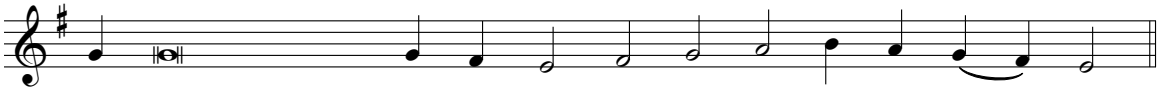




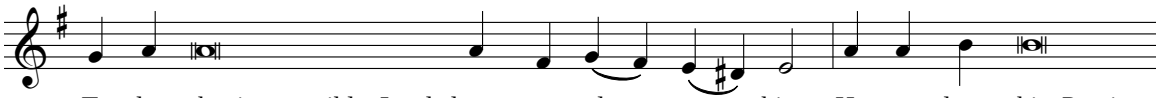


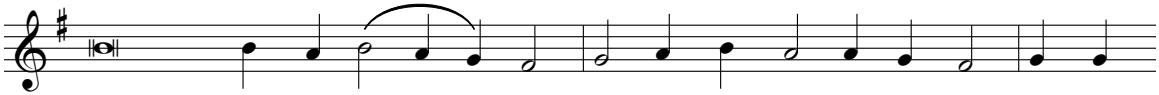


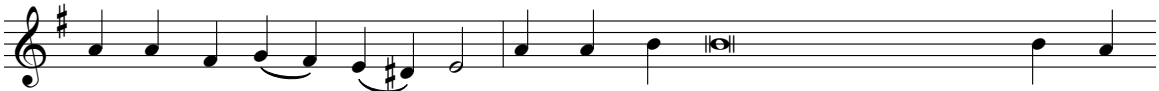
Cantor

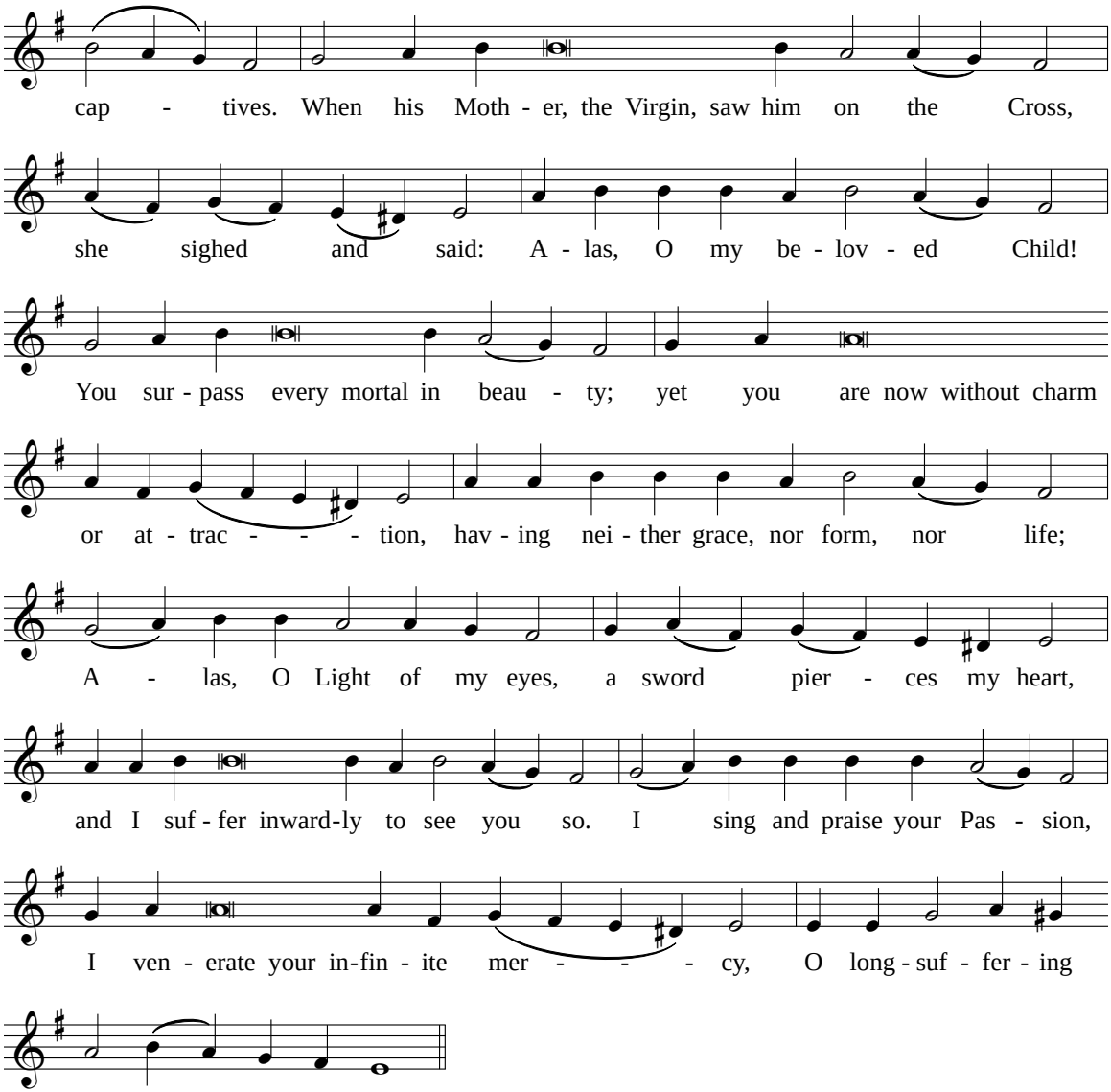


Doxastikon - *Tone 8 samohlasen*

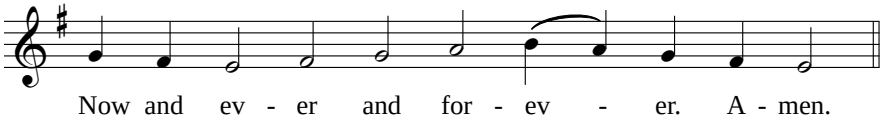




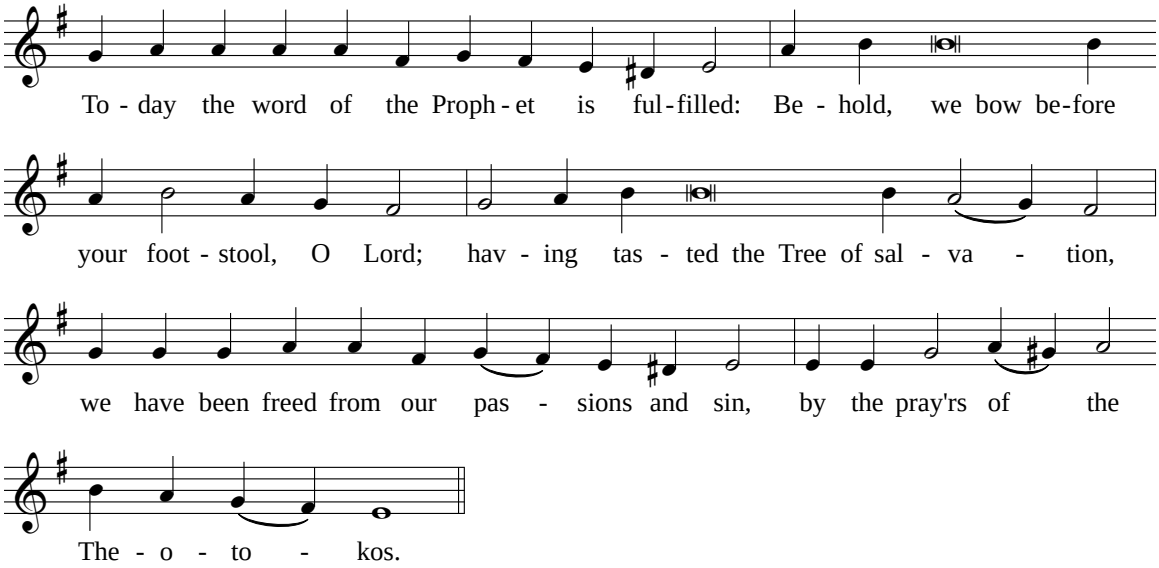



cap - tives. When his Moth - er, the Virgin, saw him on the Cross,
she sighed and said: A - las, O my be - lov - ed Child!
You sur - pass every mortal in beau - ty; yet you are now without charm
or at - trac - - - tion, hav - ing nei - ther grace, nor form, nor life;
A - las, O Light of my eyes, a sword pier - ces my heart,
and I suf - fer inward-ly to see you so. I sing and praise your Pas - sion,
I ven - erate your in-fin - ite mer - - - cy, O long - suf - fer - ing
Lord, glo - ry to you.

Cantor


Now and ev - er and for - ev - er. A - men.

Theotokion - *in the same tone*



The service of Matins continues with the Litany of Supplication (p. 45).