

**Octoechos**

**Mode 3.**

On Sunday Morning

**Triodion**

Third Sunday of Lent. Veneration of the Cross

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** O Lord, the light of Your face was stamped upon us. [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 2:** You gave a sign to those who fear You, so they may flee from the face of the bow. [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 3:** You ascended on high, You led captivity captive; You received gifts for mankind. [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 4:** You have given an inheritance to those who fear Your name, O Lord. [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Glory. Both now.

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Antiphon II. Mode 2.**

**Verse 1:** All the ends of the earth saw the salvation of our God. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 2:** Let us enter into His tabernacles; let us worship at the place where His feet stood. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 3:** God is our King before the ages; He worked salvation in the midst of the earth. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 4:** Be still, and know that I am God; I will be exalted among the nations; I will be exalted in the earth. [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Glory to the Father and the Son and the Holy Spirit.

Both now and ever and to the ages of ages. Amen.

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

**Antiphon III. Mode 1.**

**Verse 1:** *Exalt the Lord our God, and  
worship at the footstool of His feet.* [SAAS]

**Verse 2:** *O Lord, save Your people, and bless  
Your inheritance.* [SAAS]

**Verse 3:** *And shepherd them, and raise them  
up forever.* [SAAS]

**Apolytikion of the Feast.**

**Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]

*An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.*

**Psalm 102.**

**Psalm 145.**

**The Beatitudes.**

**Mode 3.**

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**Resurrectional.**

From Octoechos - - -

*Blessed are the merciful, for they shall obtain mercy.* [RSV]

When our primal father Adam disobeyed Your divine command, O Christ, You expelled him from Paradise. But when the faithful Robber while on the cross confessed You to be Lord, You restored him there, as he cried to You: "O Savior, when You come in Your kingdom, remember me." [SD]

*Blessed are the pure in heart, for they shall see God.* [RSV]

When in Paradise we sinned, You condemned us and pronounced the curse of death, being the Lord and the Giver of life. But later, loving Master, You who are sinless suffered in the flesh, and You brought the

dead back to life again, who shouted: "When You come in Your kingdom, remember us." [SD]

*Blessed are the peacemakers, for they shall be called sons of God.* [RSV]

Having risen from the dead, You also raised us from the passions, by Your holy resurrection, O Christ our God. And roundly You defeated death's dominion over us, O Lord. Therefore we believers cry out to You: O Savior, when You come in Your kingdom, remember us. [SD]

*Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.* [RSV]

**Theotokion.**

Rejoice, the gate of God, through whom went the incarnate Creator, when He was born from you, and He kept you sealed. Rejoice, O swift and light cloud who brings the divine showers, namely Christ. Rejoice, O ladder to heaven and celestial throne. O rejoice, holy mountain, uncut and rich. [SD]

**Canon for the Cross.**

From Triodion - - -

**Ode vi. Mode 1.**

*Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake].* [RSV]

Having crushed death, O Christ, you rose as a great King, calling us back from the storehouses of Hell to the enjoyment of the Kingdom of Heaven, to the land of immortality. [EL]

*Rejoice and be glad, for your reward is great in heaven.* [RSV]

Believers, let us cry aloud in godly songs and shout with joy to God, as we greet the

Cross of the Lord; for it is a fountain of holiness to all those in the world. [EL]

Glory.

A Unity in three Persons I praise and a Trinity worshipped in one Nature, God the three in one, Light of triple sun, Father, Son and Holy Spirit. [EL]

Both now. **Theotokion.**

The greatest wonder of all wonders was revealed in you, O Ewe-lamb free from blemish,; for you bore the Lamb who takes away the sin of the world. Entreat him fervently for those who sing your praise. [EL]

**Entrance Hymn. Mode 2.**

Come, let us worship and bow down  
before Christ. Save us, O Son of God, risen  
from the dead. We sing to You, Alleluia. [GOA]

**Hymns After the Small Entrance.**

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode 3.**

Let the heavens sing for joy, and let  
everything on earth be glad. For with His Arm  
the Lord has worked power. He trampled  
death under foot by means of death; and He  
became the firstborn from the dead. From  
the maw of Hades He delivered us; and He  
granted the world His great mercy. [SD]

**For the Feast.**

From Triodion - - -

**Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful  
over the enemy, and by Your Cross protecting  
Your commonwealth. [GOA]

**(Apolytikion of the Parish Church)**

(The text of the Apolytikion of the local  
church goes here.)

**Kontakion.**

**Mode pl. 4. Automelon.**

O Champion General, I your City now  
inscribe to you  
Triumphant anthems as the tokens of my  
gratitude,  
Being rescued from the terrors, O Theotokos.  
Inasmuch as you have power unassailable,  
From all kinds of perils free me, so that unto  
you

I may cry aloud: Rejoice, O unwedded Bride.

[SD]

**INSTEAD OF HOLY GOD**

We venerate Your Cross, O Master, and  
we glorify Your Holy Resurrection. (3) [GOA]

*Glory to the Father and the Son and the Holy  
Spirit. Both now and ever and to the ages of ages.  
Amen.*

And we glorify. Your Holy Resurrection.

**The Epistle**

THE THIRD SUNDAY IN LENT

**Prokeimenon. Mode pl. 2. Psalm 27.**

O Lord, save Your people, and bless Your  
inheritance. [SAAS]

**Verse:** *To You, O Lord, I cry; O my God,  
may You not pass over me in silence.* [SAAS]

The reading is from Paul's Letter to the  
Hebrews.

4:14-16; 5:1-6

Brethren, since we have a high priest who  
has passed through the heavens, Jesus, the  
Son of God, let us hold fast our confession.  
For we have not a high priest who is unable to  
sympathize with our weaknesses, but one who  
in every respect has been tempted as we are,  
yet without sin. Let us then with confidence  
draw near to the throne of grace, that we may  
receive mercy and find grace to help in time  
of need. For every high priest chosen from  
among men is appointed to act on behalf  
of men in relation to God, to offer gifts and  
sacrifices for sins. He can deal gently with  
the ignorant and wayward, since he himself  
is beset with weakness. Because of this he  
is bound to offer sacrifice for his own sins  
as well as for those of the people. And one

does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek." [RSV]

**Alleluia. Mode pl. 2. Psalm 73.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Remember Your congregation You acquired from the beginning.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *God is our King before the ages; He worked salvation in the midst of the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

Third Sunday in Lent

The reading is from the Holy Gospel according to Mark.

Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will

not taste death before they see the kingdom of God come with power." [RSV]

**Hymn to the Theotokos.**

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. [SD]

**Communion Hymn. Psalm 4.**

O Lord, the light of Your face was stamped upon us. Alleluia. [SAAS]

**Hymn after Holy Communion.**

**Instead of "We have seen."**

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

**THE DISMISSAL**

May He Who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint); of the holy and righteous ancestors of God

Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

**Fasting Rule**

*Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.*

*It is Saturday or Sunday in Lent.*