

**eMatins powered by AGES**

# The Service of Matins

**for Saturday, September 14, 2019**

**Menaion - September 14**

**The Elevation of the Holy Cross**

**Katavasias of the Cross**

**Text in English**

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vol Orthodox Monastery of the Veil of our Lady

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**Menaion - September 14**

The Elevation of the Holy Cross

**MATINS**

**CHOIR**

**Mode 1.**

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. [SAAS]

**Verse 1:** *Give thanks to the Lord and call upon His name.*

*or: Give thanks to the Lord, for He is good; for His mercy endures forever.*

**Verse 2:** *All the nations surrounded me, but in the name of the Lord I defended myself against them.*

**Verse 3:** *And this came about from the Lord, and it is wonderful in our eyes.*

From Menaion ---

**Apolytikion. For the Cross.**

**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. (3) [GOA]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 16. It would be followed by the short litany.*

**PRIEST**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us

commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

**CHOIR**

**Kathisma I.**

From Menaion ---

**Mode 1.** *The stone had been secured.*

We venerate the wood of Your Cross, O humane One, \* for You, the Life of all, were nailed to it. \* O Savior, You opened Paradise to the Robber who approached You with faith. \* He was counted worthy of delight, confessing You, Remember me, O Lord. \* Accept us as You accepted him, \* for we now cry, We all have sinned \* against Your compassion. Do not abandon us. [SD]

Glory. Both now. **Repeat.**

We venerate the wood of Your Cross, O humane One, \* for You, the Life of all, were nailed to it. \* O Savior, You opened Paradise to the Robber who approached You with faith. \* He was counted worthy of delight, confessing You, Remember me, O Lord. \* Accept us as You accepted him, \* for we now cry, We all have sinned \* against Your compassion. Do not abandon us. [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 17. It would be followed by the short litany.*

**PRIEST**

*Again and again, in peace, let us pray to the Lord.*

*(Lord, have mercy.)*

*Help us, save us, have mercy on us, and protect us, O God, by Your grace.*

*(Lord, have mercy.)*

*Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.*

*(To You, O Lord.)*

### **PRIEST**

*For You, O God, are good and love mankind, and to You we offer glory, to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.*

*(Amen.)*

### **CHOIR**

#### **Kathisma II.**

From Menaion ---

#### **Mode pl. 2.**

The wood of Your Cross was merely planted, O Christ, and the foundations of death were shaken, O Lord. Hades had swallowed You eagerly, but with trembling it disgorged You. You have shown us Your salvation, O Holy One, and we glorify You, Son of God. Have mercy on us. [SD]

Glory. **Repeat.**

The wood of Your Cross was merely planted, O Christ, and the foundations of death were shaken, O Lord. Hades had swallowed You eagerly, but with trembling it disgorged You. You have shown us Your salvation, O Holy One, and we glorify You, Son of God. Have mercy on us. [SD]

#### **The Polyeleos.**

*Psalm 134 (135).*

*Psalm 135 (136).*

#### *Selected Psalm Verses*

#### **Selected Psalm Verses for the Elevation of the Precious and Life-giving Cross**

Those who make war on me. Alleluia.

1. O Lord, judge those who injure me; make war on those who make war on me. Alleluia. (34:1) [SAAS]
2. Take hold of weapon and shield, and rise up to my help. Alleluia. (34:2) [SAAS]
3. Bring forth the sword, and confine those in opposition who pursue me. Alleluia. (34:3) [SAAS]
4. O Lord, the light of Your face was stamped upon us. Alleluia. (4:7) [SAAS]
5. O Lord, You crowned us with the shield of Your goodwill. Alleluia. (5:13) [SAAS]
6. You gave a sign to those who fear You, so they may flee from the face of the bow. Alleluia. (59:6) [SAAS]
7. You ascended on high, You led captivity captive Alleluia. (67:19) [SAAS]
8. You give an inheritance to those who fear Your name. Alleluia. (60:6) [SAAS]
9. That we may know His way on the earth, Your salvation among all the Gentiles. Alleluia. (66:3) [SAAS]
10. All the ends of the earth saw the salvation of our God. Alleluia. (97:3) [SAAS]
11. Let us worship at the place where His feet stood. Alleluia. (131:7) [SAAS]
12. Then all the trees of the forest shall greatly rejoice. Alleluia. (95:12) [SAAS]

13. God is our King before the ages; He worked salvation in the midst of the earth. Alleluia. (73:12) [SAAS]

14. Be still, and know that I am God. Alleluia. (45:11) [SAAS]

15. I will be exalted among the nations; I will be exalted in the earth. Alleluia. (45:11) [SAAS]

16. Exalt the Lord our God, and worship at the footstool of His feet; for He is holy. Alleluia. (98:5) [SAAS]

17. O God, save Your people, and bless Your inheritance. Alleluia. (27:9) [SAAS]

18. And shepherd them, and raise them up forever. Alleluia. (27:9) [SAAS]

Glory. **For the Trinity.**

**Mode 1.**

Come, let us bow in worship and extol, \* all together singing doxologies \* to God the Father and the Son \* and the Holy Spirit faithfully, \* crying out and saying: Save us, all-holy Trinity.

Both now. **Theotokion.**

**Mode 1.**

O Christ, your people now invoke the name \* of Your holy Mother, O Good One, and pray: \* By her entreaties for us, \* will You give us Your tender love, \* so that we may glorify \* You, the hope of our souls, O Lord.

**PRIEST**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

For blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

**CHOIR**

**Kathisma III.**

From Menaion - - -

**Mode pl. 4. When he perceived.**

Joshua of Nun formerly mystically prefigured \* the figure of the precious Cross of You my Savior, \* by extending his arms in cruciform, O Master. \* At that time, the sun stood still until he destroyed \* the enemies who opposed You the only God. \* Now the same sun conceals its light \* as it sees You on the Cross \* destroying the might of death and despoiling Hades, O Lord. [SD]

Glory. Both now. **Repeat.**

Joshua of Nun formerly mystically prefigured \* the figure of the precious Cross of You my Savior, \* by extending his arms in cruciform, O Master. \* At that time, the sun stood still until he destroyed \* the enemies who opposed You the only God. \* Now the same sun conceals its light \* as it sees You on the Cross \* destroying the might of death and despoiling Hades, O Lord. [SD]

**Antiphon I.**

**Mode 4.**

Since my youth have many passions  
waged war against me. O my Savior,  
nonetheless help me and save me. (2) [SD]

You, the haters of Zion, be put to shame  
by the Lord, for like thatch in fire you will be  
completely dried up. (2) [SD]

Glory.

From the Holy Spirit every soul receives  
life, and through cleansing is lifted and  
brightened, in a hidden, sacred manner, by the  
trinal Monad. [SD]

Both now.

From the Holy Spirit do the streams of  
grace well forth; they irrigate everything  
created, so that life be engendered. [SD]

**Prokeimenon. Psalm 97.**

All the ends of the earth saw the salvation  
of our God. (2)

**Verse:** *Sing a new song to the Lord, for He  
did wondrous things.*

All the ends of the earth saw the salvation  
of our God. [SAAS]

**DEACON**

Let us pray to the Lord.

*(Lord, have mercy.)*

**PRIEST**

For you are holy, our God, who rest  
among the Saints, and to you we give glory,  
to the Father and the Son and the Holy Spirit,  
now and forever and to the ages of ages.

**CHOIR**

Amen.

**Mode 2.**

Let everything that breathes praise the  
Lord. (2) Let everything that breathes praise  
the Lord. [SAAS]

**DEACON**

Let us pray to the Lord our God that we  
may be made worthy to hear the holy Gospel.

*(Lord, have mercy. Lord, have mercy. Lord,  
have mercy.)*

**DEACON**

Wisdom. Arise. Let us hear the Holy  
Gospel.

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**PRIEST**

The reading is from the Holy Gospel  
according to John.

**DEACON**

Let us be attentive.

*(Glory to You, O Lord, glory to You.)*

**PRIEST** *(from the gate)*

**Jn. 12:28-36**

The Lord said, "Father, glorify your  
name." Then a voice came from heaven, "I  
have glorified it, and I will glorify it again."  
The crowd standing by heard it and said that  
it had thundered. Others said, "An angel has  
spoken to him." Jesus answered, "This voice  
has come for your sake, not for mine. Now  
is the judgment of this world, now shall the  
ruler of this world be cast out: and I, when  
I am lifted up from the earth, will draw all  
men to myself." He said this to show by what  
death he was to die. The crowd answered  
him, "We have heard from the law that the

Christ remains for ever. How can you say that the Son must be lifted up? Who is this Son of man?" Jesus said to them, "The light is with you for a little longer. Walk while you have the light, lest the darkness overtake you; he who walks in darkness does not know where he goes. While you have the light, believe in the light, that you may become sons of light."

[RSV]

*(Glory to You, O Lord, glory to You.)*

### READER

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

### Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your

wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

From Menaion - - -

### CHOIR

Glory. **Mode 2.**

You are my mighty shelter, O tri-partite Cross of Christ. Sanctify me by your power, so that with faith and love I may adore and glorify you. [SD]

Both now.

You are my mighty shelter, O tri-partite Cross of Christ. Sanctify me by your power,



so that with faith and love I may adore and glorify you. [SD]

**Idiomelon. Mode pl. 2.**

**Verse:** *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.* [SAAS]

O Cross of Christ, the hope of Christians, the guide of the wayward, the haven of the storm-tossed, the victory in wartime, the security of the civilized world, for the sick a physician, for the dead resurrection, have mercy on us. [SD]

**DEACON**

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the universal Elevation of which we are celebrating; the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable

Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (**local patron saint**); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

From Menaion - - -

**CHOIR**

**Ode i.**

**Canon of the Feast.**

**Heirmos. Mode pl. 4.**

Moses prefigured the Cross. \* Lifting up the rod, he stretched out his hand and split the Sea for Israel to cross on land. \* Then he stretched it out again, \* and the sea returned and covered Pharaoh's chariots. \* The Cross was thus portrayed as our invincible armor. \* So let us sing to the Lord, \* Christ our God, for He is greatly glorified. (2) [SD]

*[All-holy] Cross of Christ, guard us by your power.*

The Prophet Moses of old \* in himself prefigured the undefiled Passion, when he stood between those men of God. \* With hands held up in the form \* of the Cross, he raised a monument of victory, \* defeating the destroyer Amalek and his forces. \* So let us



sing to the Lord, \* Christ our God, for He is greatly glorified. [SD]

*[All-holy] Cross of Christ, guard us by your power.*

The Prophet Moses of old \* in himself prefigured the undefiled Passion, when he stood between those men of God. \* With hands held up in the form \* of the Cross, he raised a monument of victory, \* defeating the destroyer Amalek and his forces. \* So let us sing to the Lord, \* Christ our God, for He is greatly glorified. [SD]

Glory.

The antidote was set up \* on a pole by Moses of old to save the people from the poisonous and deadly bite. \* He horizontally fixed \* to the wood, symbolic of the Cross, the snake of bronze \* and vanquished the affliction of the slithering serpent. \* So let us sing to the Lord, \* Christ our God, for He is greatly glorified. [SD]

Both now.

The Cross appeared in the sky \* to the godly-minded and pious Emperor to be the emblem of victory. \* The raging of hostile foes \* now has been struck down by it; deceit has been overthrown; \* and faith in God has spread to the four corners of the earth. \* So let us sing to the Lord, \* Christ our God, for He is greatly glorified. [SD]

### **Ode i. Katavasia. Mode pl. 4.**

Moses prefigured the Cross. \* Lifting up the rod, he stretched out his hand and split the Sea for Israel to cross on land. \* Then he stretched it out again, \* and the sea returned and covered Pharaoh's chariots. \* The Cross

was thus portrayed as our invincible armor. \* So let us sing to the Lord, \* Christ our God, for He is greatly glorified. [SD]

From Menaion - - -

### **Ode iii.**

#### **Canon of the Feast.**

#### **Heirmos. Mode pl. 4.**

The rod of Aaron is seen as typifying the mystery; \* for it budded, and thus was the priest selected. \* Now in the Church, that was barren once, the Cross of Christ, like a tree, \* has blossomed forth, \* as power and a firm support. (2) [SD]

*[All-holy] Cross of Christ, guard us by your power.*

The rod of Moses struck the flinty rock, and water came out of it \* for the hard-hearted and recalcitrant people; \* and this depicted the myst'ry of the Church of the elect of God; \* for which is the Cross its power and a firm support. [SD]

*[All-holy] Cross of Christ, guard us by your power.*

The rod of Moses struck the flinty rock, and water came out of it \* for the hard-hearted and recalcitrant people; \* and this depicted the myst'ry of the Church of the elect of God; \* for which is the Cross its power and a firm support. [SD]

Glory.

When Your immaculate side was speared, water and blood came out, \* inaugurating the Covenant and the cleansing of sin, O Savior. \* And now believers boast in the Cross, \* which for Emperors was power and a firm support.

[SD]

Both now.

When Your immaculate side was speared,  
water and blood came out, \* inaugurating the  
Covenant and the cleansing of sin, O Savior. \*  
And now believers boast in the Cross, \* which  
for Emperors was power and a firm support.

[SD]

**Ode iii. Katavasia. Mode pl. 4.**

The rod of Aaron is seen as typifying the  
mystery; \* for it budded, and thus was the  
priest selected. \* Now in the Church, that was  
barren once, the Cross of Christ, like a tree,  
\* has blossomed forth, \* as power and a firm  
support. [SD]

**DEACON**

Again and again, in peace, let us pray to  
the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and  
protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure,  
blessed, and glorious Lady, the Theotokos and  
ever-virgin Mary, with all the saints, let us  
commend ourselves and one another and our  
whole life to Christ our God.

*(To You, O Lord.)*

**PRIEST**

For you are our God, and to you we give  
glory, to the Father and the Son and the Holy  
Spirit, now and forever and to the ages of  
ages.

*(Amen.)*

**CHOIR**

**Kathisma.**

From Menaion - - -

**Mode pl. 4. When he perceived.**

Of old the tree in the garden stripped us  
naked, \* and by its taste did the enemy bring  
in death. \* Now the tree of the Cross, which  
for all mankind is bearing \* the garment of life,  
was planted upon the earth, \* and therefore  
is all the world filled with every joy. \* As we  
see it exalted now, let us, O peoples, cry aloud  
\* together unto God in faith: \* Full of glory is  
Your house, O Lord. [SD]

From Menaion - - -

**Ode iv.**

**Canon of the Feast.**

**Heirmos. Mode pl. 4.**

I have heard the report, O Lord, \* of Your  
incarnation, which is a mystery. \* I considered  
Your astounding works, \* and I glorified Your  
divinity. (2) [SD]

*[All-holy] Cross of Christ, guard us by your  
power.*

In days of old, Moses transformed with  
wood / the bitter wells in the wilderness, /  
prefiguring the bringing of the gentiles / to the  
true faith through the Cross. [OCA]

*[All-holy] Cross of Christ, guard us by your  
power.*

Jordan received a sharpened ax into its  
deep bosom, / and was forced by a stick of  
wood to give it up again, / as a token of the  
cutting of error by the Cross and baptism. [OCA]

Glory.

The people of Israel, / a sacred army  
drawn up in four divisions, / marched in  
this figure before the Ark of the testimony, /

gaining glory by their ranks formed in the sign of the Cross. [OCA] Christ crucified on you/granting peace to our souls. [OCA]

Both now.

Stretched out in wondrous fashion,/the Cross sent forth rays as the sun,/and the heavens declared the glory of God! [OCA]

**Ode iv. Katavasia. Mode pl. 4.**

I have heard the report, O Lord, \* of Your incarnation, which is a mystery. \* I considered Your astounding works, \* and I glorified Your divinity. [SD]

From Menaion - - -

**Ode v.**

**Canon of the Feast.**

**Heirmos. Mode pl. 4.**

Tree of the Cross, you are thrice-blessed, \* for Jesus Christ, who is King and Lord, was crucified on you. \* Through you fallen is the one who by a tree deceived us, \* for he was lured by God who in the flesh indeed \* was hung and nailed to you, \* and who grants to our souls His peace. (2) [SD]

*[All-holy] Cross of Christ, guard us by your power.*

O Wood, made famous in song,/Cross on which Christ was outstretched:/the whirling sword that guarded Eden was afraid of you,/and the dread cherubim gave way before Christ crucified on you/granting peace to our souls. [OCA]

*[All-holy] Cross of Christ, guard us by your power.*

O Wood, made famous in song,/Cross on which Christ was outstretched:/the whirling sword that guarded Eden was afraid of you,/and the dread cherubim gave way before

Glory.

Our adversaries, the powers from beneath the earth,/tremble when they see the sign of the Cross/displayed in the air where they dwell;/and the ranks of those who dwell in heaven/together with those born on earth/bow the knee before Christ Who grants peace to our souls. [OCA]

Both now.

Shining with pure rays, the Holy Cross sheds its divine light/upon the nations darkened by beguiling error,/and it reconciles them to Christ Who was crucified on it/granting peace to our souls. [OCA]

**Ode v. Katavasia. Mode pl. 4.**

Tree of the Cross, you are thrice-blessed, \* for Jesus Christ, who is King and Lord, was crucified on you. \* Through you fallen is the one who by a tree deceived us, \* for he was lured by God who in the flesh indeed \* was hung and nailed to you, \* and who grants to our souls His peace. [SD]

From Menaion - - -

**Ode vi.**

**Canon of the Feast.**

**Heirmos. Mode pl. 4.**

In the belly of the sea beast \* the prophet Jonah prayed with his arms extended crosswise; \* thus he clearly prefigured the saving Passion of Christ. \* When after three days he emerged, \* he was depicting the supernal resurrection from the dead \* of Christ God, who was physically nailed to the Cross \* and by His third-day arising illumined the universe. (2) [SD]

*[All-holy] Cross of Christ, guard us by your power.*

Bent with age and wasted by sickness,/ Jacob was straightened when he crossed his hands,/ thus showing the power of the life-giving Cross./ For God Who was crucified on it in the flesh/ thus rewrote the letter of the old law that was in shadows,/ and drove away the soul-destroying disease of error. [OCA]

*[All-holy] Cross of Christ, guard us by your power.*

Bent with age and wasted by sickness,/ Jacob was straightened when he crossed his hands,/ thus showing the power of the life-giving Cross./ For God Who was crucified on it in the flesh/ thus rewrote the letter of the old law that was in shadows,/ and drove away the soul-destroying disease of error. [OCA]

Glory.

By laying his hands crosswise on the heads of the young/ holy Israel signified that the people serving under the law/ should for a time have the honor due to the first born./ When suspected of error in this, he did not change the life-giving figure:/ For, he cried, the newly-planted people of Christ our God/ shall take the higher place, strengthened by the Cross! [OCA]

Both now.

By laying his hands crosswise on the heads of the young/ holy Israel signified that the people serving under the law/ should for a time have the honor due to the first born./ When suspected of error in this, he did not change the life-giving figure:/ For, he cried, the newly-planted people of Christ our God/

shall take the higher place, strengthened by the Cross! [OCA]

#### **Ode vi. Katavasia. Mode pl. 4.**

In the belly of the sea beast \* the prophet Jonah prayed with his arms extended crosswise; \* thus he clearly prefigured the saving Passion of Christ. \* When after three days he emerged, \* he was depicting the supernal resurrection from the dead \* of Christ God, who was physically nailed to the Cross \* and by His third-day arising illumined the universe. [SD]

#### **DEACON**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

#### **PRIEST**

For You are the King of peace and the savior of our souls, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

From Menaion - - -

#### **READER**

#### **Kontakion.**

#### **Mode 4. Automelon.**

You who were lifted on the cross voluntarily, \* O Christ our God, bestow Your tender compassions \* upon Your new

community to which You gave Your name. \* Cause our faithful emperors to be glad in Your power, \* granting them the victories against their adversaries. \* And for an ally, Lord, may they have You, \* peace as their armor, the trophy invincible. [SD]

**Oikos.**

Paul, who was caught up into Paradise beyond the third heaven, and who heard the unspeakable and divine words that it is not permissible for tongues to utter, writes to the Galatians what you, as lovers of the Scriptures, have read and already know. "God forbid," says he, "that I should boast except in the Cross of the Lord, whereby He suffered and thus killed the passions." This very Cross of the Lord, then, let us all surely hold as our boast. For this wood is our salvation, the shield of peace, the trophy invincible. [GKD]

**Synaxarion.**

**From the Menaion.**

On September 14 is the worldwide Exaltation (i.e. Elevation) of the precious and life-giving Cross.

On this day was the repose of our father among the saints John Chrysostom, Archbishop of Constantinople. He reposed on this date, but because of the feast of the Holy Cross his feast was moved to November 13.

We also commemorate the most pious empress Placilla, the wife of emperor Theodosius the Great.

On this day we also commemorate our fathers among the saints who assembled at the holy Sixth Ecumenical Council, during the reign of Constantine IV Pogonatos, father of Justinian II Rhinotmetos, while

Sergios led the Church of Constantinople and Agatho the Church of Rome. The Council convened in Trullo of the Palace called Ovatus, to anathematize Sergios, Pyrrhos and Peter and Paul, who had been Bishops of Constantinople, as well as Macrobios of Antioch, Cyrus of Alexandria, and Honorius of Rome, and Stephen and Polychronios and their followers. This Council convened during the reign of the above mentioned Constantine Pogonatos, but its canons were published during the reign of his son Justinian.

On this day we also commemorate the holy Martyr Papas.

On this day the holy Martyr Theocles died by the sword.

On this day Saint Valerian the infant died by the sword.

The holy new devout Martyr Macarius, who witnessed in Thessaloniki in the year 1527, and who had been a disciple of St. Niphon, Patriarch of Constantinople, died by the sword.

By their holy intercessions, O God, have mercy on us. Amen.

**CHOIR**

From Menaion - -

**Ode vii.**

**Canon of the Feast.**

**Heirmos. Mode pl. 4.**

The impious tyrant's preposterous decree disturbed the populace, \* breathing threats and blasphemous pronouncements hateful to God. \* His brutal anger did not intimidate \* the three Servants, nor did the consuming fire. \* But when the dew-laden breeze whistled against the fire, they joined it



and together sang, \* "Blessed are You, O Lord.  
You are highly praised, O God, the God of our  
fathers." (2) [SD]

*[All-holy] Cross of Christ, guard us by your  
power.*

The first man went to dwell in corruption/  
from eating of the tree./Condemned to  
shameful banishment from life,/he fell prey  
to bodily corruption/which he transmitted to  
all our kind like some pollution from disease./  
But finding restoration in the wood of the  
Cross,/those who dwell on earth cry out:/  
Blessed are You and praised above all,/our  
God and the God of our fathers! [OCA]

*[All-holy] Cross of Christ, guard us by your  
power.*

The first man went to dwell in corruption/  
from eating of the tree./Condemned to  
shameful banishment from life,/he fell prey  
to bodily corruption/which he transmitted to  
all our kind like some pollution from disease./  
But finding restoration in the wood of the  
Cross,/those who dwell on earth cry out:/  
Blessed are You and praised above all,/our  
God and the God of our fathers! [OCA]

Glory.

The breaking of the law of God came  
through disobedience,/and the untimely  
partaking of the fruit of the tree/brought  
death to mortals./From that time, the tree  
of precious life was guarded,/until the  
confession of the good thief opened the way to  
it once more/as he perished in agony crying:/  
Blessed are You and praised above all,/our  
God and the God of our fathers! [OCA]

Both now.

Foreseeing the future,/Israel revered  
the top of Joseph's staff,/revealing how in  
times to come the most glorious Cross/should  
be the safe-guard of royal power./For it is  
a triumphal glory to kings,/and a light to  
those who cry with faith:/Blessed are You and  
praised above all,/our God and the God of  
our fathers. [OCA]

#### **Ode vii. Katavasia. Mode pl. 4.**

The impious tyrant's preposterous  
decree disturbed the populace, \* breathing  
threats and blasphemous pronouncements  
hateful to God. \* His brutal anger did not  
intimidate \* the three Servants, nor did the  
consuming fire. \* But when the dew-laden  
breeze whistled against the fire, they joined it  
and together sang, \* "Blessed are You, O Lord.  
You are highly praised, O God, the God of our  
fathers." [SD]

From Menaion - - -

#### **Ode viii.**

##### **Canon of the Feast.**

##### **Heirmos. Mode pl. 4.**

You three pious Servants, \* same in  
number as the Trinity, \* bless God the Father,  
Maker of all; \* sing a hymn to the Word who  
condescended \* and who changed the fire  
in the furnace into dew; \* as for the all-holy  
Spirit, who gives life to all, exalt It \* beyond  
measure unto the ages. (2) [SD]

*[All-holy] Cross of Christ, guard us by your  
power.*

Sing praises, powers of heaven,/at the  
exaltation of the Wood/sprinkled with  
the blood of the Incarnate Word of God,/  
celebrating the restoration of mortals./  
Venerate the Cross of Christ, O people,/by



which Resurrection is granted to the world throughout all ages. [OCA]

*[All-holy] Cross of Christ, guard us by your power.*

Sing praises, powers of heaven,/at the exaltation of the Word/sprinkled with the blood of the Incarnate Word of God,/celebrating the restoration of mortals./Venerate the Cross of Christ, O people,/by which Resurrection is granted to the world throughout all ages. [OCA]

Glory.

Earthly instruments of grace, with reverent hands/lift up the Cross on which Christ our God hung,/and the lance that pierced the body of God the Word./Let all nations see the salvation of God/and glorify Him throughout all ages. [OCA]

Both now.

Rejoice, faithful Christians,/forechosen by divine decree!/Receiving the precious Cross from God,/make this victorious weapon your glory,/for by it the enemy that rashly seeks battle/is scattered throughout all ages. [OCA]

**Ode viii. Katavasia. Mode pl. 4.**

*We praise and we bless and we worship the Lord.*

You three pious Servants, \* same in number as the Trinity, \* bless God the Father, Maker of all; \* sing a hymn to the Word who condescended \* and who changed the fire in the furnace into dew; \* as for the all-holy Spirit, who gives life to all, exalt It \* beyond measure unto the ages. [SD]

**DEACON**

Let us honor and magnify in song the Theotokos and the Mother of the light.

**CHOIR**

From Menaion - - -

**Ode ix.**

**Mode pl. 4. Heirmos.**

Theotokos, you are mystical Paradise, \* for without husbandry you have blossomed Christ, \* by whom on earth the Cross, as a life-bearing tree, has been planted and watered. \* As it is now exalted, \* we adore Him and worship Him and magnify you. (2)

**Troparia.**

*[All-holy] Cross of Christ, guard us by your power.*

Let all the trees of the forest greatly rejoice, \* because their nature was sanctified when Christ, \* by whom they were originally planted on earth, \* was crucified upon one. \* As it is now exalted, \* we adore Him and worship Him and magnify Him. [SD]

*[All-holy] Cross of Christ, guard us by your power.*

A sacred horn of the Head of all has been raised up, \* the Cross of Christ, for people of godly mind. \* By it are all the horns of intelligible sinners completely crushed and broken. \* As it is now exalted, \* we adore Him and worship Him and magnify Him. [SD]

**Another Heirmos.**

**Mode pl. 4. Heirmos.**

Eating the tree's forbidden fruit once \* in Paradise brought death to the human race. \* But through the Cross, today death has no effect, \* because the curse that fell on the entire human race through mother Eve \*

was undone by the Offspring of the all pure Mother of God, who now is by all the hosts of heaven magnified. <sup>[SD]</sup>

**Troparia.**

*[All-holy] Cross of Christ, guard us by your power.*

You did not let the bitter taste of the tree annihilate us, O Lord our God, \* but by Your Cross You eradicated it. \* And to prefigure what Your Cross would do, \* the wood dissolved the bitterness \* of the water of Marah in times of old. \* This power of the Cross is by all the hosts of heaven magnified.

<sup>[SD]</sup>

Glory.

We were continually plunged in our forefather's darkness, O Lord our God; \* but through the Cross, today You have raised us up. \* Even as all of human nature was swept down by error uncontrollably, \* so the light of Your Cross lifted the entire human race. \* And therefore we the believers magnify the Cross.

<sup>[SD]</sup>

Both now.

Wishing to show the world that truly \* the figure of Your Cross is most glorious \* and should be venerated by everyone, \* O Lord, You formed it in the sky above resplendently with boundless light, \* the invincible armor that Constantine the Emperor adopted, \* which all the hosts of heaven magnify. <sup>[SD]</sup>

**Ode ix. Katavasia. Mode pl. 4.**

Theotokos, you are mystical Paradise, \* for without husbandry you have blossomed Christ, \* by whom on earth the Cross, as a life-bearing tree, has been planted and watered.

\* As it is now exalted, \* we adore Him and worship Him and magnify you. <sup>[SD]</sup>

**Another Katavasia. Mode pl. 4.**

Eating the tree's forbidden fruit once \* in Paradise brought death to the human race. \* But through the Cross, today death has no effect, \* because the curse that fell on the entire human race through mother Eve \* was undone by the Offspring of the all pure Mother of God, who now is by all the hosts of heaven magnified. <sup>[SD]</sup>

**DEACON**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

**PRIEST**

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

From Menaion - - -

**CHOIR**

**Exaposteilaria.**

**Mode 2. With the disciples.**

O Cross, you are the guardian of the whole world. \* O Cross, you are the height of the Church's beauty. \* O Cross, you are what strengthened the Emperors. \* O Cross, the

believers' firm support. \* O Cross, the glory of Angels \* and the defeat of the demons. [SD]

**Another.**

**Mode 2. *O Women, hearken.***

Exalted is Your Cross today, and all the world is sanctified. \* O Christ, who sit together with the Father and the Spirit, \* You stretched Your hands upon this Cross, \* and thus You drew the whole wide world \* to knowledge of You, O Savior. \* Count worthy of divine glory \* those who with faith obey You. [SD]

**Lauds. Mode pl. 4.**

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

To fulfill among them the written judgment: this glory have all His holy ones.

Praise God in His saints; praise Him in the firmament of His power.

**Stichera for the Cross.**

From Menaion - - -

**Mode pl. 4. *What a paradoxal.***

*Praise Him for His mighty acts; praise Him according to the abundance of His greatness.* [SAAS]

What a paradoxal miracle! \* Behold, the life-bearing plant, \* the all-holy and precious Cross,\* is appearing on display \* and is carried aloft today. \* Now all the ends of the earth

do glorify, \* and all the demons are greatly terrified. \* Oh, what a gift is this \* that to mortals has been granted! Hence, O Christ \* the only compassionate, \* do thereby save our souls. [SD]

*Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]*

What a paradoxal miracle! \* Behold, the life-bearing plant, \* the all-holy and precious Cross, \* is appearing on display \* and is carried aloft today. \* Now all the ends of the earth do glorify, \* and all the demons are greatly terrified. \* Oh, what a gift is this \* that to mortals has been granted! Hence, O Christ \* the only compassionate, \* do thereby save our souls. [SD]

*Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]*

What a paradoxal miracle! \* The Cross that held the Most High \* like a grape cluster full of life \* is observed by all to be \* exalted from the earth today: \* the Cross, through which we have all been drawn to God, \* and by which death was completely swallowed up. \* O immaculate Tree, \* whereby we again enjoy the deathless food \* that was in Eden of old, \* and Christ we glorify. [SD]

*Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. [SAAS]*

What a paradoxal miracle! \* Behold the breadth and the length \* of the Cross are the same as those \* of the sky. For by divine \* grace it hallows the universe. \* By it barbarian nations are subdued, \* by it the scepters of kings have been secured. \* O holy and divine \*

ladder whereby to the heavens we return, \* as we offer songs of praise \* exalting Christ the Lord. [SD]

Glory. Both now.

From Menaion - - -

### Mode pl. 2.

Today the Cross of the Lord comes out, and the faithful receive it with longing, and they obtain healings of soul and body and of every infirmity. Let us kiss it with joy and with fear: with fear, for we are unworthy because of sin; and with joy, because of the salvation, which Christ the Lord grants us, since He was nailed to the Cross, and He has great mercy. [SD]

*The Doxology follows immediately.*

*(Mode 4 "Agia" is preferred for today.)*

### Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You. Teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

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

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

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

*If the Service of the Elevation of the Cross will occur at the end of Liturgy then sing the following. Otherwise, see below.*

### **Apolytikion.**

From Menaion - - -

#### **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]

### **Special Service of the Elevation**

*(The procession with the cross takes place during singing of the Asmatic Holy God.)*

### **CHOIR**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. [GOA]

### **PRIEST**

### **Apolytikion.**

From Menaion - - -

#### **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]

### **CHOIR**

From Menaion - - -

### **Apolytikion.**

#### **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. (2) [GOA]

**PRIEST**

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

*For each petition, the choir sings "Lord, have mercy," 3-10-3 times (or 3-40-3, or 3-100-3).*

*(Lord, have mercy. Lord, have mercy. Lord, have mercy.)*

Let us pray for pious and Orthodox Christians.

*(Lord, have mercy. Lord, have mercy. Lord, have mercy.)*

Again we pray for (episcopal rank) (name).

*(Lord, have mercy. Lord, have mercy. Lord, have mercy.)*

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

*(Lord, have mercy. Lord, have mercy. Lord, have mercy.)*

Again we pray for the soul of every Orthodox Christian, for their health, salvation, and forgiveness of sins.

*(Lord, have mercy. Lord, have mercy. Lord, have mercy.)*

**PRIEST**

**Kontakion.**

From Menaion ---

**Mode 4. Automelon.**

You who were lifted on the cross voluntarily, \* O Christ our God, bestow Your tender compassions \* upon Your new community to which You gave Your name. \* Cause our faithful emperors to be glad in Your

power, \* granting them the victories against their adversaries. \* And for an ally, Lord, may they have You, \* peace as their armor, the trophy invincible. [SD]

**Mode 2.**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection.

**CHOIR**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection. (2)

*(As the people venerate the cross, sing the following hymn:)*

**Mode 2.**

Come, O believers, let us venerate the life-giving Cross. For Christ, the King of glory, voluntarily extended His hands on it and raised up to the original blessedness, after the enemy long ago had captured us with the bait of pleasure, and caused us to be exiled from God. Come, O believers, let us venerate the Cross, by which we have been granted to crush the skulls of our invisible enemies. Come, all you family of the Gentiles, let us sing hymns to honor the Cross of the Lord. "We salute you, O Cross, for you are the complete redemption of Adam who had fallen. In you our most faithful leaders boast, for by your power they have mightily subdued the foreign enemy. Now we Christians with fear and awe salute you with a kiss, and we glorify God who was nailed to you, and we say, 'O Lord, who were nailed to the Cross, have mercy on us, for You are good and You love humanity.'" [SD]



**Apolytikion.**

From Menaion - - -

**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]