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# The Service of Matins

**for Saturday, September 14, 2019**

**Menaion - September 14  
The Elevation of the Holy Cross**

**Katavasias of the Cross**

**Texts in Greek and English**

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vol Orthodox Monastery of the Veil of our Lady

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Μηναῖον - ΤΗΙ ΙΔ' ΣΕΠΤΕΜΒΡΙΟΥ

Ἡ Ὑψωσις τοῦ Τιμίου Σταυροῦ

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος α'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.  
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι  
Κυρίου.

**Στίχ. α'.** Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ  
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

ἦ· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,  
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

**Στίχ. β'.** Πάντα τὰ ἔθνη ἐκύκλωσάν με,  
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

**Στίχ. γ'.** Παρὰ Κυρίου ἐγένετο αὕτη καὶ  
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τοῦ Μηναίου ---

**Ἀπολυτίκιον. Τοῦ Σταυροῦ.**

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς  
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,  
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα. (ἐκ γ')

ΙΕΡΕΥΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθώμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου Δεσποίνης  
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας  
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,

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]

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.

ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν  
ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα,  
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου  
Πνεύματος, νῦν καὶ ἀεὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων.

(Ἀμήν.)

## ΧΟΡΟΣ

### Κάθισμα Α'.

Τοῦ Μηναίου ---

**Ἦχος α'.** Τοῦ λίθου σφραγισθέντος.

Τοῦ Σταυροῦ σου τὸ ξύλον  
προσκυνοῦμεν Φιλάνθρωπε, ὅτι ἐν  
αὐτῷ προσηλώθης ἡ ζωὴ τῶν ἀπάντων·  
Παράδεισον ἡνέωξας Σωτήρ, τῷ πίστει  
προσελθόντι σοι Ληστῇ· καὶ τρυφῆς  
κατηξιώθη, ὁμολογῶν σοι, Μνήσθητί μου  
Κύριε. Δέξαι ὥσπερ ἐκείνον καὶ ἡμᾶς,  
κραυγάζοντας· Ἠμάρτομεν, πάντες τῇ  
εὐσπλαγχνίᾳ σου, μὴ ὑπερίδης ἡμᾶς.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Τοῦ Σταυροῦ σου τὸ ξύλον  
προσκυνοῦμεν Φιλάνθρωπε, ὅτι ἐν  
αὐτῷ προσηλώθης ἡ ζωὴ τῶν ἀπάντων·  
Παράδεισον ἡνέωξας Σωτήρ, τῷ πίστει  
προσελθόντι σοι Ληστῇ· καὶ τρυφῆς  
κατηξιώθη, ὁμολογῶν σοι, Μνήσθητί μου  
Κύριε. Δέξαι ὥσπερ ἐκείνον καὶ ἡμᾶς,  
κραυγάζοντας· Ἠμάρτομεν, πάντες τῇ  
εὐσπλαγχνίᾳ σου, μὴ ὑπερίδης ἡμᾶς.

### Κάθισμα Β'.

Τοῦ Μηναίου ---

**Ἦχος πλ. β'.**

Μόνον ἐπάγη τὸ ξύλον, Χριστὲ τοῦ  
Σταυροῦ σου, τὰ θεμέλια ἐσαλεύθησαν,  
τοῦ θανάτου Κύριε· ὃν γὰρ κατέπτε πόθῳ  
ὁ ἄδης, ἀπέλυσε τρόμῳ· Ἐδειξας ἡμῖν τὸ

(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]

### 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

σωτήριόν σου Ἄγιε, καὶ δοξολογοῦμέν σε  
Υἱὲ Θεοῦ, ἐλέησον ἡμᾶς.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Μόνον ἐπάγη τὸ ξύλον, Χριστὲ τοῦ  
Σταυροῦ σου, τὰ θεμέλια ἐσαλεύθησαν,  
τοῦ θανάτου Κύριε· ὃν γὰρ κατέπνευ πόθῳ  
ὁ ἄδης, ἀπέλυσεν τρόφῳ· Ἐδειξας ἡμῖν τὸ  
σωτήριόν σου Ἄγιε, καὶ δοξολογοῦμέν σε  
Υἱὲ Θεοῦ, ἐλέησον ἡμᾶς.

### Κάθισμα Γ'.

Τοῦ Μηναίου ---

**Ἦχος πλ. δ'.** *Τὸ προσταχθέν.*

Προδιετύπου μυστικῶς πάλαι τῷ χρόνῳ,  
ὁ Ἰησοῦς ὁ τοῦ Ναυῆ, Σταυροῦ τὸν τύπον,  
ὡς τὰς χεῖρας ἐξέτεινε σταυροφανῶς Σωτῆρ  
μου· καὶ ἔστη ὁ ἥλιος ἕως ἐχθρούς, ἀνεῖλεν,  
ἀνθισταμένους σοι τῷ Θεῷ· νῦν δὲ οὗτος  
ἐσκότισται, ἐπὶ Σταυροῦ σε ὀρώων, θανάτου  
κράτος λύνοντα, καὶ τὸν Ἄϊδην σκυλεύοντα.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Προδιετύπου μυστικῶς πάλαι τῷ χρόνῳ,  
ὁ Ἰησοῦς ὁ τοῦ Ναυῆ, Σταυροῦ τὸν τύπον,  
ὡς τὰς χεῖρας ἐξέτεινε σταυροφανῶς Σωτῆρ  
μου· καὶ ἔστη ὁ ἥλιος ἕως ἐχθρούς, ἀνεῖλεν,  
ἀνθισταμένους σοι τῷ Θεῷ· νῦν δὲ οὗτος  
ἐσκότισται, ἐπὶ Σταυροῦ σε ὀρώων, θανάτου  
κράτος λύνοντα, καὶ τὸν Ἄϊδην σκυλεύοντα.

### ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθώμεν.

(Κύριε, ἐλέησον.)

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. Both now. **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]

### 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]

### DEACON

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

(Lord, have mercy.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου Δεσποίνης  
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας  
μετὰ πάντων τῶν Ἀγίων μνημονεύσαντες,  
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

Ὅτι ἡυλόγηταί σου τὸ ὄνομα, καὶ  
δεδόξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ  
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ  
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

### ΧΟΡΟΣ

**Ἀντίφωνον Α'.**

**Ἦχος δ'.**

Ἐκ νεότητός μου πολλὰ πολεμεῖ με  
πάθη, ἀλλ' αὐτὸς ἀντιλαβοῦ, καὶ σῶσον  
Σωτήρ μου. (δίς)

Οἱ μισοῦντες Σιών, αἰσχύνητε ἀπὸ  
τοῦ Κυρίου· ὡς χόρτος γάρ, πυρὶ ἔσεσθε  
ἀπεξηραμμένοι. (δίς)

Δόξα.

Ἀγίῳ Πνεύματι πᾶσα ψυχὴ ζωοῦται,  
καὶ καθάρσει ὑψοῦται λαμπρύνεται, τῇ  
τριαδικῇ Μονάδι ἱεροκρυφίως.

Καὶ νῦν.

Ἀγίῳ Πνεύματι, ἀναβλύζει τὰ τῆς  
χάριτος ρεῖθρα, ἀρδεύοντα, ἅπασαν τὴν  
κτίσιν πρὸς ζωογονίαν.

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 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

**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]

**Προκείμενον. Ψαλμός 97.**

Εἶδον πάντα τὰ πέρατα τῆς γῆς τὸ σωτήριον τοῦ Θεοῦ ἡμῶν. (δῖς)

**Στίχ.** Ἀσατε τῷ Κυρίῳ ᾄσμα καινόν, ὅτι θαυμαστὰ ἐποίησεν ὁ Κύριος.

Εἶδον πάντα τὰ πέρατα τῆς γῆς τὸ σωτήριον τοῦ Θεοῦ ἡμῶν.

**ΔΙΑΚΟΝΟΣ**

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

**ΙΕΡΕΥΣ**

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**Ἦχος β'.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δῖς)  
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

**ΔΙΑΚΟΝΟΣ**

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

**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.)



**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Ἰωάννην ἀγίου Εὐαγγελίου  
τὸ ἀνάγνωσμα.

**ΔΙΑΚΟΝΟΣ**

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

**ΙΕΡΕΥΣ (ἀπὸ τῆς Ωραίας πύλης)**

Ἰωα 12:28-36

Εἶπεν ὁ Κύριος· Πάτερ, δόξασόν σου τὸ ὄνομα. ἦλθεν οὖν φωνὴ ἐκ τοῦ οὐρανοῦ· καὶ ἐδόξασα καὶ πάλιν δοξάσω. ὁ οὖν ὄχλος ὁ ἐστὼς καὶ ἀκούσας ἔλεγε βροντὴν γεγονέναι· ἄλλοι ἔλεγον· ἄγγελος αὐτῷ λελάληκεν. ἀπεκρίθη ὁ Ἰησοῦς καὶ εἶπεν· οὐ δι' ἐμὲ αὕτη ἡ φωνὴ γέγονεν, ἀλλὰ δι' ὑμᾶς. νῦν κρίσις ἐστὶ τοῦ κόσμου τούτου, νῦν ὁ ἄρχων τοῦ κόσμου τούτου ἐκβληθήσεται ἔξω· καὶ γὰρ ἐὰν ὑψωθῶ ἐκ τῆς γῆς, πάντα ἐλκύσω πρὸς ἐμαυτόν. τοῦτο δὲ ἔλεγε σημαίνων ποίῳ θανάτῳ ἤμελλεν ἀποθνήσκειν. ἀπεκρίθη αὐτῷ ὁ ὄχλος· ἡμεῖς ἠκούσαμεν ἐκ τοῦ νόμου ὅτι ὁ Χριστὸς μένει εἰς τὸν αἰῶνα, καὶ πῶς σὺ λέγεις, δεῖ ὑψωθῆναι τὸν υἱὸν τοῦ ἀνθρώπου; τίς ἐστὶν οὗτος ὁ υἱὸς τοῦ ἀνθρώπου; εἶπεν οὖν αὐτοῖς ὁ Ἰησοῦς· ἔτι μικρὸν χρόνον τὸ φῶς μεθ' ὑμῶν ἐστὶ· περιπατεῖτε ἕως τὸ φῶς ἔχετε, ἵνα μὴ σκοτία ὑμᾶς καταλάβῃ· καὶ ὁ περιπατῶν ἐν τῇ σκοτίᾳ οὐκ οἶδε ποῦ ὑπάγει. ἕως τὸ φῶς ἔχετε, πιστεύετε εἰς τὸ φῶς, ἵνα υἱοὶ φωτὸς γένησθε.

(Δόξα σοι, Κύριε, δόξα σοι.)

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀνάστασιν Χριστοῦ θεασάμενοι,  
προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν,  
τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἀγίαν

**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



σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν·  
 σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον  
 οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν.  
 Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν  
 τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν· ἰδοὺ  
 γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ  
 τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν  
 Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ·  
 Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ  
 θάνατον ὤλεσεν.

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
 σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν  
 σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
 πλύνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ  
 τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν  
 ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία  
 μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ  
 μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν  
 σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς  
 λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.  
 Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν  
 ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἰδοὺ  
 γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ  
 τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.  
 Ραντιεῖς με ὕσσωπῳ, καὶ καθαρισθήσομαι,  
 πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.  
 Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·  
 ἀγαλλιάσονται ὅστέα τεταπεινωμένα.  
 Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
 ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου  
 ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν  
 ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον  
 ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με  
 ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά  
 σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ.  
 Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου  
 σου καὶ πνεύματι ἡγεμονικῶ στήριζόν

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

με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιᾶσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

Τοῦ Μηναίου - - -

**ΧΟΡΟΣ**

Δόξα. **Ἦχος β'.**

Σύ μου σκέπη κραταιὰ ὑπάρχεις, ὁ τριμερὴς Σταυρὸς τοῦ Χριστοῦ, ἀγίασόν με τῇ δυνάμει σου, ἵνα πίστει καὶ πόθῳ προσκυνῶ καὶ δοξάζω σε.

Καὶ νῦν.

Σύ μου σκέπη κραταιὰ ὑπάρχεις, ὁ τριμερὴς Σταυρὸς τοῦ Χριστοῦ, ἀγίασόν με τῇ δυνάμει σου, ἵνα πίστει καὶ πόθῳ προσκυνῶ καὶ δοξάζω σε.

**Ἰδιόμελον. Ἦχος πλ. β'.**

**Στίχ.** Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Σταυρὲ τοῦ Χριστοῦ, Χριστιανῶν ἡ ἐλπίς, πεπλανημένων ὁδηγέ, χειμαζομένων λιμὴν, ἐν πολέμοις νίκος, οἰκουμένης

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

ἀσφάλεια, ἀσθενούντων ἰατρέ, νεκρῶν ἢ ἀνάστασις, ἐλέησον ἡμᾶς.

### ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, οὗ καὶ τὴν παγκόσμιον Ὑψωσιν ἐορτάζομεν· προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων Χαράλαμπος καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε

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.

Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία  
τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ  
εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ  
καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ  
εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Μηναίου ---

**ΑΝΑΓΝΩΣΤΗΣ**

**Κοντάκιον.**

**Ἦχος δ'. Αὐτόμελον.**

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως,  
τῇ ἐπωνύμῳ σου καινῇ πολιτεία τοὺς  
οἰκτιρμούς σου δώρησαι, Χριστὲ ὁ Θεός·  
εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς  
βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ  
τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν  
σὴν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.

**Ὁ Οἶκος.**

Ὁ μετὰ τρίτον οὐρανὸν ἀρθεὶς ἐν  
Παραδείσῳ, καὶ ῥήματα τὰ ἄρρητα καὶ  
θεῖα, ἃ οὐκ ἐξὸν γλώσσαις λαλεῖν, τί  
τοῖς Γαλάταις γράφει, ὡς ἐρασταὶ τῶν  
Γραφῶν, ἀνέγνωτε καὶ ἔγνωτε. Ἐμοί, φησί,  
καυχᾶσθαι μὴ γένοιτο, πλὴν εἰ μὴ ἐν μόνῳ  
τῷ Σταυρῷ τῷ τοῦ Κυρίου, ἐν ᾧ παθὼν,  
ἔκτεινε τὰ πάθη. Αὐτὸν οὖν καὶ ἡμεῖς  
βεβαίως κρατῶμεν τοῦ Κυρίου τὸν Σταυρὸν  
καύχημα πάντες· ἔστι γὰρ σωτήριον ἡμῖν  
τοῦτο τὸ ξύλον, ὅπλον εἰρήνης ἀήττητον  
τρόπαιον.

**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 ---

**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]

**Συναξάριον.**

Τοῦ Μηναιίου.

Τῇ ΙΔ΄ τοῦ αὐτοῦ μηνὸς ἡ παγκόσμιος  
Ὑψωσις τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ.

Τῇ αὐτῇ ἡμέρᾳ, ἡ κοίμησις τοῦ ἐν ἀγίοις  
Πατρὸς ἡμῶν Ἰωάννου Ἀρχιεπισκόπου  
Κωνσταντινουπόλεως τοῦ Χρυσοστόμου·  
ἐν ταύτῃ γὰρ ἀνεπαύσατο, ἀλλὰ διὰ τὴν  
Ἑορτὴν τοῦ τιμίου Σταυροῦ μετετέθη ἡ  
τούτου Ἑορτὴ εἰς τὸν Νοέμβριον μῆνα.

Καὶ μνήμη τῆς εὐσεβεστάτης  
βασιλίσσης Πλακίλλης, συζύγου γενομένης  
τοῦ μεγάλου βασιλέως Θεοδοσίου.

Τῇ αὐτῇ ἡμέρᾳ μνήμη τῶν ἐν ἀγίοις  
Πατέρων ἡμῶν, τῶν συνελθόντων ἐν  
τῇ ἀγίᾳ καὶ Οἰκουμενικῇ Ἑκτῇ Συνόδῳ,  
ἐπὶ τῆς βασιλείας Κωνσταντίνου τοῦ  
Πωγωνάτου, υἱοῦ [ἢ μάλλον πατρὸς]  
Ἰουστινιανοῦ τοῦ δευτέρου, τοῦ καλουμένου  
Ρινοτμήτου, Σεργίου τὴν Ἐκκλησίαν  
Κωνσταντινουπόλεως ἰθύνοντος, καὶ  
Ἀγάθωνος τὴν Ῥωμαίων. Ἡθροίσθη δὲ ἐν  
τῷ Τρούλλῳ τοῦ Παλατίου, τῷ λεγομένῳ  
Ῥάτω, ἀναθέματι καθυποβαλοῦσα  
Σέργιον καὶ Πύρρον καὶ Πέτρον καὶ  
Παῦλον, Ἐπισκόπους γενομένους  
Κωνσταντινουπόλεως, Μακρόβιον τε τὸν  
Ἀντιοχείας, καὶ Κῦρον τὸν Ἀλεξανδρείας,  
καὶ Ὀνώριον τὸν Ῥώμης, Στέφανόν  
τε καὶ Παλυχρόνιον καὶ τοὺς σὺν  
αὐτοῖς. Ὅτις ἀγία Σύνοδος, ἐπὶ μὲν τοῦ  
δηλωθέντος Κωνσταντίνου τοῦ Πωγωνάτου  
συνηθροίσθη· ἡ δὲ τῶν Κανόνων ἔκδοσις ἐπὶ  
Ἰουστινιανοῦ τοῦ υἱοῦ αὐτοῦ γέγονε.

Τῇ αὐτῇ ἡμέρᾳ μνήμη τοῦ ἀγίου  
Μάρτυρος Πάπα.

**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.



Τῇ αὐτῇ ἡμέρᾳ ὁ ἅγιος Μάρτυς Θεοκλῆς  
ξίφει τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ ὁ ἅγιος Βαλεριανός, τὸ  
νήπιον, ξίφει τελειοῦται.

Ὁ ἅγιος νέος ὀσιομάρτυς Μακάριος,  
ὁ ἐν Θεσσαλονίκῃ μαρτυρήσας κατὰ  
τῷ ,αφκζ', ὁ καὶ μαθητὴς χρηματίσας  
τοῦ Πατριάρχου Κωνσταντινουπόλεως  
Νήφωνος, ξίφει τελειοῦται.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεός,  
ἐλέησον ἡμᾶς. Ἀμήν.

### ΧΟΡΟΣ

#### Καταβασίαι τοῦ Σταυροῦ Ὡδὴ α'. Ἦχος πλ. δ'.

Σταυρὸν χαράξας Μωσῆς, ἐπ' εὐθείας  
ράβδῳ, τὴν Ἐρυθρὰν διέτεμε, τῷ Ἰσραὴλ  
πεζεύσαντι· τὴν δὲ ἐπιστρεπτικῶς, Φαραὼ  
τοῖς ἅρμασι, κροτήσας ἥνωσεν, ἐπ' εὗρους  
διαγράψας, τὸ ἀήττητον ὄπλον· διὸ Χριστῷ  
ἄσωμεν, τῷ Θεῷ ἡμῶν ὅτι δεδόξασται.

#### Ὡδὴ γ'.

Ράβδος εἰς τύπον, τοῦ μυστηρίου  
παραλαμβάνεται· τῷ βλαστῷ γὰρ προκρίνει  
τὸν ἱερέα· τῇ στειρευούσῃ δὲ πρῶην,  
Ἐκκλησίᾳ νῦν ἐξήνθησε, ξύλον Σταυροῦ,  
εἰς κράτος καὶ στερέωμα.

#### Ὡδὴ δ'.

Εἰσακήκοα Κύριε, τῆς οἰκονομίας σου  
τὸ μυστήριον, κατενόησα τὰ ἔργα σου, καὶ  
ἐδόξασά σου τὴν θεότητα.

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

#### Katavasias of the Cross Ode i. 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]

#### Ode iii.

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]

#### Ode iv.

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]

**Ὦδὴ ε'.**

Ὡ τρισμακάριστον ξύλον! ἐν ᾧ ἐτάθη  
Χριστός, ὁ Βασιλεὺς καὶ Κύριος· δι' οὗ  
πέπτωκεν ὁ ξύλῳ ἀπατήσας, τῷ ἐν σοὶ  
δελεασθεὶς, Θεῷ τῷ προσπαγέντι σαρκί, τῷ  
παρέχοντι, τὴν εἰρήνην ταῖς ψυχαῖς ἡμῶν.

**Ὦδὴ ς'.**

Νοτίου θηρὸς ἐν σπλάγχνοις, παλάμας  
Ἰωνᾶς, σταυροειδῶς διεκπετάσας, τὸ  
σωτήριον πάθος, προδιετύπου σαφῶς·  
ὅθεν τριήμερος ἐκδύς, τὴν ὑπερκόσμιον  
ἀνάστασιν ὑπέζωγράφησε, τοῦ σαρκὶ  
προσπαγέντος Χριστοῦ τοῦ Θεοῦ, καὶ  
τριμέρῳ ἐγέρσει, τὸν κόσμον φωτίσαντος.

**Ὦδὴ ζ'.**

Ἐκνοον πρόσταγμα τυράννου  
δυσσεβοῦς, λαοὺς ἐκλόνησε, πνέον  
ἀπειλῆς καὶ δυσφημίας θεοστυγοῦς. Ὅμως  
τρεῖς Παῖδας οὐκ ἐδειμάτωσε, θυμὸς  
θηριώδης, οὐ πῦρ βρόμιον· ἀλλ' ἀντηχούντι  
δροσοβόλῳ πνεύματι, πυρὶ συνόντες  
ἔψαλλον· Ὁ ὑπερύμνητος, τῶν πατέρων καὶ  
ἡμῶν, Θεὸς εὐλογητὸς εἶ.

**Ὦδὴ η'.**

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.*

Εὐλογεῖτε Παῖδες, τῆς Τριάδος  
ισάριθμοι, δημιουργὸν Πατέρα Θεόν·  
ὑμνεῖτε τὸν συγκαταβάντα Λόγον, καὶ  
τὸ πῦρ εἰς δρόσον μεταποιήσαντα· καὶ

**Ode v.**

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]

**Ode vi.**

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]

**Ode vii.**

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]

**Ode viii.**

*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



ὑπερυψοῦτε, τὸ πᾶσι ζωὴν παρέχον,  
Πνεῦμα πανάγιον εἰς τοὺς αἰῶνας.

### ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν  
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

### ΧΟΡΟΣ

Τοῦ Μηναίου ---

#### Ὡδὴ θ'.

#### Ἦχος πλ. δ'. Ὁ Εἰρμός.

Μυστικὸς εἶ Θεοτόκε Παράδεισος,  
ἀγεωργήτως βλαστήσασα Χριστόν,  
ὑφ' οὗ τὸ τοῦ Σταυροῦ, ζωηφόρον ἐν  
γῇ, πεφυτούργηται δένδρον· δι' οὗ νῦν  
ὑψουμένου, προσκυνοῦντες αὐτόν, σὲ  
μεγαλύνομεν. (δίς)

#### Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Ἀγαλλέσθω τὰ δρυμοῦ ξύλα σύμπαντα,  
ἀγιασθείσης τῆς φύσεως αὐτῶν, ὑφ' οὗ περ  
ἐξ ἀρχῆς, ἐφυτεύθη Χριστοῦ, ταυθέντος ἐν  
ξύλῳ· δι' οὗ νῦν ὑψουμένου, προσκυνοῦμεν  
αὐτόν καὶ μεγαλύνομεν.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Τερὸν ἡγέρθη κέρας θεόφροσι, τῆς  
κεφαλῆς τῶν πάντων ὁ Σταυρός, ἐν ᾧ  
ἀμαρτωλῶν νοουμένων, συνθλῶνται  
τὰ κέρατα πάντα, δι' οὗ νῦν ὑψουμένου,  
προσκυνοῦμεν αὐτόν καὶ μεγαλύνομεν.

#### Εἰρμός ἑτερος.

#### Ἦχος πλ. δ'. Ὁ Εἰρμός.

Ὁ διὰ βρώσεως τοῦ ξύλου, τῷ γένει  
προσγενόμενος θάνατος, διὰ Σταυροῦ  
κατήργηται σήμερον· τῆς γὰρ προμήτορος

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

ἡ παγγενῆς, κατάρα διαλέλνται, τῷ  
βλαστῷ τῆς ἀγνῆς Θεομήτορος· ἦν πᾶσαι αἱ  
δυνάμεις, τῶν οὐρανῶν μεγαλύνουσι.

### Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Μὴ τὴν πικρίαν τὴν τοῦ ξύλου, ἐάσας  
ἀναιρέσιμον Κύριε, διὰ Σταυροῦ τελείως  
ἐξήλειψας· ὅθεν καὶ ξύλον ἔλυσε ποτέ,  
πικρίαν ὑδάτων Μερῶα, προτυποῦν  
τοῦ Σταυροῦ τὴν ἐνέργειαν· ἦν πᾶσαι αἱ  
Δυνάμεις, τῶν οὐρανῶν μεγαλύνουσιν.

### Δόξα.

Ἀδιαλείπτως βαπτομένους, τῷ ζόφῳ  
τοῦ προπάτορος Κύριε, διὰ Σταυροῦ  
ἀνύψωσας σήμερον· ὡς γὰρ τῇ πλάνῃ  
ἄγαν ἀκρατῶς, ἡ φύσις προκατηνέχθη,  
παγκλήρως ἡμᾶς πάλιν ἀνώρθωσε, τὸ  
φῶς τὸ τοῦ Σταυροῦ σου· ὃν οἱ πιστοὶ  
μεγαλύνομεν.

### Καὶ νῦν.

Ἵνα τὸν τύπον ὑποδείξης, τῷ κόσμῳ  
προσκυνούμενον Κύριε, τὸν τοῦ Σταυροῦ ἐν  
πᾶσιν ὡς ἔνδοξον, ἐν οὐρανῷ ἐμόρφωσας,  
φωτὶ ἀπλέτῳ ἡγλαϊσμένον, Βασιλεῖ  
πανοπλίαν ἀήττητον· ἦν πᾶσαι αἱ  
Δυνάμεις, τῶν οὐρανῶν μεγαλύνουσιν.

### Ὡδὴ θ'. Καταβασία. Ἦχος πλ. δ'.

Μυστικὸς εἶ Θεοτόκε Παράδεισος,  
ἀγεωργήτως βλαστήσασα Χριστόν,  
ὕψ' οὐ τὸ τοῦ Σταυροῦ, ζωηφόρον ἐν

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. [SD]

### 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.

[SD]

### 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.

[SD]

### 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. [SD]

### 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-

γῆ, πεφυτούργηται δένδρον· δι' οὗ νῦν  
ύψουμένου, προσκυνοῦντες αὐτόν, σὲ  
μεγαλύνομεν.

**Καταβασία Ἑταίρα. Ἦχος πλ. δ'.**

Ὁ διὰ βρώσεως τοῦ ξύλου, τῷ γένει  
προσγενόμενος θάνατος, διὰ Σταυροῦ  
κατήργηται σήμερον· τῆς γὰρ προμήτορος  
ἢ παγγενῆς, κατάρα διαλέλνται, τῷ  
βλαστῷ τῆς ἀγνῆς Θεομήτορος· ἦν πᾶσαι αἱ  
δυνάμεις, τῶν οὐρανῶν μεγαλύνουσι.

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου Δεσποίνης  
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας  
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,  
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ**

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν  
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι,  
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Ἐξαποστειλάρια.**

**Ἦχος β'.** *Τῶν Μαθητῶν ὁρώντων σε.*

Σταυρός, ὁ φύλαξ πάσης τῆς  
οἰκουμένης· Σταυρός, ἡ ὠραιότης τῆς

bearing tree, has been planted and watered.

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

**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. [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 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

Ἐκκλησίας, Σταυρός, Βασιλέων τὸ κραταίωμα· Σταυρός, Πιστῶν τὸ στήριγμα· Σταυρός, Ἀγγέλων ἡ δόξα, καὶ τῶν δαιμόνων τὸ τραῦμα.

**Ἔτερον.**

**Ἦχος β'. Γυναῖκες ἀκουτίσθητε.**

Σταυρὸς ὑψοῦται σήμερον, καὶ κόσμος ἀγιάζεται· ὁ γὰρ Πατρὶ συνεδρεύων, καὶ Πνεύματι τῷ Ἁγίῳ, ἐν τούτῳ χεῖρας ἀπλώσας, τὸν κόσμον ὅλον εἴλκυσας, πρὸς σὴν Χριστὲ ἐπίγνωσιν· τοὺς οὖν εἰς σὲ πεποιθότας, θείας ἀξίωσον δόξης.

**Οἱ Αἱνοί. Ἦχος πλ. δ'.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ πρέπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν.

Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ.

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.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου.

Ἡ ἑξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρας λαοῦ αὐτοῦ.

Ὑμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

Ἄσατε τῷ Κυρίῳ ἄσμα καινόν, ἢ αἶνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πρᾶεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς.

Τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τοῦ ποιῆσαι ἐν αὐτοῖς κρίμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

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.

**Στιχηρὰ τοῦ Σταυροῦ.**

Τοῦ Μηναιίου - - -

**Ἦχος πλ. δ'. Ὡ τοῦ παραδόξου.**

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Ὡ τοῦ παραδόξου θαύματος! τὸ ζωφόρον φυτόν, ὁ Σταυρὸς ὁ πανάγιος, εἰς ὕψος αἰρόμενος, ἐμφανίζεται σήμερον· δοξολογοῦσι πάντα τὰ πέρατα· ἐκδειματοῦνται δαίμονες ἅπαντες, ὧ οἶον δώρημα, τοῖς βροτοῖς κεχάριστα! δι' οὗ Χριστέ, σῶσον τὰς ψυχὰς ἡμῶν, ὡς ὁ μόνος εὐσπλαγχνος.

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Ὡ τοῦ παραδόξου θαύματος! τὸ ζωφόρον φυτόν, ὁ Σταυρὸς ὁ πανάγιος, εἰς ὕψος αἰρόμενος, ἐμφανίζεται σήμερον· δοξολογοῦσι πάντα τὰ πέρατα· ἐκδειματοῦνται δαίμονες ἅπαντες, ὧ οἶον δώρημα, τοῖς βροτοῖς κεχάριστα! δι' οὗ Χριστέ, σῶσον τὰς ψυχὰς ἡμῶν, ὡς ὁ μόνος εὐσπλαγχνος.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Ὡ τοῦ παραδόξου θαύματος! ὡς βότρυον πλήρη ζωῆς, ὁ βαστάσας τὸν ὕψιστον, ἀπὸ γῆς ὑψούμενος, Σταυρὸς ὁρᾶται σήμερον· δι' οὗ πρὸς Θεὸν πάντες εἰλκύσθημεν, καὶ κατεπόθη εἰς τέλος θάνατος, Ὡ ξύλον ἄχραντον! ὑφ' οὗ ἀπολαύομεν τῆς ἐν Ἐδέμ, ἀθανάτου βρώσεως, Χριστὸν δοξάζοντες.

**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]



Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις,  
αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ.  
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Ὡ τοῦ παραδόξου θαύματος! εὖρος καὶ  
μῆκος Σταυροῦ, οὐρανοῦ ἰσοστάσιον, ὅτι  
θεία χάριτι, ἀγιάζει τὰ σύμπαντα, ἐν τούτῳ  
ἔθνη βάρβαρα ἡττηνται· ἐν τούτῳ σκῆπτρα  
ἀνάκτων ἡδρασται. Ὡ θείας κλίμακος! δι'  
ἧς ἀνατρέχομεν εἰς οὐρανοὺς, ὑψοῦντες ἐν  
ᾧσμασι, Χριστὸν τὸν Κύριον.

Τοῦ Μηναίου --- Δόξα· καὶ νῦν.  
Τοῦ Μηναίου ---

**Ἦχος πλ. β'.**

Σήμερον προέρχεται ὁ Σταυρὸς τοῦ  
Κυρίου, καὶ πιστοὶ εἰσδέχονται αὐτὸν ἐκ  
πόθου, καὶ λαμβάνουσιν ἰάματα ψυχῆς τε  
καὶ σώματος, καὶ πάσης μαλακίας. Αὐτὸν  
ἀσπασώμεθα τῇ χαρᾷ καὶ τῷ φόβῳ· φόβῳ  
διὰ τὴν ἁμαρτίαν, ὡς ἀνάξιοι ὄντες· χαρᾷ  
δὲ διὰ τὴν σωτηρίαν, ἣν παρέχει τῷ κόσμῳ,  
ὁ ἐν αὐτῷ προσπαγεῖς Χριστὸς ὁ Κύριος, ὁ  
ἔχων τὸ μέγα ἔλεος.

*The Doxology follows immediately.*

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

### **Ἡ Μεγάλη Δοξολογία**

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα  
ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν  
ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε,  
προσκυνοῦμέν σε, δοξολογοῦμέν σε,  
εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου  
δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ  
παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ  
Χριστέ, καὶ Ἅγιον Πνεῦμα.

*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.



Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ  
Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἁμαρτίαν  
τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς  
ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ  
καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ  
ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος  
Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ  
Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ  
αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς  
τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ,  
ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν  
Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ  
δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς  
αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,  
καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ  
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ  
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ  
δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν  
γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν  
με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ κατέφυγον. Δίδαξόν με  
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός  
μου.

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.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὀψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

### Ἀπολυτίκιον.

Τοῦ Μηναίου ---

#### Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

### Special Service of the Elevation

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

#### ΧΟΡΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

#### ΙΕΡΕΥΣ

### Ἀπολυτίκιον.

Τοῦ Μηναίου ---

#### Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος,

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

καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα.

**ΧΟΡΟΣ**

Τοῦ Μηναίου - - -

**Ἀπολυτίκιον.**

**Ἦχος α'.**

Σῶσον, Κύριε, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς  
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,  
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
πολίτευμα. (δίς)

**ΙΕΡΕΥΣ**

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα  
ἐλεὸς Σου, δεόμεθά Σου, ἐπάκουσον καὶ  
ἐλέησον.

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

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ  
ὀρθοδόξων χριστιανῶν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατικοῦ  
βαθμοῦ) ἡμῶν (τοῦ δεῖνος).

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς,  
εἰρήνης, υἰείας, σωτηρίας, ἐπισκέψεως,  
συγχωρήσεως καὶ ἀφέσεως τῶν ἀμαρτιῶν  
τῶν δούλων τοῦ Θεοῦ, πάντων τῶν  
εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν, τῶν  
κατοικούντων καὶ παρεπιδημούντων ἐν  
τῇ (πόλει, κώμῃ), ταύτῃ, τῶν ἐνοριτῶν,  
ἐπιτρόπων, συνδρομητῶν καὶ ἀφιερωτῶν  
τοῦ ἁγίου ναοῦ τούτου.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.)

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.)

Ἐτι δεόμεθα ὑπὲρ πάσης ψυχῆς  
Χριστιανῶν Ὁρθοδόξων, ὑγείας τε σωτηρίας  
καὶ ἀφέσεως τῶν ἁμαρτιῶν αὐτῶν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.)

## ΙΕΡΕΥΣ

Τοῦ Μηναίου - -

### Κοντάκιον.

#### Ἦχος δ'. Αὐτόμελον.

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως,  
τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς  
οἰκτιρμούς σου δώρησαι, Χριστέ ὁ Θεός·  
εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς  
βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ  
τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν  
σὴν, ὄπλον εἰρήνης, ἀήττητον τρόπαιον.

#### Ἦχος β'.

Τὸν Σταυρόν σου προσκυνοῦμεν,  
Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν  
δοξάζομεν.

## ΧΟΡΟΣ

Τὸν Σταυρόν σου προσκυνοῦμεν,  
Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν  
δοξάζομεν. (δίς)

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

#### Ἦχος β'.

Δεῦτε Πιστοί, τὸ ζωοποιὸν ξύλον  
προσκυνήσωμεν, ἐν ᾧ Χριστὸς ὁ Βασιλεὺς  
τῆς δόξης, ἐκουσίως χειρὰς ἐκτείνας,  
ὑψωσεν ἡμᾶς εἰς τὴν ἀρχαίαν μακαριότητα,  
οὓς πρὶν ὁ ἐχθρὸς, δι' ἡδονῆς συλήσας,  
ἐξορίστους Θεοῦ πεποίηκε. Δεῦτε Πιστοί,  
ξύλον προσκυνήσωμεν, δι' οὗ ἡξιώθημεν,  
τῶν ἀοράτων ἐχθρῶν συντρίβειν τὰς κάρας.  
Δεῦτε πᾶσαι αἱ πατριαὶ τῶν ἐθνῶν, τὸν

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

From Menaion - -

### 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]

#### 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

Σταυρὸν τοῦ Κυρίου ὕμνοις τιμήσωμεν.  
 Χαίροις Σταυρὲ τοῦ πεσόντος Ἀδὰμ ἡ  
 τελεία λύτρωσις. Ἐν σοὶ οἱ πιστότατοι  
 Βασιλεῖς ἡμῶν καυχῶνται, ὡς τῇ σῇ  
 δυνάμει, Ἰσραηλίτην λαὸν κραταιῶς  
 ὑποτάττοντες. Σὲ νῦν μετὰ φόβου  
 Χριστιανοὶ ἀσπαζόμενοι, τὸν ἐν σοὶ  
 προσπαγέντα Θεὸν δοξάζομεν λέγοντες·  
 Κύριε, ὁ ἐν αὐτῷ σταυρωθεὶς, ἐλέησον ἡμᾶς,  
 ὡς ἀγαθὸς καὶ φιλόανθρωπος.

**Ἀπολυτίκιον.**

Τοῦ Μηναίου - -

**Ἦχος α'.**

Σῶσον, Κύριε, τὸν λαόν σου καὶ  
 εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς  
 βασιλεῦσι κατὰ βαρβάρων δωρούμενος,  
 καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου  
 πολίτευμα.

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]