

# Vespers sung on Saturday 22<sup>nd</sup> March for Sunday 23<sup>rd</sup> March 2025

## Third Sunday of Great Lent ♦ The Veneration of the Cross

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*The Service begins as usual. After the ekphonesis of the Lord's Prayer, the Priest transfers the precious Cross from the Prothesis to the Holy Table, while the Choir sings the Troparion of the Cross [Green Book page 30] Glory ... Both now and ever ... and the Kontakion of the Cross [Sheet].*

*The Service then continues as usual:*

**Lord, have mercy. (x 12); Glory ... Both now and ever ...; O come, let us worship God our King ...**

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**"LORD, I CALL ..."**

**Tone 6 (For the Resurrection)**

[Music on website]

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!//

Hear me, O Lord!

Let my prayer arise

in Thy sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

*Bring my soul out of prison, that I may give thanks to Thy Name.*

**Tone 6 (For the Resurrection)**

[Music on website]

Possessing victory over hell, O Christ,

since Thou art free among the dead,

Thou didst ascend the Cross

raising with Thyself those who sat in the shades of death.//

Drawing life from Thy light, O almighty Saviour, have mercy on us!

*The righteous will surround me, for Thou wilt deal bountifully with me.*

Today Christ tramples on death,

for He is risen as He said!

Let us all sing this song,

for He has granted joy to the world:

O Light unapproachable, O Fountain of life!//

O Saviour almighty, have mercy on us!

*Out of the depths I cry to Thee, O Lord. Lord, hear my voice!*

Where shall we sinners flee from Thee, Who art in all creation?

In heaven Thou dweldest!

In hell Thou didst trample on death!

In the depths of the sea?

Even there is Thy hand, O Master!

To Thee we flee, and falling before Thee, we pray://

O Thou Who didst rise from the dead, have mercy on us!

*Let Thine ears be attentive to the voice of my supplications!*

In Thy Cross, we glory, O Christ.

We sing and glorify Thy Resurrection.

For Thou art our God,//

and we know no other than Thee.

*If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

We will always bless the Lord  
by singing of His Resurrection!  
For He endured the Cross, //  
trampling down death by death.

*For Thy Name's sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.*

Glory to Thy might, O Lord,  
for Thou didst overthrow the prince of death,  
by Thy Cross renewing us, //  
granting us life and incorruption.

*From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 5 (From the Lenten Triodion)**

Shine, O Cross of the Lord!  
Illumine the hearts of those who honour thee!  
With love inspired by God, we embrace thee,  
for thou art the only hope of the world.  
Through thee our tears are wiped away,  
the snares of death are sprung,  
and we pass over into everlasting joy.  
Through the Cross reveal Thy beauty to us, O Lord!  
Help Thy servants who ask for mercy in faith! //  
Bestow upon us the fruits of abstinence!

*For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

Rejoice, O life-bearing Cross:  
bright paradise of the Church, and tree of incorruption!  
Thou hast obtained for us the joy of everlasting glory.  
Through thee, the hosts of demons are driven out;  
the choirs of angels are amazed and rejoice;  
the company of the faithful gathers in celebration.  
O unconquerable weapon, unbroken stronghold,  
triumph of Orthodox Christians and pride of priests, //  
by following thee may we witness the Passion and Resurrection of Christ our God!

*Praise the Lord, all nations! Praise Him, all peoples!*

Rejoice, O life-bearing Cross:  
invincible triumph of godliness,  
gate of Paradise, and protection of the faithful!  
The Cross is the might of the Church,  
through which corruption is abolished,  
through which the power of death is crushed,  
and we are raised from earth to heaven.  
O invincible weapon, the adversary of demons,  
the glory of martyrs, the true adornment of venerable saints,  
and the haven of salvation, //  
which grants the world great mercy.

*For His mercy is confirmed on us, and the truth of the Lord endures forever.*

Come, O Adam and Eve, our first father and mother,  
who fell from divine glory  
through the envy of the murderer of man!  
Bitter was the pleasure of the Tree of old;  
but see, the honoured Tree of the Cross draws near!  
Run with haste and embrace it in joy,

[crying out with faith ...

crying out with faith:

“Thou art our help, O most-precious Cross!

We eat thy fruit and gain incorruption!//

We are restored again to Eden, having received great mercy!”

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 3** (*From the Lenten Triodion*)

Wishing to restore all men to life,

Thou didst accept crucifixion, O Christ our God.

Burning with boundless love for man,

Thou didst take the quill of the Cross in Thy hand;

dipping it in ink of royal crimson,

Thou didst sign our release with blood-stained fingers.

Though temptations assault us,

may we never forsake Thee again!

Have mercy on Thy despairing people,

O long-suffering Master!//

Arise and fight Thine enemies in Thine almighty power!

*Now and ever, and unto ages of ages. Amen.*

**Tone 6** (*Theotokion – Dogmatikon*)

Who will not bless thee, O most holy Virgin?

Who will not sing of thy most pure childbearing?

The only-begotten Son shone timelessly from the Father,  
but from thee He was ineffably incarnate.

God by nature, yet Man for our sake,

not two persons, but one known in two natures.

Entreat Him, O pure and all-blessed Lady!//

to have mercy on our souls.

**APOSTICHA**

**Tone 6** (*For the Resurrection*)

[Music on website]

Thy Resurrection, O Christ our Saviour,

the Angels in heaven sing!

Enable us on earth//

to glorify Thee in purity of heart!

*V. The Lord is King; He is robed in majesty!*

Destroying the gates of hell,

breaking the chains of death,

Thou didst resurrect the fallen human race as almighty God!//

O Lord Who didst rise from the dead, glory to thee!

*V. For He has established the world, so that it shall never be moved.*

Desiring to return us to Paradise,

Christ was nailed to the Cross and placed in a tomb.

The Myrrhbearing Women sought Him with tears, crying,

“Woe to us, O Saviour!

How dost Thou deign to descend to death?

What place can hold Thy life bearing body?

Come to us as Thou didst promise!

Take away our wailing and tears!”

Then the Angel appeared to them:

“Stop your lamentations!

Go, proclaim to the Apostles:

“The Lord is risen, //

granting us purification and great mercy!”

V. *Holiness befits Thy house, O Lord, forevermore!*

Having been crucified as Thou didst will,  
by Thy burial Thou didst capture death, O Christ,  
rising on the third day as God in glory, //  
granting the world unending life and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit;  
now and ever, and unto ages of ages. Amen.*

**Tone 4** (*From the Lenten Triodion*)

The humble David  
defeated his enemies by Thy help, O Lord.  
Now come to the aid of Thine Orthodox people;  
show us Thy power as Thou didst of old,  
and our adversaries will know that Thou art God!  
And we will be victorious, for we hope in Thee.  
Through the constant intercessions of Thine all-pure Mother,//  
grant us Thy great mercy!

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**TROPARIA**

**Troparion of the Resurrection in Tone 6**

[[Music on website / Green Book page 12](#)]

The Angelic Powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave, seeking Thy most pure body.  
Thou didst capture hell not being tempted by it.  
Thou didst come to the Virgin, granting life.//  
O Lord, Who didst rise from the dead, glory to Thee.

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Troparion of the Cross in Tone 1**

[[Music on website / Green Book page 30](#)]

O Lord, save Thy people,  
and bless Thine inheritance!  
Grant victories to the Orthodox Christians  
over their adversaries;  
and by the power of Thy Cross,//  
preserve Thy habitation.

*Both now and ever and unto the ages of ages. Amen.*

**Resurrectional Dismissal Theotokion in Tone 1**

When Gabriel announced to thee, "Rejoice!"  
the Master of all became incarnate within thee, O Virgin:  
the holy tabernacle, at his cry,  
as the righteous David said.  
Thou wast shown to be more spacious than the heavens,  
having borne thy Creator.  
Glory to Him Who made His abode within thee!  
Glory to Him Who came forth from thee!  
Glory to Him Who hath set us free//  
by thy birthgiving.

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