Stichera at the Praises

Triodion - Third Sunday of Great Lent

Model melody: “As one valiant among martyrs”
Optina Monastery Melody

Tone 4
Sticheron 1

Let us re-joice in song and mag-ni-fy the pre-cious Cross! Let us em-brace it,
cry-ing out: “By thy power, all-hon-ored Cross,
sancti-fy our souls and bod-ies! Keep us, who venerate

[thee in true worship]
thee in true worship, // safe from the harm of our

enemies!” (TWICE)

Come, let us drink living waters

flowing from the Tree of Life, as we be-

hold before us the holy Cross, the fountain of

[blessings]
blessings, the spring of blood and water,

flowing from the life-giving side of the Master.

Of His Own will He was lifted up upon the Cross, raising up mankind and drawing us to Him self.

O precious Cross, thou art the pillar of the Church,
pillar of the Church,

the confirmation

of the faithful, the pride and salvation of

those who fast. We bow before thee with all our

heart and soul. We seek illumination from the divine

grace of Him Who hung on thee,

[pil]lar of the Church,

the con-firma-tion

of the faith-ful, the pride and salvation of

those who fast. We bow before thee with all our

heart and soul. We seek illumina-tion from the di-

vine grace of Him Who hung on thee,
The Lord taught us all in parables to flee the pride of the evil Pharisees, and instructed us not to exalt ourselves more than is appropriate, becoming Himself an example and a model, as He emptied Himself, even to death on a Cross. Therefore, with the publican let us give thanks to Him, saying: “Thou Who didst suffer for us, yet remained a dispassionate God, deliver us from our passions, Lord, and save our souls!”

Now and ever....

Thou art most blessed.....