

**Sunday, March 7**  
**Third Sunday of Lent**  
**Veneration of the Holy Cross**

**Sunday Tropar, tone 7:** By Your cross You destroyed death; \* You opened Paradise to the thief; \* You changed the lamentation of the myrrh-bearers to joy, \* and charged the apostles to proclaim \* that You are risen, O Christ, our God, \* offering great mercy to the world.

**Tropar of the Cross, tone 1:** Save Your people, O Lord, and bless Your inheritance. \* Grant victory to Your faithful people against enemies, \* and protect Your community by Your cross.

Glory be to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever. Amen!

**Kondak of the third Sunday of Lent, tone 7:** The gates of Eden are no more guarded by a blazing sword, \* for the tree of the cross has gloriously extinguished it, \* destroying the sting of death and the victory of hell. \* O my Saviour, You went to those in Limbo crying aloud, "Return to paradise!"

**Instead of "Holy God, Holy Mighty...":** To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

**Prokimen, tone 6:** Save Your people, O Lord, and bless Your inheritance.

*Verse:* Unto You I will cry, O Lord my God, lest You turn from me in silence.

**Epistle:** Hebrews 4:14-5:6

Brothers and Sisters! Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our profession of faith. For we do not have a high priest who is unable to sympathize with our weakness, but one who was tempted in every way that we are, yet never sinned. So let us confidently approach the throne of grace to receive mercy and favor and to find help in time of need. Every high priest is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. He is able to deal patiently with erring sinners, for he himself is beset by weakness and so must make sin offerings for himself as well as for the people. One does not take this honor on his own initiative, but only when called by God as Aaron was. Even Christ did not glorify himself with

the office of high priest; he received it from the One who said to him: "You are my son; today I have begotten you"; just as he says in another place, "You are a priest forever, according to the order of Melchizedek."

**Alleluia Verses:** Remember the people you long since made your own.

Yet, God, my king from the first, author of saving acts throughout the earth.

**Gospel:** Mark 8: 34 - 9:1

The Lord said: "If a man wishes to come after me, he must deny his very self, take up his cross, and follow in my steps. Whoever would preserve his life will lose it, but whoever loses his life for my sake and the gospel's will preserve it. What profit does a man show who gains the whole world and destroys himself in the process? What can a man offer in exchange for his life! If anyone in this faithless and corrupt age is ashamed of me and my doctrine, the Son of Man will be ashamed of him when he comes with the holy angels in his Father's glory." He also said to them: "I assure you, among those standing here there are some who will not taste death until they see the reign of God established in power."

**Instead of 'It is truly right':** In you, \* Lady full of grace, \* all creation rejoices, \* the world of angels \* and the human race. \* Sanctified temple, spiritual paradise, \* boast of virgins, \* God\* took flesh from you \* and became a child; \* He was God \* before \* the ages. \* He made your womb \* a throne \* and made it \* more encompassing \* than the heavens. \* In you, \* Lady full of grace, \* all creation rejoices, \* glory be to you.

**Communion Hymn:** The Light of Your face, O Lord, is raised over us. Alleluia! Alleluia! Alleluia!