## TUESDAY EVENING: TONE VI
## AT VESPERS

On "Lord, I have cried ...," 3 Stichera of the precious Cross, in Tone VI:
Spec. Mel.: "On the third day ...":

Verse: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand? * For with Thee there is forgiveness.

**W**hen Thou wast crucified, O long-suffering Lord, Thou didst shake the whole earth, making steadfast the hearts of the faithful; wherefore, we hymn Thee and with love worship Thine unapproachable power.

Verse: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word, * my soul hath hoped in the Lord.

**S**pat upon and smitten on the cheek, O Savior, Thou didst smite the evil of the venomous foe, taking away the fall which Adam endured, who was abducted because of his transgression.

Verse: From the morning watch until night, from the morning watch * let Israel hope in the Lord.

**T**he sun was darkened, the whole earth quaked, and the stones split asunder, when they beheld Thee suspended unjustly upon the Tree, setting aside Thine own will, O Savior.

Then the Stichera from the Menaion; or if there is no Menaion, these Stichera of the most holy Theotokos, in Tone VI, in the same melody:

Verse: For with the Lord there is mercy, and with Him there is plenteous redemption; * and He shall redeem Israel out of all his iniquities.

**S**tanding once with the virginal disciple at the foot of the Cross during the crucifixion , the Virgin cried, weeping: "Woe is me! How is it that Thou sufferest, O Christ, Thou dispassion of all?"

Verse: O praise the Lord, all ye nations; * praise Him, all ye peoples.

"**M**indful of Thy seedless conception and most pure birthgiving, I marvel greatly. How hast Thou been thus well-pleased to die like a malefactor, O Savior?", the most pure one cried out.

Verse: For He hath made His mercy to prevail over us, * and the truth of the Lord abideth forever.

"**I** am crucified, nailed to the Tree like a man, and am placed in a tomb as one dead, O pure Virgin Mother. But as God I will rise again in glory on the third day!"

Glory ..., Both now ...,

Stavrotheotokion**:** **T**hy pure Virgin Mother, * beholding the most iniquitous people * who unjustly nailed Thee to the Tree, ** was wounded within, as Symeon foretold.

Then, "O Joyous Light ...," the Prokeimenon, in Tone I:

Prokeimenon: Thy mercy, O Lord, shall pursue me * all the days of my life.

Verse: The Lord is my shepherd, and I shall not want. In a place of green pasture, there hath He made me to dwell.

Vouchsafe, O Lord ..., Litany: Let us complete ..., Then:

On the Aposticha, these Stichera of the precious Cross, in Tone VI

**T**hy Cross is life and help for Thy people, O Lord; and trusting therein, we hymn Thee, our God Who wast crucified in the flesh. Have mercy on us!

Verse: Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God, * until He take pity on us.

**T**hy Cross, O Lord, hath opened paradise to the race of mankind; and delivered from corruption, we hymn Thee, our God Who wast crucified in the flesh. Have mercy on us!

Verse: Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled therewith; let reproach come upon them that prosper, * and abasement on the proud.

To the Martyrs: **T**hey who suffered for Thy sake, O Christ, endured many torments and have received perfect crowns in the heavens. May they pray on behalf of our souls.

Glory ..., Both now ...,

Stavrotheotokion: **U**pon beholding our Life suspended upon the Tree, * the all-immaculate Theotokos cried aloud, * maternally lamenting: ** O my Son and my God, save those who with love hymn Thee!

Then, "Now lettest Thou Thy servant depart ...," Trisagion through Our Father ..., Troparia. Litany: Have mercy on us ..., and Dismissal.

# TUESDAY NIGHT
# AT COMPLINE
## Canon of supplication to the most holy Theotokos
## ODE I

**Irmos: When Israel walked on foot in the sea as on dry land, * on seeing their pursuer Pharaoh drowned, * they cried: * Let us sing to God * a song of victory.**

**I**n every way I lament my vile life and the multitude of mine abominable sins. How shall I confess to thee, O pure one? I am at a loss and filled with fear. Yet help me, O Lady.

**H**ow shall I begin to speak of my wicked and grievous falls, plagued as I am by the passions? Woe is me! What shall I do? Yet before the end take pity on me, O Lady.

Glory ..., **I** ever contemplate the hour of death and the dread tribunal, O most pure one, yet am I grievously led astray by my most wicked habits. But do thou help me.

Both now .., **T**he corrupter of the good, seeing me now stripped naked of godly virtues, fallen far away from God and become a stranger to Him, striveth to devour me. But do thou prevent him, O Lady.

## ODE III

**Irmos: There is none as holy as Thou, * O Lord my God, * who hast exalted the horn of Thy faithful O good One, * and strengthened us upon the rock * of Thy confession.**

**I** have vilely besmirched my soul with mine evil and abominable deeds, plagued as I am by the passions, O Lady Theotokos. Where then shall I go, who am wholly stuck fast in despondency?

**T**hough created in the image of God, I have sullied my prodigal self by mine haughty will, O pure one, and through my likeness, in works, in word and thought, I have committed unseemly deeds.

Glory ..., **T**here is no other man who hath committed such unseemly acts, nor any other born into the world as darkened in mind as I, O good one; for I have defiled my divine baptism.

Both now ..., **I** have reached the end of mine evils, O most holy Virgin. Quickly help me, for heaven and earth cry out bitterly because of my vile and wicked deeds.

## ODE IV

**Irmos: Christ is my power, * my God and my Lord, * the holy Church divinely singeth, * crying with a pure mind, * keeping festival in the Lord.**

The ranks of angels and the armies of the hosts of heaven are in awe of the might of thy Son, O pure one. But I am in despair, stuck fast in my lack of fear.

All the earth hath been amazed and astonished, beholding me committing evil, wicked and vile acts, and it marvelleth at the great loving-kindness of thy Son.

Glory ...,I have wickedly defiled the temple of my body, and the temple of the Lord which we enter with trembling; for although I am a prodigal, I enter it without shame. Woe is me!

Both now ..., O Lady, show me not, O show me not to have wandered away from the tabernacle of thy Son, though I am in every way unworthy, but wash me. clean of the defilement of my transgressions.

## ODE V

**Irmos: Illumine with Thy divine light, I pray, O Good One, * the souls of those who with love rise early to pray to Thee, * that they may know Thee, O Word of God, * as the true God, * Who recalleth us from the darkness of sin.**

With thy divine effulgence, O good one, cure my soul of the passions which the corrupter hath sown therein, and deliver me from his bitter captivity, for he laughs me to scorn, beholding my helpless state.

Adam broke the only commandment of thy Son, O Virgin, and was driven into exile. How shall I lament the abyss of my transgressions, for I am a criminal and have fallen away from Him?

Glory ..., Shown of old to be a murderer of his brother, Cain was cursed by God. What shall I do, who am most arrogant? I have now brought death upon my soul, and am not ashamed.

Both now ..., I have wholly emulated the cruel Esau in gluttony and eating to satiety, and have defiled my soul by drunkenness and my life with intemperance. Who will not weep for me, who am plagued by the passions? Woe is me!

## ODE VI

**Irmos: Beholding the sea of life surging with the tempest of temptations, * I run to Thy calm haven, and cry to Thee: * Raise up my life from corruption, * O greatly Merciful One.**

**M**y life is prodigal, my soul defiled, my way of living wholly accursed. I have grievously dishonored my whole body with evils. Wherefore, hasten thou to help me, O Virgin.

**M**ine end lieth before me, and I cannot bear it, O good one. My conscience denounces me, for all my wicked deeds and my prodigal life confront me, and I fear the judgment of thy Son, O pure one.

Glory ..., **T**he burning of my flesh, the dreadful river of fire which cannot be quenched, and the insatiable worm await me; but dispel them By thy prayers, O most pure one.

Both now ..., **I** am held fast now by trembling, O good one, and I fear the pursuit of the evil one; for before the end the corrupter desires to slay me, holding me wholly captive, stripped naked of the virtues.

Lord, have mercy, (Thrice).

Glory ..., Both now ..., Sessional Hymn, in Tone VI:

**T**hou art the hope, bulwark and refuge of thy people, O Virgin, from whom the Savior of all was born without pain, and thou hast saved those who set their hope on thee; for thou didst weep for thy Son at the foot of the Cross. Him do thou now beseech, that He deliver from corruption all who hymn thee.

## ODE VII

**Irmos: An Angel made the furnace bedew the holy Children. * But the command of God consumed the Chaldeans * and prevailed upon the tyrant to cry: * O God of our fathers, blessed art Thou.**

**S**even times seven hath the evil one fanned a flame for me with the passions, ever striving to slay my heart with thoughts of fornication; wherefore, with the streams of my tears extinguish it, O Mother of God, and save me.

**D**espise me not who am dishonored with the mire of my transgressions, O good Lady, for, seeing me in despair, the most evil enemy mocketh me; but do thou thyself raise me up with thy mighty hand.

Glory ..., **A**wesome is the tribunal, O my numb soul which is art rife with passions, and endless and terrible are the torments; yet fall down now before the Mother of thy Judge and God, and be not downcast.

Both now ..., **A** slave of the passions, I have been mired in a multitude of boundless evils and have defiled my soul, body and mind; wherefore, O most pure one, with the light of thy radiance quickly lead me to the sweetness of dispassion.

## ODE VIII

**Irmos: Thou didst make flame bedew the holy children, * and didst burn the sacrifice of a righteous man with water. * For Thou alone, O Christ, dost do all as Thou willest, * Thee do we supremely exalt throughout all ages.**

**V**irgin Mother, who hast given birth to God Who is One of the Trinity and didst bear Him in thine arms, quench thou the fiery furnace of the passions, and bathe my soul in streams of tears.

**I** fear the arrival of death, O most pure one, and am now wholly afraid of the judgment thereof, for I have committed evils and am in nowise ashamed. In thy prayers take pity on me before the end, O Virgin.

Glory ..., **O** Lady, grant me unceasing groans and give me showers of tears to wash away my many transgressions and cleanse mine incurable sores, that I may inherit everlasting life.

Both now ..., **I** confess to thee the multitude of mine evils, O Lady, for no one else in the world hath so angered thy God, Son and Lord; wherefore, quickly move Him to mercy toward me, O Virgin,

## ODE IX

**Irmos: It is impossible for mankind to see God * upon Whom the orders of Angels dare not gaze; * but through thee, O all-pure one, * did the Word Incarnate become a man * and with the Heavenly Hosts * Him we magnify and thee we call blessed.**

**K**nowing the might of thy great supplication, O most pure one, lo! I approach thee with great fear and love; for thy maternal pleas to thy Son are truly able to accomplish much, for through His loving-kindness is He inclined to mercy.

**T**ake the choirs of the archangels and the multitude of the heavenly armies of my Creator, the assemblies of apostles and prophets, the martyrs, the venerable and the hieromartyrs, O pure one, and pray for us to God.

Glory ..., **L**et me obtain thine aid now and at that hour when my spirit shall depart, O pure one, and, rescuing me quickly, deliver me from the tyranny of the demons, and leave me not in their clutches, O good and most immaculate one.

Both now ..., **I** await the compassionate Judge, thy Son Who is the Lover of mankind, O pure one. Disdain me not, but render Him well-disposed towards me, that at His most pure tribunal He may set me on His right hand, O all-immaculate one, for I have set my hope on thee.

Then, "It is truly meet ...," and a prostration. Trisagion through Our Father ..., Troparion, and the rest as usual. Dismissal.

## ON WEDNESDAY MORNING: TONE VI
## AT MATINS

After the 1st chanting of the Psalter, the
Sessional Hymns of the holy and precious Cross, in Tone VI:

**T**hy Cross, O Lord, hath been sanctified; for thereby are healings wrought for those who are made sick by sins. Wherefore, we fall down before Thee, crying aloud: Have mercy upon us!

Verse: Exalt ye the Lord our God, * and worship the footstool of His feet, for He is holy.

**N**o sooner was the tree of Thy Cross planted in the ground, O Christ our Lord, than the foundations of death were shaken; and Thou Who hast laid low Hades with love dismissed its trembling minions, and hast shown us Thy salvation, O Holy One; wherefore we glorify Thee, O Son of God. Have mercy upon us!

Glory ..., Both now ...,

Stavrotheotokion: **T**hou art the hope, help and haven of thy people, O Virgin, for from thee the salvation of the world was truly born. As thou didst weep at the Cross of thy Son and God, thou savest those who place their trust in thee. Him do thou now beseech, that He deliver from corruption all who hymn thee.

After the 2nd chanting of the Psalter,
The Sessional Hymns of the holy and precious Cross, in Tone VI:

**T**oday the words of the prophets are fulfilled; for, lo! we worship at the place where Thy feet stood, O Lord; and tasting of the Tree of salvation, we have received freedom from sinful passions by the prayers of the Theotokos, O Thou Lover of mankind.

Verse: God is our King before the ages; * He hath wrought salvation in the midst of the earth.

**O** Lord, the Jews condemned to death Thee, the Life of all; they who crossed the Red Sea by the staff of Moses nailed Thee to the Cross; they who sucked honey from the rock offered Thee gall. Yet Thou didst endure, that Thou mightest free us from slavery to the enemy. O Christ our God, glory to Thee!

Verse: Wondrous is God in His saints, * the God of Israel.

To the Martyrs: **W**hile the choirs of the incorporeal ones stood by, holding trophies of victory, and tyrants and kings were amazed, the most wise ones showed forth the firm opposition and the wounds of torture of spiritual athletes' in their martyrdom at the tribunal, casting down the apostate by their confession of Christ. O Lord Who strengthened them, glory be to Thee!

Glory ..., Both now ...,

Stavrotheotokion: **S**tanding before the Cross, the Mother unwedded cried out unto Him to Whom she had given birth without seed: "A sword hath pierced my heart, O my Son, for I cannot bear to see hanging upon the Tree, Thee before Whom all things tremble, as Thou art our Creator and God. O long-suffering Lord, glory be to Thee!"

After the 3rd chanting of the Psalter, the Sessional Hymns, in Tone VI:

Spec. Mel.: "Having set aside ...":

**W**hen creation beheld Thee nailed of Thine own will to the Cross for our sake, O Christ, it quaked with fear; the sun wholly darkened its light; the stones split asunder; and the divine veil of the temple was rent in twain in rebuke of the cruel and iniquitous Jews.

**I**n Eden the tree brought corruption upon the first of our race, but the tree of the Cross blossomed forth life at the place of the skull; for the malice of the enemy was trampled underfoot. And Adam received mercy when Christ was nailed to the Cross, crying aloud: "I have found paradise, O blessed Tree!"

Glory ..., Both now ...,

Stavrotheotokion: **O** Christ, the Ever-virgin Maiden who gave birth to Thee, beholding Thee lifted up upon the Cross for our sake, was wounded in heart and soul by the sword of grief, and wept, lamenting maternally. By her supplications, have mercy on us.

## ODE I

Canon of the precious and life-creating Cross, the acrostic whereof is "Nailed to the Tree, Thou savest me, O Savior," the composition of Joseph, in Tone VI:

**Irmos: When Israel walked on foot in the sea as on dry land, * on seeing their pursuer Pharaoh drowned, * they cried: * Let us sing to God * a song of victory.**

**E**xtending Thy hands upon the Cross, O Master, Thou didst embrace rejected mankind and lead it to Thy Father, in that Thou art His beloved and consubstantial Son.

**T**hou wast raised up upon the Cross like a lamb, O Word, seeking Thy lost sheep; and having found it, Thou didst number it among those who had not strayed. O Jesus, glory to Thy might!

To the Martyrs: **O** right glorious passion-bearing martyrs, desiring the life of heaven ye died on earth, enduring many tortures and divers perils, O right blessed ones.

To the Martyrs: **S**tanding up for Christ, Who is more just than all, at the unjust tribunals, O spiritual athletes, in God ye endured every unjust trial, which justified you.

Theotokion: "**O** Master, enduring suffering upon the Cross, Thou dost mediate dispassion for all those descended from Adam; and beholding Thee, the earth quaked," thou didst cry aloud, O Lady, lamenting maternally.

## Another canon of the most holy Theotokos, in Tone VI

**Irmos: Same as the foregoing.**

**T**he Lord, Who stretched out the sky and founded the earth, having issued forth in the flesh from thee, O all-holy Virgin, showed us an earthly heaven.

**O** pure one, who didst conceive God Who became a man for our sake, entreat Him, that on the day of judgment He have pity on us who have sinned greatly against Him.

**T**he Sun Who shone forth with most brilliant rays from thy holy womb, O Lady, illumineth the whole earth; wherefore, enlightened, we honor thee, the Mother of God.

**W**ith the light of the holy commandments of Him Who became incarnate from thee, O Lady Theotokos, dispel the darkness of my soul and the gloom of unseemly thoughts.

## ODE III

## Canon of the precious Cross

**Irmos: There is none as holy as Thou, * O Lord my God, * who hast exalted the horn of Thy faithful O good One, * and strengthened us upon the rock * of Thy confession.**

**T**he Cross was planted in the earth, delusion fell, and creation quaked; and hearts shaken by the assaults of the enemy were made steadfast by faith.

**P**ossessed by the devil, unrighteous men condemned to death Thee, the only Righteous One, Who dost justify mortals rescuing them from the unrighteous hand of the deceiver.

To the Martyrs: **T**he deceiver, bringing all his malice to bear, contended against the saints; but he was vanquished, seeing the warriors of divine radiance refusing to submit.

To the Martyrs: **T**he comeliness of the bodies of the passion-bearers of Christ was altered by wicked wounds, yet the splendor of their effulgence shone forth all the more through the activity of the Holy Spirit.

Theotokion: "**O** my Son, I understood that I was to give birth to Thee Who art comely in beauty more than all men. How now art Thou crucified, O Christ, bereft of all beauty?", the Virgin said, weeping.

Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**H**olding in thine hands Christ Who upholdeth all things, O pure Birthgiver of God, from the hands of the wicked devil and all harm deliver us who hymn thee.

**B**y thy prayers deliver us from demonic turmoil, from unjust men, from all temptations and corrupting infirmities, O all-immaculate Virgin Lady.

**B**ehold, all generations call thee blessed, O Maiden who in time supra-naturally gave birth in the flesh to the timeless Word, yet remained a virgin.

**O** Virgin who hast given birth to God, the Lover of mankind, at the hour of His dread coming deliver from all condemnation me, thine unprofitable servant.

ODE IV

Canon of the precious Cross

**Irmos: Christ is my power, * my God and my Lord, * the holy Church divinely singeth, * crying with a pure mind, * keeping festival in the Lord.**

**B**eholding Thee, the never-setting Sun, crucified upon the Tree, the sun grew dark with fear, and all creation, hymning Thee, was released from dark deception.

**T**he violators of the law bound thy hands, O Savior, and all who were bound with unbreakable bonds were released; the enemy was bound, and falsehood was put to shame.

To the Martyrs: **W**ith the outpouring of your blood, O martyrs, ye drowned the tyrannical Pharaoh who wickedly boasted beyond measure, and ye have passed over, rejoicing, to the good land.

To the Martyrs: **S**oaring over the snares of the enemy on the wings of the Spirit, O spiritual athletes, rejoicing, ye hastened to where are the primal goodness, life and never-waning light.

Theotokion: **W**hen thou didst behold Him crucified and pierced in His most pure side with the spear for our sake, O Lady, thou wast wounded with the sword of the sufferings of Him Who became incarnate from thee.

Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**L**et us all hymn the holy Virgin, the temple of God, radiantly blessing her, deified because of her, and delivered from evils.

**W**e bless the Virgin as the door leading to divine entry, the divine paradise, the noetic place of sanctification, and the beauty of Jacob.

**C**hrist hath shown thee to be a right calm harbor for those who in purity of mind invoke thee, the true Theotokos, with faith and love, O all-immaculate Lady.

**O** most pure Mary, thou wast the all-pure and spacious receptacle of the indwelling of God, and hast washed the defilement and mire from my soul.

## ODE V

### Canon of the precious Cross

**Irmos: Illumine with Thy divine light, I pray, O Good One, * the souls of those who with love rise early to pray to Thee, * that they may know Thee, O Word of God, * as the true God, * Who recalleth us from the darkness of sin.**

**O** Christ Who dost clothe the sky in clouds, Thou wast willingly nailed, naked, to the Cross, covering the nakedness of mine evil and enlightening my form, adorning it with the robe of incorruption, O Master.

**A**s the true sweetness of our souls, Christ, the true Vine, was crucified on the Cross, exuding the wine which doth abolish all the drunkenness of the delusion of the adversary.

To the Martyrs: **R**eplete with sacred wounds, adorned with crowns, and standing before God Who suffered in the flesh, O spiritual athletes of Christ, ye ask remission for our transgressions.

To the Martyrs: **L**ooking toward the glory, life and true joy of heaven, O passion-bearers, ye endured every threefold wave of torment, strengthened by the suffering of the Master.

Theotokion: "**O** Christ, I who in my womb contained Thee, Whom naught can contain, gave birth unto Thee without pain; but now I experience pain, seeing Thee crucified, O Christ!", said the most pure Virgin, weeping.

### Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**T**he Lord, Who by His word created all things and Who alone feedeth them in His wise providence: As He desireth, in His compassion He took form from thee, O most pure one, and ineffably became flesh.

**B**ehold, O Virgin, the God, Master and Lord of all was conceived in thy womb, as the prophets said; and thou hast ineffably given birth to Him, remaining an incorrupt virgin after giving birth, O pure one.

**O** Mary, Sovereign Lady of all, in that thou art merciful deliver me from dreadful captivity, I pray, and rend asunder the record of my sin with the spear of Him Who became incarnate from thee.

**B**y thy mediation and intercession loose the bonds of my sin, O Virgin, for thou art the hope of the desperate, who hasten to thy divine protection.

## ODE VI

### Canon of the precious Cross

**Irmos: Beholding the sea of life surging with the tempest of temptations, * I run to Thy calm haven, and cry to Thee: * Raise up my life from corruption, * O greatly Merciful One.**

**T**hou wast crowned with thorns, O Long-suffering One, cutting down the thorns of the passions; and when Thy side was pierced by the spear, Thou didst slay the most wily serpent, who made us mortal.

**T**hou wast lifted up upon the Cross, laying low the power of the enemy; and didst accept buffeting, freeing me from bitter slavery. I worship Thy long-suffering, O Compassionate One!

To the Martyrs: **P**rotected by the Cross, the spiritual athletes toppled the evil walls of delusion and, adorned with crowns of victory, passed over to make their abode in the heavenly city. Wherefore, they are called blessed.

To the Martyrs: **M**ost gloriously scaling the heights of torments, O saints, ye brought low the wicked uprisings of the enemy on earth, and received crowns from on high.

Theotokion: "**O** Effulgence of the Father, how hast Thou been lifted up upon the Cross, illumining all things and laying low the author of darkness?", the most pure Lady exclaimed, weeping maternally.

### Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**C**hrist, Who is fire, did not consume thy womb when He issued forth from thee in the flesh. Him do thou beseech, O pure one, that those who hymn thee with faith may be delivered from fire and every torment.

**O** all-immaculate one, I hymn thee, the majesty of the holy angels, and I pray: Drive far from me the repulsiveness of the phantasms of the demons, preserving my heart in tranquility.

**H**e Who is the Only-begotten of the Father, and is the one Person in two natures, Who alone united Himself to the form of flesh in thy womb, issued forth from thee without seed, and preserved unharmed thy precious virginity, O all-immaculate one.

**W**ash away the multitude of my sins with the magnitude of thy mercy, O good one, and save me, thy servant, who flee unto thee and with faith entreat thy mercy.

## ODE VII

### Canon of the precious Cross

**Irmos: An Angel made the furnace bedew the holy Children. * But the command of God consumed the Chaldeans * and prevailed upon the tyrant to cry: * O God of our fathers, blessed art Thou.**

**W**hen Thou wast buffeted, Thou didst smite the venomous malice of the serpent; and when Thou wast suspended upon the Tree, O only Mighty One, Thou didst enlighten all to cry: O God of our fathers, blessed art Thou!

**H**aving tasted of the Tree, Adam, the first man, found death; but when Christ, the new Adam, died on the Tree, He granted us immortal life, slaying the greatly crafty servant.

To the Martyrs: **E**nduring suffering, O martyrs, ye were borne up to the Lord by your torment, and ye stood on the firm rock of faith, casting down all the wicked malice of the enemy at the command of God.

To the Martyrs: **I**llumined by your sufferings, O spiritual athletes, ye shine forth more brightly than the sun; having destroyed all the powers of darkness, and chanting to Christ: Blessed is the God of our fathers!

Theotokion: "**W**hen Thou wast suspended upon the Cross, Thou didst alter all creation, O Thou who art immutable in Thy divinity," said the Virgin to her Son. And seeing these things, she wept, marveling at Thy great long-suffering.

### Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**T**he Uncircumscribable One, Who sitteth in the bosom of the Father, now sitteth, circumscribed, in thy bosom, O most pure one, clad in thy form, that as the new Adam He might save Adam.

**C**ease not to entreat our God the Lover of mankind, O all-immaculate one, that we may receive the ultimate forgiveness of evils, and may obtain the good things prepared in the heavens for those who love Him.

**W**e bless thee, O most immaculate one, who hast given birth to the blessed Lord, Who with divine blessings crowneth human nature, and maketh new what before had grown old.

**E**nriched at the havens of thy salvation, O pure one, we are saved from the storm; and holding our faith in thee to be the strength of our soul, we cry: Blessed art thou who hast given birth to God in the flesh!

## ODE VIII

### Canon of the precious Cross

**Irmos: Thou didst make flame bedew the holy children, * and didst burn the sacrifice of a righteous man with water. * For Thou alone, O Christ, dost do all as Thou willest, * Thee do we supremely exalt throughout all ages.**

**L**ifted up upon the Tree in humility of heart, O God Most High, Thou didst humble the most prideful serpent, and raised up Adam, who had been brought low by the passions, O Compassionate One.

**G**iven gall to eat when Thou wast lifted up upon the Tree, Thou didst transform the ancient bitterness, O compassionate Master, sweetness of all, Who art hypostatic Life.

To the Martyrs: **Y**e did not bend your knee before graven images, O all-praised ones, but were sacrificed like unblemished lambs; and ye brought low the might of the evil one, hymning Christ throughout the ages.

To the Martyrs: **Y**e were shown to be temples of the living Spirit, O martyrs, and ye cast down the temples of the idols and were caught up to the heavenly temple, hymning Christ throughout the ages.

Theotokion: **J**acob beheld thee beforehand, O Virgin, as the ladder leading up to the heights of heaven us who have plunged headlong into the abyss of evils; wherefore, we bless thee, the pure one, throughout the ages.

### Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**W**e confess thee to be the true Theotokos, and with the angel with faith we cry out to thee "Rejoice!"; for on behalf of those on earth thou alone hast given birth to Joy, O joyous, pure and blessed one.

**T**he divinely sounding harp of thine ancestor prefigured thee, who bore God in the flesh, as the all-holy ark, O all-immaculate one. Him do we supremely exalt throughout the ages.

**O** divinely joyous Maiden who knewest not wedlock, haven and hope of Christians amid the storm, deliver thy servants from perils, sufferings and afflictions, and from everlasting fire.

**W**hen Thou shalt come in glory to judge all mankind, O Master, number me, a sinner, with the lambs on Thy right side, through the supplications of Thy Mother, that I may glorify Thee throughout all ages.

We then chant the hymn of the Theotokos (the Magnificat), with the refrain: "More honorable than the cherubim ...," and make prostrations.

## ODE IX

### Canon of the precious Cross

**Irmos: It is impossible for mankind to see God * upon Whom the orders of Angels dare not gaze; * but through thee, O all-pure one, * did the Word Incarnate become a man * and with the Heavenly Hosts * Him we magnify and thee we call blessed.**

**O** Lord of times and seasons, at noon Thou wast uplifted, crucified, upon the Tree in the midst of the earth, O only Long-suffering One, setting aright him who in the midst of paradise suffered the fall through the corrupting fruit.

**T**he Cross was lifted up, and the tyrant was dealt a mortal wound to his soul; those bound were released from corruption, and understanding was planted in all mankind; the enemy stood by, paralyzed, and all were filled with joy.

To the Martyrs: **T**he earth was conjoined with the heavens, for Christ was sacrificed on the Cross, O martyrs of the Lord; and He drew unto Him the multitude of you who endured a multitude of extreme torments, and caused you to shine forth with the multitude of His divine ministers.

To the Martyrs: **S**hining with immaterial light, ye became gods by adoption, O martyrs of the Lord, making your abode in the mansions of the firstborn, full of eternal glory; wherefore, we, the faithful, honor you as is meet.

Theotokion: "**A**n awesome birthgiving did I endure, O long-suffering Master, when I gave birth to Thee in a strange manner. For when creation beheld Thee willingly crucified upon the Tree, it was filled with fear," the immaculate one cried out maternally weeping, whom we magnify.

### Canon of the most holy Theotokos

**Irmos: Same as the foregoing.**

**W**hen He became incarnate, the Son and Word of God Who is without beginning became the Son of the Virgin; and at the good pleasure of the Father and by the activity of the divine Spirit, He hath wholly restored my corrupted nature.

**A**rise, O my soul, and be vigilant in prayer and in all good things; with fervor casting aside the idleness of sleep, and ever having as a watchful protector the pure Mother of God, whom we glorify.

**O** all-immaculate Theotokos, thou art the hope, protection and joy of the faithful; wherefore, I beseech thy compassions: Enlighten my soul, which the gloom of many sins and evil thoughts have darkened.

**O** holy and divinely joyous Virgin: Open unto me the gates of light, lest the night of sin cover me; and guide my life to the calm harbor of the divine precepts of Him Who became man through thee.

Then, "It is truly meet to bless thee ...," and a prostration.

Small litany, Exapostilarion, and the usual psalms.

Small Doxology (Read), Litany: Let us complete ...,

On the Aposticha, these Stichera of the precious Cross, in Tone VI:

**I** trust in the Cross, O Christ, and, boasting therein, I cry out: O Lord and Lover of mankind, cast down the pride of those who do not confess Thee to be both God and man!

Verse: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works, * and do Thou guide their sons.

**P**rotected by the Cross, we set ourselves against the enemy, undaunted by his wiles and treachery; for the prideful one hath been set at naught and trampled underfoot by the power of Christ Who was nailed upon the Tree.

Verse: And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us, * yea, the work of our hands do Thou guide aright.

To the Martyrs: **T**he memory of the martyrs is a joy to those who fear the Lord; for, having suffered for the sake of Christ, they have received crowns from Him; and they now pray with boldness on behalf of our souls.

Glory ..., Both now ...,

Spec. Mel.: "Having set aside ...":

Stavrotheotokion: **W**hen, of old, the unblemished ewe-lamb and immaculate Lady, * beheld her Lamb * upon the tree of the Cross, * she exclaimed maternally, and marveling cried aloud: * "O my Child most sweet, * what is this new and most strange sight I see? * How hath the thankless synagogue * betrayed Thee to the judgment-seat of Pilate * and condemned Thee to death, * Who art the Life of all? * Yet do I hymn Thine ineffable condescension, ** O Word!"

Then, “It is good to give thanks ...,” Trisagion ..., Our Father ..., Troparia. Litany: Have mercy on us ..., First Hour, and Dismissal.

## ON WEDNESDAY MORNING: TONE VI
## AT LITURGY

On the Beatitudes, these Troparia, in Tone VI

**R**emember me, O God my Savior, when Thou shalt come in Thy kingdom, and save me, in that Thou alone lovest mankind.

**T**hou wast willingly lifted up upon the Tree, O only greatly Merciful One, and didst call forth those who had stumbled into the abyss of evils.

**T**he earth quaked and the sun hid its light, beholding Thee, the Sun of righteousness, upon the Tree, willingly suffering.

To the Martyrs: **S**haring in the sufferings of the Savior, O passion-bearers, together ye partake of divine effulgence, and are deified.

Glory ..., **L**ift me up from the depths of sin, O my Christ, Who, though One of the Trinity, didst willingly endure crucifixion.

Both now ..., **S**tanding before the Cross, O Virgin Mother, and beholding thy Son willingly suffering, thou didst magnify Him.

Prokeimenon, the hymn of the Theotokos, in Tone III: My soul doth magnify the Lord, * and my spirit hath rejoiced in God my Savior.
Verse: For He hath looked upon the lowliness of His handmaiden; for behold, from henceforth all generations shall call me blessed.

Alleluia, in Tone VIII: Hearken, O daughter, and see, and incline thine ear.
Verse: The rich among the people shall entreat thy countenance.

Communion Verse: I will take the cup of salvation, and I will call upon the name of the Lord.