

Stichera at the Praises

Triodion - Third Sunday of Great Lent

Tone 4
Sticheron 1

Model melody: "As one valiant among martyrs"
Optina Monastery Melody

Soprano
Alto

Let us re-joice in song and mag - ni -

Tenor
Bass

fy the pre - cious Cross! Let us em-brace it,

cry - ing out: "By your power, all - hon - ored Cross,

sanc - ti - fy our souls and bod - ies! Keep us, who venerate

you in true worship]

you — in true wor - ship, // safe from the harm of our

en - e - mies!" (TWICE)

Sticheron 2

Come, let us drink liv - ing wa - ters

flowing from the Tree — of Life, — as we be -

hold be - fore us the ho - ly Cross, the fountain of

bless - ings, the spring of blood_ and wa - ter,

flowing from the life - giv - ing side of the Mas - ter.

Of His_ Own_ will He was lift - ed up up - on the

Cross, // raising up man - kind and draw - ing us to Him self.

Sticheron 3

O pre - cious Cross, you are the

pil - lar of the Church, the con - fir - ma - tion

of the faith - ful, the pride and salvation of

those who fast. We bow before you with all our

heart and soul. We seek illumi - na - tion from the di -

vine grace of Him Who hung on you,

for it demolished the pow - er of the E - vil One //

and healed the curse.

Tone 8

Glory...

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:
 "You Who suffered for us, yet remained a dispassionate God, //
 deliver us from our passions, Lord, and save our souls!"