

The First Sunday Antiphon

My God, my God, be attentive to me! Why have you forsaken me?* The litany of my sins places me far from my salvation.
Through the prayers of the Mother of God, O Savior, save us.

My God, I cry out by day, but you do not hear;* by night and it shall not be attributed to me as folly.
Through the prayers of the Mother of God, O Savior, save us.

Yet you dwell in the holy place,* O praise of Israel.
Through the prayers of the Mother of God, O Savior, save us.

The Third Sunday Antiphon

Come, let us sing joyfully to the Lord, let us acclaim God, our Savior.
Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Let us come before His face with praise, and acclaim Him in psalms.
Son of God, crucified in the flesh, save us who sing to You: Alleluia.

For God is the great Lord and the great king over all the earth.
Son of God, crucified in the flesh, save us who sing to You: Alleluia.

*****Entrance*****

Come, let us worship and fall down before Christ.
Son of God, crucified in the flesh, save us who sing to You: Alleluia.

Tropars

Let us the faithful acclaim and worship the Lord,* co-eternal with the Father and the Spirit, and born of the Virgin for our salvation.* For He willed to be lifted up on the cross in the flesh,* to suffer death and to raise the dead by His glorious resurrection.

O Lord, save your people* and bless your inheritance.* To all who do battle with sin and evil, grant victory;* and by the power of your cross protect your people.

Glory be to the Father and to the Son and to the Holy Spirit.

You, my Savior, descended to Hades,* and as the Almighty, You shattered its gates.* With Yourself You, as the Creator, raised the dead* and shattered the sting of death,* and delivered Adam from the curse, O Lover of Mankind.* And so we cry out: "Save us, O Lord."

Now and for ever and ever. Amen.

It was of your own free will that you were raised upon the cross.* Generously bestow your mercies upon your new community named for you, O Christ God!* By your power gladden the faithful* and let them triumph over evil,* for your cross is their ally and their weapon is peace,* assuring unfailing victory.

Apostolos

Prokimenon: How great are your works, O Lord!* In wisdom you have wrought them all.

Stichon: Bless the Lord, O my soul!* You are very great indeed, O Lord my God!

Reading from the Epistle of St. Paul to the Galatians:

Brethren, we know man is not justified by the works of the Law, but by faith in Jesus Christ. Hence we also believe in Christ Jesus, that we may be justified by faith in Christ, and by the works of the Law, because by the works of the Law no man will be justified. But if, while we are seeking to be justified in Christ, we ourselves also are found sinners, is Christ therefore the minister of sin? By no means. For if I rebuild the things I destroyed, I make myself a sinner. For through the Law I have died to the law that I may live for God. With Christ I am nailed to the cross. It is now no longer I who live, but Christ is living in me. And the life I now live in the flesh, I live within the faith in the Son of God who loved me and gave himself up for me.

Alleluia: String your bow, go forth, reign for the sake of truth, meekness and righteousness,* and your right hand shall lead you wonderfully.

Stichon: You loved righteousness and hated iniquity:* therefore God, your God, anointed you with the oil of joy above your companions.

Gospel: (Mk 8:34-9:1)

Jesus summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it. What profit is there for one to gain the whole world and forfeit his life? What could one give in exchange for his life? Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels." He also said to them, "Amen, I say to you, there are some standing here who will not taste death until they see that the kingdom of God has come in power."

Instead of: "It is truly right..."

Extol, my soul,* the most holy cross of the Lord.

O Mother of God,* you are the mystical garden of paradise,* from which Christ came forth without any human cultivation.* He planted the life-giving tree of the cross on the earth.* And so,* as we venerate* the cross raised on high today,* we extol you.

Kinonikon

Praise the Lord from the heavens;* praise him in the highest.
The light of your countenance* has shown upon us, O Lord.
Alleluia, Alleluia, Alleluia.