

# September 14

**Feast of the Exaltation of the Precious and Life-giving Cross**  
(1st Class, 5th Tone, 3rd Eothonon)

## ORTHROS

**PSALM 117** (*Tone 1*)



The Lord is God and has ap - peared to us.



Bles - sed is He who comes in the name of the Lord.

**TROPARION OF THE CROSS** (*Tone 1*) [3x with Glory... and Now... ]

O Lord, save Your people and bless Your inheritance. Grant victory to our country over its enemies; and preserve Your community by the power of Your Cross.

**SESSIONAL HYMNS** (*Tone 1*)

O Lover of Mankind, we venerate the Wood of Your Cross, for You, the Life of all, were nailed upon it. O Savior, You opened Paradise to the thief who turned to You in faith, and you counted him worthy of blessedness when he confessed You by crying out: "Remember me, O Lord!" Accept us, like him, for we cry out: "We all have sinned; in Your merciful kindness, do not reject us!"

v. Glory to the Father and to the Son and to the Holy Spirit, now and always and to the ages of ages. Amen.

(*Tone 6*)

No sooner had the Wood of Your Cross been set up, O Christ our Lord, than the foundations of death were shaken. For that which Hades had swallowed eagerly, it soon let go in

trembling. You have shown us Your salvation, O Holy One, and we glorify You. Have mercy on us, O Son of God!

*Today the Polyeleos is sung instead of the Evlogitaria of the Resurrection.*

**HYPACOI** (Tone 5)

The ointment-bearing women were astounded at the sight of the angels. Their souls were enlightened by the divine Resurrection, and they declared to the disciples: "Go and announce the Resurrection of the Lord, who will sustain us by His miracles and grant us great mercy!"

**CANON** (Tone 8)

*Ode 1:*

WHEN MOSES TRACED THE CROSS with his staff, the Red Sea parted for the people of Israel, who crossed dryshod; then he closed the immense flood over the noise of Pharaoh's chariots, inscribing the invincible weapon upon it; thus, we sing to Christ our God, for He is gloriously triumphant.

~In past times, Moses stood between Aaron and Hur, two men of God, and prefigured the sign of victory, and overthrew the power of destructive Amalek. Thus we sing to Christ our God, for He is gloriously triumphant!

v. Glory to the Father and to the Son and to the Holy Spirit,

~Moses set up on a wooden pole a cure against the deadly, poisonous bite of serpents: for crosswise on the wood - as a symbol of the Cross - he placed a bronze figure of a serpent that crawls over the earth; and thus he triumphed over calamity. Thus we sing to Christ our God, for He is gloriously triumphant!

- now and always and to the ages of ages. Amen.

~Heaven showed the Cross as a sign of victory to Constantine, the holy King and defender of the Faith. Through it, the insolence of his enemies was cast down, deceit was overthrown, and the true Faith was spread to the ends of the

earth. Thus we sing to Christ our God, for He is gloriously triumphant!

*Katavasia*

When Moses traced the Cross with his staff, the Red Sea parted for the people of Israel, who crossed dryshod; then he closed the immense flood over the noise of Pharaoh's chariots, inscribing the invincible weapon upon it; thus, we sing to Christ our God, for He is gloriously triumphant.

**KONDAKION OF THE CROSS** (*Tone 4*)

O Christ our God, who chose by Your own free volition to be elevated upon the Holy Cross, grant Your mercies to Your new people who are called by Your name. In Your power, gladden the hearts of our public authorities; strengthen them in every good deed so that Your true alliance may be for them a weapon of peace and a standard of victory.

**IKOS**

Paul ascended to the third heaven. He heard unutterable and heavenly things which human beings cannot express. Study the Scripture and you will read and understand what he wrote to the Galatians: "May I never boast of anything but the Cross of our Lord Jesus Christ, on which He suffered the Passion, putting to death our passions!" Therefore, let us continue to praise this Cross of the Lord with confidence. Its Wood saves us; it is a weapon of peace and a standard of victory.

**SYNAXARION**

On September 14, we commemorate the universal Exaltation of the Precious and Life-giving Cross.

Seeing Your Cross elevated, the whole creation lifts up its voice to praise Your exaltation, O Savior. On the fourteenth, the cross was elevated on Sion.

Through the power of Your Cross, O Lord, save us. Amen.

*Today the Canticle of Mary is not sung.*

*Ode 9:*

v. O my soul, magnify the most precious and life-giving Cross of the Lord!

O MOTHER OF GOD, you became a mystical Paradise, when without tilling you brought forth Christ our God, by whom the life-giving Tree of the Cross was planted on earth. Therefore, seeing Him on the Cross, we adore Him and we magnify you!

~Let all the trees of the forest shout with joy, for their nature is made holy by Christ, who planted them at the beginning and who was stretched out on a tree. At its exaltation today, we worship Him and magnify you.

~The Cross is elevated as the sacred strength of all God's people, upon whose foreheads it is marked. Thus the spiritual powers of the wicked are crushed. At its exaltation today, we worship Him and magnify you.

~You did not want the deadly bitterness of the tree to remain, so You destroyed it through the Cross. In the same way in times past, the wood destroyed the bitterness of the waters of Marah, prefiguring the strength of the Cross that all the powers of Heaven magnify.

v. Glory to the Father and to the Son and to the Holy Spirit,

~Through the Cross, O Lord, today You have raised us up again. We were plunged continually in the gloom of our father Adam. Unrestrained greed thrust down our nature into error; but now we have been restored to our full inheritance by the light of the Cross which we, the faithful, magnify.

- now and always and to the ages of ages. Amen.

~To show that the Cross was to be revered in all places as being glorious, O Lord, You formed it in the sky, shining with boundless light, as an unconquerable sign for Constantine. All the power of Heaven magnify this Holy Cross.

*Katavasia*

Today the death that came to our race through eating from the forbidden tree is made ineffective through the triumph of the Cross. The curse of our mother Eve that fell on the human race is destroyed by the pure fruit of the Mother of God, whom all the powers of Heaven magnify.

**EXAPOSTILARIA** (*Tone 2*)

~The Cross is the protector of the whole world; the Cross is the splendor of the Church; the Cross is the glory of kings; the Cross is the support of the faithful; the Cross is the glory of angels and the terror of demons. (*Twice*)

(*Tone 3*)

~Today the Cross is exalted and the world is sanctified. For You, who are enthroned with the Father and the Holy Spirit, have spread out Your arms on it and drawn the whole world to knowledge of You, O Christ! Make those who have put their trust in You worthy of divine glory!

**PRAISES** (*Tone 5*)

*Stichera of the Resurrection*

8. O Lord, despite the seals placed by the unbelievers, You came forth from the tomb, just as You came forth in birth from the Theotokos. Just as the angels were not able to explain Your mysterious Incarnation, so the soldiers could not behold the moment of Your holy Resurrection. For these two marvels have been sealed from the wise, but have been revealed to those who adore with faith the Mystery which they celebrate in their hymns. Grant us Your joy and Your great mercy!
7. Lord, You have shattered the bolts of eternal damnation; You have broken the chains of the tomb. As You rose, You left behind Your linen shroud as a witness that You had truly been buried for three days. Leaving the guard keeping watch over the tomb, You went ahead of the Apostles into Galilee. Great is Your mercy, O Lord, which

the whole universe cannot contain: O Savior, have mercy on us!

6. O Lord, the holy women hastened to the sepulcher to behold You, O Christ, who had suffered for our sake! And when they arrived, they found an angel seated on the stone before the tomb. And that angel said to them: "The Lord has risen! Go and tell the Apostles that He has risen from the dead, the Savior of our souls!"
5. O Lord, the holy women hastened to the sepulcher to behold You, O Christ, who had suffered for our sake! And when they arrived, they found an angel seated on the stone before the tomb. And that angel said to them: "The Lord has risen! Go and tell the Apostles that He has risen from the dead, the Savior of our souls!"

*Stichera of Anatolios the Patriarch*

4. O Lord, King of the ages and Creator of all things, who have deigned to suffer in Your flesh the Cross and burial to free us from Hades: You are our God and we have no other.

*For the Cross (Tone 8)*

3. O marvelous wonder: the most holy Cross, the life-giving Tree, is lifted up on high today and shown to the world. All the earth gives glory; the devils tremble. How great a gift is given to the human race! Through Your Cross, save our souls, O Christ, who alone are full of compassion.
2. O marvelous wondrous: the Cross which carried the Most High as a Cluster of Grapes full of life is seen today exalted high above the Earth. Through the Cross, we are all drawn to God, and death has been swallowed up forever. O undefiled wood! Through you, we enjoy the immortal fruit of Eden, as we glorify Christ.
1. O marvelous wonder! The length and width of the Cross is equal to that of the heavens, for by divine grace it sanctifies

the whole world. By the Cross, godless nations are won; by the Cross, the scepters of Kings are made firm. O divine ladder, you permit us to go up to Heaven, exalting Christ our God in song.

- v. Glory to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.

*Stavrotheotokion (Tone 6)*

Today the Cross of the Lord goes forth, and the faithful welcome it with love; and they receive healing of soul and body and of every weakness. Let us kiss it with joy and fear: with fear, for we are unworthy, because of sin; with joy, for upon it Christ our God was in His great mercy crucified, granting the world salvation.