

**Third Sunday of Lent: Veneration of the Cross (March 21 & 22, 2020)
Supplementary Texts — Abbreviated Vespers & Typika for Home Use**

At Vespers:

Troparia of the Day:

By Thy Cross Thou didst destroy death. To the thief Thou didst open Paradise. For the myrrhbearers Thou didst change weeping into joy, and Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy.

Glory to the Father, and to the Son, and to the Holy Spirit:

O Lord, save Thy people, and bless Thine inheritance! Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation!

Now and ever, and to the ages of ages. Amen.

When Gabriel announced to thee, O Virgin, saying "Rejoice!", with that word the Master of all was incarnate in thee, the holy Ark, spoken of by the righteous David! Thy womb became more spacious than the heavens, for thou didst carry thy Creator. Glory to Him Who took abode in thee! Glory to Him Who came forth from thee Glory

to Him Who freed us by being born of thee!

At the Typika:

A reading from the epistle of the holy Apostle Paul to the Hebrews [4:14-5:6]

Brethren, seeing that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He

who said to Him: "You are My Son, Today I have begotten You." As He also says in another place: "You are a priest forever According to the order of Melchizedek."

A reading from the Holy Gospel according to St Mark [8:34-9:1]

The Lord said: "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels. And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

Kontakia of the Day:

The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its powers. Hades is bound, while the prophets rejoice and cry: the Savior hath come to those in faith. Enter, ye faithful, into the Resurrection.

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

Now the flaming sword no longer guards the gates of Eden; it has been mysteriously quenched by the wood of the Cross. The sting of death and the victory of hades have been vanquished; for Thou, O my Savior, hast come and cried to those in hades: "Enter again into Paradise!"