Lenten Triodion
3rd Sunday of Lent, The Sunday of the Cross
Exaposteilarion & Theotokion

Byzantine Mode 2
Special Melody: Upon that mount in Galilee

1) See-ing the pre-cious Cross of Christ to-day here set__ be-
2) We wor-ship pi-ous-ly__ the Tree where-on thy Son__ once

fore__ us, let us bow down and wor-ship it,
stretched__ out His spot-less hands in our__ be-half

and faith-ful-ly__ re-joic-ing, let us all kiss it__ with
when He was nailed up-on__ it. O all-au-gust The-o-

long-ing, as we en-treat__ the Lord__ God Who will-ing-
to-kos, now grant us peace and al-so to come to

-ly__ was cru-ci-fied there-up-on, that__ He grant__ us that
that__ all-ho-ly day of the world-sav-ing Pas-sion suf-

we might all__________ wor-ship His most-hon-ored and most di-
-fered for us,__________ and to wor-ship al-so the light-be-

Translation taken from The Triodion, copyright © 2021.
Music copyright © 2005 Holy Transfiguration Monastery, Brookline, MA, used with permission. All rights reserved.
Antiochian Orthodox Christian Archdiocese of North America, Rev. 0, 3/2/2022, CAH
Lenten Triodion - 3rd Sunday of Lent - The Sunday of the Cross - Exaposteilarion & Theotokion - 2

Translation taken from The Triodion, copyright © 2021.
Music copyright © 2005 Holy Transfiguration Monastery, Brookline, MA, used with permission. All rights reserved.
Antiochian Orthodox Christian Archdiocese of North America, Rev. 0, 3/2/2022, CAH