

Lenten Triodion
3rd Sunday of Lent, Sunday of the Cross

Stichera at "O Lord, I have cried"

Byzantine Chant Tone 5
Special Melody: Rejoice

Adapted by Dn. John El Massih

1) Shine the bright light - ning - bolts___ of thy grace

up - on the hearts of them that hon - or thee faith - ful - ly,

em - brac - ing thee with di - vine - ly - in - spir - ed fond - ness and

love, O Cross of the Lord___ de - sired by all the world.

Through thee have the gloom - y tears of de - jec - tion all dis - ap - peared;

we have been res - cued from thē all - snar - ing nets of death

and have passed be - yond un - to glad - ness that hath no end.

Show us___ the fair - est maj - es - ty and grace of thy come - li - ness,

grant - ing thy ser - vants the rec - om - pens - es of

fast - ing and ab - sti - nence, as we make pe - ti - tion

with firm faith for thy great mer - cy and rich pro - tect - ing might.

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Lenten Triodion - 3rd Sunday of Lent-Sunday of the Cross - Stichera at "O Lord, I have cried" - 2



2) Re - joice, life - giv - ing Cross of the Lord,
 thou art the Church - 's ver - y beau - ti - ful Par - a - dise,
 thou tree of true in - cor - rup - tion, that hast now blos - somed for
 us with the joy of glo - ry last - ing ev - er - more.
 Through thee the bat - tal - ions of war - like de - mons are chased a - way;
 the ranks of an - gels all re - joice with ex - ceed - ing joy;
 the as - sem - bled hosts of the faith - ful keep fes - ti - val.
 Weap - on of strength in - vin - ci - ble, im - preg - na - ble cit - a - del,
 thou cer - tain vic - t'ry of kings, and the ho - ly
 glo - ry and boast of priests. Now grant to us al - so
 to at - tain to Christ's dread Pas - sion and Ris - ing from the dead.

Lenten Triodion - 3rd Sunday of Lent-Sunday of the Cross - Stichera at "O Lord, I have cried" - 3

3) Re - jice, life - giv - ing Cross of the Lord,
 thou nev - er - con - quered bat - tle - tro - phy of pi - e - ty,
 sup - port and staff of the faith - ful, the wall sur - round - ing the
 Church, and the door that lead - eth in - to Par - a - dise.
 Through thee hath thē an - cient curse been a - bol - ished and seen no more;
 death's might - y pow - er hath been van - quished and swal - lowed up,
 and we have been raised from thē earth to ce - les - tial things.
 O truce - less foe of de - mons, and our weap - on in - vin - ci - ble,
 thou art the glo - ry of Mar - tyrs and true a -
 dorn - ment of all the Saints, calm port of sal - va - tion,
 that which grant - eth the great mer - cy of God un - to the world.

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4) Come ye, the pair first fash - ioned by God,
 who fell a - way in an - cient times_ from the choir on high
 be - cause of the mor - tal - slay - er's mur - der - ous en - vy and
 spite, through that bit - ter pleas - ure,___ tast - ing of the tree.
 Be - hold, thē all - ven - 'ra - ble Tree pro - ceed - eth and com - eth forth;
 run forth to meet it, and em - brace it with joy of heart,
 and with fer - vent faith, raise your voice_ and cry un - to it:
 Thou art_ our help and re - fuge, O all - ven - 'ra - ble Cross of Christ,
 whose fruit we free - ly par - take_____ of, and thence are
 made in - cor - rup - ti - ble, re - ceiv - ing great mer - cy
 and that first and an - cient E - den as sure in - her - i - tance.