7) Come, let us completely wash our souls in the waters of the
Fast; and as we come near the Lord's precious, all venerable Cross,
let us offer worship and draw forth therefrom with faith
divinely-wrought enlightenment, reaping now the
everlasting fruit of salvation in eternity
and great mercy and unending peace of soul.

6) O Cross, the Apostles' boast and joy, who art waited on with
honour by the powers, archangels and the principalities:
Save from harm of all kinds us that worship thee with faith.

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and once we have completed a right the holy course of abstinence, deem us worthy so to reach the day of salvation whereby we are also saved.