Matins Propers, September 14
THE EXALTATION OF THE PRECIOUS, HOLY, AND LIFE-CREATING CROSS

All page references are to The Order of Matins: Sundays and Feasts, 2006

"The Lord is God" is sung in Tone 1, page 68.

Troparion - Tone 1 (sung three times)

Save your people, O Lord, and bless your inheritance. Grant victory
to your Church over evil, and protect your people by your cross.

The service continues with the Polyeleos, page 16.

Exaltation

We exalt you, O Christ, the Giver of Life, and we honor
your precious Cross, through which we have been saved from the
bondage of the enemy.

The Exaltation is repeated after each verse.

Verse: O Lord, plead my cause against my foes; fight those who fight me.
Verse: Take up your buckler and shield; arise to help me.
Verse: All the ends of the earth have seen the salvation of our God.
Verse: O Lord, let the light of your countenance shine upon us.
Verse:  Glory…now and ever...

Three times:

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia! Glory to you, O God.

Sessional Hymn - Tone 8 Kontakion

Formerly, the tree in Paradise made me naked. In the temptation, the enemy brought death. He, the Tree of Life, who became man and lived on earth, carried the Cross. Now the whole world is full of joy. Seeing the Cross raised up to God in faith, O people, let us cry aloud: Your Church is full of glory!

Cantor:  Glory…now and ever…

The Sessional Hymn is repeated.

Prokeimenon - Tone 4

All the ends of the earth have seen the salvation of our God.

Verse:  Sing a new song to the Lord, for he has worked wonders.
"Let everything that lives" is sung in Tone 4, found on page 171. The service continues

Stichera after Psalm 50

Cantor: (Tone 2)

Tone 2 Bolhar

O tri-ple-branched Cross of Christ, you are my strong pro-

tec-
tion. Sanctify me by your might

that I may venerate and glorify you in faith and love.

Cantor: Now and ever and forever. Amen. Repeat "O triple-branched Cross..."

Cantor: (Tone 6) Have mercy on me, God, in your kindness.

In your compassion blot out my offense.

Tone 6 samohlasen

O Cross of Christ, hope of Christians, guide of all those who have gone a-stray,

haven of the storm-tossed and victory in warfare, firm foundation

of the in-hab-it-ed earth, healer of the sick and resurrection of the dead,

have mercy on us.
Mo ses took his staff and marked a straight line be-fore him
and di-vid-ed the sea, there-by o-pen-ing a path for Israel who
walked a-cross dry-shod. Then he marked a sec-ond line
o-ver the wa-ters and u-nit-ed them a-gain, there-by
o-ver-whel-ming the chariots of Pha-raoh. Thus Mo-ses
in-scribed the in-vin-ci-ble weap-on of the Cross up-on the wa-ters.
There-fore let us praise Christ our God,
for he has been glo-ri-fied.
Refrain

Glo - ry to your pre - cious Cross, O Lord!--

When the Israelites battled against Amalek, Moses stood between the two men of God, thereby prefiguring in his person the undefiled Passion. He raised a standard of victory by forming a cross with his outstretched hands; through this sign the power of Amalek was overthrown. Therefore, let us praise Christ our God, for he has been glorified. Refrain

After raising up a staff as a cure against the deadly and poisonous bite of the serpents, Moses placed upon it crosswise, as a symbol of the Cross, a serpent. In this manner he triumphed over calamity. Therefore, let us praise Christ our God, for he has been glorified.

Mo-ses took his staff and marked a straight line be-fore him and di-vid-ed the sea,

there-by o-pen-ing a path for Is-ra-el, who walked a-cross dry - shod.

Then he marked a sec - ond line over the wa-ters and u-ni - ted them a-gain,

The Cross was revealed in the heavens as a sign of victory to Constantine, the holy king and defender of the faith. Through this sign the proud contempt of his enemies was conquered, deceit was overthrown, and the divine faith was spread to the ends of the earth. Therefore, let us praise Christ our God, for he has been glorified.

Katavasia

Tone 6 simple

Mo-ses took his staff and marked a straight line be-fore him and di-vid-ed the sea,
thereby overwhelming the chariots of Pharaoh. Thus Moses inscribed the invincible weapon of the Cross upon the waters. Therefore, let us praise Christ our God, for he has been glorified.

Ode 3

Irmos

When the rod of Aaron budded, it was an image of this mystery; it made known who was to be priest.

Likewise in the Church that formerly was barren, the wood of the Cross has now blossomed, endowing her with steadfastness and might.
Refrain

Glory to your precious Cross, O Lord!

When the rock was struck and gushed forth water for a calloused and disobedient people, it manifested the mystery of the Church, chosen by God; for the Cross is her steadfastness and might.

Glory to the Father, and to the Son, and to the Holy Spirit; now and ever--

and forever. Amen.

When your immaculate side was pierced with a spear, O Lord, immediately there flowed out water and blood, thereby establishing the New Testament and washing away sin. For the Cross is the glory of the faithful and the power and steadfastness of kings.

Katavasia

When the rod of Aaron budded, it was an image of this mystery; it made known who was to be priest. Likewise, in the Church that formerly was barren, the wood of the Cross has now blossomed, endowing her with steadfastness and might.

The Small Litany is found on page 32
Ode 4
Irmos

I have received the mystery of your Law, O Lord; I have meditated upon your works; and I have glorified your divinity.

Refrain

Glory to your precious Cross, O Lord!

In times past, Moses transformed the bitter wells in the desert with wood; thereby, he prefigured the spreading of the gospel to the Gentiles through the Cross. Refrain

In the days of old, a sharp axe fell into the deep waters of the Jordan; the axe was returned when a stick of wood was thrown into the waters. This prefigured the cutting down of error by the Cross and baptism. Refrain

Arranged in four divisions as a sacred army, the people of Israel marched in this manner before the ark of the covenant. They were glorified in their ranks which were formed in the sign of the Cross.

Glory to the Father, and to the Son, and to the Holy Spirit; now and ever and forever. Amen.

The heavens declare the glory of God; and the Cross, extended in a wondrous manner, sends forth rays as the sun.
I have received the mystery of your Law, O Lord; I have meditated upon your works; and I have glorified your divinity.

O Cross, triple blessed Tree on which Christ the King and Lord was crucified, it was through you that the Evil One, who tempted our first parents with the tree was destroyed. He was ensnared by the trap set by God who was crucified upon you in the flesh. Through this mystery, peace has been granted to our souls.
Refrain

Glo - ry to your pre - cious Cross, O Lord!

O famous Wood, you are blessed in song for being the Cross on which Christ was crucified. The fiery revolving sword by which Eden was guarded feared you, and the awesome Cherubim bowed down to Christ who was crucified upon you in the flesh. Through this mystery, peace has been granted to our souls.

When the powers of darkness see the sign of the Cross raised on high, they tremble; the multitude of angels and saints in heaven, together with the people on earth, bow down before Christ who grants peace to our souls.

Katavasia

O Cross, tri-ple blest Tree on which Christ the King and Lord was crucified, it was through you that the Evil One, who tempted our first parents with the tree, was destroyed. He was en-snared by the trap set by God, who was cruci-fied
up on you in the flesh. Through this mys-te-ry, peace has been grant-ed
to our souls.

Ode 6
Irmos

Clear-ly pre-fi-fig-ur-ing the re-deem-ing pas-sion,

Jo-nah stretched out his hands in the form of a cross

when he was in the belly of the whale.

When he was cast forth af-ter three days, he pre-fi-fig-ured the glo-rious

res-ur-rec-tion of Christ our God who was cru-ci-fi ed

in the flesh and grant-ed life to the world by his

res-ur-rec-tion on the third day.
Glo-ry to your pre-cious Cross, O Lord!

Distorted in body because of age and wasted away by sickness, Jacob was straightened when he crossed his hands, thereby revealing the power of the life-giving Cross. For God, who was crucified upon it in the flesh, rewrote the shadowy Old Law in new letters, and thus drove away the disease of error which corrupts our souls.

Glo-ry to the Father, and to the Son, and to the Holy Spir-it; now and ev-er


When Jacob placed his hands upon the heads of his grandsons in the form of a cross, he indicated that those who serve under the Law would enjoy for a time the honor that is due to the firstborn. Although the error of his act was noticed, he did not change the life-giving figure; for he announced that the newly-formed people of Christ our God, strengthened by the Cross, shall have the higher place.

Katavasia

Clear-ly pre-fig-ur-ing the re-deem-ing pas-sion, Jo-nah stretched out his hands in the form of a cross when he was in the bel-ly of the whale.

When he was cast forth af-ter three days, he pre-fig-ured the glorious resurrection
of Christ our God, who was crucified in the flesh and grant ed life to

the world by his res ur rec tion on the third day.

The Small Litany is found on page 33

Kontakion - Tone 4:

Christ our God, who were willingly raised up-on the cross, grant your mercies to

the new people who bear your name. By your pow er grant joy to the Church.

Give her vic to ry o ver e vil with your in vin cible tro phy,

the weap on of peace, as an al ly.

He, who was caught up in the third heaven to Paradise and who heard unspeakable and
divine words which human beings cannot express, wrote to the Galatians. Study the
Scripture, and you will read and understand what he wrote: God forbid that I should glory
in anything except the Cross of the Lord on which He suffered the passion. Therefore, let
us continue to praise this Cross of the Lord with confidence, for it is the glory of us all.
This Wood is our salvation, a weapon of peace, and an unconquerable sign of victory.
By eating of the tree, Adam inherited a corruptible life. He was exiled from Paradise, and his body was prone to corruption which was passed on to his descendants like a disease. But those of the earth, who acknowledge the wood of the Cross as their vindication, cry aloud: You are praised and blessed above all, O God of our Fathers.

Death came into the world by the partaking of the fruit of the free; the breaking of the law of God came through disobedience. The Tree of precious life was carefully guarded until the confession of the good thief. He made it accessible once again by crying out as he departed this life: You are praised and blessed above all, O God of our Fathers.
Glo - ry to the Fa - ther, and to the Son, and to the Holy Spir - it;  now and ev - er - 

When he honored the staff of Joseph, Israel revealed that in the future the most glorious Cross would be the safeguard of royal power. The Cross is a victorious glory of kings and a light to the faithful who cry out: You are praised and blessed above all, O God of our Fathers.

Katavasia
Ode 8

Irmos

When the Cross that is sprinkled with the blood of the incarnate Word is raised up, all you powers of heaven sing praises, celebrating the reconciliation of the human race. All you faithful, venerate the Cross of Christ; for through it, resurrection was granted to the world forever.

Let the priests reverently raise up the Cross on which Christ our God was hung, and exalt the lance that pierced the body of the Word of God. Let all people see the salvation of God and glorify him forever.
and forever. Amen.

Rejoice, all you faithful Christian kings, chosen beforehand by a divine decree. Receive the precious Cross from God and make this victorious weapon your glory, for by it, the enemy tribes that hastily seek battle are overthrown forever.

Let us praise, bless and worship the Lord, singing and highly exalting him above all forever.

Let us praise, bless and worship the Lord, singing and highly exalting him above all forever.

Katavasia

O you children, equal in number to the Trinity, O bless the Father and Creator of all; sing the praises of the Word who came to earth and changed the flames to dew; and exalt above all forever the most Holy Spirit who gives life to all.

The Canticle of the Theotokos is not sung.
Ode 9

The priest sings the Magnification:

Ex - tol, ex - tol, O my soul, O my soul,
the most pre - cious cross of the Lord.

All sing the Irmos:

You are a mys - tic - al par - a - dise, O The - o - to - kos; Christ has
blos - somed forth from you with - out till - ing.

He plant - ed the life - bear - ing tree of the cross on the earth.

As we now ex - alt the cross and bow be - fore it,
we pro - claim your great - ness.

All repeat "Extol..."

Let all the trees of the forest exult, for they are made holy by Christ who planted them in the beginning and who was stretched out upon the Tree. On this day of its exaltation, we worship him and extol you, O Cross.
The Cross is marked upon the foreheads of all God's people, and it is raised up as their sacred horn of strength. By it, all the horns of the spiritual powers of evil are crushed. Therefore, on this day of its exaltation, we worship him and extol you, O Cross.

*All repeat "Extol..."

Today the death that came to man through eating of the tree is made ineffective through the Cross. For the curse of our mother Eve that fell on the human race is destroyed by the pure fruit of the Theotokos, whom all the powers of heaven magnify.

*All repeat "Extol..."

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.

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.

To show that the Cross was to be reverenced 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 powers of heaven magnify this Holy Cross.

**Katavasia**

You are a mystical paradise, O The-o-to-kos; Christ has blos-somed forth from
He planted the life-bearing Tree of the Cross upon the earth.

As we now exalt the cross and bow before it, we proclaim your greatness.

Hymn of Light

The Cross is the guardian of the universe; the Cross is the beauty of the Church. It is the power of kings, and it sustains the strength of our faith. It is the glory of the angels and the slayer of demons. (2 times)

Glory...now and ever...

Today the Cross is elevated, and the world is sanctified. * For You, O Christ who are enthroned with the Father and the Holy Spirit, * have stretched your arms upon it and drawn the world to the knowledge of God. * Make us who have placed our trust in You worthy of divine glory.

Psalms of Praise

Psalm 148 is sung in Tone 8, page 305.

To carry out the sentence pre-ordained:
this honor is for all his faithful.

Praise God in his holy place, Psalm 150
praise him in his mighty heavens.

Cantor (on 4)

Praise him for his powerful deeds, praise his surpassing greatness.
O, what a strange mystery! The most holy Cross, the life-giving Tree, is exalted on high today. The ends of the earth give glory, and the demons are terrified. What a great gift is bestowed upon us mortals. Through your Cross, O Christ, save our souls, since you alone are full of compassion.

Cantor (on 3)
O praise him with sound of trumpet, praise him with lute and harp.

All repeat the preceding sticheron.

Cantor (on 2)
Praise him with timbrel and dance, praise him with strings and pipes.

O, what a strange mystery! The Cross which carried the Most High
as a cluster of life giving grapes is exalted today high above the earth.

We are all drawn to God through it, and death has been forever swallowed up. O spotless Wood, we enjoy the immortal fruit of Eden through you as we give glory to Christ.

Cantor (on I)

O praise him with resounding cymbals, praise him with clashing of cymbals.

Let everything that lives and that breathes give praise to the Lord.

O, what a strange mystery! The length and breadth of the Cross is equal to the heavens, for it sanctifies the whole world by divine grace.

By the Cross, savage nations are vanquished, by the Cross the authority of
kings is confirmed. O divine Ladder, we go up to heaven by you and by our hymns exalt Christ the Lord.

Cantor: (Tone 6) Glory...now and ever...

Doxastikon - Tone 6 samohlasen

Today the Cross of the Lord is exalted, and the faithful welcome it with love. Through it they receive healing of both soul and body and are relieved of every weakness. Let us kiss it with joy and fear; with joy because Christ the Lord was crucified in his great mercy upon it; with fear because of our unworthiness due to sin. Through the Cross, Christ our God grants salvation to the world.
Veneration of the Holy and Life-Giving Cross

While the hymns at the Praises are being sung, the priest vests in all his priestly vestments. At the end of the Great Doxology, during the Trisagion, the priest incenses the Cross at the altar three times. Then, taking the Cross and holding it towards the people, he processes around the altar, through the Northern Doors, and stops in front of the

Priest: Wisdom! Be attentive!

Troparion - Tone 1

Save your peo-ple, O Lord, and bless your in-her-i-tance. Grant vic-to-ry
to your Church over e-vil, and pro-tect your peo-ple by your cross.

Cantor: Glory…(The Troparion is repeated.)

Cantor: Now and ever…(The Troparion is repeated.)

While this is sung, the priest processes and places the Cross on the tetrapod, incensing it round-about three times. Then the priest takes the Cross, and holding it above his head, says the first petition of the litany while facing the East. The people sing "Lord, have mercy" as the priest bows slowly and then rises up again slowly, while holding the Cross.

This is repeated five times: before the tetrapod, at the other three sides, and again finally before the tetrapod. The Cross is then replaced.
Litany

Priest: Have mercy on us, O God, according to your great mercy; we pray you, hear and have mercy.

Response: Lord, have mercy, Lord, have mercy, Lord, have mercy,

Priest: We also pray for our holy ecumenical Pontiff, ______, the Pope of Rome, that the Lord God will grant him health and salvation, ever-directing and assisting him in all he does; we pray you, O Lord, hear and have mercy.

Response: Lord, have mercy. (six times, as above.)

Priest: We also pray for our most reverend Archbishop and Metropolitan, ______, for our God-loving Bishop, ______, for our spiritual guides, and for all our brothers and sisters in Christ; for their health and salvation, and for the remission of all their sins, let us all say:

Response: Lord, have mercy. (six times.)

Priest: We also pray for every Christian soul that is afflicted and maltreated; for their health and salvation, and for the remission of their sins, let us all say:

Response: Lord, have mercy. (six times.)

Priest: We also pray for all those who serve and have served in this holy church (monastery); for their health and salvation, and for the remission of their sins, let us all say:

Response: Lord, have mercy. (six times.)
Glorify to the Father, and to the Son, and to the Holy Spirit, now and ever--
and forever. Amen.

Kontakion of the Cross - Tone 4

Christ our God, who were willingly raised upon the cross, grant your mercies to
the new people who bear your name. By your power grant joy to the Church.
Give her victory over evil with your invincible trophy,
the weapon of peace, as an ally.

The refrain is sung three times, once by the priest and twice by the faithful, each time with a prostration.

We bow to your Cross, O Lord, and we glorify your holy resurrection. Glory to the Father, and to the Son, and
to the Holy Spirit; now and ever and forever. Amen. and we glorify your holy resurrection.

All repeat the refrain once, with a prostration.

Stichera at the Veneration

Tone 2 samohlasen

Come, O faithful, let us bow before the life-giving Cross in which Christ, the King of Glory, freely stretched his hands. By this he raised us up to our former happiness, which we had lost because of the ancient Enemy and the bitter pleasure that exiled us from God. Come, O faithful, let us bow before the Wood which lets us crush the head of the invisible Enemy.

Come, all you families of the nations, let us venerate the Cross of the
Lord with our hymns: Rejoice, O perfect redemption of the fall of Adam;

Rejoice, O venerable Cross. Filled with fear and awe we embrace you;

we glorify our God, and we say: O Lord, you were nailed on the Cross; in your goodness and love, have mercy on us.

Tone 5 samohlasen

Come, O people, let us contemplate the marvelous wonder; let us bow before the pow'r of the Cross. For the tree of Paradise gave rise to the reign of death, and now a Tree has made our life blossom forth, when the sinless Savior was nailed upon it. And now, all the nations that are nourished by this incorruptible food sing praises: You destroyed death by your
Cross and set us free. O Lord, glory to you!

The word of your prophets Isaiah and David is now fulfilled, for they spoke of you, O Lord, and said: All the nations shall come to you and bow before you.

Behold the people who are now filled with your grace in your sanctuary in the temple of Jerusalem. O God of goodness who suffered on the Cross for us and gave us life through your holy resurrection, protect us with your care, O Lord, and save us.

Rising from the depths of the earth on this day, the Tree of Life strengthens...
our faith in the resurrection of Christ who was nailed on it. His raised hands announce his ascension into heaven, which permitted him to dwell in our nature in this fallen world. We also cry out in thanksgiving: O Lord who was raised on the Cross and raises us with you, give heavenly joy to those who praise your name.

The four corners of the earth are sanctified today, O Christ our God, by the four ends of your exalted Cross. With it, exalt your faithful Christians who destroy the power of the Enemy through your Cross. You are great, O Lord, and wondrous in your works; glory to you!
The words of the prophets have told of the most holy wood by which Adam was delivered from the ancient curse and from death. On this day of its exaltation, creation raises its voice to beg God for the abundance of his mercy.

O Lord, your compassion is beyond measure; spare us, O God, and save our souls.

Cantor: (Tone 8) Glory...now and ever...

Doxastikon - Tone 8 samohlasen

Behold the words of your prophet Moses are fulfilled, O Lord; for he said:

You shall see your life suspended before your eyes. Today the Cross is exalted, and the world is freed from error. Today the Resurrection of Christ is renewed; the ends of the earth exult with joy.
At the sound of the cymbals of David, they offer a hymn of praise and say: In your goodness and love for all, you have brought about your salvation in the middle of the earth, O our God. Through your Cross and Resurrection you save us. O Lord all-powerful, glory to you!