

tone 3

Now that we have come, My Christ, to the middle of the time of abstinence,
and have reached the veneration of Thy life-giving Cross,
falling down before it we call upon Thee:
Mighty art Thou, who lovest mankind,
and mighty are Thy works, for Thou hast made manifest Thy precious Cross.
In fear we venerate it as we cry:
Glory to Thy boundless compassion.

tone 7

With repentance as the means of healing, O my soul,
draw nigh to the Physician of souls and bodies,
bowing down and crying aloud unto Him with sighs:
Free me from my trespasses, O Thou who lovest mankind,
and number me with the harlot, the thief, and the publican,
and grant me, O God, the forgiveness of my sins and save me.

Shipwrecked upon the ocean of this life
I sink under the waves of my passions,
but do Thou, O Lord, stretch forth Thy hand unto me as Thou didst unto Peter,
and save me, O Thou who lovest mankind.

tone 8

Illumined in our souls through abstinence,
let us venerate the saving Cross upon which Christ was nailed,
and let us cry aloud to it:
Hail! delight and sure help of those that fast;
Hail, adversary of the devils,
Hail, destroyer of the passions;
Hail, blessed Wood!

Consider, O my soul, how the vainglorious Pharisee was condemned because of pride,
and how the humble-minded Publican was justified through confessing his
transgressions.
Make haste to reject the Pharisee's rash of self-assurance,
and to follow the Publican by confessing thine offences.
Through control of the passions rouse thyself
to attain the exaltation which cannot be abased,
conferred on thee by Christ in His great mercy. (*twice*)

Glory...

Bravely have ye fought, O Holy Martyrs;
steadfastly ye endure the tortures of lawless men,
confessing Christ before kings.
And, departing from this life,
ye now work miracles throughout the world,
healing from their passions those in sickness.
Pray for the salvation of our souls.

Now and ever...

Thy protection, O Virgin Theotokos,
is a source of spiritual healing:
taking refuge beneath it, we are delivered from the diseases of the soul.