

VARIABLES
THE GOOD SHEPHERD ORTHODOX CHURCH
www.thegoodshepherd.org.au
Veneration of the Holy Cross
Third Sunday of Great Lent
Sunday 22nd March 2020
Tone 7

Saints of the Day: Hieromartyr Basil of Ancyra (362-3); St. Paul, Bishop of Narbonne (1st century); St. Isaac, Founder of the Dalmatian Monastery at Constantinople (4th century).

First Antiphon

The light of Your countenance, O Lord, has shone upon us.
You have given a sign to those who fear You, that they may flee from the bow.
Through the prayers of the Theotokos, O Saviour, save us.
You have ascended on high, You have led captivity captive.
You have given an inheritance to those who fear Your name.
Through the prayers of the Theotokos, O Saviour, save us.
Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages, Amen.
Through the prayers of the Theotokos, O Saviour, save us.

Second Antiphon

All the ends of the earth have seen the salvation of God.
Let us worship at the place where His feet have stood.
O Son of God, risen from the dead, save us who sing to You: Alleluia!
God is our King from of old, working salvation in the midst of the earth.
O Son of God, risen from the dead, save us who sing to You: Alleluia!
High above all the nations is the Lord. You are Lord Most High over all the earth.
O Son of God, risen from the dead, save us who sing to You: Alleluia!
Glory be to the Father and to the Son and to the Holy Spirit,
Both now and forever and to the ages of ages, Amen.
Only begotten Son..... (p. 5 Liturgy Book)

During the Little Entrance:

Third Antiphon

Exalt the Lord our God, and worship at His footstool; for He is holy.
O Lord, save Your people and bless Your inheritance, granting to Your people victory over all their enemies, and by the power of Your Cross preserving Your Kingdom.
O God, save Your people and bless Your inheritance.
O Lord, save Your people and bless Your inheritance, granting to Your people victory over all their enemies, and by the power of Your Cross preserving Your Kingdom.
Be their shepherd and carry them for ever.
O Lord, save Your people and bless Your inheritance, granting to Your people victory over all their enemies, and by the power of Your Cross preserving Your Kingdom.

After the entrance hymn

Troparion for the Resurrection, Tone 7

By Your cross You shattered death, O Lord; * to the thief You opened paradise. * You turned the women's sorrow into joy, * and You sent Your friends to tell the news: * For You rose from death, O Lord, * granting Your great mercy to all the world.

Troparion for the Holy Cross, Special Melody

O Lord, save Your people and bless Your inheritance, granting to Your people victory over all their enemies, and by the power of Your Cross preserving Your Kingdom.

Troparion for the Good Shepherd, Tone 4

O Christ our God * The Good Shepherd of Your people; * Grant that when we hear Your voice * we may know You, Who call us by name, * and follow where You lead; * O Christ our God, risen from the dead, * glory be to You.

Kontakion for the Sundays of Great Lent, Special Melody

To you our captain Queen, our defence, the battle trophies won, your people rescued by your aid from peril. We dedicate an offering of thanksgiving O Theotokos, as you have might which none by war can overcome. From all forms of danger you have delivered us, that we may cry unto you, Hail, O virgin unwedded bride.

THE THRICE HOLY HYMN

Instead of ‘Holy God, Holy Mighty....’ (p. 7) we sing;

Before Your Cross, we bow down in worship, O Master; and Your holy Resurrection we glorify.
Before Your Cross, we bow down in worship, O Master; and Your holy Resurrection we glorify.
Before Your Cross, we bow down in worship, O Master; and Your holy Resurrection we glorify.
Glory to the Father and to the Son and to the Holy Spirit.

Now and ever and unto ages of ages, Amen.

And Your holy Resurrection we glorify.

With Strength

Before Your Cross, we bow down in worship, O Master; and Your holy Resurrection we glorify.

EPISTLE

Hebrews 4:14-16; 5:1-6

(Third Sunday in Lent)

Brethren, since then we have a great high priest Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is obligated to offer sacrifice for his own sins just as he does for those of the people. And no one takes this honour for himself, but only when called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, “You are my Son, today I have begotten You”; as He says also in another place, “You are a priest forever, after the order of Melchizedek.”

GOSPEL

Mark 8:34 - 9:1 (RSV)

(Third Sunday in Lent)

The Lord said, “If anyone would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it, and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of Man also be ashamed, when He comes in the glory of His Father with the holy angels.”

And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

KOINONIKON

Instead of “Praise the Lord ... Alleluia.” (p. 24) we sing;

The light of Your countenance has shone on us, O Lord. Alleluia.’

POST COMMUNION

Instead of “We have seen the true Light...”, (p. 26) we sing;

Troparion for the Holy Cross

O Lord, save Your people and bless Your inheritance, granting to Your people victory over all their enemies, and by the power of Your Cross preserving Your Kingdom.

PROCESSION OF THE CROSS

- a. *After the prayer behind the Ambon, the Priest, having placed the Holy Cross on a tray decorated with flowers and three candles, takes the tray and puts it on the Holy Altar.*
- b. *After censuring the Holy Cross nine times, the Priest starts the procession, preceded by the Altar boys, and other clergy (if serving) and the censer.*
- c. *Then they exit through the North Door and go around the Church as in the Great Entrance, meanwhile the People sing many times, very slowly; "Holy God, holy mighty, holy immortal, have mercy on us."*
- d. *When they reach the Ambon, the celebrant and the one who is carrying the censer go around the table three times and after the third time, the celebrant, facing the east, says; "Wisdom, Let us be attentive," and places the tray and the Cross on the table.*
- e. *The celebrant then takes the censer and censes the Holy Cross from the four sides around the table while singing; "O Lord save Your people..."*
- f. *The People sing it twice while the Priest censes the Iconostasis and the Faithful from the Ambon.*
- g. *Celebrant gives censer away and sings: "Before Your Cross we bow down in worship, O Master, and Your Holy Resurrection we glorify," making a prostration with all the clergy.*
- h. *The People sing "Before your Cross..." two more times while the clergy make prostrations.*
- i. *Then the Priest, standing in the Royal Doors, finishes the Divine Liturgy as usual.*
- j. *The people then venerate the cross & 'Before Your Cross' is sung continuously.*