

**Sunday after the Exaltation of the Holy Cross, Tone 6**

**First Antiphon:**

My God, my God, look upon me, why have You forsaken me? Why can't my sinful words reach You, my salvation.

***Through the prayers of the Mother of God, O Saviour, save us.***

When I cry to You during the day, O my God, You do not listen, and there is no rest for me at night.

***Through the prayers of the Mother of God, O Saviour, save us.***

Nonetheless You are there in the holy place, O Israel's boast.

***Through the prayers of the Mother of God, O Saviour, save us.***

Glory be to the Father. . . Only Begotten Son. . .

**Third Antiphon:**

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour.

*O Son of God, crucified in the flesh, save us who sing to You: Alleluia!*

Let us come before His face with praise, and acclaim Him in psalms.

*O Son of God, crucified in the flesh, save us who sing to You: Alleluia!*

For God is the great Lord, and the great king over all the earth.

*O Son of God, crucified in the flesh, save us who sing to You: Alleluia!*

**At the Little Entrance:**

Come let us worship and fall down before Christ.

***Verse: O Son of God, crucified in the flesh, save us who sing to You: Alleluia!***

**Tropar Sunday, tone 6:**

Angelic powers were upon Your tomb\* and the guards became like dead men;\* Mary stood before Your tomb seeking Your most pure body.\* You captured Hades without being overcome by it.\* You met the Virgin and granted life.\* O Lord, risen from the dead, glory be to You.

**Tropar Exaltation, tone 1:**

Save Your people, O Lord, and bless Your inheritance.\* Grant victory to Your faithful people against enemies,\* and protect Your community by Your cross.

**Glory be ..., tone 6:**

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

**Sunday, tone 6:**

With His life-giving hand Christ our God, the Giver of life,\* raised all the dead from the murky abyss\* and bestowed resurrection upon humanity.\* He is for all the Savior,\* the resurrection and the life, and the God of all.

**Instead of: Holy God, Holy Mighty. . .:**

To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection. **(3x)**  
Glory be to the Father, and to the Son and to the Holy Spirit, now and for ever and ever. Amen.  
And we glorify Your holy Resurrection.

To Your cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

**Prokimen, Sunday, tone 6:**

Save Your people, O Lord, and bless Your inheritance.

**Verse:** *Unto You I will cry, O Lord, my God, lest You turn from me in silence.*

Save Your people, O Lord, and bless Your inheritance.

**Epistle:** A reading from the First Letter of the Holy Apostle Paul to the Galatians (2: 16– 20)

**Alleluia Verses:**

*He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.*

*He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.*

**Gospel:** Mark: 8: 34 – 9:1

**Instead of “It is truly right . . .”**

My soul, extol the venerable cross of the Lord.\* O Mother of God, you are a hidden paradise\* which mysteriously brought forth Christ\* by whom a life-giving tree of the cross has been planted on earth.\* Today this cross is being exalted,\* and we, adoring it, glorify You.

**Communion Hymn (Verses):**

Praise the Lord of the heavens; praise Him in the highest.

The Light of Your face, O Lord, is raised over us.

Alleluia. Alleluia. Alleluia.