The Third Sunday of the Fast:
The Worship of the Precious
and Life-giving Cross

Apolytikion

First Mode

Intonation: #1

ave, O Lord, Thy people and bless Thine inheritance;
grant Thou unto the faithful victory over adversities. And
by the power of Thy Cross do Thou preserve Thy commonwealth.
The Third Sunday of the Fast: The Worship of the Precious and Life-giving Cross

Kontakion

Grave Mode

\[ \textit{\textit{H}χ\textit{o}ς \textit{b}α\textit{ρ}ύς \Gamma\alpha} \]

Intonation: #21

\[ \text{Ωυκ \epsilonτι \ φλογίνη} \]

The sting hath been taken from death, and the victory from Hades. And Thou, my Saviour,
hast appeared unto those in Hades, saying: Enter ye again into Paradise.