“Having come to the mid-point of this holy Fast, and having arrived at the veneration of Your Cross, we bow down before You and cry out: ‘Great are You, O Christ the Lover of Mankind and great are Your works, O Lord, for You have shown us Your life-giving Cross.’ In fear and love, we revere it, and sing to You: ‘Glory to Your infinite mercy.’ ”

Matins for the Sunday of the Veneration of the Precious Cross
The Third Sunday of the Great Fast
The Third Sunday of the Great Fast
The Sunday of the Veneration of the Precious Cross
Sister Barbara Swindells

“We venerate Your Cross, O Master,
and we glorify Your Holy Resurrection!”

“The message of the cross is complete absurdity to those who
are headed for ruin, but to us, who are experiencing salvation,
it is the power of God.”

1 Corinthians 1:18

The Cross this day is placed before me
   Its message to contemplate
   Truth about life, of God’s love
   For me, others, the whole world
What has been and what is yet to be.

Christ was born of a Virgin Mother
   Took on our humanity
   Graced the world with His presence
   Leading all to salvation

By doing the will of the Father.

His death He accepted willingly
   Giving self up for our sake
   Becoming our cleansing Pasch
   Bringing us life eternal

His Resurrection for all to see.

Let us bow before the Cross this day
   Filled with the light of His love
   Hearts aglow in gratitude
   For the life He sacrificed

To His Kingdom He showed us the way.

Kiss the life-giving Cross of Glory
   Embrace it so lovingly
   Taste of the Resurrection
   The fullness of life anew

Cry Out: “Rejoice in His victory!”

This is the message, so long foretold
Through the Precious Cross comes joy to all the world.

SCRIPTURE READINGS: Hebrews 4:14 - 5:6
                        Mark 8:34 - 9:1