

Blessed are You,  
are You, Holy Cross,  
wood of life, destroyer  
of delusion and giver of  
salvation to the  
world.



Prayer in Preparation for  
the Feast of the Exaltation of the Holy Cross

By the power of the cross  
we stand firm in Faith

Day 8

Priest: Glory to the Father, and to the Son, and to the Holy Spirit, now and forever.

Cong: Amen.

Priest: Make us worthy, O Lord Jesus Christ, to always make the sign of Your cross with the utmost faith and reverence, for it is the sign of Your life-giving passion, and of Your victory over pain and death. Make Your Spirit breathe upon us, and always grant us security in this world of danger, so that we may reach Your holy dwellings; and there we shall praise You forever, and render glory to You, to Your father and to Your Holy Spirit now and forever.

**Cong: (two choirs)**

- \* Great Is The Lord And Most Worthy Of Praise.
- \*\* The LORD is my strength and my defense; he has become my salvation.
- \* You are my God, and I will praise You; You are my God, and I will exalt You.
- \*\* Who among the gods is like You, Lord? Who is like You - majestic in holiness, awesome in glory, working wonders?
- \* In Your unfailing love You will lead the people You have redeemed. In Your strength You will guide them to Your holy dwelling.
- \*\* The peoples have heard; they tremble; until Your people pass by, Lord, until the people You bought pass by.
- \* You will bring them in and plant them on the mountain of Your inheritance.
- \*\* The place, Lord, You made for Your dwelling, the sanctuary, Lord, Your hands established. The Lord reigns for ever and ever.
- \*/\*\* Glory be to the Father, and to the Son, and to the Holy Spirit, now and always and forever and ever.





Reader: : O Christ, Redeemer of mankind, Creator of our earth, You who have been lifted up on the Cross between earth and heaven, and that Cross witnessed that You rose from the dead and overcame evil. Be for us, O Lord, a Savior every day, every hour, and help us to stand firm in our faith in you. May Your cross be our constant companion in every minute of our life so that we avoid being led astray from our faith in You, and that we may always rely upon You and love You. We praise You with the entire creation, and give glory to You and to your blessed Father and your living Holy Spirit now and forever.

### **Your Cross, O Lord (Toobaik 'eedto)**

1. Your Cross, O Lord,

Had been lost but then was found through Saint Helen's love and zeal.

When the cross had been revealed,  
all the world was bathed in light and the darkness disappeared.  
Now the Church in every place, honours and adores your cross,  
for she has been saved from sin to inherit life on high.

2. Your Cross, O Lord,

Is the key to paradise, and unlocks its gates for us,  
that were closed by Adam's sin.

It protects us from the fire and the place of punishment  
for through it we have been saved, by your Holy Cross O Lord,  
may we enter with the Saints into Heaven's lasting joy.



Psalm 23-22 ,9-37:2 (two choirs)

- \* for they will soon fade like the grass,  
and wither like the green herb.
- \*\* Trust in the LORD, and do good;  
so you will live in the land, and enjoy security.
- \* Take delight in the LORD,  
and he will give you the desires of your heart.
- \*\* Commit your way to the LORD; trust in him, and he will act.
- \* He will make your vindication shine like the light,  
and the justice of your cause like the noonday.
- \*\* Be still before the LORD, and wait patiently for him; do not  
fret over those who prosper in their way, over those who carry  
out evil devices.
- \* Refrain from anger, and forsake wrath.  
Do not fret—it leads only to evil.
- \*\* For the wicked shall be cut off, but those who wait for the  
LORD shall inherit the land.
- \* for those blessed by the LORD shall inherit the land, but those  
cursed by him shall be cut off.
- \*\* Our steps are made firm by the LORD, when he delights in  
our way;
- \*/\*\* Glory to God in the highest, And on earth peace, and  
goodwill toward humankind

## Psalms 141

Cantor: Let my prayer, O Lord God, rise like incense before you. And the raising of my hands, as an evening sacrifice.

Cong: Let my prayer, O Lord God, rise like incense before you. And the raising of my hands, as an evening sacrifice.

(Repeated after each paragraph)

Cantor: 1. I call upon you, O Lord, make haste to help me!

Turn your ear to my appeal and hear my voice.

2. To you, O Lord God, to you my eyes are turned.

My refuge lies in you alone; Spare my soul.

3. O Lord. The righteous shall gather around me,

for you have shown your faithful love and goodness.

## Litanies

Reader: For the sake of those still wading in the shallow waters of faith, we ask you by the power of your cross, the beacon of faith, to help them to keep their focus first on you and to build a faith deep enough to stand strong through the storms of life.

Cong: Lord have mercy, Lord have mercy, Lord have mercy

Reader: For the sake of those who are grieving the loss of a loved one and are living in a crisis of faith, we ask you by the power of your cross, the beacon of faith, to make the experience of death and emptiness an opportunity to face the grief by the Cross, the Bridge of life.

Cong: Lord have mercy, Lord have mercy, Lord have mercy

Reader: For the sake of those who try to search in all corners of the world for a cure for their heartache, we ask you by the power of your cross, the beacon of faith, to reveal yourself to them.

Cong: Lord have mercy, Lord have mercy, Lord have mercy

## Readings

People: Holy and immortal Lord, sanctify our minds and purify our consciences, that we may praise You with purity, and listen to Your Holy Scriptures. To You be glory, forever. Amen

### Psalm of the Readings

**Cong:** Guard the Church and her children  
With your cross of light and life  
By your cross, O Redeemer,  
Prophecies have been fulfilled

**Cel:** with the sign of your cross, Lord,  
You ordain your holy priests,  
And they give us the Mysteries  
Through the power of your cross

**Cong:** Lord, your cross is a ladder  
Leading us to heaven's heights.  
May your church and her children  
Join the angel hosts on high.



## From the Gospel According to Saint Matthew 28-15:21

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

## Holy Cross of Light and Glory

Bo'oto dmor ya'qoob (moryo moran)

1. Holy Cross of light and glory, we sing with joy,  
For the miracles of Jesus pour forth from you.  
Cross of splendour, Cross of wonder, clothe us with light.  
To the heights of heaven lift us and give us life.

2. You have conquered death and evil, O mighty Cross,  
and the captive ones praised Jesus who set them free.  
You have joined both earth and heaven, O saving Cross,  
and have reconciled and brought us to God most high.

Priest: Blessed are You, Holy Cross, wood of life, destroyer of delusion and giver of salvation to the world. You are the banner of victory in battle. Through You miraculous signs were given. You have repealed the ancient sacrifices and fulfilled the new mysteries. Through You, peace has been given and joy has come dwell among us. Through You the church has been edified and her children protected. Through You our bodies and souls are sanctified and purified. Through You, our debts are erased and our righteousness is increased. Through You, the faithful will obtain perfection. Through You faithful are armed. Through You, the faithful departed find rest. Through You we shelter in the day of judgment. With You we walk to the dwelling of eternal life and we render glory to Christ, the word who was crucified on You, and to his father and to the Holy living Spirit now and forever. Cong: Amen





Priest: Holy Are You, O God

Cong: You who appeared among us to bring us back to the Father.

Priest: Holy Are You Lord God Almighty

Cong: You who by Your strength have triumphed and saved us.

Priest: Holy Are You O God, You will never die

Cong: You who died, then rose, and left us Your cross as a witness.

Priest: O Lord, You were crucified for the sake of Your people, and You shone upon them with the Cross of light. So, today, they honour Your cross and adore it. Have mercy on them, and make them worthy to call upon Your blessed father and saying:

**Cong: Our Father who art in heaven (...).**

Priest: Eternal Father, accept our prayers and bless us for we have come to celebrate the Exaltation of Your Son's holy Cross. Strengthen us so that we may wait for his second coming standing firm, and remain faithful to the duties entrusted to us, like the wise and faithful servant. Make us worthy to remain children of light, full of faith and love and hope, waiting for the joy of our eternal meeting. We raise glory to You and Your only Son, our Lord Jesus Christ, and to Your Holy Spirit, now and forever.

Cong: Amen





Our Lady of Lebanon  
Co-Cathedral