

# Aposticha

Exaltation of the Precious and Life-Giving Cross - September 14

Optino Hermitage Melody  
Automelon

Tone 5

Phrase A

Phrase B

Soprano  
Alto

Re - joyce, — O Life - bear - ing Cross, the in - vin - ci - ble

Tenor  
Bass

Phrase C

tro - phy of god - - - li - ness, door to Par - a - dise,

Phrase D

Phrase A

firm sup - port of the faith - - - ful, a wall that

en - com - pas - ses the Church. Through you cor - rup - tion has been

Phrase C

de-destroyed and a-bol - - - - - ished. The pow - er of death

Phrase D

has been swal - lowed up, and we are raised from earth to

Heav - - - - - en. You are a weap - on that can - not be

Phrase B

van - quished, the ad - ver - sar - y of de - - - - - mons,

Phrase C

Phrase D

the glo - ry of the mar - - - - - tyrs, the true a - dorn - ment

Phrase A Final Phrase

of — saints, and the ha - ven of sal - va - - tion, // grant-ing

the world great mer - - - cy.

*vs.* Extol the Lord our God: and worship at His footstool for He is holy!

Sticheron 2

Soprano  
Alto

Re - jice, — O Cross of the Lord, through which man -

Tenor  
Bass

kind has been de - liv - - ered from the curse! You are a

sign — of true joy, shat - - tering our enemies by your

Ex - al - ta - - - - tion. O Cross, wor - thy of all

hon - or, you are our help, you are the strength of

kings. You are the pow - er of the right - - - eous. You

are the maj - es - ty of — priests. All who sign them-selves with

you are freed from dan - - - ger. O rod of strength, un - der

which we like sheep are tend - - - ed, you are a

weap - on of peace round which the an - gels stand in fear.

You are the di - vine glo - ry of Christ, // Who grants the

world great mer - - - cy.

**vs. God is our King before the ages; He has worked salvation in the midst of the earth!**

**Sticheron 3**

Soprano  
Alto  
Tenor  
Bass

Re - joyce, O guide of the blind, phy - si - cian of the

sick and re - sur - rec - tion of all the dead; you have raised us

up when we were fallen into mor - tal - - i - ty, O

pre - cious - Cross! Through you cor - rup - tion has been -

de-destroyed, and in - cor - rup - tion has blos - - - somed forth.

We mor - tals are made - - - di - vine, and the dev - il is

com-plete - ly o - ver - thrown. To - day, as we see you exalted

by the hands of bish - ops, we ex - alt Him Who was lift - ed

up - up - on you, and we fall down in wor - ship

be - fore you, // draw - ing rich streams of great

mer - cy.