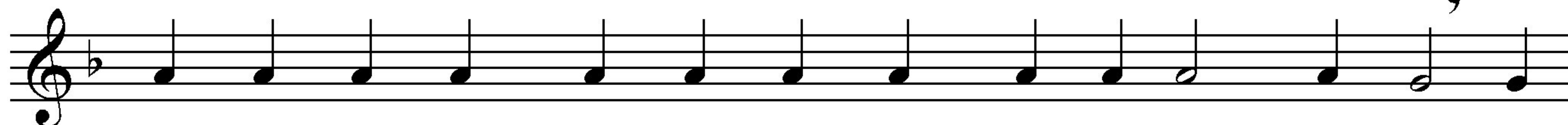


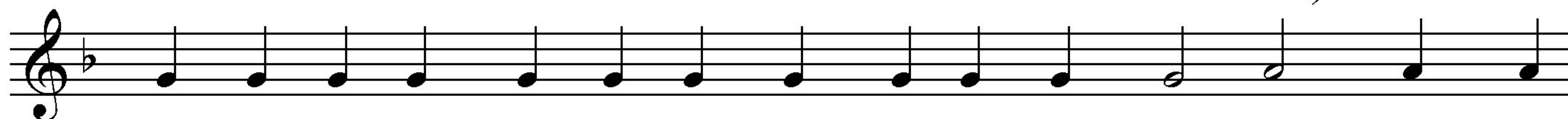
# Sunday after Exaltation

Liturgical Chant

Verses of Antiphon 1 of Exaltation can be recited this, standard, way



My God, my God, hear me; why have You for-sa - ken me? Far

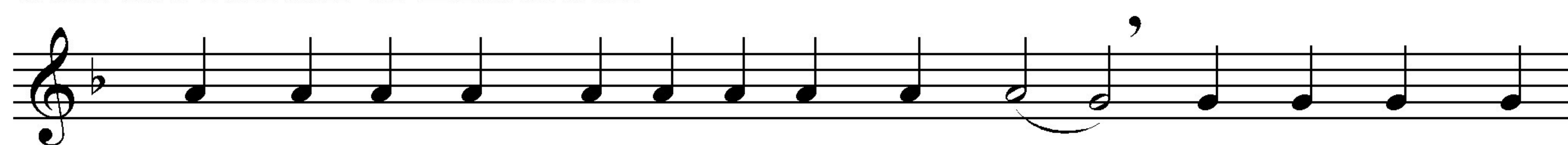


from my sal - va - tion are the words of my trans - gre - ssion. Through the

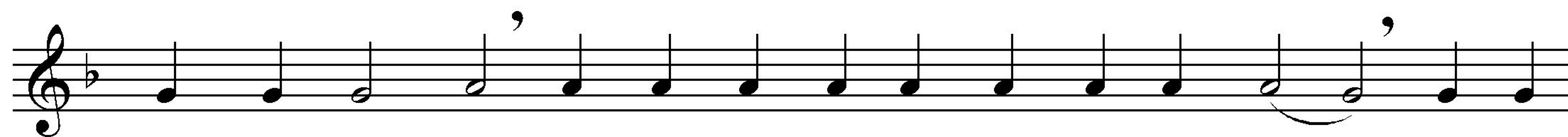


pra - yers of the Mo - ther of God, O Sa - vior, save us.

Verses of Antiphon 3 can be recited this, standard, way  
with the refrain of Exaltation



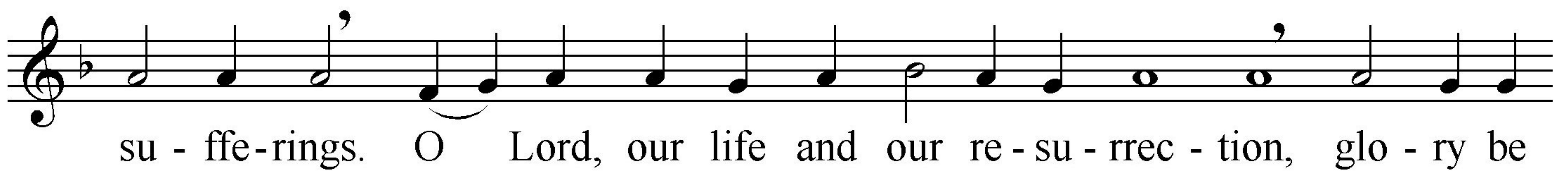
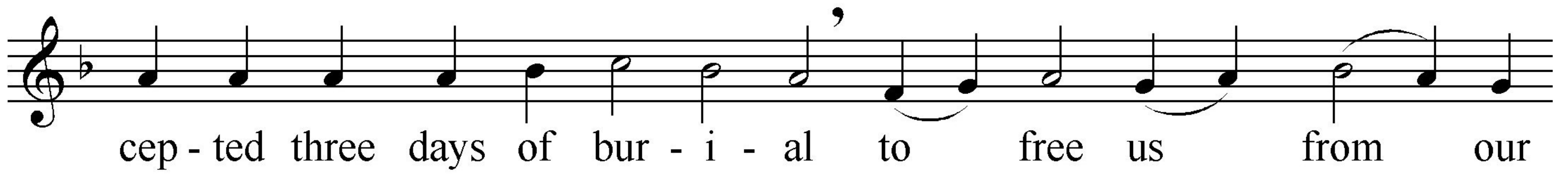
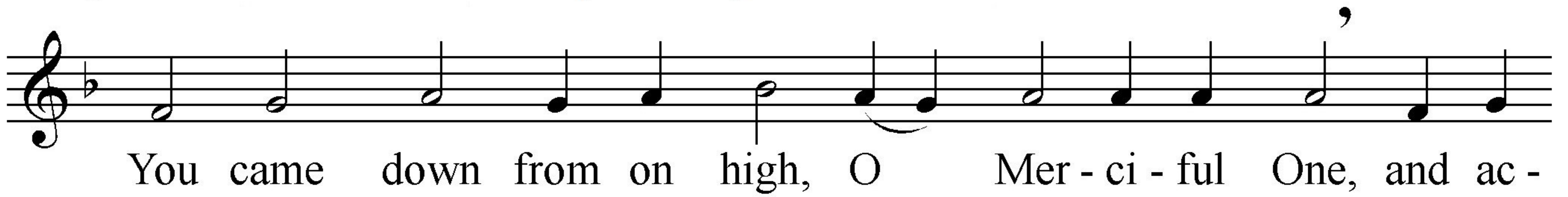
Come, let us sing joy - fu - lly to the Lord; let us a - cclaim

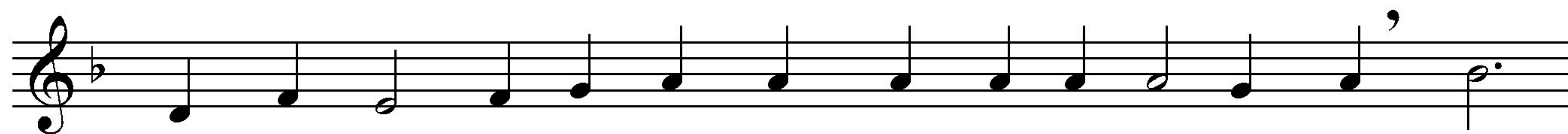


God, our Sav - ior. Son of God, cru - ci - fied in the flesh, save us

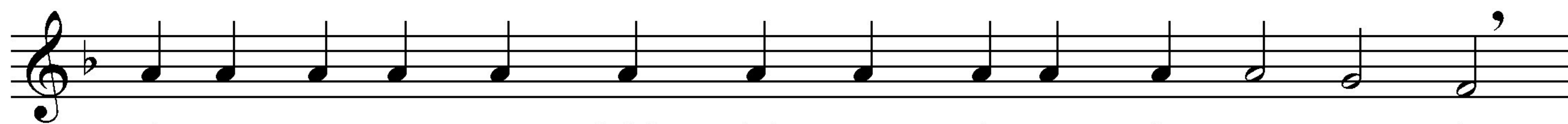


who sing to You: A - lle - lu - ia.

**Troparion Resurrectional (Tone 8)**

**Troparion of Exaltation of the Holy Cross (Tone 1)**

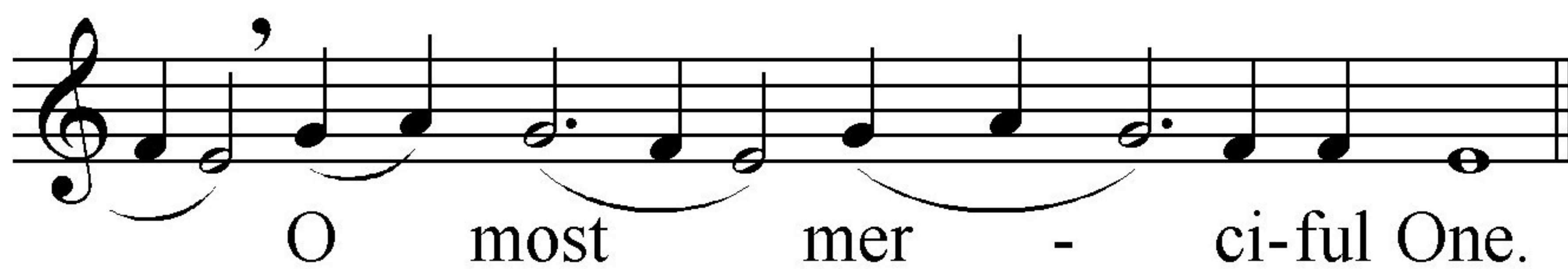
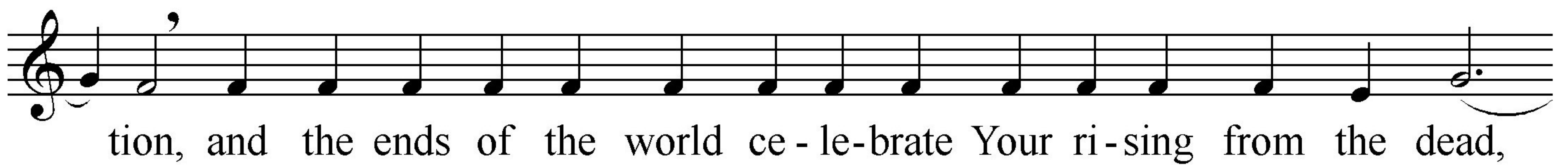
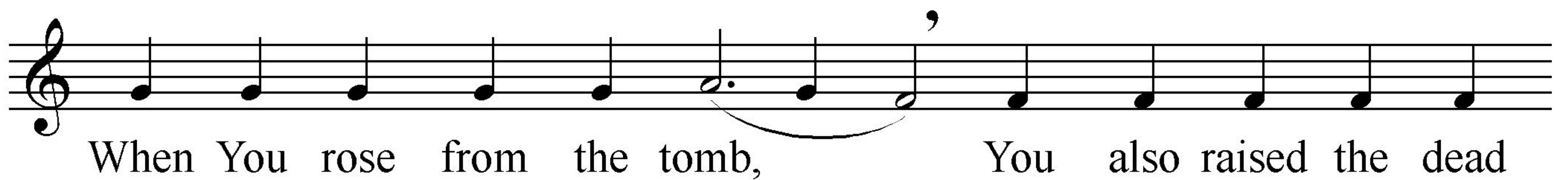
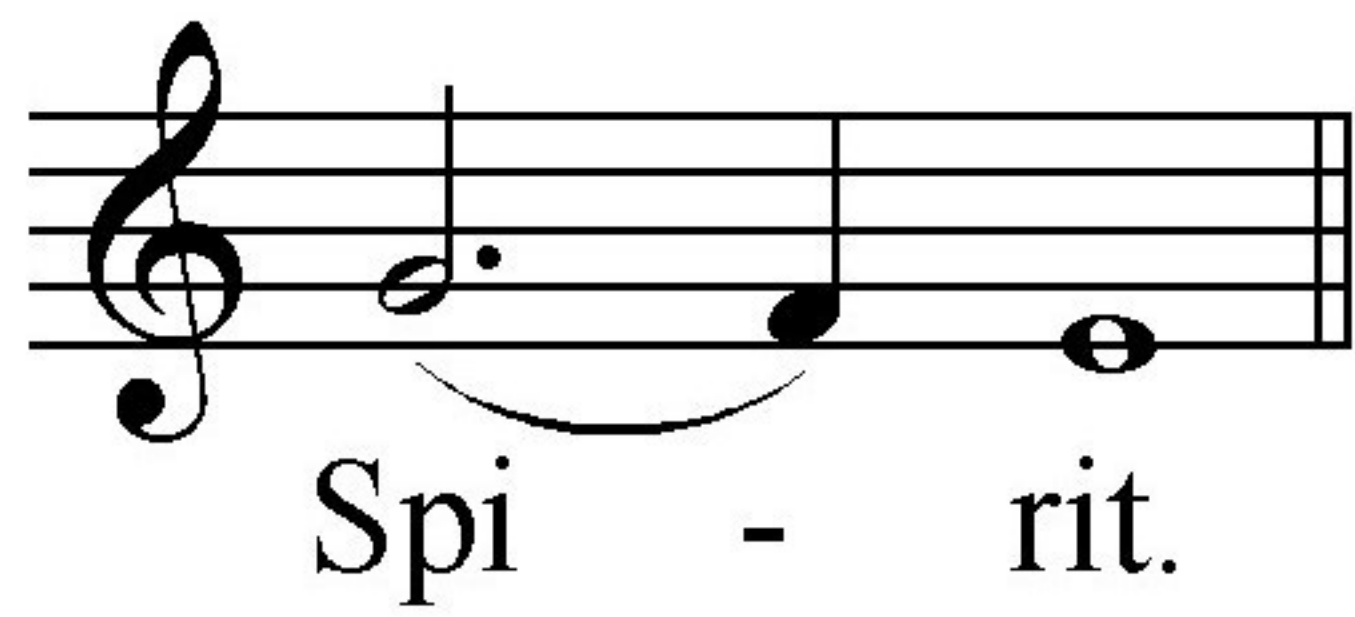
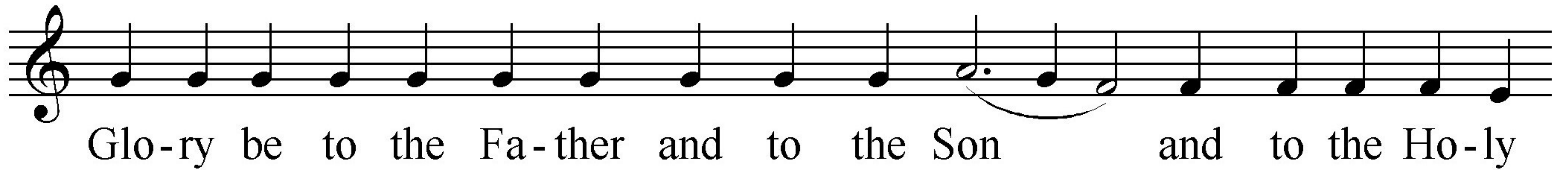
Save your peo - ple, O Lord, and bless your in - he - ri - tance. Grant

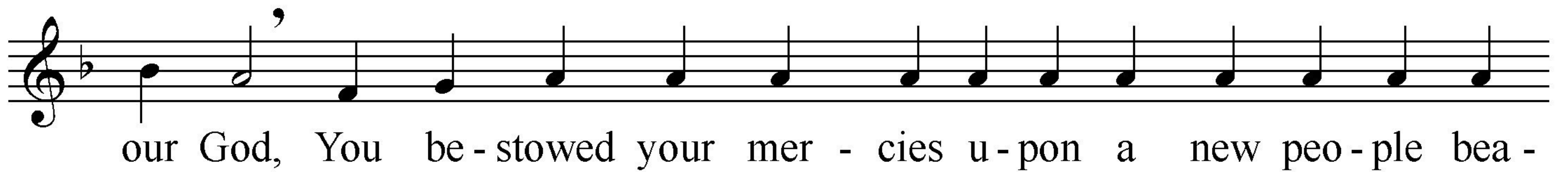
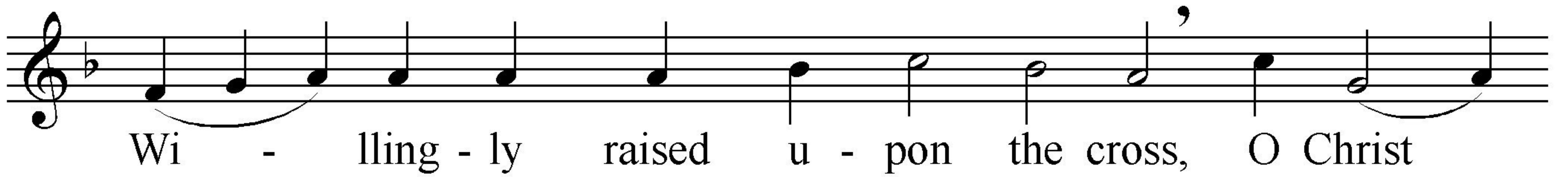
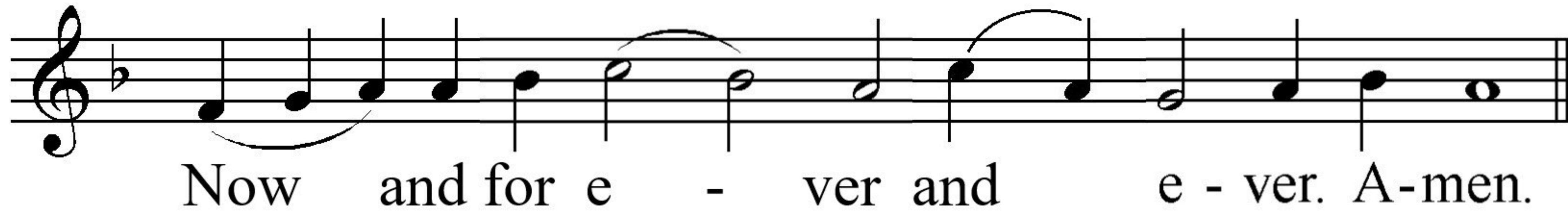


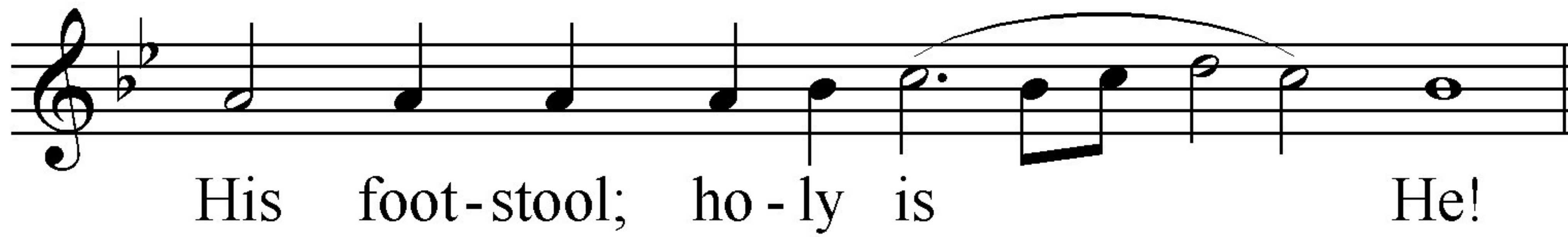
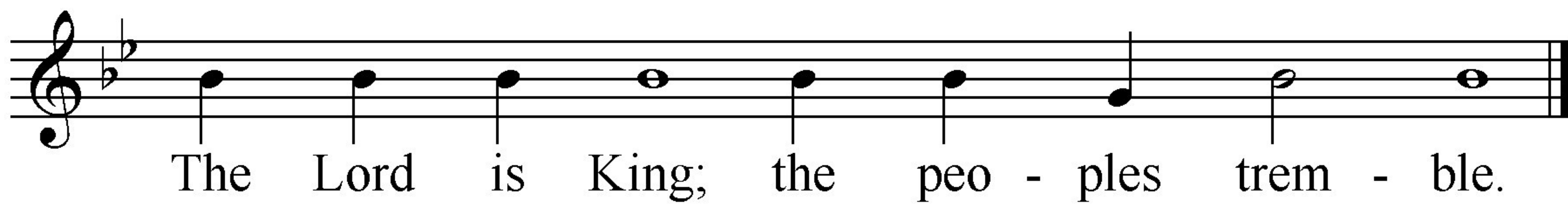
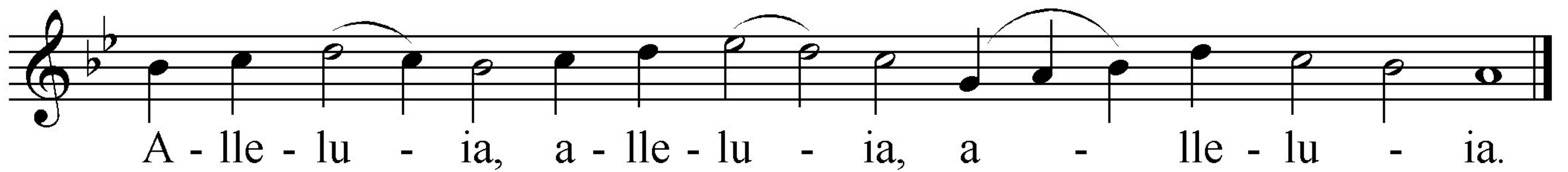
vic - to - ry to your faith - ful peo - ple a - gainst e - ne - mies,



and pro - tect your co - mmu - ni - ty by your cross.

**Kontakion Resurrectional (Tone 8)**

**Kontakion of Exaltation of the Holy Cross (Tone 4)**

**Prokimenon (Tone 7)****Verse****Alleluia (Tone 1)**

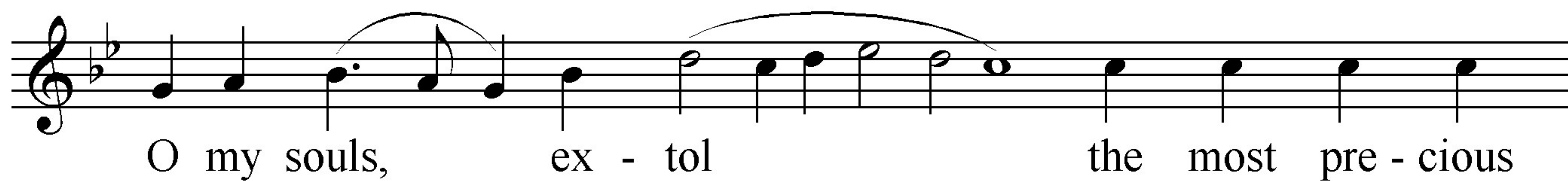
**Verses for Alleluia can be recited same way as for Prokimenon**

# Exaltation of the Holy Cross

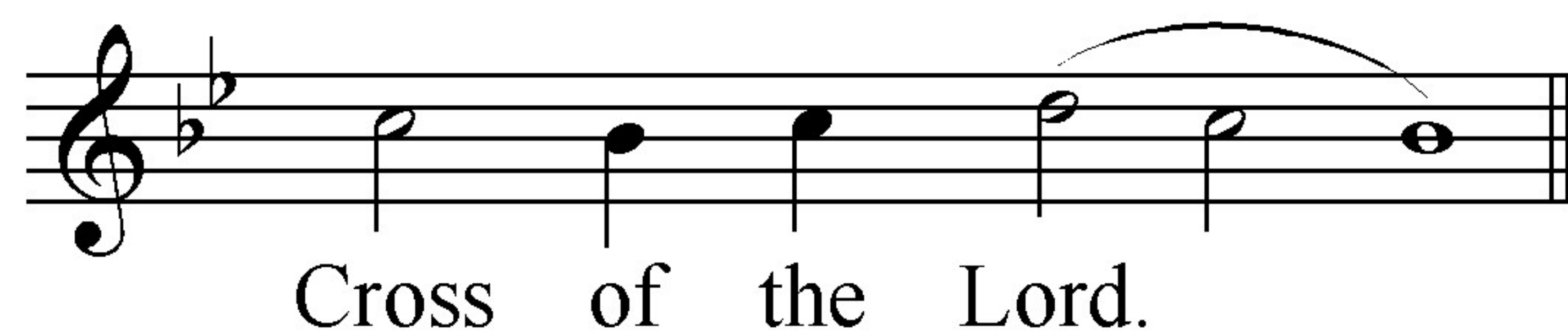
## Hirmos

Liturgical Chant

### Verse



O my souls, ex - tol



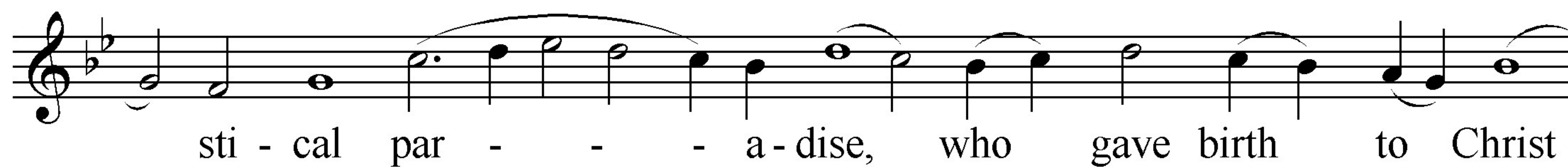
the most pre - cious

Cross of the Lord.

### Hirmos (Tone 8)



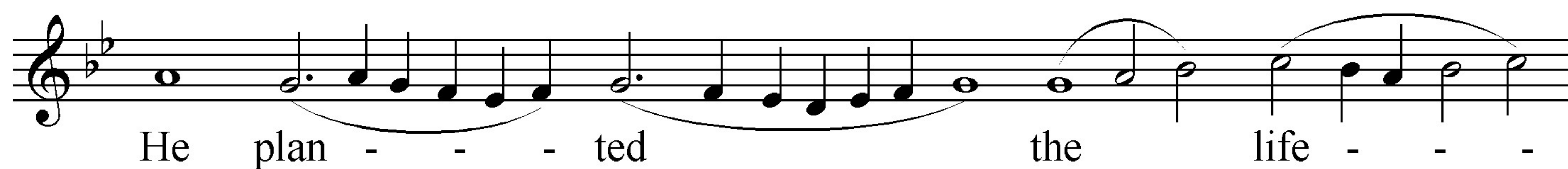
O The - o - to - kos, you are a my -



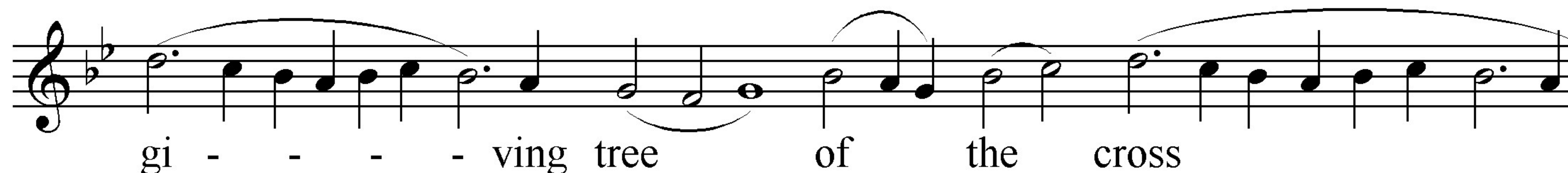
sti - cal par - - - a - dise, who gave birth to Christ



and still re - mained a vir - gin.



He plan - - - ted the life - - -



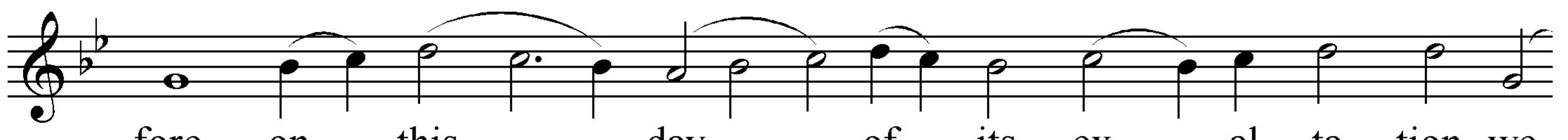
gi - - - - ving tree of the cross

Exaltation of the Holy Cross, Hirmos



u-pon the earth. There - - -

The first staff of music is in G minor (one flat) and 4/4 time. It begins with a treble clef and a key signature of one flat. The melody starts on a half note G4, followed by quarter notes A4, Bb4, and C5. A slur covers the next four notes: D5, E5, F5, and G5. This is followed by a half note G4, a whole note F4, and a whole note E4. The staff ends with a whole note D4.



fore, on this day of its ex - al - ta - tion, we

The second staff continues the melody. It starts with a whole note D4, followed by quarter notes E4, F4, and G4. A slur covers the next four notes: A4, Bb4, C5, and D5. This is followed by quarter notes E5, F5, and G5, then a half note F5, and a whole note E5. The staff ends with a whole note D5.



wor - - - ship Him and ex-

The third staff continues the melody. It starts with quarter notes D5, E5, and F5, followed by a half note G5. A slur covers the next four notes: A5, Bb5, C6, and D6. This is followed by quarter notes E6, F6, and G6, then a half note F6, and a whole note E6. The staff ends with a whole note D6.



tol you.

The fourth and final staff continues the melody. It starts with a half note D6, followed by quarter notes E6, F6, and G6. A slur covers the next four notes: A6, Bb6, C7, and D7. This is followed by quarter notes E7, F7, and G7, then a half note F7, and a whole note E7. The staff ends with a whole note D7.