

Sunday of the Veneration of the Cross on March 31



The third Sunday of Great and Holy Lent falls on March 31 this year, whereby the Orthodox Church commemorates the Cross of our Lord and Savior Jesus Christ. The service at Orthodox cathedrals around the world includes a special veneration of the Cross, aimed to prepare the faithful for the commemoration of the Crucifixion during Holy Week.

The veneration of the Cross, held 28 days before Easter, is also an encouragement to the faithful to continue their fast and prayers amid Great Lent.

In one of his addresses, in the south-central Greek city of Halkida, the abbot of the Holy and Great Monastery of Vatopedi on the Mt. Athos peninsula, Elder Ephraim, referred to the Cross and Christian heritage.

A video of the address by the Elder Ephaim (in Greek) is posted today on the Orthodoxia news agency's web pages.