I lifted up mine eyes to the mountains.

From there my help will come.

O chariot beyond description, and vessel of the impenetrable mystery O holy four-armed [cross], invisibly reverenced in awe by the hovering, fluttering wings of the Seraphim;

We bow down to you.
Come to our aid in our comings and goings.

Invincible sign and vessel of the unassailable power.

O holy, four-winged [cross],

You appeared to the dismay of the rebels,

who shuttered and trembled for fear of you,

and submerged in dread they perished.
We bow down to you.

Come to our aid in our comings and goings.

Glory to the Father and to the Son and to the Holy Spirit.

The prophet Zechariah envisaged you as a golden lamp stand.
with seven lamps of light, shining upon the Earth,

O holy four-winged cross.

who came into being in our [human] nature, and who stretched out upon you,

purified the flith of the human race through the fountain flowing from his side.

We bow down to you.

Come to our aid in our comings and goings.
Now and always and unto the ages of ages. Amen.

When you emerged from burial, O holy four-winged [cross],

the legions of the Slanderer's armies perished in awe of you;

and at the rising of the youngster the faithful rejoiced.

We bow down to you.
Come to our aid in our coming and goings.