

## Lesson 3

### Exaltation of the Life-Giving Cross

(September 14/27)



Almost three centuries passed since the *crucifixion* of our Saviour. For many years Christians suffered under *pagan* rulers. Roman emperors were especially *ruthless*. They killed thousands of people who did not *worship* their gods.

Things started to change in the fourth century. Emperor Constantine allowed Christians to build churches and worship openly. He wanted to find the Cross on which Jesus died and *erect* a cathedral on Golgotha.

Constantine's mother, Helen, was an old woman at that time. Her heart was full of *devout* feelings, and she made a trip to Jerusalem in the year 326 *A.D.* Helen found a man who knew where the Cross was buried. A temple for worshipping idols stood on that place. The Holy Empress gave an order to *pull* it *down* and dig deep below. Three crosses, nails and a board with an *inscription* in three languages were found. But how could they know which one was the Cross of our Saviour?

Empress Helen believed that the Lord would show her His Cross. A *funeral* procession was passing by, and a priest suggested placing the crosses on the body of the dead man. The first two crosses did nothing. As they placed the third Cross on the man, he came back to life. The Cross also *healed* a sick woman and performed other miracles. A large crowd of people gathered. Everybody wanted to see the Holy Cross, and the Patriarch of Jerusalem raised it high above. All the people knelt before the Cross and exclaimed, "Lord, have mercy on us!"

A church was built on the place where the Cross was found. It was blessed in the year 335 *A.D.* and named the Cathedral of the *Resurrection*. The Holy Empress did not live to see it. She died a year after making her trip.

The tradition of raising the cross on the feast of Exaltation is observed in Orthodox churches to this day.

Christians ['krɪstɪənz]  
Jesus ['dʒi:zəs]

Jerusalem [dʒə'ru:sləm]  
Patriarch ['pætɪriɑ:k]

#### Словарь и пояснения к тексту

**Exaltation** [ˌɪkzəl 'teɪʃn] Воздвижение  
**crucifixion**, *n.* [ˌkrʊ: sə 'fɪkʃn] распятие на кресте  
**pagan**, *adj.* ['peɪ gən] языческий; *n.* язычник  
**ruthless**, *adj.* ['ru:θ ləs] безжалостный  
**worship**, *v.* ['wə: ʃɪp] поклоняться

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erect, v. [ɪ'rekt] воздвигать

devout, adj. [dɪ'vaʊt] благочестивый

pull down снести, снять

inscription, n. [ɪn'skrɪpʃən] надпись

funeral, adj. ['fju:nərəl] похоронный

heal, v. [hi:l] излечить

Resurrection [ˌre zə 'rekʃn] Воскресение

A.D. (читается Anno Domini) – перевод с латинского: «от года рождения Господа нашего», т.е. от Рождества Христова

B.C. (Before Christ) – до Рождества Христова

### Exercises

A. Прочитайте вслух следующие словосочетания и переведите их на русский язык.

1. pagan rulers
2. worship openly
3. erect a cathedral
4. devout woman
5. inscription in three languages
6. came back to life
7. performed many miracles
8. miracle of healing
9. Cathedral of Resurrection
10. the feast of Exaltation
11. Exaltation of the Life-Giving Cross
12. to this day



B. Проверьте друг друга, насколько хорошо вы запомнили лексику из уроков 1-3. Используйте предложения *Do you remember the English word for..? What is the Russian word for..?*



C. Вставьте в предложения подходящие по смыслу слова из списка.

*hardship, piety, Theotokos, erect, strengthen, devout, offspring, royal, leader, armour, inscription*

1. Joachim and Anna were known for their\_\_\_\_\_.
2. Holy Emperor Constantine wanted to \_\_\_\_\_ a Christian church on the place where our Saviour died.

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3. The German knights in their heavy \_\_\_\_\_ broke the thin ice of the lake.
4. Holy Prince Alexander Nevsky was a great \_\_\_\_\_ of the Russian army.
5. Joachim was a poor man, but he was a descendant from the \_\_\_\_\_ line of David.
6. On September 21st we celebrated the feast of the Nativity of the \_\_\_\_\_ in our church.
7. For more than two centuries Rus experienced much \_\_\_\_\_ from the Mongol invasions.
8. In old times, if families did not have \_\_\_\_\_, they thought it was punishment from God for their sins.
9. The victory of Prince Nevsky \_\_\_\_\_ ed Russian borders on the north-west.
10. As a true, \_\_\_\_\_ Christian, he always tries to help people in need.
11. On the place where Jesus died, three centuries later people found three crosses, nails and a board with an \_\_\_\_\_.

Выпишите начальную букву каждого вписанного слова (по номеру предложения) на место пропусков и прочтите «зашифрованную» фразу.

1 5 3 11 9 2      6 7 2      4 8 5 10!

#### D. Word-Building

- 1.) Замените подчёркнутую часть прилагательным с суффиксом *-ful* или *-less*.

*Образец:* children who like to help others – helpful children

1. photos that are full of colour – ..... photos
2. a story that has no end – an ..... story
3. a young man who treats others with respect – ..... young man
4. a person who often forgets where he puts things – a ..... person
5. a kitten that likes to play all the time – a ..... kitten
6. Mr. Scrooge from Charles Dickens' *A Christmas Carol* had no heart.  
Mr. Scrooge from Charles Dickens' *A Christmas Carol* was .....

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2.) Замените подчёркнутую часть прилагательным с суффиксом *-able*.

Образец: *a person whom everybody likes – a likeable person*

1. a vase that breaks easily – a ..... vase
2. an English sentence that is easy to understand – an ..... English sentence
3. a trip that all the pupils in the class enjoy – an ..... trip
4. a handwriting that is easy to read – ..... handwriting



**Е.** Прочитайте и переведите текст. Перескажите его на русском языке близко к содержанию.

St. Empress Helen was known for her kindness and simplicity of life. The pious woman wore humble clothing and often served food and distributed presents to the poor.

In Rome, on Greek island Paros, and in the Holy Land, the Empress founded numerous churches. Many of them survived to this day.

The holy Empress went to the Lord in 327, at the age of about 84. Her son, Emperor Constantine, was present at the time of her death. He named a town in Asia Minor in memory of his mother – Helenopolis. (The town, located in present-day Turkey, has a different name now.) St. Constantine outlived his mother by ten years and was buried in the Church of the Holy Apostles in Constantinople, which they had founded together.

According to legend, St. Helen was the daughter of the British king Cole. He raised Helen to be queen, as she had no brothers.



**Ф.** Прочитайте цитату из Евангелия св. Апостола Иоанна вслух, вслед за учителем. Найдите её в Евангелии от Иоанна на русском языке.

*If you love Me, you will keep My commandments.*

*John 14:15*

*This I command you, to love one another.*

*John 15:17*





### Homework

- A. Прочитайте текст. Предложения, выделенные курсивом, цитируются из Книги Бытия (11:1-9) Ветхого Завета. Найдите их в русском тексте Ветхого Завета.

### The Tower of Babel

Righteous Noah lived a long life and had many children. From them more people were born, and soon the earth became populated again. The people who lived after the flood were not better than the generations before them; they continued to commit sins.

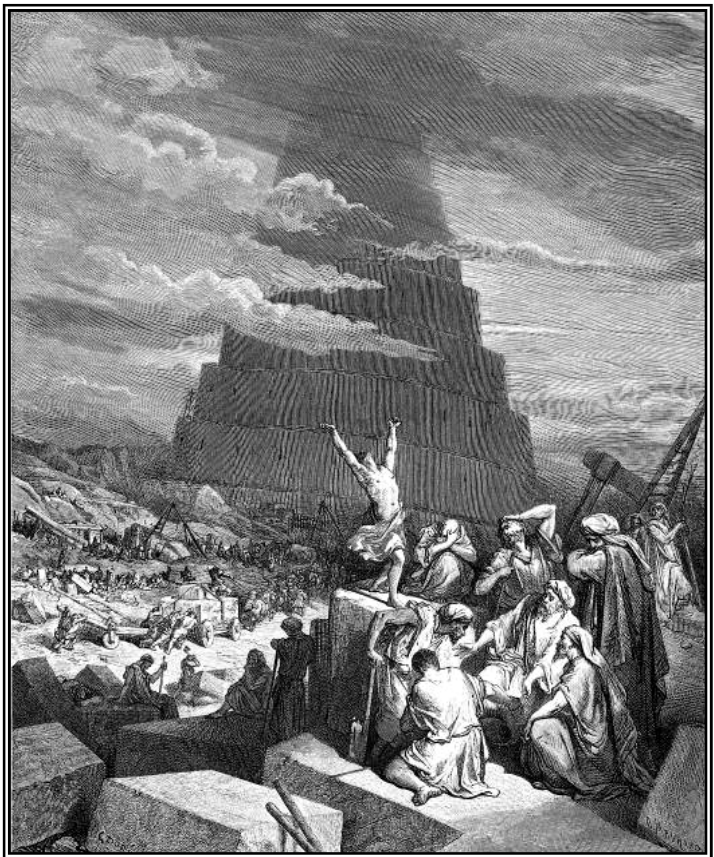
*Now the whole earth had one language and few words. (Genesis 11:1)*

Once, people gathered and decided to build a tower. They wanted to erect a tower so high that it would reach the heavens. Pride and desire for glory overcame them.

*And the Lord came down to see the city and the tower, which the sons of*

*men had built. And the Lord said, "Behold, they are one people, and they have all one language; and this is only the beginning of what they will do; and nothing that they propose (задумали) to do will now be impossible for them." (11:5-6)* The Lord confused their language so the people could not understand each other.

The construction of the tower stopped. The city where the men tried to build the tower was called Babylon which meant "confusion." Then God scattered (рассеял) the people all over the earth. They gradually formed different nations and forgot their kinship with each other.



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**B.** Запишите следующие слова в алфавитном порядке.

*construction, gradually, commit, populate, scatter, glory,  
kinship, nation, generations, tower, confuse, erect*

*Commit,*

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**C.** Составьте слова из перепутанных букв.

Образец: ewtor                *tower*          

1. lahe      \_\_\_\_\_
2. rpioshw      \_\_\_\_\_
3. cemyr      \_\_\_\_\_
4. udvoet      \_\_\_\_\_

**D.** Соедините линией слово из левого столбика с его определением.

vow	to make stronger
piety	with no pity or kindness
joy	very difficult times
strengthen	great happiness
ruthless	something written, a sign
inscription	great kindness for others
hardship	deep religious feelings
mercy	very serious promise

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Е. Переведите высказывание святого Иоанна Лествичника о гордости.

*Pride and nothing else caused an angel to fall from heaven.*

*- Saint John of the Ladder*

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Ф. Выучите наизусть цитату из урока.

