

SUNDAY, MARCH 21  
First Sunday of Great Lent  
Sunday of Orthodoxy

TONE 8

"Lord I Call..." Tone 8

Lord, I call upon You, hear me!  
Hear me, O Lord!  
Lord, I call upon You, hear me!  
Receive the voice of my prayer,  
when I call upon You!//  
Hear me, O Lord!

Let my prayer arise  
in Your sight as incense,  
and let the lifting up of my hands  
be an evening sacrifice!//  
Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name!*

**Tone 8**      *(for the Resurrection)*

We offer to You, O Christ,  
our evening song and reasonable service,  
for You willed to have mercy on us//  
by Your Resurrection.

*v. (9) The righteous will surround me; for You will deal bountifully with me.*

Lord, Lord, do not cast us away from Your face!  
For You willed to have mercy on us//  
by Your Resurrection.

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*

Rejoice, O holy Zion:  
Mother of the churches, the abode of God,  
for you were the first to receive remission of sins//  
by the Resurrection.

*v. (7) Let Your ears be attentive to the voice of my supplications!*

*(Resurrection stichera by Anatolius)*

The Word of God the Father,  
begotten before the ages,  
in the latter times willed to be incarnate of the Virgin  
and endured crucifixion unto death.  
He has saved mortal man//  
by His Resurrection.

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

We glorify You, O Lord,  
for You voluntarily endured the Cross for our sake.  
We fall down in worship before You, O almighty Savior.  
Do not cast us away from Your face  
but hear us and save us, O Lover of man,//  
by Your Resurrection!

*v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.*

Glory to You, O Savior Christ,  
Only-begotten Son of God, who was nailed to the Cross//  
and resurrected from the tomb on the third day!

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 6\***      *(from the Lenten Triodion)*      *(Having placed all their hope)*

O Lord, Whom nothing can contain or grasp,  
from all eternity You shone forth from the Father  
before the morning star.  
The Prophets, inspired by the Holy Spirit,  
foretold that You would take flesh and assume the form of a child,  
from her who is ever-virgin.  
You lived among men;  
You were seen by material creation.  
Through the prayers of the Prophets, O compassionate One,  
make us worthy to receive Your light,//  
for we sing praises to Your glorious Resurrection!

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\* Music for the Sunday of Orthodoxy from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

The Prophets bore the fruit of eternal life;  
they prepared the way of the Lord.  
By their words they proclaimed You; by their deeds they honored You:  
they would not worship creation instead of You, the Creator.  
As Your Gospel commands, they renounced the world.  
They foretold Your Passion by suffering themselves.  
Through their prayers, O Lord, //  
enable us to pass over the battlefield of Lent without sin!

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

You are infinite in Your divine nature, O Master;  
in these latter days You accepted the limitations of the flesh.  
By assuming our body, You accepted all its weaknesses.  
Therefore we make images of Your form;  
we venerate them, having You in mind.  
We fall down before You in love;  
by so doing we follow the tradition of the Apostles //  
and are given the grace of healing.

*v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.*

Today the Church of Christ receives honorable adornment:  
the holy icons of Christ our Savior, the Theotokos, and all the Saints.  
The Church exults in their grace!  
We lift them up with joy and gladness!  
We glorify God, the Lover of man, //  
Him Who patiently suffered for our sake!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 2**      *(from the Lenten Triodion)*

Grace and truth have shone forth.  
The predictions of old have been clearly fulfilled.  
Behold, the Church adorns herself with the form of Christ incarnate!  
The icons of the new creation transcend the adornments of the old.  
As the Ark of the Covenant held the presence of God,  
so now the icons reveal the presence of the One we adore.  
By honoring them we will never go astray.  
It is our glory to fall down and worship Christ in the flesh.  
Come, O faithful, venerate His image and cry out: //  
O Lord, save Your people, and bless Thine inheritance!

*now and ever, and unto ages of ages. Amen.*

**Tone 8**      *(Theotokion – Dogmatikon)*

The King of heaven, because of His love for man,  
appeared on earth and dwelt with men.  
He took flesh from the pure Virgin  
and after assuming it, He came forth from her.  
The Son is one: in two natures, yet one Person.  
Proclaiming Him as perfect God and perfect Man,  
we confess Christ our God!//  
Entreat Him, O unwedded Mother, to have mercy on our souls.

**Aposticha**

**Tone 8**      *(for the Resurrection)*

Descending from heaven to ascend the Cross,  
the Eternal Life has come for death  
to raise those who are fallen;  
to enlighten those in darkness.//  
O Jesus, our Savior and illuminator, glory to You!

*V. The Lord is King; He is robed in majesty!*

We glorify Christ, who rose from the dead.  
He accepted the human body and soul,  
and freed both from suffering.  
His most pure soul descended to hell, which He spoiled.  
His holy body did not see corruption in the tomb.//  
He is the Redeemer of our souls.

*V. For He has established the world, so that it shall never be moved.*

In psalms and songs we glorify Your Resurrection from the dead, O Christ.  
By it, You have freed us from the tortures of hell//  
and as God have granted eternal life and great mercy.

*V. Holiness befits Your house, O Lord, forevermore!*

O Master of all, incomprehensible Creator of heaven and earth,  
by Your suffering on the Cross You have gained passionlessness for me.  
Accepting burial and arising in glory,  
You resurrected Adam with Yourself by Your almighty hand.  
Glory to Your rising on the third day!  
By it You have granted us eternal life and cleansing of sins//  
as the only compassionate One.

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 2**      *(from the Lenten Triodion)*

Advancing from false doctrine to true faith,  
illumined with the light of knowledge,  
let us clap our hands and offer grateful praise to God in song!  
With due honor let us venerate the holy icons of Christ,  
of the all-pure Virgin, and of all the saints,  
depicted on walls or panels or sacred vessels,  
rejecting the godless teaching of the heretics!  
For as Saint Basil says:  
“The honor shown to the image passes to its prototype.”  
By the prayers of Your pure Mother and of all the saints,//  
we beseech You, O Christ our God, to grant us great mercy!

*now and ever, and unto ages of ages. Amen.*

**Tone 2**      *(Theotokion)*

A new miracle surpasses all ancient miracles!  
Who knows of a Mother who gave birth without a man,  
who carried in her arms her Creator?  
This birth is the will of God!  
Since you carried Him as an infant in your arms, O most pure one,  
and since you possess motherly boldness before Him,  
do not cease praying for us who honor you,//  
that He may be bountiful and save our souls!

*(at Great Vespers)*

**Tone 8      Troparion    *(Resurrection)***

You descended from on high, O Merciful One!  
You accepted the three day burial to free us from our sufferings!//  
O Lord, our Life and Resurrection, glory to You!

*Glory to the Father, and to the Son, and to the Holy Spirit,*

**Tone 2      Troparion    *(Sunday of Orthodoxy)***

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the Cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

*now and ever, and unto ages of ages. Amen.*

**Tone 2      Resurrectional Dismissal Theotokion**

All beyond thought, all most glorious,  
are your mysteries, O Theotokos.  
Sealed in purity, preserved in virginity,  
you were revealed to be the true Mother who gave birth to the True God.//  
Entreat Him to save our souls.

*(at the Divine Liturgy)*

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by coming to save the world."

**Tone 8      Kontakion    *(Sunday of Orthodoxy)***

No one could describe the Word of the Father;  
but when He took flesh from you, O Theotokos, He accepted to be described,  
and restored the fallen image to its former state by uniting it to divine beauty.//  
We confess and proclaim our salvation in words and images.

**Tone 4      Prokeimenon    *(Song of the Fathers)***

Blessed are You, O Lord God of our fathers, / and praised and glorified is  
Your Name forever! *(Song of the three Holy Children, v. 3)*

*V. For You are just in all that You have done for us! (v. 4)*

**Epistle**

(329-ctr) Hebrews 11:24-26; 32-12:2

**Tone 4**

Alleluia, Alleluia, Alleluia!

*V. Moses and Aaron were among His priests; Samuel also was among those who  
called on His Name. (Ps. 98:6)*

*V. They called to the Lord and He answered them. (Ps. 98:7a)*

**Gospel**

(5) John 1:43-51

*(Instead of "It is truly meet...", we sing the following)*

### **Hymn to the Theotokos**

All of creation rejoices in you, O Full of Grace:  
the assembly of angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child –  
our God before the ages.  
He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.  
Glory to you!

### **Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*  
Rejoice in the Lord, O you righteous; praise befits the just! *(Ps. 32:1)*  
Alleluia, Alleluia, Alleluia!

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In addition to translations from the Department of Liturgical Music and Translations, liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon's Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon's Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Father Benedict Churchill, Isaac Lambertson, St. Vladimir's Seminary, and Holy Transfiguration Monastery, among others.