

SUNDAY, MARCH 28
Second Sunday of Great Lent
St. Gregory Palamas

TONE 1

"Lord I Call..." Tone 1

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 1 *(for the Resurrection)*

Accept our evening prayers, O holy Lord!
Grant us remission of sins,//
for You alone have manifested the Resurrection to the world.

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

Encircle Zion
and surround her, O people!
Give glory in her to the One Who rose from the dead!
For He is our God,//
Who has delivered us from our transgressions!

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

Come, O people,
let us hymn and fall down before Christ,
glorifying His Resurrection from the dead!
For He is our God,//
Who has delivered the world from the Enemy's deceit!

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

(Resurrection stichera by Anatolius)

Be glad, O heavens!
Sound trumpets, O foundations of the earth!
Sing in gladness, O mountains!
Behold Emmanuel has nailed our sins to the Cross!
Granting life, He has slain death.//
He has resurrected Adam as the Lover of man.

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

Let us praise Him
Who voluntarily was crucified in the flesh for our sake.
He suffered, was buried, but rose from the dead.
By Orthodoxy confirm Your Church, O Christ.//
Grant peace for our life as the gracious Lover of man.

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.

We stand before Your life-bearing tomb unworthily, O Christ God,
offering glory to Your ineffable compassion.
You have accepted the Cross and death, O sinless One//
to grant Resurrection to the world as the Lover of man.

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

Let us praise the Word,
Coeternal with the Father,
He ineffably came forth from the virginal womb.
He freely accepted the Cross and death for our sake.
He was raised in glory.//
Glory to you, O life-giving Lord, the Savior of our souls.

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

Tone 2* *(from the Lenten Triodion)* *(With what crowns)*

What hymns of praise shall we sing to honor the holy bishop?
He is the trumpet of theology, the flaming mouthpiece of grace,
the chosen vessel of the Spirit, the unshakeable pillar of the Church,
the great joy of the inhabited earth,
the river of wisdom, the candlestick of the Light, //
the shining star that has made all creation bright.

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

What garlands of song shall we weave for the holy bishop?
He is the champion of true worship, the foe of ungodliness,
the fervent defender of the faith,
the great guide and teacher, the well-tuned harp of the Spirit,
the golden tongue, the fountain flowing with healing for the faithful, //
the great and wonderful Gregory.

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

How shall we who dwell on earth praise the holy bishop?
He is the Church's teacher, the herald of the Uncreated Light,
the initiate of the Trinity's heavenly mysteries,
the adornment of the monastic life,
renowned alike in action and contemplation,
the pride of Thessalonica;
And now he dwells in heaven
with the great and glorious martyr Demetrius, //
whose relics flow with holy oil.

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

Tone 6 *(from the Lenten Triodion)*

O thrice-blessed saint, most holy father,
good shepherd, disciple of Christ the Chief Shepherd.
Like Him you gave your life for your sheep.
By your intercessions, O God-bearing Father Gregory, //
may great mercy be granted to our souls!

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

* Music for St. Gregory Palamas from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

Tone 1 *(Theotokion – Dogmatikon)*

Let us praise the Virgin Mary!
The gate of heaven, the glory of the world!
The song of the angels, the beauty of the faithful!
She was born of man, yet gave birth to God!
She was revealed as the heaven, as the temple of the Godhead!
She destroyed the wall of enmity!
She commenced the peace; she opened the Kingdom!
Since she is our foundation of faith,
our defender is the Lord Whom she bore!
Courage! Courage! O People of God!
For Christ will destroy our enemies//
since He is all powerful.

Aposticha

Tone 1 *(for the Resurrection)*

We have been freed from sufferings
by Your suffering, O Christ.
We have been delivered from corruption
by Your Resurrection//
O Lord, glory to You!

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

Let creation rejoice!
Let the heavens be glad!
Let the nations clap their hands with gladness,
for Christ our Savior has nailed our sins to the Cross.
Slaying death, He has given life//
He has resurrected fallen Adam as the Lover of man.

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

As King of heaven and earth,
You were voluntarily crucified in Your love for man.
Hell was angered when it met You below.
Adam rose seeing You, the Creator, under the earth.
O wonder! How has the Life of all tasted death?
You enlightened the world which cries://
O Lord, Who rose from the dead, glory to You!

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

The myrrhbearing women came with haste to Your tomb,
bearing myrrh and lamenting.
Not finding Your most pure body,
they learned from the angel of the new and glorious wonder.
They told the Apostles://
“The Lord is risen, granting the world great mercy.”

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

Tone 8 *(from the Lenten Triodion)*

Your tongue, watchful in teaching,
rings in the ears of our hearts,
and awakens the souls of the slothful.
Your words are inspired by God;
they are a ladder leading us from earth to heaven.
O Gregory, pride of Thessalonica,
do not cease to intercede before Christ our God//
to illumine with His Divine Light those who honor you!

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

Tone 8 *(Theotokion)*

O unwedded Virgin,
who ineffably conceived God in the flesh,
O Mother of God most high,
accept the cries of your servants, O blameless One!
Grant cleansing of transgressions to all!//
Receive our prayers and pray to save our souls!

(at Great Vespers)

Tone 1 Troparion *(Resurrection)*

When the stone had been sealed by the Jews,
while the soldiers were guarding Your most pure body,
You rose on the third day, O Savior,
granting life to the world.
The powers of heaven therefore cried to You, O Giver of Life:
“Glory to Your Resurrection, O Christ!
Glory to Your Kingdom!//
Glory to Your dispensation, O Lover of mankind!”

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

Tone 8 Troparion *(St. Gregory Palamas)*

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of grace,//
always intercede before the Lord that our souls may be saved!

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

Tone 8 Resurrectional Dismissal Theotokion

For our sake You were born of the Virgin
and endured crucifixion, O Good One, destroying death by death.
Revealing the Resurrection as God, do not despise the work of Your hand!
Reveal Your love for man, O Merciful One, and accept the Theotokos praying
for us,//
and save the despairing people, O our Savior!

(at the Divine Liturgy)

Tone 1 Troparion *(Resurrection)*

When the stone had been sealed by the Jews,
while the soldiers were guarding Your most pure body,
You rose on the third day, O Savior,
granting life to the world.
The powers of heaven therefore cried to You, O Giver of Life:
“Glory to Your Resurrection, O Christ!
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Tone 8 Kontakion *(St. Gregory Palamas)*

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing your praises, O God-inspired Gregory.
Since you now stand before the Original Mind, guide our minds to Him,
O Father,//
so that we may sing to you: “Rejoice, preacher of grace!”

Tone 4 Kontakion *(from the Lenten Triodion)*

Now is the time for action!
Judgment is at the doors!
So let us rise and fast,
offering alms with tears of compunction and crying:
“Our sins are more in number than the sands of the sea;
but forgive us, O Master of all,//
so that we may receive the incorruptible crowns!”

Tone 5 Prokeimenon

You, O Lord, shall protect us / and preserve us from this generation forever.
(Ps. 11:7)

V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

Tone 1 Prokeimenon *(St. Gregory Palamas)*

My mouth shall speak wisdom; / the meditation of my heart shall be understanding. *(Ps. 48:3)*

Epistle

(304) Hebrews 1:10-2:3

(318) Hebrews 7:26-8:2 *(St. Gregory Palamas)*

Tone 1

Alleluia, Alleluia, Alleluia.

V. God gives vengeance unto me, and subdues people under me. (Ps. 17:48)

V. He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever. (Ps. 17:51)

Tone 2

V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (Ps. 36:31)

Gospel

(7) Mark 2:1-12

(36) John 10:9-16 *(St. Gregory Palamas)*

(Instead of "It is truly meet...", we sing the following) Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace: ...

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*

The righteous shall be in everlasting remembrance! He shall not fear evil tidings! *(Ps. 111:6)*

Alleluia, Alleluia, Alleluia!