

SUNDAY, MARCH 16
Second Sunday of Great Lent, St. Gregory Palamas

TONE 5

"Lord I Call..." Tone 5

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

Tone 5 *(for the Resurrection)*

By Your precious Cross, O Christ,
You have put the devil to shame.
By Your Resurrection, You have blunted the sting of sin
and saved us from the gates of death.//
We glorify You, O only begotten One.

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

Christ was led as a sheep to the slaughter
in order to grant Resurrection to the human race.
The princes of hell were frightened by this,
for the gates of sorrow were lifted.
Christ the King of glory had entered,
saying to those in chains: "Go forth!"//
And to those in darkness: "Come to the light!"

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

O great wonder!

The Creator of the invisible suffered in the flesh in His love for man
and rose again immortal.

Come, O sons of nations,

let us worship Him,

for delivered from error by His compassion,//

we have learned to sing of one God in three Persons!

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

(Resurrection stichera by Anatolius)

We offer You our evening worship,

O never setting Light,

Who came in these last days to the world in the flesh;

Who even descended to hell to dispel its darkness.

Who has revealed the light of Resurrection to the nations.//

Glory to You, O Lord and Giver of light!

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 glorify the Leader of our salvation;

by His Resurrection from the dead,

the world was saved from deceit.

The assembly of Angels rejoices

as the deceit of demons is overthrown.//

Fallen Adam rises as the devil falls.

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

The guards were instructed by the lawless ones:

"Hide the rising of Christ, take money and say:

'The body was stolen from the tomb while we were asleep.'"

But who has heard of a body being stolen,

a body embalmed and naked,

with its grave clothes left behind in the tomb?

Do not be deceived, O Jews,

study the words of the Prophets and understand://

Christ is the Redeemer of the world and all powerful!

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 5 *(Theotokion – Dogmatikon)*

In the Red Sea of old,
a type of the Virgin Bride was prefigured.
There Moses divided the waters;
here Gabriel assisted in the miracle.
There Israel crossed the sea without getting wet,
here the Virgin gave birth to Christ without seed.
After Israel's passage, the sea remained impassable;
after Emmanuel's birth, the Virgin remained a Virgin.
O ever-existing God Who appeared as Man, //
O Lord, have mercy on us!

Aposticha

Tone 5 *(for the Resurrection)*

We magnify You in songs of praise,
O incarnate Christ and Savior.
By accepting the Cross and death for our sake,
as the Lord and Lover of man,
You overthrew the gates of hell, //
and arose on the third day, saving our souls.

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

By being pierced in the side, O Lover of man,
You have poured out drops of life and salvation for all.
By accepting death in the flesh, You have granted us immortality.
You have freed us by being placed in the tomb,
and have resurrected us with Yourself in glory, as God. //
Glory to You, O Lord and Lover of man!

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

Your crucifixion and descent into hell are awesome, O Lover of man.
You have captured it, releasing the ancient prisoners.
You have opened Paradise and given it to us.
Grant us purification of sins,
who glorify Your Resurrection on the third day!
Make us worthy of Paradise //
and save us, O Lover of man!

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

For our sake, You accepted death in the flesh,
to rise from the dead on the third day.
Heal us from our earthly passions,
and restore us from our evil transgressions;//
and save us, O Lover of man!

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 5 **Troparion** *(Resurrection)*

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

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)

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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 5

Alleluia, Alleluia, Alleluia!

V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps. 88:1-2)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the heavens. (Ps. 88:3)

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 All of creation ...)

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!

Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.