

SUNDAY, MARCH 15

TONE 6

Second Sunday of Lent. St. Gregory Palamas. Martyr Agapius and those with him.

"Lord I Call..." Tone 6

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

Let my prayer arise / in Thy 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 Thy name!*

**Tone 6**      *(for the Resurrection)*

Possessing victory over hell, O Christ,  
since Thou art free among the dead,  
Thou didst ascend the Cross  
raising with Thyself those who sat in the shades of death.//  
Drawing life from Thy light, O almighty Savior, have mercy on us!

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

Today Christ tramples on death,  
for He is risen as He said!  
Let us all sing this song,  
for He has granted joy to the world:  
O Light unapproachable, O Fountain of life!//  
O Savior Almighty, have mercy on us!

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

Where shall we sinners flee from Thee, Who art in all creation?  
In heaven Thou dweldest! / In hell Thou didst trample on death!  
In the depths of the sea? / Even there is Thy hand, O Master!  
To Thee we flee, and falling before Thee, we pray://  
O Thou who didst rise from the dead, have mercy on us!

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

*(Resurrection stichera by Anatolius)*

In Thy Cross, we glory, O Christ. / We sing and glorify Thy Resurrection.  
For Thou art our God, // and we know no other than Thee.

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

We will always bless the Lord / by singing of His Resurrection!  
for He endured the Cross, // trampling down death by death.

*v. (5) For Thy name's sake have I waited for Thee, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.*

Glory to Thy might, O Lord, / for Thou didst overthrow the prince of death,  
by Thy Cross renewing us, // granting us life and incorruption.

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

**Tone 2<sup>1</sup>** *(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. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

*(Repeat: "What hymns of praise shall we sing...")*

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

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<sup>1</sup> Music for the stichera for St. Gregory Palamas from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

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 abundant towards us; and the truth of the Lord endureth 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 thou gavest thy life for thy sheep.  
By thine intercessions, O God-bearing Father Gregory,//  
may great mercy be granted to our souls!

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

**Tone 6**      *(Theotokion – Dogmatikon)*

Who will not bless thee, O most holy Virgin?  
Who will not sing of thy most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from thee He was ineffably incarnate.  
God by nature, yet Man for our sake,  
not two persons, but one known in two natures.  
Entreat Him, O pure and all-blessed Lady,//  
to have mercy on our souls!

## Aposticha

### Tone 6

*(for the Resurrection)*

Thy Resurrection, O Christ our Savior,  
the Angels in heaven sing!  
Enable us on earth//  
to glorify Thee in purity of heart!

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

Destroying the gates of hell,  
breaking the chains of death,  
Thou didst resurrect the fallen human race as almighty God!//  
O Lord Who didst rise from the dead, glory to thee!

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

Desiring to return us to Paradise,  
Christ was nailed to the Cross and placed in a tomb.  
The Myrrhbearing Women sought Him with tears, crying,  
“Woe to us, O Savior!  
How dost Thou deign to descend to death?  
What place can hold Thy life bearing body?  
Come to us as Thou didst promise!  
Take away our wailing and tears!”  
Then the Angel appeared to them:  
“Stop your lamentations!  
Go, proclaim to the Apostles:  
‘The Lord is risen,//  
granting us purification and great mercy!’”

*v. Holiness befitteth Thy house, O Lord, forevermore!*

Having been crucified as Thou didst will,  
by Thy burial Thou didst capture death, O Christ,  
rising on the third day as God in glory,//  
granting the world unending life and great mercy!

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

**Tone 8**      *(from the Lenten Triodion)*

Thy tongue, watchful in teaching,  
rings in the ears of our hearts,  
and awakens the souls of the slothful.  
Thy 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 thee!

**Tone 8**      *(Theotokion)*

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

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**Tone 6**      **Troparion**      *(Resurrection)*

The Angelic Powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave,  
seeking Thy most pure body.  
Thou didst capture hell not being tempted by it.  
Thou didst come to the Virgin, granting life.  
O Lord, Who didst rise from the dead,//  
glory to Thee.

*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 Thou wast born of the Virgin  
and didst endure crucifixion, O Good One, destroying death by death.  
Revealing the Resurrection as God, do not despise the work of Thy hand!  
Reveal Thy love for man, O Merciful One, and accept the Theotokos praying  
for us, //  
and save the despairing people, O our Savior!

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*(at the Divine Liturgy or Typika)*

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the guards became as dead men.  
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Thou didst capture hell not being tempted by it.  
Thou didst come to the Virgin, granting life.  
O Lord, Who didst rise from the dead, //  
glory to Thee.

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**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 8      Kontakion      (St. Gregory Palamas)**

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

**Tone 5      Prokeimenon**

Thou, O Lord, shalt protect us / and preserve us from this generation forever.  
*(Ps 11/12:7)*

*v: Save me, O Lord, for there is no longer any that is godly! (Ps 11/12:1)*

**Tone 1      Prokeimenon      (St. Gregory Palamas)**

My mouth shall speak wisdom, / the meditation of my heart shall be  
understanding. *(Ps 48/49:3)*

**Epistle**

Hebrews 1:10-2:3 & Heb. 7:26-8:2 *(St. Gregory Palamas)*

**Tone 6**

Alleluia, Alleluia, Alleluia!

*v: He who dwelleth in the shelter of the Most High will abide in the shadow of the  
heavenly God. (Ps 90/91:1)*

*v: He will say to the Lord: “My Protector and my Refuge; my God, in Whom I  
trust.” (Ps 90/91:2)*

**Tone 2      (Triodion)**

*v: The mouth of the righteous shall meditate wisdom, and his tongue shall speak of  
judgment. (Ps 36/37:30)*

**Gospel**

Mark 2:1-12 & John 10:9-16 *(St. Gregory Palamas)*