

SUNDAY, MARCH 31, 2024

TONE 2

Second Sunday of Great Lent / St. Gregory Palamas

**“Lord I Call...” Tone 2**

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!

**Reader reads the rest of Psalm 140 and Psalm 141 on pgs 31 & 32 in the pew book, then:  
STICHERA**

**v. (10)** *Bring my soul out of prison, that I may give thanks to Your Name! Tone 2*

Come, let us worship the Word of God  
begotten of the Father before all ages,  
and incarnate of the Virgin Mary!  
Having endured the Cross,  
He was buried as He Himself desired.//  
And having risen from the dead, He saved me, an erring man.

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

Christ our Savior  
nailed to the Cross the bond against us,  
He voided it and destroyed the dominion of death.//  
We fall down before His Resurrection on the third day.

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

With the Archangels  
let us praise the Resurrection of Christ!  
He is our Savior, our Redeemer.  
He is coming with awesome glory and mighty power//  
to judge the world which He made.

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

The Angel proclaimed You,  
the crucified and buried Master.  
He told the women: “Come, see the place where He lay!  
He is risen as He said,  
for He is almighty.”  
We worship You, O only immortal One.//  
Have mercy on us, O Christ, the Giver of life!

**V. (6)** *If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*  
By Your Cross, You destroyed the curse of the tree.  
By Your burial You destroyed the dominion of death.  
By Your rising, You enlightened the race of man.//  
O Benefactor, Christ our God, glory to You!

**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.*

The gates of death opened to You from fear, O Lord.  
When the guards of hell saw You they were afraid,  
for You demolished the gates of brass and smashed the iron chains.//  
You have led us from the darkness and shadows of death, and have broken our bonds.

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

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

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, //

**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.

---

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

*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 ganted to our souls!

*now and ever, and unto ages of ages. Amen. Tone 2 (Theotokion – Dogmatikon)*

The shadow of the Law passed when grace came;  
as the Bush burned, yet was not consumed,  
so the Virgin gave birth, yet remained a Virgin.  
The Righteous Sun has risen instead of a pillar of flame. //  
Instead of Moses, Christ, the Salvation of our souls.

### APOSTICHA

**Tone 2** Your Resurrection, O Christ our Savior,  
has enlightened the whole universe,  
recalling Your creation. //  
Glory to You, O almighty Lord!

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

By the Tree You destroyed the curse of the Tree, O Savior.  
By Your burial You mortified the majesty of death.  
You have enlightened our race by Your Resurrection. //  
O Giver of life, Christ our God, glory to You!

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

When You were seen nailed to the Cross, O Christ,  
You restored the beauty of Your creatures.  
The soldiers showed their inhumanity when they pierced Your side with a spear.  
The Hebrews, not knowing Your power,  
asked that Your tomb might be sealed,  
but through the mercy of Your compassion,  
You acepted the tomb  
and rose on the third day! //  
O Lord, glory to You!

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

O Christ, the Giver of life, / for the sake of the dead You voluntarily endured death, /  
descending into hell as the Mighty One  
to save those who awaited Your coming,  
granting them the life of paradise instead of hell. / Grant also to us who glorify Your Resurrection  
on the third day // cleansing of our sins and 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!

## TROPARIA

**Tone 2** When You descended to death, O Life Immortal,  
You slew hell with the splendor of Your Godhead.  
And when from the depths You raised the dead,  
all the powers of heaven cried out://  
“O Giver of life, Christ our God, glory to You!”

*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!