

SUNDAY, MARCH 13, 2022

TONE 5

First Sunday of Great Lent / Sunday of Orthodoxy

STICHERA

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name! **Tone 5***

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

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

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

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

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. (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 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. (4) *From the morning watch until night, from the morning watch let Israel hope in the Lord* **Tone 6**

The prophets inspired by Your Spirit, O Lord, / Foretold that You, Whom nothing can contain or grasp, / And Who have shone forth in eternity / Before the morning star, / From the immaterial bodiless womb of the Father, / Were to become a child, / Taking flesh from the Virgin, / Being joined to men and seen by those on earth. / At the prayers of these Your prophets, / In Your compassion / Count us worthy of Your light, // For we sing the praises of Your ineffable and holy Resurrection.

v. (3) *For with the Lord there is mercy and with Him is plenteous redemption, and He shall redeem Israel out of all his iniquities.*

The divinely inspired prophets, / Preached You in word and honored You in works, / And they received as their reward life without end. / For they steadfastly refused, O Master, / To worship the creation instead of You, the Creator; / They renounced the whole world, for the Gospel's sake, / And in their suffering, / They were conformed to Your Passion, / Which they had foretold. / At their intercessions, / Count us worthy / To pass through the period of the Fast wit offence, // For You alone are rich in mercy.

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

You Who are uncircumscribed, O Master, / In Your divine nature, / Were pleased in the last times / To take flesh and be circumscribed; / And in assuming flesh, / You have also taken on Yourself all its distinctive properties. / Therefore we depict the likeness of Your outward form, / Venerating it with an honor that is relative. / So we are exalted to the love of You, / And following the holy traditions, handed down by the Apostles, // From Your icon we receive the grace of healing.

v. (1) *For He hath made His mercy to prevail over us; and the truth of the Lord abideth for ever.*

As a precious adornment / The Church of Christ has received / The venerable and holy icons of the Savior Christ, / Of God's Mother and of all the saints. / Celebrating now their triumphant restoration, / She is made bright with grace and splendor, / And drives away all heretics. / With great rejoicing / She gives glory unto God Who loves mankind, / And Who for her sake // Has endured His voluntary Passion.

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 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 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 2 (from the Lenten Triodion)

Advancing from false doctrine to true faith,
illuminated 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!

TROPARIA

Tone 5 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 2 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 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.