

First Sunday of Great Lent / Sunday of Orthodoxy / Forefeast of the Annunciation

"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!

**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 1*

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 Sion / 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! Tone 6* (Having placed all their hope)*

O Lord, Whom nothing can contain or grasp, / from all eternity You shone forth from the Father / before the morning star. / The Prophets, inspired by the Holy Spirit, / foretold that You would take flesh and assume the form of a child, / from her who is ever-virgin. / You lived among men; / You were seen by material creation. / Through the prayers of the Prophets, O compassionate One, / make us worthy to receive Your light, // for we sing praises to Your glorious Resurrection!

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

The Prophets bore the fruit of eternal life;
 they prepared the way of the Lord.

By their words they proclaimed You; by their deeds they honored You:
 they would not worship creation instead of You, the Creator.

As Your Gospel commands, they renounced the world.

They foretold Your Passion by suffering themselves.

Through their prayers, O Lord, //

enable us to pass over the battlefield of Lent without sin!

* Music for the Sunday of Orthodoxy from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

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.

You are infinite in Your divine nature, O Master; / in these latter days You accepted the limitations of the flesh. / By assuming our body, You accepted all its weaknesses. / Therefore we make images of Your form; / we venerate them, having You in mind. / We fall down before You in love; / by so doing we follow the tradition of the Apostles//and are given the grace of healing.

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

Today the Church of Christ receives honorable adorment: / the holy icons of Christ our Savior, the Theotokos, and all the Saints. / The Church exults in their grace! / We lift them up with joy and gladness! / We glorify God, the Lover of man, // Him Who patiently suffered for our sake!

*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 4** (from the Menaion, for the Forefeast)(As one valiant among the martyrs)*

The mystery hidden from all eternity, / unknown even by the Angels, / is now entrusted to the Archangel Gabriel. / He will come to you, O precious vessel; / he will salute you and cry in joy: / "Rejoice, pure dove! Rejoice, all-holy one! // Make ready by your word to conceive the Word of God!"

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

The palace of light is ready for You, O Master, / the womb of the undefiled child of God. / Come down to her; come to visit Your fallen world, / which is held in bitter slavery to the jealous Enemy! / Many ages have passed since its beauty was destroyed. / Make haste to descend to earth, O Lord! // Come to deliver us from the way of death!

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

Gabriel the Archangel comes to you, O all-blameless one; / he will greet you, crying with joy: / "Rejoice, deliverance from condemnation! / Rejoice, chosen vessel made perfect for God! / Rejoice, life-bearing dawn of the endless day! // The Lord, Whom the heavens cannot contain, is pleased to dwell in you!"

*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 adorments 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 Your inheritance!

now and ever, and unto ages of ages. Amen. **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 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 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 4 (Forefeast)

The Theotokos heard a tongue that she knew not,
for the Archangel addressed to her the words of glad tidings;
therefore, accepting the salutation with faith,
she conceived You, the pre-eternal God.
And so, rejoicing exceedingly, we also cry aloud to You:
“O God, made flesh from her without change, //
grant peace to the world, and great mercy to our souls!”

TROPARIA

Tone 1 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 2 Troparion (Sunday of Orthodoxy)

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 4 Troparion (Forefeast)

Today is the prelude of joy for the universe! / Let us anticipate the feast and celebrate with exultation: / Gabriel is on his way to announce the glad tidings to the Virgin; / he is ready to cry out in fear and wonder: // “Rejoice, O Full of Grace, the Lord is with you!”