

SUNDAY, MARCH 28, 2021

TONE 1

Second Sunday of Great Lent / St. Gregory Palamas

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!*

Be glad, O heavens!

Sound trumpets, O foundations of the earth!

Sing in gladness, O mountains!

Behold Emmanuel has nailed our sins to the Cross!

Granting life, He has slain death. //

He has resurrected Adam as the Lover of man.

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

Let us praise Him

Who voluntarily was crucified in the flesh for our sake.

He suffered, was buried, but rose from the dead.

By Orthodoxy confirm Your Church, O Christ. //

Grant peace for our life as the gracious Lover of man.

*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 stand before Your life-bearing tomb unworthily, O Christ God,  
offering glory to Your ineffable compassion.

You have accepted the Cross and death, O sinless One //

to grant Resurrection to the world as the Lover of man.

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

**Tone 2** What hymns of praise shall we sing  
in honor of the holy bishop?  
He is the trumpet of theology,  
the herald of the fire of grace,  
the honored vessel of the Spirit,  
the unshaken pillar of the Church,  
the great joy of the inhabited earth,  
the river of wisdom,  
the candlestick of the Light,  
the shining star that makes glorious//  
the whole of creation.

*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!*

What words of song shall we weave as a garland,  
To crown the holy bishop?  
He is the champion of true devotion  
And the adversary of ungodliness,  
The fervent protector of the Faith,  
The great guide and teacher,  
The well tuned harp of the Spirit,  
The golden tongue,  
The fountain that flows with waters of healing for the faithful, //  
Gregory the great and marvelous.

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

With what words shall we who dwell on earth  
Praise the holy bishop?  
He is the teacher of the Church,  
The herald of the light of God,  
The initiate of the heavenly mysteries of the Trinity,  
The chief adornment of the monastic life,  
Renowned alike in action and in contemplation,  
The glory 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. **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 8*  
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 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 8** 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!  
and your womb He made more spacious than the heavens.

All of creation rejoices in you, O Full of Grace.  
Glory to you!