

SUNDAY, MARCH 8, 2026

TONE 6

Second Sunday of Great Lent / St. Gregory Palamas

"Lord I Call..." Tone 6

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:

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name! Tone 6*

Possessing victory over hell, O Christ,  
since You are free among the dead,  
You ascended the Cross  
raising with Yourself those who sat in the shades of death.//  
Drawing life from Your light, O almighty Savior, have mercy on us!

*v. (9) The righteous will surround me, for You will 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 You, O Lord. Lord, hear my voice!*

Where shall we sinners flee from You, Who are in all creation?  
In heaven You dwell!  
In hell You trampled on death!  
In the depths of the sea?  
Even there is Your hand, O Master!  
To You we flee, and falling before You, we pray://  
O You Who rose from the dead, have mercy on us!

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

In Your Cross, we glory, O Christ.  
We sing and glorify Your Resurrection,  
for You are our God,//  
and we know no other than You.

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

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

*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.*

Glory to Your might, O Lord,  
for You overthrew the prince of death,  
by Your 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\***      *(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.*

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the shining star that has made all creation bright.

*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.

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

*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.

*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 6 (Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?  
Who will not sing of your most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from you 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** Your Resurrection, O Christ our Savior,  
the Angels in heaven sing!  
Enable us on earth //  
to glorify You in purity of heart!

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

Destroying the gates of hell,  
breaking the chains of death,  
You resurrected the fallen human race as almighty God! //  
O Lord, Who rose from the dead, glory to You!

*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 do You deign to descend to death? / What place can hold Your life bearing body? / Come to us as You promised! / 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 befits Your house, O Lord, forevermore!*

Having been crucified as You willed, / by Your burial You captured 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)*

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 6** The Angelic Powers were at Your tomb;/ the guards became as dead men. / Mary stood by Your grave, / seeking Your most pure body. / You captured hell, not being tempted by it. / You came to the Virgin, granting life. / O Lord, Who rose from the dead,// 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!