

The Second Sunday in Lent
Commemoration of Saint Gregory Palamas

VESPERS: Tone 2

P. Regular Beginning

C. Lord I have cried...

1. Come let us adore the **Word** of God,/ begotten of the Father before the **world** began,/ and **incarnate** of the Virgin **Mary**./ For of His own will He suffered the Cross and submitted to **burial**./ He also rose from the dead and saved me, an **erring** man.
2. Christ, our **Saviour**,/ blotted out the bond that pledged us to the **decrees** of the law/ by nailing it **to** the Cross,/ and He put down the **dominion** of death./ We worship His Resurrection on the **third** day.
3. In common with the Arch**angels**/ let us praise the Resurrection of Christ./ He is the Deliverer and **Saviour** of our souls./ And He will come again in dread glory and great **power**,/ to judge the world He **fashioned**.
4. The angel proclaimed Thee, O Master, crucified and **buried**,/ and he said to the **women**:/ 'Come and **see** the place where the **Lord** lay./ For He is risen as He said, because He is **Almighty**./ Therefore, we worship Thee Who alone art **immortal**:/ Have mercy upon us, O Christ, Thou **Giver** of life.
5. Thou hast abolished the curse of the tree **by** Thy Cross/ and by Thy burial Thou hast done away with the **dominion** of death,/ while by Thy **rising** Thou hast **enlightened** mankind./ Therefore, we **cry** unto Thee:/ 'Glory to Thee, O Christ, our God and **Benefactor**.'
6. The gates of death opened before Thee in **fear**, O Lord,/ and the gatekeepers of hell, beholding Thee were **filled** with dread./ **Thou** it was Who hast destroyed the **gates** of brass/ and burst asunder the chains of **iron**./ Thou also hast led us out of the valley of the **shadow** of death// and torn our **bonds** apart.

Stichera from the Triodion (Tone 2)

- 7/8. What hymns of praise shall we sing in honour of the holy **bishop**?/ He is the trumpet of theology, the herald of the **fire** of grace,/ the honoured 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 creation.
9. 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**.

10. 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... (Tone 6)

Thrice blessed saint, most holy **father**,/ good shepherd and disciple of Christ the Chief **Shepherd**,/ thou hast laid down thy **life** for thy sheep./ And now in thine intercessions, O God-bearing Gregory our **father**,// pray that great mercy may be **granted** to our souls.

Both now & ever... Dogmatikon (Tone 2)

At the coming of grace, the shadow that is the law **passed** away./ Just as the bush that burned was **not** consumed,/ so hast **thou**, Virgin, given birth and **Virgin** remained./ Gone was the **Pillar** of fire,/ and lo, in its stead the Sun of Righteousness **shone** forth.// Behold, instead of Moses, Christ, the **salvation** of our souls.

- P. Wisdom. Aright!
 C. O Joyful Light...
 P. Prokimenon. The Lord is King...
 P. Wisdom! (And readings, if any)
 P. Augmented Litany
 R. Vouchsafe...
 P. Litany of Fervent Supplication

APOSTICHA: (Tone 2)

1. Thy Resurrection, O Christ,/ has given light to **all** the earth/ and has **called** up Thy **creature**.// Therefore, glory to Thee, O **Almighty** God.

V. The Lord is King,/ and hath put on glorious **apparel**.

2. Through Thy rood, O **Saviour**,/ Thou hast done away with the **curse** of the tree,/ and through Thy **burial** Thou hast put down the **dominion** of death,/ and Thou hast enlightened mankind by Thy Resurrection./ Therefore we **cry** to Thee:// Glory to Thee, O Christ, our God, the **Giver** of life.

V. He hath made the world so sure/ that it **cannot** be moved.

3. Thou, O Christ, didst appear, nailed **upon** the Cross/ having changed the beauty of created things./ And in **cruelty** the soldiers pierced Thy **side** with a lance;/ while the Jews begged that Thy **tomb** might be sealed,/ for they both had no faith in Thy **power**./ But Thou, O Lord, for Thy mercy's sake hast submitted **to** the tomb/ and hast risen on the **third** day.// Therefore, unto Thee be **glory**.

V. Holiness becometh Thine house/ O Lord, forever.

4. Of Thine own will Thou, O Christ, the **Giver** of life,/ for the sake of mortal man hast endured Thy **passion**/ and hast descended into hell, in mighty **power**,/ snatching as it were from the jaws of a great monster those who **awaited** Thee there,/ granting them an abode in **paradise**./ Therefore to us who give glory to Thy Rising on the **third** day,// grant cleansing of our sins and Thy great **mercy**.

Glory... from the Triodion (Tone 8)

Thy **tongue**, watchful in **teaching**,/ rings in the ears of our heart and awakens the souls of the **slothful**./ Thy words, inspired by God, are a ladder leading us from earth to **heaven**./ O Gregory, wonder of Thessaly, pray to Christ without **ceasing**,// that we who honour thee may be illumined with the **divine** light.

Both... (Tone 8)

O **Virgin** unwedded, O Mother of **God** on high,/ thou hast ineffably conceived **God** in the flesh;/ and being beyond reproach, thou hast granted us all purification of our **transgressions**./ Accept the supplications of thy **servants**,/ and do thou, who now receivest our **entreaties**,// pray for us **all** to be saved.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 2

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 2) x2

When Thou didst descend to death, O life immortal,/ Thou didst slay hell with the splendor of Thy Godhead/ and when from the depths Thou didst raise the dead/ all the powers of heaven cried out:/ O Giver of life, Christ our God,// Glory to Thee!

Glory... Troparion for the Saint (Tone 8)

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church,/ glory of monks and invincible protector of theologians,/ pride of Thessalonica and preacher of grace,// pray without ceasing for the salvation of our souls.

Both... See music! (Tone 8)

Thou, O good Lord, for our *sakes* wast born of a **Virgin**/ and hast endured crucifixion, despoiling **death** by death,/ and as God, Thou hast *shown*

forth the Resurrection./ Despise not the work of **Thine** hands./ Show Thy love for man, O **merciful** Lord./ Accept the intercession made on our behalf by the Theotokos who **bore** Thee, // and, O our Saviour, save Thy despairing people.

Lord Have Mercy 3x
Glory...

R. Now...
R. Kathisma II
P. Small Ectenia

R. Sessional Hymns:

The noble Joseph, taking Thine all-pure body down from the Tree and wrapping it in a clean winding-sheet, enclosed it in a new tomb with sweet spices; yet Thou didst arise on the third day, O Lord, granting great mercy to the world.

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

Standing before the myrrh-bearing women at the tomb, the angel cried: "Myrrh is meet for the dead, yet Christ hath shown Himself to be a stranger to corruption! But cry aloud: The Lord hath risen, granting the world great mercy!"

G/B... Thy mystery, O Mother of God, is most glorious and passeth all understanding, for stamped with the seal of purity and thy virginity inviolate, thou art acknowledged without doubt to be the Mother who indeed hast given birth to the true God. Do thou beseech Him to save our souls.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Without hindering the Jews from sealing the stone of the tomb, in arising Thou didst bestow the rock of faith upon all. O Lord, glory be to Thee!

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

With one accord the choir of Thy disciples rejoiceth with the myrrh-bearing women; and with them we celebrate a common feast to the glory and honour of Thy resurrection. And through them we cry out to Thee, O Lord Who lovest mankind: Grant Thy people great mercy!

G/B... All-blessed art thou, O Virgin Theotokos, for by Him Who became incarnate through thee hath hades been made captive, Adam restored, the curse annulled, Eve set free, death slain, and we have been given life. Wherefore, chanting, we cry aloud: Blessed is Christ God Who hath been thus well pleased! Glory be to Thee!

- R. Psalm 118
 C. Evlogitaria (Blessed art Thou, O Lord...)
 P. Small Ectenia

R. Ypakoe:

After the Passion, when the women went to the tomb to anoint Thy Body, O Christ our God, they saw angels in the sepulcher and were affrighted, for they heard them say that the Lord was risen granting the world great mercy.

Hymn of Degrees: (Antiphon One)

I cast the eyes of my heart toward Thee in heaven, O Saviour. Save me by Thine overshadowing.

Have mercy on us who offend Thee greatly every hour, O my Christ, and grant that we may offer Thee repentance before the end.

G/B... It is fitting that the Holy Spirit reign, sanctify and move creation, for He is God, consubstantial with the Father and the Word.

Hymn of Degrees: (Antiphon Two)

If the Lord Himself were not with us, who would be preserved whole from the enemy, the slayer of men?

Give not Thy servant over to the teeth of mine enemies, O Saviour, for they move against me like lions.

G/B... The Holy Spirit is the Source of life and worship, for by His power as God He preserveth all created things in the Father by the Son.

Hymn of Degrees: (Antiphon Three)

They who hope in the Lord are like a holy mountain: they are in nowise moved by the assaults of the enemy.

Let those who live godly lives stretch not their hands forth to iniquities, for Christ will not withhold His staff from such in His portion.

G/B... Through the Holy Spirit doth all wisdom flow: through Him have the prophets received vision, hath grace come upon the apostles, and have the martyrs been crowned with the endurance of suffering.

P. Prokimenon: (Tone 2)

Arouse Thyself, O Lord my God, in the commandment which Thou hast enjoined, / and a congregation of peoples shall surround Thee.

V. O Lord my God, in Thee have I put my hope: Save me.

C. Let every breath praise the Lord.

P. GOSPEL #10

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

Glory... Open unto me, O **Giver** of Life, / the gates of **repentance**: / for early in the morning my spirit seeks Thy holy **temple**, / bearing a temple of the body **all** defiled. // But in Thy compassion cleanse it by Thy loving-kindness and Thy **mercy**.

Both now... **Guide** me in the paths of salvation, O Theotokos:/ for I have befouled my soul with **shameful** sins/ and have wasted all my life in **slothfulness**:// By thine intercessions deliver me from all **uncleanness**.

(Tone 6)

Have mercy **upon** me, O God,/ in Thy great **mercy**:/ and according to the multitude of Thy **compassion**// blot out my **transgressions**.

As I ponder in my **wretchedness**/ the many evil things that **I** have done,/ I tremble for the fearful day of **judgment**./ But trusting in Thy merciful **compassion**,/ like David do I **cry** to Thee:// Have mercy upon me, O God, in Thy great **mercy**.

P. Save, O God, Thy People...
Anointing.

Canticle One

Irmos: Overwhelming power once laid low the whole army of Pharaoh in the deep,/ and the incarnate Word hath destroyed pernicious sin./ All-glorious is the Lord,// for gloriously hath He been glorified.

Glory to Thy Holy Resurrection, O Lord.

The prince of this world, under whom we have enlisted, not having obeyed Thy commandment, was condemned by Thy Cross, O Good One; for the weak one attacked Thee as one mortal, recoiled from the might of Thine authority, and was exposed as weak.

Thou camest into the world, the Deliverer of the human race and Author of life incorruptible; for by Thy resurrection Thou didst break asunder the bonds of death. This do we all glorify, for gloriously hast Thou been glorified.

Theotokion

Thou wast revealed as higher than all creation, visible and invisible, O pure Ever-virgin; for thou gavest birth to the Creator, in that He was well pleased to become incarnate in thy womb. Entreat Him with boldness, to save our souls.

Have mercy on me, O God, have mercy on me.

Shedding fervent tears, let us cry to Thee with the words of the Prodigal, O Father and God of all, and let us fall down before Thee, saying: We have sinned, departing far from Thee, and we have made ourselves the slaves of lust; accept our repentance.

Thou hast conferred upon me a royal birthright, becoming man for my sake, O Word; but I have despised Thy gift, and I am bitterly condemned to feed swine, the offspring of my sins. But in Thy compassion spare me, O Saviour.

I kneel before Thee, as the Prodigal Son of old, O Lord and Master: run out to meet me and receive me, and taking me in Thine embrace grant me the tokens of Thy salvation. Instead of a hired servant make me once again thy son, O Saviour Who lovest mankind.

Theotokion

O Virgin full of divine grace, through thee human nature was counted worthy of God's revelation, for thou art the only mediator between God and man; and rightly thou art glorified by all of us as the Mother of God.

Holy Hierarch Father Gregory, entreat God for us.

O orators who speak of things divine, O chosen theologians and every tongue inspired by God, come and unite together, that ye may rightly sing in praise of Holy Gregory, the herald of the Spirit.

Let us praise Gregory the great, the pillar of the Faith, the champion of the Church, the good shepherd of Thessalonica and the true glory of the order of bishops.

Glory... From earliest childhood thou hast desired the higher life and the path of perfection, O holy father Gregory, and thou hast proved a true follower and companion of thy namesake Gregory the Theologian.

Both... O undefiled, be thou to me a path of life, guiding me to the dwelling-place of God. For I have wandered astray and fallen into the pit of evil: Through thy mediation, lead me back.

C. Katavasia (Tone 4)

I shall open my mouth/ and the Spirit will **inspire** it,/ and **I** shall utter the words of my song to the Queen and **Mother**:/ I shall be seen radiantly **keeping** feast// and joyfully praising her **wonders**.

Canticle Three

Irmos: The desert, the barren Church of the nations,/ blossomed like a lily at Thine advent, O Lord;// and therein hath my heart been established.

Glory to Thy Holy Resurrection, O Lord.

During Thy suffering creation was altered, beholding Thee, Who founded all by Thy divine gesture, in pauper's form, mocked by the iniquitous.

With Thy hand Thou didst fashion me out of dust, in Thine image; and having descended into hades, O Christ, with Thyself Thou didst raise me up who had again been broken down into the dust of death for my sins.

Theotokion

The ranks of the angels marveled, O most pure one, and the hearts of men have been filled with awe at thy birthgiving; wherefore, we honour thee, the Theotokos, with faith.

Have mercy on me, O God, have mercy on me.

When I consider my actions, and how I have departed far from Thee, wasting in prodigal desires the wealth which Thou hast given me, I am filled with fear and in repentance I cry out to Thee, my Father and my God: I have sinned, save me.

Sinning on earth, I am afraid of heaven; for at the Last Day it will be my accuser, O Word of God, when all things stand before Thee and submit to Thy righteous judgment.

I fed on dark and swinish thoughts when, like the Prodigal, I left thee, O Saviour, and went into a far country; but now I cry: I have sinned against Thee, I have sinned; save me, for fervently I run for refuge to Thy tender mercy.

Theotokion

Adam's nature was made godlike, O Virgin, when without undergoing change God took flesh within thy womb; and we who were deceived of old by the hope of becoming gods, have been set free from the ancient condemnation.

Holy Hierarch Father Gregory, entreat God for us.

Holding fast to thy inspired teaching, we reject every false invention of the heretics, and we put them all to flight with thy holy writings, O Gregory.

O blessed of God, thou hast refuted the foolish wisdom of the heretics. He Who is Himself the true Wisdom came to dwell in thy heart, and with His aid triumphantly thou hast broken their rebellious pride.

Glory... In thy wisdom thou hast put to death every lust of the flesh that is condemned to perish, and through asceticism thou hast brought thy soul to life, devoting all its powers to the contemplation of God.

Both... With full knowledge and by my own free choice, I have eagerly desired a shameful and prodigal life; but through thy holy intercessions, O Virgin and Bride of God, bind my heart with divine love.

C. Katavasia (Tone 4)

O **M**other of God,/ thou living and **p**lentiful fount,/ give **s**trength to those united in spiritual **f**ellowship,/ who sing hymns of **p**raise to thee:/ And in thy divine **g**lory// vouchsafe unto them crowns of **g**lory.

P. Small Ectenia

C. Kontakion of the Triodion, (Tone 4)

The season of the virtues now has come,/ and the Judge is at the door./ Let us not hold back with darkened face,/ but let us keep the Fast, offering tears, contrition and almsgiving; and let us cry:/ Our sins are more in number than the sand of the sea;/ but, Deliverer of all,// forgive each one of us, that we may receive an incorruptible crown.

R. Sessional Hymns

O wise Gregory, thou hast burnt up the error of the heretics, and hast revealed in its true beauty the faith of the Orthodox, bringing light to all the world. Thou art triumphantly victorious, a pillar of the Church and a true bishop. Never cease to intercede with Christ, that we may all be saved.

Glory... *Repeat the above "O wise Gregory..."*

Both... Be swift to receive our prayers, O Lady, and bring them to thy Son and God, all-blameless Queen; repel the attacks of those who blaspheme with evil words; bring to nothing their devices, and cast down the impudence of the ungodly who attack thy servants, O most pure Virgin.

Canticle Four

Irmos: Thou didst come forth from the Virgin,/ neither a mediator nor an angel,/ but Thyself incarnate, O Lord,/ and hast saved me, the whole man;// wherefore, I cry to thee: Glory to Thy power, O Lord.

Glory to Thy Holy Resurrection, O Lord.

O God my Master, Thou standest before the judgment-seat as one condemned, without crying out, bringing forth judgment in behalf of the gentiles. Thereby Thou hast wrought salvation for the whole world through Thy suffering, O Christ.

Through Thy suffering, O Christ, the weaponry of the enemy failed, and by Thy descent into hades the cities of the adversary were destroyed and the audacity of the tyrant set at naught.

Theotokion

O Theotokos and Mistress, all of us, the faithful, know thee to be the haven of salvation and an immovable rampart; for through thy supplications, thou dost deliver our souls from perils.

Have mercy on me, O God, have mercy on me.

I have neglected Thy fatherly commandments and wasted in sensual pleasure the wealth Thou gavest me; stripped of every gift of grace, in my wretchedness I am brought to utter poverty. I come to Thee in repentance and confession: Abhor me not, O Master and Lord.

When I was an exile far from Thee, Thou hast taken on Thyself my poverty. Thou hast assumed all my human nature in Thyself, and for my sake

Thou offerest Thy divine body in sacrifice out of love for man, making it, O Word of God, my restoration and my joy.

That we may be delivered from the everlasting torment that God has prepared for the evil spirits, with unceasing tears let us cry like the Prodigal: We have sinned against Thee, O Father, but accept us all, for we take refuge in Thy mercy.

Theotokion

The Word Who dwells with the Father and the Spirit is born from a Virgin yet undergoes no change. He remains what He was, yet preserves for ever what He took from us; for He is one Son in two natures, guarding unimpaired the distinctive qualities of each.

Holy Hierarch Father Gregory, entreat God for us.

O wise father, thou hast opened thy mouth and preached the wisdom of God that was ever in thy heart; and thou hast proved Barlaam foolish and devoid of understanding.

O beloved Sun, by the law of nature thou hast sunk beneath the earth, but in the morning thou shalt rise again with Christ, the Sun that knows no evening. At thine intercessions He watches over all of us.

Glory... O blessed saint, by the grace of God thou hast become the great glory and strong support of the Orthodox, a good shepherd, a second Gregory the Theologian, and the ever-watchful guardian of thy flock.

Both... Open the ears of my soul, O Mother of God, for thou hast borne the Lord Who once opened the ears of the deaf; enable us to hear the Word of God and keep it.

C. Katavasia (Tone 4)

He Who sits in glory upon the throne of the **Godhead**,/ Jesus the **true** God,/ is **come** in a **swift** cloud,/ and with His pure hand He has saved **those** who cry:// Glory to Thy **power**, O Lord.

Canticle Five

Irmos: Thou art a Mediator between God and man, O Christ God:/ For by Thee, O Master,/ are we led up out of the night of ignorance to Thy Father,// the Source of light.

Glory to Thy Holy Resurrection, O Lord.

Thou didst break the audacity of the nations by Thy will, as if they were cedars, O Christ Master, for it was Thy will to be lifted up in the flesh upon the cypress, the pine and the cedar.

When they laid Thee, dead and bereft of breath, in a deep pit, O Christ; yet, wounded, through thy wounds Thou didst raise up with Thyself the forgotten dead who slept in the graves.

Theotokion

Entreat thy Son and Lord, O pure Virgin, that He grant peace unto those who hope in thee and deliverance from the assaults of adversaries unto captives.

Have mercy on me, O God, have mercy on me.

I have rejected with contempt the wealth and gifts of grace that God conferred upon me, and have come to a country cursed by famine, empty of life-giving blessings; but, Father, in Thy goodness and compassion restore to me the glory and the joy that once was mine.

Having spent our life in self-indulgence, let us make our own the resolve of the Prodigal; let us run to the merciful Father with undoubting faith and contrite hearts, that we may receive forgiveness of our sins.

Tarry not, O my soul, that dwellest an exile in a far country, but run swiftly and call upon thy God and Father; and thou shalt receive forgiveness for the sins which thou hast committed, wasting thy life as the Prodigal.

Theotokion

O all-holy Virgin thou art a cloud of light, bearing the Sun of righteousness. He dispels the dark ignorance of idolatry, and shines upon us with the light of divine knowledge.

Holy Hierarch Father Gregory, entreat God for us.

With the sickle of thy words and with thy holy writings thou hast cut down the thorns of heresy and the tares of falsehood, and thou hast sown holy seeds of Orthodoxy, O Bishop Gregory.

Gregory most wise, thy words and sacred writings are dew from heaven, honey from the rock, the bread of angels, unto those that hear or read, sweet nectar and ambrosia, and a fount of living water.

Glory... Earth and sea acknowledge thee as their common teacher, as the holy pillar of Orthodoxy and the sacred armory of divine dogmas, as a wise and saintly theologian, as the comrade and companion of the apostles.

Both... O Virgin undefiled, with the waters of compunction wash the filth from my heart, and bestow on me repentance through thy holy prayers to the compassionate God, whom thou hast borne ineffably.

C. Katavasia (Tone 4)

The whole **world** was amazed at thy divine **glory**,/ for **thou**, O Virgin who hast not known **wedlock**,/ hast **held** in thy womb the **God** of all,/ and hast given birth to an **eternal** Son,// Who rewards with salvation all who sing thy **praises**.

Canticle Six

Irmos: Whirled about in the abyss of sin,/ I call upon the unfathomable abyss of Thy loving-kindness:// Lead me out up from corruption, O God.

Glory to Thy Holy Resurrection, O Lord.

The Righteous One was condemned as a malefactor and nailed to the Tree with iniquitous men, through His blood granting remission to the guilty.

Through one man, the first Adam, did death enter the world of old, and through the one Son of God hath the resurrection been revealed.

Theotokion

Thou gavest birth without having known a man, O Virgin, and thou remainest a virgin eternally, revealing the images of the true divinity of thy Son and God.

Have mercy on me, O God, have mercy on me.

I was Thy younger son, and I wasted the wealth Thou gavest me, withdrawing far from Thee into an evil life; and now I am starved and hungry for Thy blessings, O Lord Who lovest mankind. To Thee I come, my Father and my God, asking forgiveness.

I dwell in cruel exile and am condemned to feed the swine, for I have wasted, O Father, the riches that Thou gavest me in Thy loving-kindness; and I am stripped of everything. But do Thou, O God, take pity on me.

In my sinfulness, O Lord Who lovest mankind, I dare not look up to the boundless height of heaven nor call myself Thy son, prodigal that I am. I have no right to ask forgiveness: But take pity on me in Thy boundless mercy.

Theotokion

Ineffable and beyond the power of human speech is the manner of thy childbearing, O Virgin. For in ways past understanding thou hast given birth to God, and yet preserved thy virginity inviolate. Therefore, as is right, let us all glorify thee as Theotokos in very truth.

Holy Hierarch Father Gregory, entreat God for us

The empty boasts of foolish Barlaam were broken in pieces by the words and teachings and the sharp understanding of the most wise Emperor and of thee, O Gregory.

Let us honour in hymns the divine harp of the Spirit, the trumpet that plainly proclaimed the mysteries of the Lord, the Bishop of Thessalonica, the tongue that spoke of God.

Glory... Leading the people as a pillar of fire, thou hast burnt up the enemies of the Faith and enlightened the congregation of the true believers, O Gregory our father, wise in God.

Both... Be unto me, all-holy Lady, quietness and a haven of consolation; lead me to a peaceful anchorage in God, and calm the raging of my passions.

C. Katavasia (Tone 4)

As we **celebrate**/ this sacred and solemn feast of the **Mother** of God,/ **let** us come, **clapping** our hands,/ O people **of** the Lord,/ and give **glory** to God// Who was **born** of her.

P. Small Ectenia

C. Kontakion for the Saint (Tone 8)

Holy and divine instrument of wisdom, joyful trumpet of theology,/ with one accord we sing thy praises, O Gregory inspired by God./ But since thou standest now in mind and spirit before the Original Mind,// guide our minds to Him, O father, that we may cry to thee: Hail, preacher of grace.

R. Ikos for the Saint

Thou hast appeared on earth as an angelic messenger, proclaiming unto mortal men the mysteries of God. Endowed with a human mind and flesh, yet speaking with the voice of the bodiless powers, thou hast filled us with amazement, O saint inspired by God, and made us cry aloud to thee:

Rejoice, for through thee the darkness is dispelled:

Rejoice, for through thee the light has returned.

Rejoice, messenger of the uncreated Godhead:

Rejoice, reprover of created folly.

Rejoice, height impossible to climb, that tells us of God's nature:

Rejoice, depth hard to scan, that speaks of His energy.

Rejoice, for thou hast rightly proclaimed God's glory:

Rejoice, for thou hast denounced the opinions of evildoers.

Rejoice, torch that shows us the Sun:

Rejoice, cup filled with nectar.

Rejoice, for through thee the truth has shone forth:

Rejoice, for through thee falsehood has been plunged in darkness.

Rejoice, preacher of grace!

Canticle Seven

Irmos: The command of the iniquitous tyrant, opposed to God,/ raised up a lofty flame;/ but Christ, Who is blessed and all-glorious,// spread a spiritual dew upon the pious youths.

Glory to Thy Holy Resurrection, O Lord.

In Thy loving-kindness, O Master, Thou couldst not bear to see man tormented by death; and, becoming man, Thou didst come and save him by Thy blood. Blessed and most glorious is the God of our fathers!

Seeing Thee arrayed in the vesture of vengeance, O Christ, the gatekeepers of hades were affrighted; for Thou didst come to slay Thy

servant, the mindless tyrant. Blessed and most glorious is the God of our fathers!

Theotokion

We understand thee to be holier than the Holy of holies, for thou alone gavest birth to the immutable God, O blameless Virgin, unwedded Mother; for thou hast poured forth incorruption upon all the faithful through thy divine birthgiving.

Have mercy on me, O God, have mercy on me.

I dare not call myself Thy son, O Father Who lovest mankind; I ask to be as one of Thy hired servants. Reject me not, as I cry out to Thee: O God of our fathers, blessed art Thou.

Defiled by our past actions, we have lost the nobility that was ours at first. But in fervent repentance let us hasten to our only Father and God, that we may receive salvation.

Harsh is the citizen whom in my wretchedness I am condemned to serve; cruel is the hunger that I suffer as I feed the swine. But cause me to turn back from exile, O Father, and have mercy upon me.

Theotokion

Thou hast restored to life our nature that was dead, O Virgin Theotokos, for thou alone hast borne the Life. Therefore with all the faithful we acknowledge the salvation that we have received through thee, and we cry: O God of our fathers, blessed art Thou.

Holy Hierarch Father Gregory, entreat God for us.

All who study thy words and writings, O Gregory, are initiated into the knowledge of God and filled with spiritual wisdom; and they become theologians of the uncreated grace and energy of God.

Thou hast broken in pieces the sword and the bow of those who believe falsely, O holy hierarch, and thou hast shattered the arrogance of Barlaam and all the power of the heretics, as a great rock shatters a spider's web.

Glory... The faith of the Orthodox are sealed by thy words and teachings and writings, O Gregory; thou hast humbled the boldness of heresy, brought to an end the denial of the true Faith, and overthrown those who believe falsely.

Both... Withered by the sickness of the passions, truly we have found in thee a fountain of healing, from which we draw the waters of divine salvation, and we cry: O all-pure Virgin, blessed is the fruit of thy womb.

C. Katavasia (Tone 4)

The **H**oly Children bravely trampled upon the **th**reatening fire,/ preferring not to worship created things rather than the **C**reator,/ and they

sang in joy:/ 'Blessed art Thou and **praised** above all,// O Lord God of our fathers.'

Canticle Eight

Irmos: Once, in Babylon,/ the fiery furnace divided its activity at the command of God,/ consuming the Chaldeans, but bedewing the faithful, who chant:// Bless the Lord, all ye works of the Lord!

Glory to Thy Holy Resurrection, O Lord.

Beholding the vesture of Thy flesh stained with Thy blood, O Christ, the ranks of the angels were filled with awe and trembling at Thy great longsuffering, cried aloud: Bless the Lord, all ye works of the Lord!

By Thine arising, O Compassionate One, Thou hast clothed my mortality in immortality; wherefore, in gladness Thy chosen people thankfully hymn Thee, O Christ, crying out to Thee: Death is swallowed up in victory!

Theotokion

Without seed thou didst conceive Him Who is inseparable from the Father, and He dwelt in thy womb as God and man; and thou didst ineffably give birth unto Him O all-pure Theotokos. Wherefore, we acknowledge thee as the salvation of us all.

Have mercy on me, O God, have mercy on me.

We who believe in Thee know the wealth of Thy great and measureless compassion, O Master. With the Prodigal Son, in deep sincerity we all bow down before Thee. Accept us, sinners that flee to Thee for refuge, for there is no sin, O compassionate Lord, that can overcome Thy love for mankind.

Humbling Thyself because of Thy compassion, O Master, Thou hast spoken with kindness to Thy fallen sons. For in Thy love for mankind Thou goest out to meet the sinful, and embracing them Thou grantest them salvation. And if any man reproaches Thee for this, in Thy tender love Thou art not angry with him, for Thou alone art measureless in mercy.

Most terrible will be the judgment passed upon me, O Master; for though I see that Thou art longsuffering and full of love for men, I do not run to Thee and call upon Thee with the words of the Prodigal, but I spend my life in carelessness. Be merciful to me, O compassionate Lord, and save me through repentance from condemnation on the Last Day.

Triadicon

We glorify not three Gods but one Godhead; we honour three Persons in very truth, the Father unbegotten, the Son begotten from the Father, and the Holy Spirit proceeding from the Father. One God in Three; and with true faith and glory we ascribe to each the title God.

Holy Hierarch Father Gregory, entreat God for us.

Thou standest now in worship before the throne of the all-merciful God with the theologian saints, for thou wast their equal in thy way of life, O wise Gregory, hierarch of Thessalonica, glory of the episcopate, adorned with the dignity of the high priesthood.

Before thy conception in the womb, God knew the purity of thine understanding; and He revealed clearly to the faithful Emperor that thou art an invincible champion of the Church; and so through an assured and lawful consecration thou wast sealed with the chrism of the high priesthood.

Let us bless Father, Son, Holy Spirit, the Lord!

The harmful faction of Akindynos was utterly defeated and vanished as the smoke, confounded by thy voice of thunder and by the wisdom of thy teaching, O glorious Gregory, Bishop of Thessalonica.

Both... In thy womb, O Virgin, the Word of God reshaped man's nature that was crushed beneath the passions, and in His infinite love He renewed it wholly and sanctified it. Through thee have we been saved, and we glorify thee unto all the ages.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 4)

The **Offspring** of the Theotokos/ saved the holy Children in the **furnace**./ **He** Who was then prefigured has since been **born** on earth,/ and He gathers together all the creation to sing:/ O all ye **works** of the Lord,// bless ye the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: God the Lord, the Son of the unoriginate Father,/ hath revealed Himself to us incarnate of the Virgin,/ to enlighten those in darkness and to gather the dispersed.// Wherefore, we magnify the all-hymned Theotokos.

Glory to Thy Holy Resurrection, O Lord.

The thrice-rich tree of Thine all-pure Cross was planted on Golgotha as in paradise, O Saviour; and watered with the blood and divine water of Thy side, as by a divine spring, O Christ, it hath budded forth life for us.

Crucified, O Omnipotent One, Thou didst cast down the mighty; and raising up human nature, which lay below in the stronghold of hades, Thou didst set it upon the throne of the Father. And worshipping Thee Who wilt come therewith, we magnify Thee.

Triadicon

Chanting, O ye faithful, in Orthodox manner let us glorify the threefold Unity, the consubstantial Trinity, the indivisible, all-divine essence, the thrice-radiant, the only incorrupt and never-waning Effulgence, which hath shone forth light upon us.

Have mercy on me, O God, have mercy on me.

For my sake, O Lord, sacrifice the fatted calf, and fill with joy and gladness all the holy souls that dwell with Thee. I was lost: Receive me back. I was dead: Lead me to life and clothe me with incorruption, putting on me the divine robe of salvation.

O souls that have wandered far from God and are deprived of the divine gifts of grace, come and with deep sincerity of heart let us turn back like the Prodigal and cry: O good Father Who art in heaven, we have all sinned against Thee; be merciful to us and save us, for we flee for refuge to Thy mercy.

O Lord, Lord, Who art rich in compassion, abhor me not, I have wasted my wealth in many pleasures, but now I cry to Thee with the voice of the Prodigal: I have sinned against Thee, Father; be merciful to me and save me, for I flee for refuge to Thy mercy.

Theotokion

Thou art a haven of salvation, O Lady, a guide and protection unto me, thy servant. With love I set all my hope in thee: through thine intercessions before God, may I be delivered from all harsh trials and temptations, and from everything which makes me stumble, that I may magnify thee with faith.

Holy Hierarch Father Gregory, entreat God for us.

Thou hast become a mirror of God, O Gregory, for thou hast kept without stain that which in thyself is according to the divine image; and bravely establishing thy mind as master over the passions of the flesh, thou hast attained that which is according to God's likeness. So thou hast become the glorious dwelling-place of the Holy Trinity.

Inspired by the divine Spirit, as a winged angel thou hast come to the aid of the pious Emperor, fighting against the foolish-minded Barlaam, who in his madness blasphemed against the glory of God; and thou hast justly gained the victory over him.

Glory... Wholly filled with heavenly wisdom, O glorious saint, thou hast shone as a light in the world, teaching the doctrines of Orthodoxy. In thy love for true wisdom thou hast conceived the fear of God within thy heart, and given birth to the words of the Spirit.

Both... We and all the faithful with one accord offer to thee a hymn of thanksgiving, for thou hast freed us from the ancient curse, O Mother of

God; and we have gained through thee God's blessing, His salvation, enlightenment, mercy and eternal joy.

C. Katavasia (Tone 4)

Let every mortal **born** on earth,/ radiant with light, in spirit **leap** for joy;/ and **let** the hosts of the angelic powers **celebrate**/ and honour the holy feast of the **Mother** of God,/ and **let** them cry:// Hail! Pure and blessed ever-Virgin, who gavest **birth** to God.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Ten (John 21:1-14)

At the sea of Tiberias, with the sons of Zebedee, with Nathaniel and Peter, the two other disciples of old with Thomas were fishing. Casting to the right at the command of Christ they drew a multitude of fish. And Peter, recognizing Him, cast himself into the water after Him. This was the third time He appeared to them and He showed them bread and fish upon the coals.

Glory... Exapostilarion for Saint Gregory

Rejoice, glory of the fathers, voice of the theologians, tabernacle of inward stillness, dwelling-place of wisdom, greatest of teachers, deep ocean of the word. Hail, thou who hast practiced the virtues of the active life and ascended to the height of contemplation; hail, healer of man's sickness. Hail, shrine of the Spirit; hail, father who though dead art still alive.

Both... Theotokion from the Triodion

O Lady, Queen of all and above all, higher than all the heavenly hosts, stretch out thy powerful hand and preserve the world; bless the priests that celebrate in thine honour and forgive the monks that ask for thy prayers. Grant peace to the Orthodox people and guard this city, O holy Theotokos. And grant to us that we may see the heavenly Kingdom and the door of Paradise, when at the Second Coming the Judge shall sit on His dread throne to judge the inhabited earth, O Queen of the angels.

C. Lauds: Tone 2 Stichera

Let every **breath** praise the Lord/
Praise the Lord from the **Heavens**/
Praise Him in the highest/
To Thee is due a **hymn**, O God/
Praise Him, all ye His **Angels**://
Praise Him, all **ye** His hosts.//
To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.

Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name
 of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of
 His people.

This is the hymn for all His saints, for the sons of Israel, and for the
 people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.
 Let Israel be glad in Him that made him, let the sons of Sion rejoice in
 their king.

Let them praise His name in the dance; with the timbrel and the psaltery
 let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek
 with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.
 The high praise of God shall be in their throat, and two-edged swords shall
 be in their hands.

To do vengeance among the heathen, punishments among the peoples,
 To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be
 to all His saints.

1. All that hath breath, all the creation praises **Thee**, O Lord./ For Thou
 alone **lovest** men,/ **and** hast put down de-ath **through** Thy Cross,// so as
 to show mankind Thy **Resurrection**.

V. Praise ye God in His saints,/ praise Him in the firmament of His
 power.

2. Let the Jews say how the soldiers lost the King over **Whom** they
 watched./ Why did the stone fail to guard the **rock** of life?/ Let them
 give up Him who was buried or worship Him risen and **declare** with us://
 Glory to Thy manifold mercies, Glory unto Thee, our **Saviour**.

V. Praise Him for His mighty acts,/ praise Him according to the
 multitude of His greatness.

3. O ye people, **rejoice** and make glad./ An angel sat upon the stone of
 the tomb and **announced** to us:/ **Christ**, Saviour of the world is risen
from the dead/ and has filled the universe with **fragrance**// Rejoice
 and make glad, O ye **people**.

V. Praise Him with the sound of trumpet,/ praise Him with psaltery
 and harp.

4. Before Thy **conception**, O Lord,/ an angel brought the joyful salutation to the Virgin, **full** of grace,/ **while** at Thy Resurrection an angel rolled back the stone of Thy **glorious** tomb./ The one, in place of sorrow disclosed **tokens** of joy,/ the other instead of death, proclaimed the Master, Giver of **life** to us./ Therefore we cry: Glory to **Thee**, O Lord,// Benefactor of **all** mankind.

V. Praise Him with timbrel and dance,/ praise Him with strings and flute.

5. Weeping, the women poured myrrh **upon** Thy tomb,/ and then their voices were filled with joy **as** they said:// The Lord is **risen**.

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

Stichera from the Triodion (Tone 1)

6. In the **world** thou hast lived a life of **blessedness**,/ and now in heaven thou dost rejoice in the assembly of the **blessed**;/ because thou wast meek, thou dwellest in the land that the meek inherit, O Bishop **Gregory**./ God has made thee rich in the grace of working **miracles**,// which thou dost bestow on those who **honour** thee.

V. The mouth of the righteous shall meditate on wisdom, and his tongue shall speak of judgment.

7. O blessed **saint**, thou hast planted the dogma of Orthodoxy and cut down the thorns of **heresy**./ With thy words thou hast watered the seed of the Faith, **making** it grow,/ and as an active husbandman thou hast brought to Go-od **ears** of wheat// increased an **hundredfold**.

V. Thy priests, O Lord shall be clothed in righteousness, and Thy saints shall rejoice.

8. The **glory** of thy blameless life, O **blessed** saint,/ amazed both **angels** and mankind./ With steadfast purpose thou hast labored in the **ascetic** life,/ and shown thyself a worthy hierarch and **minister** of God,// and His **true** friend.

V. Arise, O Lord my God, lift up Thine hand: Forget not Thy paupers to the end.

(Tone 6)

9. In this season of **abstinence**, O Christ,/ Thou hast shone as light on those that walk in the **darkness** of sin./ Bring us to the holy day of Thy **Passion**,/ that we may **cry** to Thee:// Arise, O God, and have **mercy** on us.

Glory... Sticheron from the Triodion (Tone 6)

In this season of **abstinence**, O Christ,/ Thou hast shone as light on those that walk in the **darkness** of sin./ Bring us to the holy day of Thy **Passion**,/ that we may **cry** to Thee:// Arise, O God, and have **mercy** on us.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of thee is hades led **capt**ive,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

Dismissal Tropar:

Having risen from the tomb, and having burst the bonds of hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

P. Litanies
Dismissal

C. G/B... Gospel Sticheron, (Tone 6)

After the **descent** into hell/ and the Resurrection **from** the dead,/ the disciples in all **likelihood**,/ losing heart at Thy parting from **them**, O Christ,/ turned to work, and again to their **boats** and nets,/ and nowhere **was** there a catch./ But Thou, O Saviour, hast been revealed as **Master** of all,/ and hast commanded them to cast the net on the **right** side./ And straightway the word **came** the deed,/ and there was a great **multitude** of fish/ and Thou hast prepared on land a strange **supper**./ In this same supper of which Thy disciples **then** partook,// make us now worthy to delight in mind, O Lord, Who **lovest** mankind.

R. Hours:
Tropar: Resurrection & Triodion
Kontak: Triodion/Saint alternating

At Liturgy of St. Basil:

Order of Troparia & Kontakia: (In a temple of a saint)

Tropar Sunday

Tropar Temple

Tropar St. Gregory

Kontak Temple

Glory... Kontak St. Gregory

Both... Kontak Triodion

Prokimenon (Tone 5)

Thou, O Lord, shalt keep us and shalt preserve us from this generation and for evermore.

V. Save me, O Lord, for a righteous man there is no more.

Prokimenon for St. Gregory (Tone 1)

My mouth shall speak of wisdom, and the meditation of my heart shall be of understanding.

Epistle(s): Heb 1:10-2:3 & Heb 7:26-8:2

Alleluia for Tone 2

V. The Lord hear thee in the day of affliction; the name of the God of Jacob defend thee.

V. O Lord, save the king, and hearken unto us in the day when we call upon Thee.

Alleluia for St. Gregory (Tone 2)

Gospel(s): Mark 2:1-12 & John 10:9-16

Communion Verse: Praise Ye & In everlasting remembrance...