

The Second Sunday in Lent
Commemoration of Saint Gregory Palamas

VESPERS: Tone 6

P. Regular Beginning

C. Lord I have cried...

1. O Christ, triumphant **over** hell,/ Thou hast ascended **upon** the Cross,/ to raise up with Thyself those dwelling in the **darkness** of death./ Free **among** the dead,/ Thou pourest forth life from **Thine** own light:// O almighty Saviour, have mercy **upon** us.
2. Christ, having trampled upon **death** today,/ according to His word, rose up bestowing **joy** upon the world,/ that all of us shouting this **hymn** might say:/ O Fount of life, O Light that no **man** can approach,// O almighty Saviour, have mercy **upon** us.
3. Whither shall we sinners fly from **Thee**, O Lord,/ Who art everywhere in the creation?/ Into heaven? Thy **abode** is there./ Into hell? Thou hast trampled **upon** death./ Into the uttermost **parts** of the sea?/ Thy hand reaches thither, O **Master**./ We run to Thee and falling before **Thee** we pray:// O Thou, risen from the dead, have mercy **upon** us.
4. We exult in Thy **Cross**, O Christ,/ and we praise and glorify Thy Resurre**ction**./ For **Thou** art our God;// we know no other **Lord** but Thee.
5. Ever **blessing** the Lord,/ we praise His Resurre**ction**./ For **enduring** the Cross,// He destroyed **death** by death.
6. Glory be unto Thy **might**, O Lord,/ for thou hast destroyed the **power** of death;/ and Thou hast renewed us **through** Thy Cross// bestowing upon us life and incor**ruption**.

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 6

Who does not call thee **blessed**,/ O all-hallowed **Virgin**?/ Who does not
sing the praises of thy **giving** birth,/ which was not according to the laws
of **nature**;/ for the only-begotten **Son** Himself,/ timelessly having shone out
of the **Father**,/ came forth from thee who **art** pure;/ and having been
ineffably made flesh, He, Who by **nature** is God,/ for our sakes became also
by **nature** man,/ not in two divided **persons**,/ but in two natures without
confusion is He known./ O thou, honoured and greatly **blessed**, // beseech Him
to have **mercy** on 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 6)

1. Angels in heaven sing the **praises**/ of Thy Resurrection, O Christ our
Saviour./ Vouchsafe that we **too** on earth// may from pure hearts give
Thee **glory**.

V. The Lord is King,/ and hath put on glorious apparel.
2. After breaking in pieces the **gates** of brass/ and crushing the bolts and
bars of hell,/ Thou, being almighty God, didst raise **fallen** man./
Therefore, with one **accord**, we cry:// Glory unto Thee, O Lord, **risen**
from the dead.

V. He hath made the world so sure/ that it cannot be moved.
3. Wishing to lift us out of the ancient **corruption**,/ Christ was nailed
upon the Cross and **laid** in the tomb./ As in tears the women bearing
myrrh **searched** for Him,/ they said, lamenting: Woe are we, O **Saviour**
of all:/ How comes it that Thou wast pleased to **dwell** in the tomb?/ How
comes it, if that was Thy wish, that Thou hast now been **stolen**?/ How
comes it that Thou hast been taken **elsewhere**?/ In what place have they
laid Thy life-bearing **Body**?/ But, O Master, as Thou hast **promised**,/
appear to us and dry up the **fountain** of our tears./ Upon which, as
they wept, an angel **came** to them and cried:/ Cease your weeping and

tell the apostles that the Lord is **risen**// giving the world purification and great **mercy**.

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

4. Crucified according to Thy **Will**, O Christ,/ despoiling death by Thy **entombment**,/ Thou hast risen up on the third day as God in **glory**,// granting the world life without end and great **mercy**.

Glory... from the Triodion (Tone 8)

The **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...

MATINS: Tone 6

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 6) x2

The angelic powers were at thy tomb;/ the guards became as dead men./ Mary stood by Thy grave,/ seeking Thy most pure Body./ Thou didst capture hell not being tempted by it./ Thou didst come to the Virgin, granting life./ O Lord, Who didst rise from the dead:// 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:

When the tomb was opened and hades wept, Mary cried out to the apostles, who had hidden themselves: "Come forth, ye laborers of the vineyard! Proclaim the tidings of the resurrection! The Lord hath risen, granting the world great mercy."

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

O Lord, Mary Magdalene stood before Thy tomb and wept aloud; and supposing Thee to be the gardener, she said: "Where hast Thou hidden our eternal Life? Where hast Thou laid Him Who sitteth upon the throne of the cherubim? For those who guarded Him have become as dead through fear. Either give me my Lord, or cry out with me: O Thou Who wast among the dead and hast raised up the dead, glory to Thee!"

G/B... He Who called thee Mother and blessed went up of His own will to suffer, and wishing to search out Adam, He made light shine with the Cross, saying unto the angels: Rejoice with Me, for I have found the lost piece of silver. Glory unto Thee, O God, Who hast ordered all things wisely.

R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and a seal was affixed to the stone. Soldiers guarded Christ as they would a sleeping king, and the Lord arose, invisibly smiting His enemies.

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

Jonah prefigured Thy tomb, and Symeon told of Thy divine resurrection, O immortal Lord; for Thou didst descend into the tomb as one dead, demolishing the gates of hades, and didst arise as Master, without corruption, for the salvation of the world, O Christ our God, Who hast enlightened those in darkness.

G/B... O Virgin Theotokos, entreat thy Son, Christ our God, Who of His own will was nailed to the Cross and arose from the dead, that our souls be saved.

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

R. Ypakoe:

Having, as God broken down the gates of hades by Thy voluntary and life-creating death, O Christ, Thou didst open ancient paradise unto us; and rising from the dead, Thou hast delivered our life from corruption.

Hymn of Degrees: (Antiphon One)

I lift up mine eyes to heaven, to Thee, O Word. Have pity, that I may live in Thee.

Have mercy upon us who are downcast, O Word, making us vessels useful to Thee.

G/B... The Holy Spirit is the Cause of all salvation. And if He blow upon anyone as is meet, He quickly taketh him away from among the things of earth: He giveth him wings, maketh him grow and setteth him on high.

Hymn of Degrees: (Antiphon Two)

If the Lord were not among us, none of us would be able to combat the warfare of the enemy; for they who conquer are lifted upon from hence.

Let not my soul be seized like a bird by the teeth of the enemy, O Word. Woe is me! How shall I, who love sin, escape them?

G/B... From the Holy Spirit come deification, goodwill, understanding, peace and blessing for all; for He worketh equally with the Father and the Word.

Hymn of Degrees: (Antiphon Three)

They that hope in the Lord are fearsome to the enemy and wondrous to all; for they direct their gaze on high.

He who hath Thee, O Saviour, as his Helper, the Portion of the righteous, doth not stretch out his hands toward iniquities.

G/B... The dominion of the Holy Spirit is over all. Him do the armies on high worship, as doth every creature here below.

P. Prokimenon:

O Lord, stir up Thy might/ and come to save us.

V. O Shepherd of Israel, attend, Thou that leadest Joseph like a sheep.

C. Let every breath praise the Lord.

P. GOSPEL #6

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: Traversing the deep on foot/ as though it were dry land,/ and seeing the tyrant Pharaoh drowned,/ Israel cried aloud://
Let us chant unto God a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

Jesus the Good, by Thine arms outspread upon the Cross, Thou hast filled all things with the good pleasure of the Father. Therefore shall we all sing Thee a triumphal song.

For fear of Thee, the end that is death became like a servant and was ordered to approach the Master of Life, whereby He awarded us life without end and the Resurrection.

Theotokion

Having received thine own Creator incarnate of thy seedless womb in manner past understanding, O pure one, as He Himself desired, thou wast truly shown to be the Mistress of creation.

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 Undefined, 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: There is none as holy as Thee,/ O Lord my God,/ Who hast uplifted the horn of Thy faithful/ and established us// on the rock of the confession of Thee, O Good One.

Glory to Thy Holy Resurrection, O Lord.

The creation, looking upon God crucified in the flesh was dissolved by fear but was strongly held together by the firm hand of Him Who was crucified for us.

Death having been destroyed by death, the wretch lay lifeless; For, not able to bear the divine assault, he who was strong was put to death and the Resurrection was bestowed upon all.

Theotokion

The miracle of thy divine birthgiving transcendeth every order of nature, O pure one; for thou didst supernaturally conceive God in thy womb, and having given birth thou dost ever remain a virgin.

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: Christ is my power, my God and my Lord,/ the honoured Church doth sing,/ crying out in godly manner/ with a pure mind,// keeping festival in the Lord.

Glory to Thy Holy Resurrection, O Lord.

The Wood made life truly flower, O Christ. For the Cross set up and watered by the Blood and Water from Thy spotless side, put forth life for us.

The serpent no more whispers falsely to me that I should be God; for Christ, the divine Maker of the nature of man hath now unfolded unto me, without hindrance, the path of life.

Theotokion

Truly ineffable and unapproachable to those on earth and in heaven are the mysteries of thy divine birthgiving, O Ever-virgin.

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: With Thy divine light/ illumine the souls of those who with love/ rise at dawn unto Thee, I pray Thee, O Good One,/ that they may know Thee, O Word of God, to be the true God// Who calleth all forth from the darkness of sin.

Glory to Thy Holy Resurrection, O Lord.

The cherubim now withdraws from me and the flaming sword turns its back on me, O Master, after beholding Thee, O Word of God Who art God indeed, making for the thief a way in Paradise.

I shall no more fear my return to the earth, O Master Christ, for through much compassion hast Thou by Thy Resurrection led me, forgotten, from the earth to the height of immortality.

Theotokion

Save those who with all their soul confess thee to be the Theotokos, O good Mistress of the world, for we have thee, the true Theotokos, as an invincible intercession.

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: Beholding the sea of life/ surging with the tempest of temptations,/ fleeing to Thy calm haven I cry unto Thee:/ Lead up my life from corruption,// O greatly Merciful One.

Glory to Thy Holy Resurrection, O Lord.

O Master, crucified with nails, Thou hast wiped out the curse against us while pierced in Thy side by the lance, Thou hast torn up the handwriting against Adam and set the world free.

Tripped up by the heel through beguilement, Adam hath been led down towards the pit of hell. But God Who is compassionate by nature, descended to seek him and carrying him on His shoulders, He raised him up with Himself.

Theotokion

O all-pure Mistress who for men gavest birth to Christ, the Helmsman, allay the inconstant and grievous tumult of my passions, and grant serenity to my heart.

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: An angel caused the furnace to pour forth dew/ upon the pious youths,/ and the command of God, which consumed the Chaldeans,/ prevailed upon the tyrant to cry out:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

The sun, lamenting at Thy Passion, was wrapped in gloom, and on that day, O Master, the light was darkened over the whole earth, that cried aloud: Blessed art Thou, the God of our fathers.

At Thy descent, O Christ, the lowest parts of the earth put on light: while our forefather appeared singing full of joy and he danced crying aloud: Blessed art Thou, O God of our fathers.

Theotokion

Through thee, O Virgin Mother, radiant Light hath shone forth upon the whole world; for thou gavest birth unto God, the Creator of all. Him do thou entreat, O most pure one, that He send down great mercy upon us, the faithful.

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 **Holy** Children bravely trampled upon the **threatening** fire,/ preferring not to worship created things rather than the Creator,/ and they **sang** in joy:/ 'Blessed art Thou and **praised** above all,// O Lord God of our **fathers**.'

Canticle Eight

Irmos: From the flame didst Thou pour forth dew upon the venerable ones,/ and didst consume the sacrifice of the righteous one with water;/ for Thou, O Christ, dost do all things soever Thou desirest.// Thee do we exalt supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Envy hath now made the people of the Jews who killed the Prophets in past times into killers of God, since they hung Thee upon the Cross, O Word of God Whom we exalt above all for ever.

Without forsaking the vaults of Heaven, Thou hast gone down into hell, and hast raised up with Thyself, O Christ, man entire who lay in decay and who exalts Thee above all forever.

Theotokion

From Light thou didst conceive the Word, the Bestower of light; and having ineffably given birth unto Him, thou hast been glorified. For the Spirit of God dwelt within thee, O Maiden. Wherefore, we hymn thee for all ages.

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: It is not possible for men/ to behold God,/ upon Whom the ranks of angels dare not gaze;/ but through thee, O most pure one,/ hath the Word appeared incarnate unto men;// and magnifying Him with the armies of heaven, we call thee blessed.

Glory to Thy Holy Resurrection, O Lord.

Having associated in the flesh with passion, Thou hast remained without participation in passion. And Thou, O our Saviour, dost set man loose from passion by having made the passions suffer. For Thou only art impassible and almighty.

Having accepted the corruption of death, Thou hast kept Thy body from tasting corruption: While Thy life-giving and divine soul, O Master, hath not been left in hell, but Thou, risen as from sleep, hast made us rise with Thyself.

Triadicon

O all ye men, with pure lips let us glorify God the Father and the Son Who is equally without beginning, and let us honour the ineffable and all-glorious power of the most Holy Spirit; for Thou alone art the almighty and indivisible Trinity.

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 honor 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 Six (Luke 24:36-53)

Showing that Thou art man in essence, O Saviour, Thou hast risen from the tomb. And Thou hast partaken of food and hast stood in their midst to preach repentance. And Thou hast straightway ascended to the Father and promised to send the disciples the Comforter.

Glory... Exapostilarion for Saint Gregory

Hail, 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 6 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. Thy **Cross**, O Lord,/ is the life and resurrection of Thy **people**/ and assured of this, we sing unto Thee our **risen** God:// Have mercy upon us.

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

2. Thy burial, O **Master**,/ opened Paradise for **mankind**,/ and we, delivered from **corruption**,/ sing unto Thee our **risen** God:// Have mercy upon us.

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

3. Let us praise Christ with the Father and the **Spirit**:/ Let us cry aloud unto Him **risen** from the dead:/ Thou art our life and **resurrection**:// Have **mercy** on us.
- V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.
4. O Christ, on the **third** day,/ Thou hast risen from the tomb according to the **Scriptures**,/ having raised our **forefather** with Thyself;// therefore, mankind glorifies Thee and praises Thy **Resurrection**.
- V. Praise Him with timbrel and dance,/ praise Him with strings and flute.
5. O Lord, mighty and dreadful is the mystery of Thy **Resurrection**./ For Thou hast come forth **from** the tomb/ as a bridegroom from his **chamber**,/ after destroying death by death that Adam might be **set** free./ Therefore, the angels in heaven make glad and **men** on earth/ give glory to Thy compassion that Thou hast **shown** towards us,// O Thou, Who **lovest** mankind.
- 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 God **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 **captive**,/ **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

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

Thou, O Christ, art **peace** indeed/ Who givest the peace of **God** to men,/ and after the Resurrection, Thou hast shown terrible things to the **disciples**/ who supposed they saw a **spirit**./ But Thou hast calmed the tumult **of** their souls,/ by showing them Thine **hands** and feet./ To those who nevertheless still **disbelieved**,/ Thou hast opened their minds to understand the **Scriptures**/ by partaking food with them and reminding them of Thy **teachings**./ And having assured them of the promise of the **Father**,/ and having blessed them, Thou hast gone away to **heaven**:// With them we therefore worship Thee, glory to **Thee**, O Lord.

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 6

V. He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven.

V. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him.

Alleluia for St. Gregory (Tone 2)

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

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