

The Second Sunday in Lent
Commemoration of Saint Gregory Palamas

VESPERS: Tone 5

P. Regular Beginning

C. Lord I have cried... (Tone 5)

1. Thou hast **shamed** the devil with Thy precious **Cross**, O Christ,/ and hast blunted the sting of sin by Thy Resurre**ction**./ Thou hast saved us from the **gates** of death>// Thou, O only-begotten Son, we **glorify** Thee.
2. He Who granted mankind the Resurre**ction**/ was led like a lamb to the **slaughter**;/ the princes of hell trembled **before** Him,/ the gates of tears were **lifted** up:/ for Christ the King of glory **entered** in,/ declaring to those in **bonds**: "Go forth"// and to those in darkness: "**Show** yourselves."
3. **What** a mighty **wonder**;/ in His **love** for mankind,/ the Maker of things invisible suffered in the flesh and He Who was **immortal** rose./ Come and worship Him, ye kindreds of the **nations**;/ let us, delivered indeed from beguilement by His **compassion**,// learn to sing the praises of the only **God** in three **Persons**.
4. We **offer** up to Thee our evening **worship**,/ O uncreated light, who art to all **eternity**./ For through the flesh as **in** a glass,/ Thou hast shone upon the world, descending even **unto** hell,/ setting free those in **darkness** there/ and showing forth to the nations the light of the Resurre**ction**:// Glory unto Thee, O **Lord**, Giver of light.
5. **Let** us glorify Christ, the author of our **salvation**,/ for by His rising **from** the dead/ the world is saved from **beguilement**;/ the choir of angels rejoices, the error of demons **takes** flight;// fallen Adam is raised; the **devil** is laid low.
6. The guards were thus instructed by the **evildoers**:/ Keep hid the Resurre**ction** of Christ;/ take the pieces of **silver** and say:/ As we were sleeping, the body was stolen **from** the tomb./ Who has ever heard or seen that a **body**,/ especially a body anointed **and** unclothed,/ was stolen from a tomb and the grave clothes left **lying**?/ Be not led **astray**, O Jews./ Get to know the sayings of the prophets, and **come** to believe// that He verily is the Redeemer of the world and the **Almighty**.

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... Dogmatikon (Tone 5)

In **times** past,/ the image of the unwedded Bride was inscribed in the **Red** Sea:/ There **Moses** parted the **waters**;// here, **Gabriel** was the servant of the **wonder**./ Then, Israel rode dry-shod **through** the deep;/ **while**, now, the Virgin hath without seed given **birth** to Christ./ After the **passing** of **Israel**,/ the sea was as ever **impassable**./ After the **birth** of **Emmanuel**,/ the **Virgin** without reproach, **remains** uncorrupt./ Thou, O God, Who art now, hast forever been and hast **appeared** as man,// have **mercy** upon us.

- 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 5)

1. We **lift** up our **voices** in song/ to magnify Thee, O **Saviour**,/ Christ incarnate yet never parted from **heaven**,/ for **Thou** Lord Who **lovest** mankind,/ hast suffered the Cross and death for the **sake** of our kind/ and casting down the **gates** of hell,// Thou hast risen on the third day and thereby **saved** our souls.

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

2. O **Giver** of Life,/ Thy pierced side poured streams of **remission**,/ life and salvation **upon** us all./ By taking upon Thyself **death** in the flesh,/ Thou hast granted us **immortality**,/ and taking up Thy **abode** in the tomb,/ Thou hast set us **all** free,/ and as God Thou hast raised us

up with Thee in **glory**./ Therefore, we **cry** aloud:// Glory unto Thee, O **Lord**, Who lovest mankind.

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

3. O **Thou** Wh-o lovest mankind/ strange are Thy crucifixion and Thy **descent** into hell./ For after despoiling it, and raising up with Thyself as God in **glory**,/ those who were in times of old held **captive** there,/ Thou hast opened Paradise and vouchsafed that it let man **enter**./ Cleanse us, **therefore**, from sin,/ who glorify Thy Resurrection on the **third** day/ and vouchsafe that we too may dwell in **Eden**::// For Thou alone art **merciful**.

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

4. O **Thou**, Who for our sakes hast accepted suffering **in** the flesh/ and hast risen on the third day **from** the dead,/ heal the passions **of** our flesh/ and raise us from our grievous iniquities and **save** us:// For Thou **alo-ne** lovest mankind.

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

C. Blessed be the Name of the Lord... x3
Psalm 33

MATINS: Tone 5

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

C. Sunday Troparia (Tone 5) x2

Let us, the faithful, praise and worship the Word/ co-eternal with the Father and the Spirit/ Born for our salvation from the Virgin,/ for He willed to be lifted upon the Cross in the flesh/ to endure death and to raise the dead/ by His glorious Resurrection.

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:

We praise the Cross of the Lord, we honour His holy burial with hymns, and we greatly glorify His resurrection, for as God with Himself He raised the dead up from the graves, having captured the dominion of death and the might of the devil; and He shone light upon those in hades.

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

Declared to be dead, O Lord Who didst slay death, Thou wast laid in a tomb, O Thou Who emptied the graves. Above, soldiers kept guard over Thy sepulcher, while below Thou didst raise up the dead from ages past. O almighty and unapproachable Lord, glory be to Thee!

G/B... Rejoice! Thou impassable gateway of the Lord; Rejoice! Thou wall and protection of those who take refuge in Thee; Rejoice! Thou haven untroubled by storms; Rejoice! Thou who hast not known wedlock/ and who hast borne Thy Son and Maker and God in the flesh. Fail not in thy intercession on behalf of those who sing the praises of and worship thy Son.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

O Lord, after Thy resurrection on the third day and the worship of the apostles, Peter cried out to Thee: "The women showed courage, but I was afraid. The thief uttered theology, but I denied Thee. And dost Thou now call upon me to be Thine apostle still? Or wilt Thou show me again to be a fisher of the deep? Yet do Thou accept me, who repent, O God, and save me!"

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

O Lord, the iniquitous nailed Thee in the midst of condemned criminals, and pierced Thy side with a spear, O Merciful One! Thou didst accept burial, Who broke down the gates of hades, and didst rise again on the third day. The women hastened to behold Thee, and announced Thine arising to the apostles. O supremely exalted Saviour, Whom the angels hymn, O blessed Lord, glory be to Thee!

G/B... O Theotokos, unwedded Bride, who hast transformed the grief of Eve into joy, we, the faithful, hymn and bow down before thee, for thou hast led us out of the ancient curse. And now, pray thou unceasingly, O most hymned and all-holy one, that we be saved.

R. Psalm 118

C. Evlogitaria (Blessed art Thou, O Lord...)

P. Small Ectenia

R. Ypakoe:

The myrrh-bearing women, their minds dazzled by the sight of the angel and their souls enlightened by Thy divine Resurrection, preached the good tidings to the Apostles: "O spread among the nations the news of the Resurrection of the Lord, He, Who works wonders and grants us His great mercy."

Hymn of Degrees: (Antiphon One)

When I am filled with sorrow, I sing unto Thee like David, O my Saviour: Deliver my soul from a lying tongue.

Blessed is the life of those in the wilderness, who soar aloft on wings of love divine.

G/B... By the Holy Spirit are sustained all things, visible and invisible; for, Himself possessed of dominion, He is truly One of the Trinity.

Hymn of Degrees: (Antiphon Two)

Ascend into the mountain, O my soul and go thither from whence cometh our help.

Let Thy right hand, which toucheth me, O Christ, preserve me from all deception.

G/B... Theologizing concerning the Holy Spirit, let us say: Thou art God, Life, Love, Light and understanding! Thou art Goodness and Thou reignest forever!

Hymn of Degrees: (Antiphon Three)

Full of great Joy, I send up supplications for those who have said to me: Let us enter into the courts of the Lord.

Awesome things are wrought in the house of David; for there is found the fire which burneth up every shameful thought.

G/B... To the Holy Spirit, by Whom every living thing is made animate, is due the dignity of the Bestower of life, as to the Father and the Word.

P. Prokimenon: (Tone 5)

Arise, O Lord, my God, let Thy hand be lifted high; for Thou shalt be King forever.

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

C. Let every breath praise the Lord.

P. GOSPEL #5

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: Bringing battles to naught with His upraised arm, / Christ hath overthrown horse and rider / in the Red Sea, / and hath saved Israel, // who chanteth a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

The thorny assembly of the Jews, devoid of maternal love for Thee, their Benefactor, O Christ, crowned Thee with thorns, Who lifted the thorny sentence of our first father.

Bending down, O Bestower of life, Thou raised me up who had fallen into the pit; and having endured my fetid corruption without partaking thereof, O Christ, Thou hast made me fragrant with the myrrh of the divine Essence.

Theotokion

The curse hath been annulled; grief hath ceased! For she who is blessed and full of grace hath shone joy forth upon the faithful, causing Christ to blossom forth as a blessing upon all the ends of the earth.

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: O Christ Who by Thy command fixed the earth upon naught/ and suspended its weight unsupported;/ establish Thou Thy Church/ upon the immovable rock of Thy commandments,// O Thou Who alone art good and lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

They who sucked honey from a rock when Thou didst work a miracle in the desert, O Christ, gave Thee gall to eat; the ungrateful children of Israel gave Thee vinegar in return for manna, repaying thus Thy benefactions.

They who of old were covered by the cloud of light placed Christ, our Life, in the tomb; yet He hath arisen through His own power and from on high hath given to all the faithful the effulgence of the Spirit, which mystically overshadoweth them.

Theotokion

Thou, O Mother of God, gavest birth without knowing union, and without the pangs of motherhood, unto Him Who shone forth from the incorrupt Father; wherefore, in Orthodox manner we proclaim thee the Theotokos, for thou gavest birth unto the incarnate Word.

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: Perceiving Thy divine condescension prophetically, O Christ,/ Habakkuk cried out to Thee with trembling:/ Thou art come for the salvation of Thy people,// to save thine anointed ones!

Glory to Thy Holy Resurrection, O Lord.

O Good One, with a tree Thou didst sweeten the bitter waters of Marah, prefiguring Thine all-precious Cross, which doeth away with the taste of sin.

O my Saviour, Thou didst receive a Cross in exchange for the tree of knowledge and gall for sweet food, and thou didst pour forth Thy divine blood for the corruption of death.

Theotokion

Without physical joining thou didst incorruptibly conceive within thy womb, and gavest birth without pain; and having given birth unto God in the flesh, thou wast preserved a virgin even after birthgiving.

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: O Thou Who art clothed in light as with a garment:/ I rise at dawn unto Thee, and to Thee do I cry:/ Enlighten Thou my gloom-enshrouded soul, O Christ,// in that Thou alone art compassionate!

Glory to Thy Holy Resurrection, O Lord.

Of His own will the Lord of glory hangeth ignominiously upon the Tree in inglorious form, ineffably taking thought of divine glory for me.

Having tasted of the corruption of death in the flesh without suffering corruption, O Christ, Thou didst clothe me in incorruption, having shone forth from the tomb on the third day.

Theotokion

Having seedlessly given birth for us to Christ, our righteousness and deliverance, O Theotokos, thou didst rid the nature of our first father of the curse.

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: O Christ Master,/ still Thou the sea of the passions/ which rageth with a soul-destroying tempest,/ and lead me up from corruption,// in that Thou art compassionate.

Glory to Thy Holy Resurrection, O Lord.

The progenitor of our race stumbled headlong into corruption, having tasted of the forbidden food, O Christ our Master; but he hath been led up to life, through Thy suffering.

Thou, O our Life, didst go down into hades, and having become corruption for the corrupter, O Christ our Master, Thou didst pour forth resurrection through corruption.

Theotokion

The Virgin gave birth, and having given birth hath remained pure. The Virgin Mother hath truly borne in her arms Him Who holdeth all things.

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 supremely exalted Lord of our fathers/ quenched the flame
 and bedewed the children,/ who sang together:// Blessed art
 Thou, O God.

Glory to Thy Holy Resurrection, O Lord.

Clad in flesh like bait on a hook, by Thy divine power thou didst draw
 the serpent down, leading up those who cry: Blessed art Thou, O God!

The Infinite One, Who brought the immense structure of the earth into
 being, in the flesh is covered in the tomb. Unto Him do we all sing:
 Blessed art Thou, O God!

Theotokion

O most immaculate one, thou gavest birth to the incarnate God, one
 Hypostasis in two natures, Unto Him do we all sing: Blessed art Thou, O
 God!

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: The children, forming a universal chorus in the furnace,/ chanted to Thee, the Creator of all:/ Hymn the Lord, all ye works,// and exalt Him supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

Thou didst pray concerning Thy voluntary and saving passion as though it were a cup which Thou didst not desire; for Thou bearest two wills, according to each of Thy two natures, O Christ, forever.

At Thine all-accomplishing descent, O Christ, hades, mocked, spewed forth all whom it had lured by deceit into death from of old, and they exalt Thee supremely for all ages.

Theotokion

All of us, the works of the Lord, bless and supremely exalt thee for all ages, as her who, in manner past understanding, gave birth to the Lord as God and man at the word of the archangel, and doth remain a virgin.

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 **Off**spring 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 fore**ver**.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Rejoice, O Isaiah! / The Virgin hath conceived in her womb / and borne a Son, Immanuel, / both God and man. / Orient is His name; // and magnifying Him, we call the Virgin blessed.

Glory to Thy Holy Resurrection, O Lord.

Thou didst take up fallen man, O Christ, through the Virgin's womb uniting Thyself wholly unto him without partaking of the least sin; and by Thine all-pure sufferings Thou didst free him wholly from corruption.

By the divinely flowing blood poured forth from Thine all-pure and life-creating side, O Christ our Master, the sacrifices of the idols were brought to an end, and the whole earth offereth Thee the sacrifice of praise.

Theotokion

It is not the incorporeal God nor a simple man whom the pure and undefiled Maiden brought forth, but a perfect Man and the truly perfect God. Him do we magnify with the Father and the Spirit.

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 Five (Luke 24:12-25)

Christ, the Life and the Way, risen from the dead, accompanied Cleopas and Luke on their way and He was made known to them at Emmaus at the breaking of the bread. And their souls and hearts were on fire when He spoke to them on the way and He interpreted to them the Scriptures and the things He had endured. Let us cry with them: "He is risen and has appeared to Peter."

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 5 Stichera

Let every bre-ath **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 abyesses, 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. After the tomb was sealed by the evildoers,/ Thou, Lord, didst proceed from it,/ just as Thou didst come forth from the **Virgin**./ Thy bodiless angels had no knowledge of the manner of Thine **Incarnation**:/ Neither were the watch who guarded Thee aware of the moment of Thy **Resurrection**./ For both the one and the other were concealed from those who **questioned** these things,/ but were made manifest as miracles to those who acclaimed with faith the **Mystery**.// Grant us, who praise it, **joy** and great **mercy**.

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

2. After **breaking** the **eternal** chains/ and bursting the bonds **asunder**,/
Thou didst rise, O **Lord**, from the tomb,/ leaving Thy grave clothes
behind Thee as **witness**/ to Thy having been truly buried for **three**
days;/ and Thou, Who wast in the cave with a guard watching **over** Thee/
didst go forward into **Galilee**./ Great is Thy mercy, O incomprehensible
Saviour:// Have **mercy** upon us.

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

3. The **women**, O Lord, hastened **to** the tomb,/ so as to see Thee, O Christ,
Who **suffered** for us,/ and when they reached it they found an angel
seated **upon** the stone,/ who cried out to them, as they started **back**
with dread:/ The Lord is risen, tell the **disciples**// that He is risen
from the dead, **saving** our souls.

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

4. As **Thou** didst go forth from the **sealed** tomb,/ so didst Thou, O Lord,
enter when the **doors** were closed/ and stand in the midst of Thy
disciples/ showing them the marks of Thy Passion, O long-suffering
Saviour./ Born of the seed of David, having **endured** the stripes,/ Thou
as Son of God hast set the **world** free./ Great is Thy mercy, O
ineffable Lord:// Have **mercy** upon us.

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

5. O **Lord**, King of the ages and **Maker** of all,/ Thou didst accept for our
sakes to be **crucified**/ and buried in the flesh, so as to free us **all**
from hell.// Thou art our God, none other do we **know**, but Thee.

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 **captiv**e,/ **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:

Today is salvation come unto the world; let us sing to Him Who arose from the tomb, and is the Author of our life. For having destroyed death by death, He hath given us the victory and great mercy.

P. Litanies
Dismissal

C. G/B... Gospel Sticheron (Tone 5)

How **wise**, O Christ, are Thy **judgments**!/ How by the grave clothes lying alone, Thou hast given Peter to understand Thy Resurre**ction**!/ And **Thou** hast conversed on the way with Luke and Cleopas,/ and while **conversing**, Thou hast not straightway made Thyself **manifest**./ Therefore hast Thou been reproached as being only a stranger in Jerusalem/ not **sharing** to the end in her **counsels**./ But **dispensing** all things for the expedience of the **creature**,/ Thou hast unfolded the prophecies **concerning** Thee/ and **made** Thyself known to them by the **blessing** of the bread./ And their **hearts** were set on fire by **knowledge** of Thee./ And they already plainly proclaimed Thy Resurrection to the assembled **disciples**.// Through which have **mercy** upon us.

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 5

V. Of Thy mercies, O Lord, will I sing forever; unto generation and generation will I declare Thy truth with my mouth.

V. For Thou hast said: Mercy shall be built up for ever; in the heavens shall Thy truth be established.

Alleluia for St. Gregory (Tone 2)

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

Instead of "It is Truly Meet..." do "All creation rejoiceth..."

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