

SUNDAY 24 MARCH 2019
+ Sunday of Gregory Palamás
Artémon, Bishop of Seléfkia
Forefeast of the Annunciation
42nd Sunday Tone 2 & Eothinón 10

VESPERS

Lord I have cried

Tone 2

O Lord, I have cried to you, listen to me;
O Lord, listen to me.

O Lord, I have cried to you, listen to me;
Note the voice of my plea when I cry to you.
O Lord, listen to me.

² Let my prayer be directed before you like incense,
the raising of my hands be an evening sacrifice.
O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.
Come and worship the Word of God *who was* begotten by the Father
before all ages and became incarnate from the Virgin Mary. When
he had endured the cross, he was buried, as he himself desired.
When he rose from the dead, he saved me, for I had strayed.

S9: The just will wait for me until you reward me.
Christ our Saviour nailed the bond against us to the cross; he made it
of no effect and destroyed the power of death. We fall down before
his resurrection on the third day.

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
Together with the archangels, let us praise the resurrection of Christ.
He is our Saviour and Redeemer. He is coming with awesome glory
and mighty power to judge the world which he formed.

S7: Let your ears note the voice of my plea.
The angel proclaimed you as the crucified and buried Master. He
said to the women, "Come and see the place where he lay. He has
risen, as he said, for he is almighty." Only immortal *Lord*, we
worship you. O Christ, Giver of life, have mercy on us.

Tone 4

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
The mystery which was hidden from all eternity and unknown even
to the angels, is now entrusted to the Archangel Gabriel. O precious
Vessel, he will come to you and salute you as he joyfully cries, "Hail,
O pure Dove! Hail, all holy *Lady*! Prepare to conceive the Word of
God by your word."

S5: O Lord, I have waited for you for your name's sake;
my soul has waited for your word,
my soul has hoped in the Lord.
O Master, the Palace of Light, the womb of the undefiled child of
God, is ready for you. Come down to her; descend to visit your
fallen world which is held in bitter slavery to the jealous enemy.
Many ages have passed since its beauty was destroyed. O Lord,
hurry to descend to earth; come to rescue us from the way of death.

S4: Let Israel hope in the Lord from morning watch until night,
from morning watch.
All-blameless *Lady*, Gabriel the archangel comes to you; he will
greet you as he joyfully cries, "Hail, O rescue from condemnation!
Hail, O chosen vessel made perfect for God! Hail, O life-bearing
dawn of the endless Day! The Lord whom the heavens cannot
contain is pleased to live in you.

Tone 2

S3: For there is mercy with the Lord
and abundant redemption with him.
He will redeem Israel from all his offences.

1

What hymns of praise can we sing to honour the holy bishop? He is
the trumpet of theology, the flaming mouthpiece of grace, the
honourable receiver of the Spirit, the unshaken pillar of the Church,
the great joy of the inhabited earth, the river of wisdom, the
candlestick of light and the brilliant star who has made all creation
radiant.

S2: Every nation, praise the Lord;
every people, acclaim him!

What words of song can we weave as a garland so that we may
crown the holy bishop? He is the champion of true devotion, the
adversary of irreverence, the fervent protector of the faith, the great
guide and teacher, the well-tuned harp of the Spirit, the golden
tongue, the fountain flowing with waters for healing the faithful, and
the great and honourable Gregory.

S1: For his mercy is strengthened over us
and the truth of the Lord remains for ever.

With what words can we, who live 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 *and* the chief
adornment of the monastic life. He is known both in action and
contemplation, and is the glory of Thessalonica. Now he lives for
ever in heaven, together with the great martyr Demetrios from that
same city, where his relics flow with the oil of healing.

Glory: Tone 2

Today Gabriel announces the good news to the one who is full of
grace, "Hail, unwedded maiden! Do not be not struck with dismay
by my strange form or be afraid; I am an archangel. Most pure *Lady*,
once the serpent tricked Eve, but now I announce to you the good
news of joy. You will remain inviolate and yet give birth to the
Lord.

Both now: Tone 2

The shadow of the Law passed when grace came. As the bush
burned, yet was not consumed, so the Virgin gave birth, yet remained
a virgin. The Sun of justice has risen instead of a pillar of flame and
Christ, the salvation of our souls, instead of Moses.

Phos Ilarón

P/D: Wisdom! Stand upright!
O Jesus Christ, joyful light of the holy glory
of the immortal, heavenly, holy, blessed Father,
when we come to the setting of the sun
and see the light of evening,
we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you
with voices of praise,
O Son of God *and* Giver of life.
Therefore the world glorifies you.

Prokeímenon

P/D: The Evening Prokeímenon
R: The Lord reigns *and* is clothed with majesty.
S1: The Lord has put on power and clothed himself.
S2: He founded the world, which will not be moved.

Ektení

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you,
O Lord, God of our fathers! Praised and glorified be your name for
ever. Amen. O Lord, let your mercy be on us, for we have hoped in
you. Blessed are you, O Lord; teach me your statutes. Blessed are
you, O Master; make me understand your statutes. Blessed are you,
O Holy *One*; enlighten me with your statutes. O Lord, your mercy
lasts for ever; do not overlook the work of your hands. To you
belongs worship, to you belongs praise, to you belongs glory, to the
Father, the Son and the Holy Spirit, both now and ever, and to ages
of ages. Amen.

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit
D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. *Amen.*

Apósticha

Tone 2

O Christ our Saviour, your resurrection has enlightened the whole inhabited earth and recalled your creation. O almighty Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. *Ps 92*
O Saviour, you destroyed the curse of the tree by the tree and killed the majesty of death by your burial. You have enlightened our race through your resurrection. O Giver of life, Christ our God, glory to you!

S2: For he founded the world which will not be moved. *Ps 92*
O Christ, when you were observed as you were nailed to the cross, you restored the beauty of your creatures. The soldiers showed their inhumanity when they pierced your side with a spear. The Hebrews, who did not understand your power, asked for your tomb to be sealed, but you accepted the grave and rose on the third day in the mercy of your compassion. O Lord, glory to you!

S3: O Lord, holiness is right for your house to length of days. *Ps 92*
O Christ, Giver of life, you willingly endured the passion for the sake of the dead. You descended into Hades as the mighty *Lord* to save those who waited for your coming and granted them the life of Paradise instead of Hades. Grant also to us, who glorify your resurrection on the third day, cleansing from our sins and great mercy.

Glory: Tone 6

Thrice-blessed saint, most holy father, excellent pastor and great shepherd, disciple of Christ, you have laid down your life and soul for the sheep. Now, O God-bearing Gregory, plead with our Father to grant us great mercy through your intercessions.

Both now: Tone 2

Today the eternal mystery is revealed: the Son of God becomes the Son of Man. He makes me share in perfection by sharing in imperfection. In the past Adam, who wanted to become God, disobeyed, but failed. Now God becomes incarnate to make Adam godlike. Let creation rejoice and nature joyfully sing, for the Archangel stands before the Virgin with great deference and greets her with the good news which banishes our grief. Our God, in your merciful pity you took flesh; glory to you!

Song of Simeon

B/P: O Master, now let your servant depart in peace
according to your word,
² for my eyes have seen your salvation,
which you have prepared before all peoples,
³ a light of revelation for *the* nations
and *the* glory of your people Israel.

Triságon Prayers**Apolytikia**

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

Tone 8

O Light of Orthodoxy, teacher of the Church and its confirmation, ideal of monks and invincible champion of theologians, wonder-

working Gregory, glory of Thessalonica, and preacher of grace, continually intercede before the Lord that our souls may be saved.

Tone 4

Today is the herald of joy for the inhabited earth. Let us anticipate the feast and celebrate with joy. Gabriel is on his way to announce the glad news to the Virgin; he is ready to cry out in fear and wonder, "Hail, O Lady full of grace; the Lord is with you!"

Dismissal**ORTHROS****God is the Lord Ps 117**

R: God is the Lord and has appeared to us.
Blessed is the one who comes in the Lord's name. *Ps 117*
S1: Thank the Lord, for he is good,
for his mercy lasts for ever.
S2: All the nations surrounded me,
but I opposed them in the Lord's name.
S3: This *is* the Lord's doing
and it is wonderful in our eyes.

Apolytikia

Tone 2

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O Light of Orthodoxy, teacher of the Church and its confirmation, ideal of monks and invincible champion of theologians, wonder-working Gregory, glory of Thessalonica, and preacher of grace, continually intercede before the Lord that our souls may be saved.

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Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

Kathisma 1

Tone 2

The noble Joseph took down your most pure body from the tree and wrapped it in fine linen. He anointed it with spices and laid it for burial in a new tomb. But, O Lord, you rose on the third day and granted the world great mercy.

Glory:

The angel stood at the tomb and cried to the myrrhbearing women, "Myrrh is correct for the dead, but Christ has revealed himself a stranger to corruption, so proclaim that the Lord is risen and grants the world great mercy."

Both now:

O Virgin Theotokos, you are most glorious. We praise you, for Hades has been laid low and death has been slain through the cross of your Son. We were dead in sin, but have risen and been granted life. We have obtained Paradise, our former delight, therefore we thank and glorify Christ our God, for he alone is mighty and great in mercy.

Kathisma 2

You did not prevent the stone of the tomb from being sealed; you rose and granted the rock of faith to everyone. O Lord, glory to you.

Glory:

The choir of the disciples, joined the myrrhbearing women and rejoiced in unison. Therefore, together with them, we keep the feast to glorify and honour your resurrection. O Lord and Lover of the human race, grant your people great mercy through them.

Both now:

O Virgin Theotokos, you are most blessed, for Hades has been captured through the *Lord* who was born from you. Adam has been recalled, the curse has been annulled, Eve has been set free, death has been slain and we have been granted life. Therefore we cry, "Blessed is Christ our God, who was so well-pleased! Glory to you!"

Evlogitária

Blessed are you, O Lord; teach me your statutes. The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes. The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes. The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes. The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:

We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:

O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)
O our God and our hope, glory to you.

Small Litany

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. *Amen*

Ypakói

Read without note

O Christ our God, the women went to the grave in order to anoint your body after the Passion. They saw angels in the tomb and were afraid, for they heard them say, "The Lord has risen and grants the world great mercy.

Anaváthmi Tone 2

Antiphon 1 Ps 122

O Saviour, I raise the eyes of my heart towards you;
save me with your illumination.

O my Christ, have mercy on us,
for we frequently and at every hour give you grief;
give us the means to turn back to you before the end.

Glory: Both now:

The rule, blessing and control of creation are the Holy Spirit's
for he is God, consubstantial with the Father and the Word.

Antiphon 2 Ps 123

If the Lord were not among us,
who could be protected from the murderous enemy?

O Saviour, do not hand over your servant to their teeth.
They move against me like a lion,
for they also are my enemies.

Glory: Both now:

The first cause of life and regal honour is the Holy Spirit's,
for as God, he gives all creatures power,
and guards them in the Father and the Son.

Antiphon 3 Ps 124

Those who put their trust in the Lord are like the Holy Mountain;
they are never shaken by the attacks of Beliar.

Do not let those who live for God
stretch out their hands to lawless deeds,
for Christ will not set aside the rod for his inheritance.

Glory: Both now:

All wisdom streams from the Holy Spirit.
Grace comes from him to the Apostles;
the Martyrs are crowned for their struggles
and the Prophets are given vision.

Prokeímenon Ps 7

R: O Lord my God, rise at the order which you have commanded.
and an assembly of people will gather round you.

S: O Lord my God, I have hoped in you.

Small Litany

For you are the King of Peace and Saviour of our souls, and we send up glory to you, to the Father, the Son and the Holy Spirit, always, now and for ever, and to the ages of ages. *Amen*

Kontákion

Read without note

O almighty Saviour, Hades became afraid when it saw the miracle of your resurrection from the tomb. The dead rose and creation, together with Adam, saw this and rejoiced together with you. My Saviour, the world praises you for ever.

Íkos

O Saviour, you are the light of those in darkness; you are the resurrection of everyone and the life of mortals. O Word, when you despoiled the might of death and shattered the gates of Hades, you raised us all with you. O Lover of the human race, the dead saw this and wondered at the miracle and all creation rejoiced together at your resurrection. Therefore, my Saviour, we also glorify and praise your condescension and the world praises you for ever.

Synáxarion

Today we remember our renowned father Artémon, Bishop of Seléfkia, who lived during the First and Second Centuries. He was converted by Paul and died in peace. On the Twenty Fourth Artémon was introduced into Eden.

Together with him we remember:

Recluse Zachariah C13-14

Hieromartyr Parthenios III of Constantinople C17

Ypómnia

Today on the second Sunday of the Great Fast, we commemorate our holy father Gregory, Archbishop of Thessalonica, who is known as Palamás. He became a monk of Athos where he grew into Hesychasm. In 1333 this was denounced by Barlaam, a southern Italian theologian, who felt that the idea of man being able to see the uncreated light denied the transcendence and unity of God. Gregory countered with his trilogy "The Triads." For his pains he was excommunicated, but in 1351 a council held at Constantinople vindicated him. Truly the great preacher of the marvellous and brilliant light has now been guided by the Source of Splendour to the unfading Light. Therefore, O God, have mercy on us and save us, through his intercessions. Amen.

Katavasías

I: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy to receive crowns of glory in your mercy.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, "Glory to your power, O God!"

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, "Blessed are you, most praised Lord, the God of our fathers."

8: Let us praise, bless and worship the Lord. The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, "All you works of the Lord, bless the Lord and exalt him above all for ever.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*
Praise God in his saints;

praise him in his mighty firmament. *Ps 50*

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

Eothinón Gospel 10

From the Holy Gospel according to John (21:1-14)

At that time Jesus revealed himself again to the disciples by the Sea of Tiberias; and he revealed himself in this way. ² Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. ³ Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat; but that night they caught nothing. ⁴ Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. ⁵ Jesus said to them, "Children, have you any fish?" They answered him, "No." ⁶ He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. ⁷ That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. ⁸ But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. ⁹ When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. ¹⁰ Jesus said to them, "Bring some of the fish that you have just caught." ¹¹ So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. ¹² Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³ Jesus came and took the bread and gave it to them, and so with the fish. ¹⁴ This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

R: Glory to you, O Lord, glory to you.

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.

⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,

⁵ for I know my lawlessness
and my sin is always before me.

⁶ I have sinned against you alone
and done what is evil before you

^{6b} so that you might be right in your words
and overcome when you are judged,

⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,

⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.

⁹ You will sprinkle me with hyssop and I will be clean;
you will wash me and I will become whiter than snow.

¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.

¹¹ Turn your face from my sins
and wipe out all my lawlessness.

¹² O God, make a pure heart within me
and renew an upright spirit within me.

¹³ Do not banish me from your presence
or remove your Holy Spirit from me.

¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.

¹⁵ I will teach the lawless your ways
and the ungodly will return to you.

¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.

¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,

¹⁸ for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.

¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.

²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,

²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

O Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, "O God, have mercy on me according to your great mercy."

Intercession

Short form

P/D: O God, save your people and bless your inheritance. Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of our holy father Gregory Palamás, our renowned father Artémon and of all the saints. We ask you, only merciful Lord, "Listen to us sinners as we pray to you, and have mercy on us."

Lord have mercy. X12

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.
You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

² For he has regarded his servant's humility;
see, from now all generations will call me blessed. R:

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

⁴ He has accomplished strength with his arm
and scattered the proud in the imagination of their hearts. R:

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

⁶ He has helped his servant Israel
in remembering his mercy,
as he spoke to our fathers,
to Abraham and his seed for ever. R:

9: Let every earthborn mortal spiritually rejoice and carry lamps. be radiant and spiritually leap for joy. Let the ranks of angelic powers celebrate as they honour the sacred wonders of the Theotokos and cry, "Hail, O pure and blessed Ever-virgin who gave birth to God!"

Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X3
Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

Tone 6

The sons of Zebedee, together with Peter, Thomas, Nathaniel of Cana and two other disciples, were fishing in the Sea of Tiberius. At Christ's command they cast the net on the right side and hauled in many fish. Peter recognised him and swam to him. Then Jesus took bread and fish, and gave it to them. This was the third time that he was revealed to his disciples.

Hail, O pride of the fathers, mouthpiece of those who speak in theology, home of gentle peace, house of wisdom, leader of teachers and sea of intellect! Hail, O instrument of work, fulfilment of vision

and healer of human illness! Hail, O father, treasure of the Spirit, both in your life and your death!

All-pure Virgin, we offer you the treasure of those who live in poverty as a present on the forefast. O Lady, we present you with our hymns, prayers, tears, fasting, purity, self-control and humility as we ask you to help us.

Praises

Tone 2

Let everything with breath
praise the Lord.

Praise the Lord from the heavens;
praise him in the heights.

To you, O God, is due a song.

Praise him, all his angels;
praise him, all his powers.

To you, O God, is due a song.

S8: This glory will be for all his holy ones.

O Lord, everything with breath glorifies you. For you, the only Lover of the human race, have destroyed death by your cross and revealed to the peoples your resurrection from the dead.

S7: Praise God in his saints;
praise him in his mighty firmament.

Do the Jews say that the soldiers who guarded the King destroyed him instead? Do they say that the stone did not preserve the Rock of life? Either let them give up the buried *Lord* or adore with us the one *who has* risen with us and say, "Glory to your great mercies! O Saviour, glory to you!"

S6: Praise him for his mighty *deeds*;
praise him for the abundance of his majesty.

O people, rejoice and be glad! An angel sitting on the stone has announced to us the glad news and said, "Christ, the Saviour of the world, has risen from the dead and filled everything with sweet fragrance." O people, rejoice and be glad!

S5: Praise him with the trumpet sound;
praise him with lute and harp.

O Lord, before your conception an angel came with the greeting, "Hail!" to the *Lady* who was full of grace and an angel rolled the stone from your glorious tomb at your resurrection. The one announced the signs of joy in place of sorrow, the other proclaimed to us the life-giving Master in place of death. Therefore we cry out to you, "O Lord and Benefactor of all, glory to you!"

Properly sticherá from the Small Vespers of 25 March are chanted here. The following sticherá are from the Triódion

Tone 1

S4: Praise him with cymbal and dance;
praise him with strings and flute.

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

O Bishop Gregory, you led a blessed life in the world, therefore you now rejoice with the throng of the blessed. You inherited the land of the meek as someone who is humble. You were enriched by God with the grace of miracles which you now grant to those who honour you.

S2: The mouth of the just will think about wisdom
and his tongue speak about judgement Ps 36

O blessed *father*, you planted Orthodox doctrines, uprooted the thorns of evil opinion, caused the plant of faith to grow well with the rain of your teachings and offered to God fruit increased by a hundred, for you were a good farmer.

S1: O Lord, your priests will be clothed with justice
and your holy ones will rejoice. Ps 131

O blessed *father*, the ranks of angels and the assemblies of men were amazed at the splendour of your blameless life, for, by your own choice, you revealed yourself as a firm contender, an ascetic, a worthy bishop, a servant of God and his chosen friend.

Glory: Tone 6

O Christ, you shine out to enlighten those who walk in the darkness of sin in this season of abstinence. Bring us to the holy day of your passion so that we may cry out to you, "O God, rise and have mercy on us."

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!
glory to God in the highest!
Peace on earth and goodwill to men!

- ² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,
³ O Lord King, heavenly God, almighty Father,
O Lord, only-begotten Son, Jesus Christ,
and you, O Holy Spirit!
⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;
have mercy on us,
for you take away the sin of the world.
⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.
⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.
⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144
⁸ O Lord, allow us this day
to be guarded from sin.
⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified be your name for ever. Amen. Daniel 3
¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.
¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118
¹² O Lord, you have been our refuge
from generation to generation. Ps 89
I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40
¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142
¹⁵ For with you is the source of life
and in your light we will see light. Ps 35
¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

S1: It is good to thank the Lord
and make melody to your name, O Most High.

R: At the prayers of the Theotokos, Saviour, save us!

S2: To announce your mercy in the morning
and your truth by night,

S3: For the Lord our God is upright
and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself,

R: Save us, O Son of God.
You arose from the dead
We sing to you, "Alleluia!"

S2: For he founded the world
which will not be moved.

S3: Your throne *was* made ready in the past;
you are from eternity.

Monogenes

Antiphon 3 Ps 94

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.

R: O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms,

S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

Come, let us worship and fall down before Christ.

Save us, O Son of God.
You arose from the dead.
We sing to you, "Alleluia!"

Apolytikia

Tone 2

O immortal Life, when you went down to death you destroyed Hades with the lightning flash of your Divinity. When from the depths you raised the dead, all the powers of heaven cried out, "O Giver of life, Christ our God, glory to you!"

Tone 4

Today is the herald of joy for the inhabited earth. Let us anticipate the feast and celebrate with joy. Gabriel is on his way to announce the glad news to the Virgin; he is ready to cry out in fear and wonder, "Hail, O Lady full of grace; the Lord is with you!"

Tone 8

O Light of Orthodoxy, teacher of the Church and its confirmation, ideal of monks and invincible champion of theologians, wonder-working Gregory of Thessalonica, and preacher of grace, continually intercede before the Lord that our souls may be saved.

Of the Church

Kontáktion

Tone 4

O pure Theotokos, through the descent of the Holy Spirit at the voice of the archangel, you conceived the one who is equal in being and glory with the Father and is the Resurrection of Adam.

Triságion

Prokeímenon Ps 11 Tone 5

R: O Lord, you will keep us and preserve us.
S: O Lord, save me, for the devout man has failed.

Apóstolos

From the Letter of Paul to the Hebrews (1:10-2:3)
You, Lord, founded the earth in the beginning, and the heavens are

the work of your hands; ¹¹ they will perish, but you remain; they will all grow old like a garment, ¹² like a mantle you will roll them up, and they will be changed. But you art the same, and your years will never end. ¹³ But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for your feet"? ¹⁴ Are they not all ministering spirits sent out to serve, for the sake of those who are to obtain salvation? ¹ Therefore we must pay closer attention to what we have heard in case we drift away from it. ² For if the message declared by angels was valid and every offence or disobedience received a just retribution, ³ how shall we escape if we neglect so great a salvation? It was declared at first by the Lord and it was attested to us by those who heard him,

Alleluia Ps 88 Tone 5

S1: O Lord, I will sing about your mercies for ever.

S2: For you have said, "Mercy will be built up for ever."

Gospel

From the Holy Gospel according to Mark (2: 1-12)

At that time Jesus returned to Capernaum and it was reported that he was at home. ² And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. ³ And they came, bringing to him a paralytic carried by four men. ⁴ And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. ⁵ And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." ⁶ Now some of the scribes were sitting there, questioning in their hearts, ⁷ "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" ⁸ And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? ⁹ Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' ¹⁰ But that you may know that the Son of man has authority on earth to forgive sins" -- he said to the paralytic -- ¹¹ "I say to you, rise, take up your pallet and go home." ¹² And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Communion Ps 148

Praise the Lord from the heavens;
praise him in the heights. Alleluia!