

SUNDAY 8 MARCH 2026
+ Sunday of Gregory Palamás
Confessor Theophyláktos of Nikomedia C9
39th Sunday Tone 6 & Eothinón 6

VESPERS

Lord I have cried

Tone 6

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.
O Christ, you were victorious over Hades. You ascended the cross
and raised with you those who sat in the shadow of death, for you are
free among the dead and pour out life from your light. O almighty
Saviour, have mercy on us.

S9: The just will wait for me until you reward me.
Today Christ has trampled on death, for he has risen as he said and
granted joy to the world, so that we may all sing this hymn, "O
unapproachable Light, Source of life, almighty Saviour, have mercy
on us."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.

O Lord, where shall we sinners flee from you, for you are in all
creation? In Heaven? It is there that you live. In Hades? It is there
that you trampled on death. In the depths of the sea? Even there is
your hand, O Master. As we flee to you and fall down before you,
we pray, "You rose from the dead; have mercy on us."

S7: Let your ears note the voice of my plea.
O Christ, we glory in your cross. We sing and honour your
resurrection. For you are our God and we know no one else apart
from you.

S6: O Lord, if you mark offences, who will stand?
But there is forgiveness with you.
We will always bless the Lord and sing about his resurrection, for he
endured the cross, and trampled down death by death.

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 Lord, your might is great, for you overthrew the one with the
power of death! You have renewed us by your cross, and grant us
life and incorruption.

Tone 2

S4: Let Israel hope in the Lord
from morning watch until night,
from morning watch.

S3: For there is mercy with the Lord
and abundant redemption with him.

He will redeem Israel from all his offences.
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. X2

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

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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 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 6

Most holy Virgin, who will not bless you? Who will not sing about
your most pure childbearing? O pure *Lady*, the uniquely-fathered
Son shone timelessly from the Father, but was ineffably incarnate
from you. He was God by nature, but became man for our sake. He
was not divided into two persons, but known as one in two natures.
O honourable and all-blessed Lady, plead with him to have mercy on
our souls.

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.

Prokeimenon

P/D: The Evening Prokeimenon

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*.

Aposticha

Tone 6

O Christ our Saviour, the angels in heaven sing hymns to your resurrection. Enable us who are on earth to glorify you with purity of heart.

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92
You destroyed the gates of brass, broke the chains of Hades and raised the fallen human race, for you were almighty God. Therefore we cry out in unison, "O Lord, glory to you who rose from the dead!"

S2: For he founded the world which will not be moved. Ps 92
Christ who desired to restore us after our fall, was nailed to the cross and placed in a tomb. The myrrhbearing women sought him with tears and cried, "Woe to us, O Saviour! How do you stoop to live in the tomb? What place can hide your life bearing body? Come to us as you promised; take away our lamentation and tears." Then the angel appeared to them and cried, "End your lamentation. Go and proclaim to the apostles that the Lord has risen; he grants us pardon and great mercy."

S3: O Lord, holiness is right for your house to length of days. Ps 92
O Christ, you have been crucified as you determined and you captured death by your burial. You rose on the third day as God in glory, and have granted the world eternal life and great mercy.

Glory: Tone 8

Your tongue was watchful in teaching, rang in the heart and woke the souls of men from slothfulness. We find a ladder which leads us from earth to heaven through your divinely-sounding word. Therefore, O Gregory, wonder of Thessalonica, continually plead with Christ to enlighten those who honour you.

Both now:

O unwedded Virgin, O Mother of the Most High God, you ineffably conceived God in the flesh, so accept the cries of your servants. O blameless *Lady*, grant cleansing from offences for everyone, receive our prayers and pray that our souls may be saved.

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 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; 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.

As the *Lord* who called your mother blessed, you willingly came to the passion. You shone on the cross, wanted to recall Adam and said to the angels, "Rejoice with me, for the lost coin has been found." Our God, you have ordered everything in wisdom; glory to 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 6

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Tone 8

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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 6

When the tomb was opened, Hades lamented and Mary cried to the Apostles *who were* in hiding, "O workers of the vineyard, come out and proclaim the word of the resurrection, 'The Lord has risen and grants the world great mercy.'"

Glory:

Mary Magdalene stood beside your tomb and, because she thought that you were the gardener, said with loud lamentation, "Where have you hidden the Eternal Life? Where have you laid the one who sits on the throne of the Cherubim? Those who were guarding him have died with fright. Either give me my Lord or cry out with me, 'Glory to you, for you were among the dead, yet you made the dead rise!'"

Both now:

O Theotokos, Gideon foreshadowed your conceiving and David revealed your childbearing, for the Word descended into your womb like rain on the fleece. O holy *Lady*, full of grace, you brought into flower without seed the Salvation of the world; *he is* Christ our God.

Kathisma 2

Life lay in the tomb and the seal lay over the stone. The soldiers guarded Christ like a sleeping King. When he had invisibly struck his enemies, the Lord rose.

Glory:

O immortal Lord, Jonah prefigured your burial and Simeon foretold your divine resurrection. For you went down as a corpse into the tomb and shattered the gates of Hades. O Christ our God, Enlightener of those in darkness, you rose as Master without corruption for the salvation of the world.

Both now:

O Virgin Theotokos, pray to your Son, Christ our Lord, who was willingly nailed to the cross and rose from the dead so that he might save our souls.

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, you have shattered the gates of Hades as God and have opened to us the former Paradise by your voluntary and life-giving death. You have saved our lives from corruption by rising from the dead.

Anaváthmi Tone 6

Antiphon 1 Ps 122
O Word, I raise my eyes to you in heaven;
have pity on me so that I may live for you.
O Lord, have mercy on us who are of no worth
and restore your vessels for service.
Glory: Both now:
The cause of salvation is in the Holy Spirit;
if he decides to breathe on one of these,
he quickly raises him from earthly things, gives him wings,
makes him grow and gives him standing above.

Antiphon 2 Ps 123
If the Lord had not been among us,
none of us could have firmly struggled with the enemy,
but the victors will be exalted.
O Word, do not let my soul be taken like a sparrow in their teeth.
Alas! How can I, a lover of sin, be set free from the enemies?
Glory: Both now:
Everyone is made divine
and given joy, peace and blessing through the Holy Spirit,
for he is equally active with the Father and the Lord.

Antiphon 3 Ps 124
Those who trust in the Lord are fearful to their enemies
and objects of wonder to everyone,
for their vision is above.
O Saviour, the land of the just has you for helper

and will not extend its hands to do wrong.
Glory: Both now:
The power over everyone is vested in the Holy Spirit;
the hosts of heaven worship him as also every earthly breath.

Prokeímenon Ps 79

R: O Lord, stir up your power and come to save us.
S: O Shepherd of Israel, listen.

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

When Christ our God, the Giver of life, raised all the dead from the valleys of misery with his mighty hand, he granted resurrection to the human race. He is the Saviour of all, the Resurrection, Life and God of all.

Íkos

O faithful, let us praise and venerate the tomb of the Giver of Life. For you, immortal *Lord*, have bound Hades as Almighty God and raised the dead. You have destroyed death and shattered the gates of Hades. Therefore those of us who live on earth glorify you with love, for you have risen, overthrown the might of the all-destroying enemy, raised all those who have put their faith in you and rescued the world from the sting of the serpent. O Almighty *Lord*, you have saved us from the deceit of the enemy. Therefore we sing the praises of your resurrection through which you, who are the Resurrection, Life, and God of all, have saved us.

Synaxáριον

Today we remember the holy hieromartyrs, bishops of Cherson, who lived in the Fourth Century. They are Éphrem, Vasileos, Evgénios, Agathóros, Kapiton, Ethérios and Elpidios. The Bishop of Jerusalem sent a series of men to be missionary bishops in the Crimea. The first five were martyred. Then Ethérios managed to build a church there and live in peace. Finally Kapiton converted many people, survived a trial by fire, but was drowned in the river by the remaining pagans. The Seventh united in one feast the seven hierarchs who were victims of the same fate.

Together with them we remember:
Monk Paul the Simple of Egypt C4
Abbot Easterwine of Wearmouth C7
Bishop Paul the Confessor of Prusias in Bithynia C9

Ypómniμα

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

1: 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 6

From the Holy Gospel according to Luke (24:36-53)

At that time, when Jesus rose from the dead, he stood in the midst of his disciples, and said to them, "Peace be with you!"³⁷ But they were startled and frightened, and supposed that they saw a spirit.³⁸ And he said to them, "Why are you troubled, and why do questionings rise in your hearts?³⁹ See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have."⁴¹ And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?"⁴² They gave him a piece of broiled fish,⁴³ and he took it and ate before them.⁴⁴ Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled."⁴⁵ Then he opened their minds to understand the scriptures,⁴⁶ and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead,⁴⁷ and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem.⁴⁸ You are witnesses of these things.⁴⁹ And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high."⁵⁰ Then he led them out as far as Bethany, and lifting up his hands he blessed them.⁵¹ While he blessed them, he parted from them, and was carried up into heaven.⁵² And they returned to Jerusalem with great joy,⁵³ and were continually in the temple blessing God. Amen.

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 Archbishop Gregory-Palamas, of the holy hieromartyrs, bishops of Cherson, 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

O Saviour, when you rose from the grave, you revealed yourself as human by nature. You stood in the midst of the disciples, ate with them, and taught them about the baptism of repentance. Then you ascended to your heavenly Father after promising to send them the Advocate. Glory to your resurrection, most divine and incarnate God!

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!

O holy Virgin, the Author of creation and God of all, took flesh from your pure body. He renewed our corrupt nature, yet preserved you after giving birth as you were before. Therefore we all praise you in faith and cry out, "Hail Lady, Sovereign of the world."

Praises

Tone 6

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, your cross is life and resurrection for your people. We place our trust in it and praise you as our risen God. Have mercy on us.

S7: Praise God in his saints;
praise him in his mighty firmament.
O Master, your burial has opened Paradise for the human race. We have been rescued from corruption and praise you, our risen God. Have mercy on us.

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.
Let us praise Christ, together with the Father and the Spirit, *for he* has risen from the dead. Let us cry to him, "You are our Life and Resurrection, have mercy on us."

S5: Praise him with the trumpet sound;
praise him with lute and harp.
O Christ, you rose from the grave on the third day according to the Scriptures; you raised our forefather with you. Therefore the whole human race glorifies you and praises your resurrection.

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. After he had 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: The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; 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!"

Apolytikion

Tone 6

The angelic powers were at your tomb; the guards became like dead men. Mary stood beside your grave and sought your most pure body. You took Hades captive and came away from it unscathed. You met the Virgin and granted life. O Lord, you rose from the dead; 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.

Of the Church

Kontákion

Tone 8

O Theotokos, champion commander, I your city, saved from calamities, ascribe to you songs of victory and hymns of thanksgiving. Since you possess invincible might, free us from every danger, so that we may cry to you, "Hail, O bride unwedded!"

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!