

Vespers sung on Saturday 30th March 2024 for Sunday 31st March

Second Sunday of Great Lent

Commemoration of Saint Gregory Palamas

“LORD, I CALL ...”

Tone 2

Lord, I call upon Thee, hear me!
Hear me, O Lord!
Lord, I call upon Thee, hear me!
Receive the voice of my prayer,
when I call upon Thee!//
Hear me, O Lord

Let my prayer arise
in Thy sight as incense,
and let the lifting up of my hands
be an evening sacrifice!//
Hear me, O Lord!

Bring my soul out of prison, that I may give thanks to Thy Name.

Tone 2 (For the Resurrection)

Come, let us worship the Word of God
begotten of the Father before all ages,
and incarnate of the Virgin Mary!
Having endured the Cross,
He was buried as He Himself desired.//
And having risen from the dead, He saved me, an erring man.

The righteous will surround me, for Thou wilt deal bountifully with me.

Christ our Saviour
nailed to the Cross the bond against us,
He voided it and destroyed the dominion of death.//
We fall down before His Resurrection on the third day.

Out of the depths I cry to Thee, O Lord. Lord, hear my voice!

With the Archangels
let us praise the Resurrection of Christ!
He is our Saviour, our Redeemer.
He is coming with awesome glory and mighty power//
to judge the world which He made.

Let Thine ears be attentive to the voice of my supplications!

The Angel proclaimed Thee,
the crucified and buried Master.
He told the women: “Come, see the place where He lay!
He is risen as He said,
for He is almighty.”
We worship Thee, O only immortal One.//
Have mercy on us, O Christ, the Giver of life!

If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee.

By Thy Cross, Thou didst destroy the curse of the tree.
By Thy burial, Thou didst slay the dominion of death.
By Thy rising, Thou didst enlighten the race of man.//
O Benefactor, Christ our God, glory to Thee!

For Thy Name's sake I wait for Thee, O Lord. My soul has waited for Thy word; my soul has hoped on the Lord.

The gates of death opened to Thee from fear, O Lord.
When the guards of hell saw Thee they were afraid,
for Thou didst demolish the gates of brass and smash the iron chains.//
Thou hast led us from the darkness and shadows of death, and hast broken our bonds.

From the morning watch until night, from the morning watch, let Israel hope on the Lord!

Tone 2 *(For Saint Gregory Palamas from the Lenten Triodion)*

What hymns of praise shall we sing to honour the holy bishop?
He is the trumpet of theology, the flaming mouthpiece of grace,
the chosen vessel of the Spirit, the unshakeable pillar of the Church,
the great joy of the inhabited earth,
the river of wisdom, the candlestick of the Light,//
the shining star that has made all creation bright.

For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

Repeat: What hymns of praise...

Praise the Lord, all nations! Praise Him, all peoples!

What garlands of song shall we weave for the holy bishop?
He is the champion of true worship, the foe of ungodliness,
the fervent defender of the faith,
the great guide and teacher, the well-tuned harp of the Spirit,
the golden tongue, the fountain flowing with healing for the faithful,//
the great and wonderful Gregory.

For His mercy is confirmed on us, and the truth of the Lord endures forever.

How shall we who dwell on earth praise the holy bishop?
He is the Church's teacher, the herald of the Uncreated Light,
the initiate of the Trinity's heavenly mysteries,
the adornment of the monastic life,
renowned alike in action and contemplation,
the pride of Thessalonica;
And now he dwells in heaven
with the great and glorious martyr Demetrius,//
whose relics flow with holy oil.

Glory to the Father, and to the Son, and to the Holy Spirit

Tone 6 *(For Saint Gregory Palamas from the Lenten Triodion)*

O thrice-blessed saint, most holy father,
good shepherd, disciple of Christ, the Chief Shepherd.
Like Him thou gavest thy life for thy sheep.
By thine intercessions, O God-bearing Father Gregory,//
may great mercy be granted to our souls!

Now and ever, and unto ages of ages. Amen.

Tone 2 *(Theotokion – Dogmatikon)*

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 Righteous Sun has risen instead of a pillar of flame.//
Instead of Moses, Christ, the Salvation of our souls.

APOSTICHA**Tone 2** *(For the Resurrection)*

Thy Resurrection, O Christ our Saviour,
has enlightened the whole universe,
recalling Thy creation.//
Glory to Thee, O almighty Lord!

V. The Lord is King; He is robed in majesty!

By the Tree Thou didst destroy the curse of the Tree, O Saviour.
By Thy burial Thou didst mortify the majesty of death.
Thou hast enlightened our race by Thy Resurrection.//
O Giver of life, Christ our God, glory to Thee!

V. For He has established the world, so that it shall never be moved.

When Thou wast seen nailed to the Cross, O Christ,
Thou didst restore the beauty of Thy creatures.
The soldiers showed their inhumanity when they pierced Thy side with a spear.
The Hebrews, not knowing Thy power,
asked that Thy tomb might be sealed,
but through the mercy of Thy compassion,
Thou didst accept the tomb
and didst rise on the third day!//
O Lord, glory to Thee!

V. Holiness befits Thy house, O Lord, forevermore!

O Christ, the Giver of life,
for the sake of the dead Thou didst voluntarily endure death,
descending into hell as the Mighty One
to save those who awaited Thy coming,
granting them the life of paradise instead of hell.
Grant also to us who glorify Thy Resurrection on the third day//
cleansing of our sins and great mercy!

Glory to the Father, and to the Son, and to the Holy Spirit;

Tone 8 *(For Saint Gregory Palamas from the Lenten Triodion)*

Thy tongue, watchful in teaching,
rings in the ears of our hearts,
and awakens the souls of the slothful.
Thy words are inspired by God;
they are a ladder leading us from earth to heaven.
O Gregory, pride of Thessalonica,
do not cease to intercede before Christ our God//
to illumine with His Divine Light those who honour thee!

Now and ever, and unto ages of ages. Amen.

Tone 8 *(Aposticha Theotokion)*

O unwedded Virgin,
who ineffably conceived God in the flesh,
O Mother of God most high,
accept the cries of thy servants, O blameless one!
Grant cleansing of transgressions to all!//
Receive our prayers and pray to save our souls!

TROPARIA

Tone 2

Troparion of the Resurrection

[Music on website / Green Book page 4]

When Thou didst descend to death, O Life immortal,
Thou didst slay hell with the splendour of Thy Godhead.
And when from the depths Thou didst raise the dead,
all the powers of heaven cried out://
"O Giver of life, Christ our God, glory to Thee!"

Glory to the Father, and to the Son, and to the Holy Spirit,

Tone 8

Troparion of Saint Gregory Palamas

[Music on website / Green Book page 27]

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of grace, //

Now and ever, and unto ages of ages. Amen.

Tone 8

Resurrectional Dismissal Theotokion

For our sake Thou wast born of the Virgin
and didst endure crucifixion, O Good One, destroying death by death.
Revealing the Resurrection as God, do not despise the work of Thy hand!
Reveal Thy love for man, O Merciful One, and accept the Theotokos praying for us, //
and save the despairing people, O our Saviour!