

# Hymns and Readings for Sunday 16th March 2025

## Second Sunday of Great Lent

### Commemoration of Saint Gregory Palamas

#### THE HOURS

##### TROPARIA AND KONTAKION AT THE THIRD HOUR

**Troparia:** Resurrection; Glory ...; Saint Gregory Palamas; Both now ... From the Horologion

**Kontakion:** Saint Gregory Palamas

##### TROPARIA AND KONTAKION AT THE SIXTH HOUR

**Troparia:** Resurrection; Glory ...; Saint Gregory Palamas; Both now ... From the Horologion

**Kontakion:** Second Sunday of Lent

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#### THE DIVINE LITURGY OF SAINT BASIL

##### TYPICAL PSALMS AND BEATITUDES

##### ENTRANCE HYMN

O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia, alleluia, alleluia!

##### TROPARIA & KONTAKIA

##### **Troparion of the Resurrection in Tone 5**

[Music on website / Green Book page10]

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 up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

##### **Troparion of Saint Chad in Tone 2**

[Music in Folder]

As a Bishop thou gavest thyself  
to preaching the truth and the purity of the Church.  
Thou didst shine forth as an example of humility and holiness;  
studying the Scriptures, thou tookest care to follow the Word.  
Pray for thy children, O Holy Father Chad,  
that we too may follow Christ,//  
and be found worthy to partake of the nature of God.

##### **Troparion of Saint Gregory Palamas in Tone 8**

[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,//  
always intercede before the Lord that our souls may be saved!

##### **Kontakion of Saint Chad in Tone 2**

[Music in Folder]

When thou wast praying to Christ, O venerable Chad,  
the choir of the angels came to call thee to thy reward.  
Then thou wast summoned to share  
in the Thrice Holy song with the seraphim.  
Pray thou that we may live as icons of the cherubim,//  
rejoicing before the Trinity, the Giver of life.

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

### **Kontakion of Saint Gregory Palamas in Tone 8** [Music on website / Sheet]

O sacred and divine organ of wisdom, clear trumpet of theology:  
we praise thee with one accord, O Gregory of divine speech;  
but as a mind standing before the Primordial Mind,  
direct our mind to Him, O Father, //  
that we may cry: "Rejoice, O herald of grace!"  
Both now and ever and unto ages of ages. Amen.

### **Kontakion of the Second Sunday of Lent in Tone 4** [Music on website / Green Book page 28]

Now is the time for action!  
Judgement is at the doors!  
So let us rise and fast,  
offering alms with tears of compunction and crying:  
"Our sins are more in number than the sands of the sea;  
but forgive us, O Master of all, //  
so that we may receive the incorruptible crowns!"

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### **PROKEIMENA**

**Reader:** The Prokeimenon in the Fifth Tone.

**Reader:** Thou, O Lord, shalt protect us, and preserve us from this generation forever.

**Choir:** Thou, O Lord, shalt protect us, and preserve us from this generation forever.

**Reader:** Save me, O Lord, for there is no longer any that is godly.

**Choir:** Thou, O Lord, shalt protect us, and preserve us from this generation forever.

**Reader:** [And] in the First Tone.

**Reader:** My mouth shall speak wisdom, and the meditation of my heart shall be understanding.

**Choir:** My mouth shall speak wisdom, and the meditation of my heart shall be understanding.

### **EPISTLE**

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews.

"In the beginning, O Lord, thou didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him. [Hebrews 1:10-2:3]

Ye brethren: It was fitting that we should have such a high priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. He has no need, like those high priests, to offer sacrifices daily, first for his own sins and then for those of the people; he did this once for all when he offered up himself. Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son who has been made perfect for ever. Now the point in what we are saying is this: we have such a high priest, one who is seated at the right hand of the throne of the Majesty in heaven, a minister in the sanctuary and the true tent, which is set up not by man but by the Lord. [Hebrews 7:26-8:2]

### **ALLELUIA**

**Priest:** Peace be to thee that readest, and to all the people.

**Reader:** And to thy spirit. Alleluia, alleluia, alleluia!

**Reader:** I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens.

**Choir:** Alleluia, alleluia, alleluia!

**Reader:** The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgement.

**Choir:** Alleluia, alleluia, alleluia!

## **GOSPEL**

The Reading from the Holy Gospel according to Mark.

At that time: Jesus entered Capernaum and it was reported that he was at home. 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. And they came, bringing to him a paralytic carried by four men. 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. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins' — he said to the paralytic — "I say to you, rise, take up your pallet and go home." 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!" [Mark 2:1-12]

The Lord said: "I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd." [John 10:9-16]

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## **ZADOSTOYNIK**

All of creation rejoices in thee, [Music on website / Green Book page 119 / Sheet / Folder]  
O Full of Grace,  
the assembly of angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child:  
our God before the ages.  
He made thy body into a throne,  
and thy womb He made more spacious than the heavens.  
All of creation rejoices in thee://  
O Full of Grace, glory to thee!

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## **COMMUNION HYMNS**

Praise the Lord from the heavens, praise Him in the highest. The righteous shall be in everlasting remembrance; he shall not fear evil tidings. Alleluia, Alleluia, Alleluia!

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## **AFTER COMMUNION**

"We have seen the True Light ..." etc., as usual.

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