

Sunday 8 March 2026
Second Sunday of Lent
St Gregory Palamas
Tone 6

At the hours

Third Hour:

Troparia: Resurrection; Glory: St Gregory; Both now: Horologion
Kontakion: Triodion

Sixth Hour:

Troparia: Resurrection; Glory: St Gregory; Both now: Horologion
Kontakion: St Gregory

The Divine Liturgy of St Basil the Great

Typical Antiphons 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.

Troparia and Kontakia:

Resurrection Troparion Tone 6

Green book page 12 / Website

The Angelic Powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.//
O Lord, Who didst rise from the dead, glory to Thee.

Troparion of St Chad Tone 2

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 St Gregory Tone 8

Green book page 27 / Website

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 St Chad Tone 2

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 be to the Father, and to the Son, and to the Holy Spirit:

Kontakion of St Gregory Tone 8

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 the ages of ages. Amen.

Kontakion 2nd Sunday of the Fast (Triodion) Tone 4

Sheet

The season of the virtues hath now been revealed,
and judgement is at the doors;
therefore let us arise and keep the Fast,
offering tears of compunction together with our alms and let us cry:
Our sins are more than the sands of the sea;
but do Thou pardon us, O Creator of all,
that we may receive incorruptible crowns.

Trisagion as normal

Prokeimenon in the Fifth Tone:

Thou, O Lord, shalt keep us and guard us from this generation and forevermore.

Verse: Save me, O Lord, for there is not one holy man left.

And in the First Tone:

My mouth shall speak wisdom, and the meditation of my heart understanding.

Apostle:

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

¹⁰ Ye brethren: of the Son He saith

“Thou, Lord, didst found the earth in the beginning,
and the heavens are the work of thy hands;
¹¹ they will perish, but thou remainest;
they will all grow old like a garment,
¹² like a mantle thou wilt roll them up,
and they will be changed.^[a]
But thou art the same,
and thy 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 thy feet”?

¹⁴ Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

2 Therefore we must pay the closer attention to what we have heard, lest we drift away from it. ² For if the message declared by angels was valid and every transgression or disobedience received a just retribution, ³ 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,

¹³ Since we have the same spirit of faith as he had who wrote, “I believed, and so I spoke,” we too believe, and so we speak, ¹⁴ knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. ¹⁵ For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. *Hebrews 1:10-2:3*

Brethren: ²⁶ For it was fitting that we should have such a high priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. ²⁷ 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. ²⁸ 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.

8 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, ² a minister in the sanctuary and the true tent^[a] which is set up not by man but by the Lord. *Hebrews 7:26-8:2*

Alleluia:

And with thy spirit. Alleluia, alleluia, alleluia. He that dwelleth in the help of the Most High, under the shelter of the God of heaven shall abide.

Choir: Alleluia, alleluia, alleluia.

He shall say to the Lord, Thou art my succour, and my refuge, my God, and I shall hope in Him.

Choir: Alleluia, alleluia, alleluia.

The mouth of the righteous shall meditate wisdom and his tongue shall speak of judgement.

Choir: Alleluia, alleluia, alleluia.

The Holy Gospel:

2 At that time, when Jesus returned to Capernaum after some days, 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!" *Mark 2:1-12*

Jesus said, 9 I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. 10 The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. 11 I am the good shepherd. The good shepherd lays down his life for the sheep. 12 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. 13 He flees because he is a hireling and cares nothing for the sheep. 14 I am the good shepherd; I know my own and my own know me, 15 as the Father knows me and I know the Father; and I lay down my life for the sheep. 16 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*

The Megalinarion:

All of creation rejoiceth in thee...

Communion Hymn:

Praise ye 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.

After Communion

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

Folder