

Vespers sung on Saturday 7th March for Sunday 8th March 2026
Second Sunday of Great Lent
Commemoration of Saint Gregory Palamas

"LORD, I CALL ..."

Tone 6

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 6 (For the Resurrection)

Possessing victory over hell, O Christ,
since Thou art free among the dead,
Thou didst ascend the Cross
raising with Thyself those who sat in the shades of death.//
Drawing life from Thy light, O almighty Savior, have mercy on us!

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

Today Christ tramples on death,
for He is risen as He said!
Let us all sing this song,
for He has granted joy to the world:
O Light unapproachable, O Fountain of life!//
O Savior almighty, have mercy on us!

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

Where shall we sinners flee from Thee, Who art in all creation?
In heaven Thou dwellest!
In hell Thou didst trample on death!
In the depths of the sea?
Even there is Thy hand, O Master!
To Thee we flee, and falling before Thee, we pray://
O Thou Who didst rise from the dead, have mercy on us!

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

In Thy Cross, we glory, O Christ.
We sing and glorify Thy Resurrection,
for Thou art our God,//
and we know no other than Thee.

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

We will always bless the Lord
by singing of His Resurrection,
for He endured the Cross, //
trampling down death by death.

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.

Glory to Thy might, O Lord,
for Thou didst overthrow the prince of death,
by Thy Cross renewing us, //
granting us life and incorruption.

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 6 (*Theotokion – Dogmatikon*)

Who will not bless thee, O most holy Virgin?
Who will not sing of thy most pure childbearing?
The only-begotten Son shone timelessly from the Father,
but from thee He was ineffably incarnate.
God by nature, yet Man for our sake,
not two persons, but one known in two natures.
Entreat Him, O pure and all-blessed Lady,//
to have mercy on our souls!

APOSTICHA

Tone 6 (*For the Resurrection*)

Thy Resurrection, O Christ our Savior,
the Angels in heaven sing!
Enable us on earth//
to glorify Thee in purity of heart!

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

Destroying the gates of hell,
breaking the chains of death,
Thou didst resurrect the fallen human race as almighty God!//
O Lord Who didst rise from the dead, glory to thee!

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

Desiring to return us to Paradise,
Christ was nailed to the Cross and placed in a tomb.
The Myrrhbearing Women sought Him with tears, crying,
“Woe to us, O Savior!
How dost Thou deign to descend to death?
What place can hold Thy life bearing body?
Come to us as Thou didst promise!
Take away our wailing and tears!”
Then the Angel appeared to them:
“Stop your lamentations!
Go, proclaim to the Apostles:
“The Lord is risen,//
granting us purification and great mercy!”

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

Having been crucified as Thou didst will,
by Thy burial Thou didst capture death, O Christ,
rising on the third day as God in glory,//
granting the world unending life 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 (Theotokion)

O unwedded Virgin,
who ineffably didst conceive 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

Troparion of the Resurrection in Tone 6

[Music on website / Green Book page12]

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.

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

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!

Both now and ever, and unto the ages of ages. Amen.

Resurrectional Dismissal Theotokion in Tone 8

O Good One, Who for our sake wast born of the Virgin
and, having endured crucifixion, cast down death by death,
and as God revealed the resurrection:
d disdain not that which Thou hast fashioned with Thine own hand.
Show forth Thy love for mankind, O Merciful One;
accept the Theotokos who gave Thee birth and prayeth for us;
and save Thy despairing people, O our Saviour!
