

Vespers sung on Saturday 15th March for Sunday 16th March 2025
Second Sunday of Great Lent
Commemoration of Saint Gregory Palamas

"LORD, I CALL ..."

Tone 5

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 5 (For the Resurrection)

By Thy precious Cross, O Christ,

Thou hast put the devil to shame.

By Thy Resurrection, Thou hast blunted the sting of sin
and saved us from the gates of death.//

We glorify Thee, O only-begotten One.

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

Christ was led as a sheep to the slaughter
in order to grant Resurrection to the human race.

The princes of hell were frightened by this,
for the gates of sorrow were lifted.

Christ the King of glory had entered,
saying to those in chains: "Go forth!"//

And to those in darkness: "Come to the light!"

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

O great wonder!

The Creator of the invisible suffered in the flesh in His love for man
and rose again immortal.

Come, O sons of nations,

let us worship Him,

for delivered from error by His compassion,//

we have learned to sing of one God in three Persons!

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

We offer Thee our evening worship,

O never-setting Light,

Who didst come in these last days to the world in the flesh;

Who even didst descend to hell to dispel its darkness.

Who hast revealed the light of Resurrection to the nations.//

Glory to Thee, O Lord and Giver of light!

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

We glorify the Leader of our salvation;
by His Resurrection from the dead,
the world was saved from deceit.
The assembly of Angels rejoices
as the deceit of demons is overthrown.//
Fallen Adam rises as the devil falls.

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 guards were instructed by the lawless ones:
"Hide the rising of Christ, take money and say:
"The body was stolen from the tomb while we were asleep."
But who has heard of a body being stolen,
a body embalmed and naked,
with its grave clothes left behind in the tomb?
Do not be deceived, O Jews,
study the words of the Prophets and understand://
Christ is the Redeemer of the world and all powerful!

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 5 *(Theotokion – Dogmatikon)*

In the Red Sea of old,
a type of the Virgin Bride was prefigured.
There Moses divided the waters;
here Gabriel assisted in the miracle.
There Israel crossed the sea without getting wet,
here the Virgin gave birth to Christ without seed.
After Israel's passage, the sea remained impassable;
after Emmanuel's birth, the Virgin remained a Virgin.
O ever-existing God Who didst appear as Man,//
O Lord, have mercy on us!

APOSTICHA

Tone 5 *(For the Resurrection)*

We magnify Thee in songs of praise,
O incarnate Christ and Saviour.
By accepting the Cross and death for our sake,
as the Lord and Lover of man,
Thou didst overthrow the gates of hell,//
and didst arise on the third day, saving our souls.

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

By being pierced in the side, O Lover of man,
Thou hast poured out drops of life and salvation for all.
By accepting death in the flesh, Thou hast granted us immortality.
Thou hast freed us by being placed in the tomb,
and hast resurrected us with Thyself in glory, as God.//
Glory to Thee, O Lord and Lover of man!

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

Thy crucifixion and descent into hell are awesome, O Lover of man.
Thou hast captured it, releasing the ancient prisoners.
Thou hast opened Paradise and given it to us.
Grant us purification of sins,
who glorify Thy Resurrection on the third day!
Make us worthy of Paradise//
and save us, O Lover of man!

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

For our sake, Thou didst accept death in the flesh,
to rise from the dead on the third day.
Heal us from our earthly passions,
and restore us from our evil transgressions;//
and save us, O Lover of man!

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 5

[Music on website / Green Book page 10]

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.

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:
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!
