

Ὁκτώηχος
Ἦχος β'.

Τῇ Κυριακῇ Πρωῖ

Τριώδιον

Κυριακὴ Β' τῶν Νηστειῶν τοῦ Ἁγίου
Γρηγορίου Παλαμᾶ

Μηναιὸν - ΤΗ ΚΑ' ΜΑΡΤΙΟΥ

Προεόρτια τοῦ Εὐαγγελισμοῦ

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. *Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ
ἅγιον αὐτοῦ.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. *Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς
ἀνταποδόσεις αὐτοῦ.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. *Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ
πάντων δεσπόζει.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

*Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.*

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Octoechos
Mode 2.

On Sunday Morning

Triodion

Second Sunday of Lent - St. Gregory
Palamas

Menaion - March 24

Forefeast of the Annunciation

LITURGY

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Antiphon I. Mode 2.

Verse 1: *Bless the Lord, O my soul, and
everything within me, bless His holy name.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 2: *Bless the Lord, O my soul, and
forget not all His rewards.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

Verse 3: *The Lord prepared His throne in
heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

*Glory to the Father and the Son and the Holy
Spirit.*

*Both now and ever and to the ages of ages.
Amen.*

Through the intercessions of the
Theotokos, Savior, save us.

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ
μου ἕως ὑπάρχω.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Μακάριος οὗ ὁ Θεὸς Ἰακώβ
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν
Θεὸν αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Βασιλεύσει Κύριος εἰς τὸν
αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ
γενεάν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἀγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Antiphon II. Mode 2.

Verse 1: Praise the Lord, O my soul! I shall
praise the Lord while I live; I shall sing to my God
as long as I exist. [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

Verse 2: Blessed is he whose help is the God
of Jacob; his hope is in the Lord his God. [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia.

Verse 3: The Lord shall reign forever; your
God, O Zion, to all generations. [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia.

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

Both now and ever and to the ages of ages.
Amen.

Only begotten Son and Logos of God,
being immortal, You condescended for
our salvation to take flesh from the holy
Theotokos and ever-virgin Mary and, without
change, became man. Christ, our God, You
were crucified and conquered death by death.
Being one of the Holy Trinity, glorified with
the Father and the Holy Spirit: Save us. [GOA]

Ἀντίφωνον Γ'.

Ἦχος β'.

Στίχ. α'. Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος β'.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄϊδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

Στίχ. β'. Αἰνεσάτωσαν αὐτὸν οἱ οὐρανοὶ καὶ ἡ γῆ.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄϊδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

Antiphon III.

Mode 2.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Resurrectional Apolytikion.

Mode 2.

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You. [SD]

Verse 2: *Let heaven and earth praise Him.* [SAAS]

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You. [SD]

*Ἡ, ἀντι τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος β'.

Ἀναστάσιμα.

Τῆς Ὁκτωήχου ---

*Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν Κύριε,
ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου. Μακάριοι
οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν ἐστὶν ἡ
Βασιλεία τῶν οὐρανῶν.*

*Τὴν φωνὴν σοι προσάγομεν, τοῦ
Ληστοῦ, καὶ βοῶμέν σοι Μνήσθητι ἡμῶν
Σωτήρ, ἐν τῇ Βασιλείᾳ σου.*

*Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.*

*Τὸν Σταυρὸν σοι προσάγομεν, εἰς
πταισμάτων συγχώρησιν, ὃν ὑπὲρ ἡμῶν,
κατεδέξω φιλάνθρωπε.*

*Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.*

*Προσκυνοῦμέν σου Δέσποτα, τὴν
ταφὴν καὶ τὴν ἔγερσιν, δι' ὧν ἐκ φθορᾶς
ἐλυτρώσω, τὸν κόσμον φιλάνθρωπε.*

*Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.*

Θεοτοκίον.

*Χαῖρε θρόνε πυρίμορφε. Χαῖρε νύμφη
ἀνύμφευτε. Χαῖρε ἡ Θεὸν τοῖς ἀνθρώποις,
Παρθένε κυήσασα.*

*An optional alternative to the Antiphons are the Typika
(Psalms 102 and 145), and the Beatitudes with the appointed
troparia, which are provided here.*

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 2.

Resurrectional.

From Octoechos ---

*In Your kingdom. Remember us, O Lord,
when You come in Your kingdom. Blessed are the
poor in spirit, for theirs is the kingdom of heaven*

[RSV]

*We present You the robber's words and
we prayerfully echo them; and like him we
cry out, O Savior: In Your kingdom remember
us.* [SD]

*Blessed are those who mourn, for they shall be
comforted.* [RSV]

*We present You the Cross, O Lord, that
You suffered on our behalf, to forgive our sins
and offences, in Your love for humanity.* [SD]

*Blessed are the meek, for they shall inherit the
earth.* [RSV]

*Lord, we honor Your burial and Your
resurrection from the dead, by which You
have rescued the world from corruption, O
Friend of man.* [SD]

*Blessed are those who hunger and thirst for
righteousness, for they shall be satisfied.* [RSV]

Theotokion.

*We salute you and say, Rejoice, fiery
throne and unwedded Bride. Rejoice,
holy Virgin, for you gave birth to God for
humanity.* [SD]

Κανὼν Προεόρτιος.

Τοῦ Μηναίου ---

Ὡδὴ γ'. Ἦχος δ'. Οὐκ ἐν σοφίᾳ.

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ ἐλεηθήσονται.

Γῆ τὰς ἀκάνθας, τῶν παθῶν λυπηρῶς ἢ βλαστήσασα, σκίρτα χόρευε· ἰδοὺ, ὁ γεωργὸς ὁ ἀθάνατος, κατάρας ἐξαίρων σε, νῦν ἐπελεύσεται.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ τὸν Θεὸν ὄψονται.

Ὁ θεῖος πόκος, ἐτοιμάζου Παρθένε ἀμόλυντε· ἐπὶ σὲ γὰρ ὁ Θεός, ὡς ὑετὸς καταβήσεται, ξηρᾶναι τὰ ρεύματα, τῆς παραβάσεως.

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ Θεοῦ κληθήσονται.

Τόμος ὁ θεῖος, εὐτρεπίζου· Πατὴρ τῷ δακτύλῳ γὰρ, ἐγγραφήσεται ἐν σοί, ὁ θεῖος Λόγος σαρκούμενος, τὴν ἐξ ἀλογίας μου, λύων παράβασιν.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Χρυσὴ λυχνία, ὑποδέχου τὸ πῦρ τῆς Θεότητος, ἀναλάμπον διὰ σοῦ, καὶ φῶς τῷ κόσμῳ δωρούμενον, δι' οὗ τῶν κακῶν ἡμῶν, σκότος λυθήσεται.

Κανὼν τοῦ Ἀγίου.

Τοῦ Τριωδίου ---

Ὡδὴ ζ'. Ἦχος δ'. Τὴν θεῖαν ταύτην.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς, καὶ διώξωσι, καὶ εἰπωσι πᾶν πονηρὸν ῥῆμα καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Ἐρράγη μάταιον φρύαγμα καὶ γλῶσσα Βαρλαάμ τοῦ παράφρονος, λόγοις καὶ

Canon for the Forefeast.

From Menaion ---

Ode iii. Mode 4. N/M (Not in our wisdom.)

Blessed are the merciful, for they shall obtain mercy. [RSV]

Exult and dance for joy now, O earth, that with labor and sorrow had sprouted the passions like thorns. Behold, the immortal Husbandman shall come now, and He lift the curse from you. [SD]

Blessed are the pure in heart, for they shall see God. [RSV]

O undefiled Virgin, prepare to be the divine fleece; for God shall descend on you like rain, to dry up the streams of human disobedience. [SD]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

O Maiden, prepare to be the divine tablet; for by the finger of the Father, the divine Logos incarnate shall be inscribed in you, and He shall loose my illogical transgression. [SD]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

O Virgin, receive the fire of the Godhead, like the golden lamp. It will shine through you and give light to the world; and it will disperse the darkness of our evils. [SD]

Canon for the Saint.

From Triodion ---

Ode vi. Mode 4. O godly-minded believers.

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

The tongue and impious insolence * of witless Barlaam have been shattered by

δόγμασι, καὶ διανοίας ὀξύτητι τοῦ σοφοῦ
Βασιλέως καὶ σοῦ Γρηγόριε.

*Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς
ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.*

Τὴν θείαν λύραν τοῦ Πνεύματος τὴν
σάλπιγγα τρανῶς τὴν κηρύξασαν, Θεοῦ
μυστήρια Θεσσαλονίκης τὸν Πρόεδρον, τὴν
θεολόγον γλῶσσαν, ὕμνοις τιμήσωμεν.

Δόξα.

Λαοῦ ποτὲ προηγούμενος ὡς στῦλος
τοῦ πυρὸς τοὺς τῆς Πίστεως ἐχθροὺς
κατέφλεξας, τῶν δὲ πιστῶν τὰ συστήματα,
ἐφώτισας θεόφρον Πάτερ Γρηγόριε.

Καὶ νῦν. **Θεοτοκίον.**

Γενοῦ μοι πάναγνε Δέσποινα γαλήνη
καὶ λιμὴν παρακλήσεως, διαβιβάζουσα
πρὸς θεῖον ὄρμον ἀκύμαντον τὴν ζάλην
τῶν παθῶν μου, καταπραῖνουςα.

the dogmas and the words * and the acute
understanding of the Emperor with wisdom
and you, O Gregory. [SD]

*Rejoice and be glad, for your reward is great
in heaven.* [RSV]

Let us with hymns honor the divine *
harp of the Holy Spirit, the trumpet that
distinctly has proclaimed * the sacred
mysteries of the Lord, * Thessaloniki's prelate,
the tongue that spoke of God. [SD]

Glory.

O fiery pillar, like that of old * which went
before the people, you burned up the enemies
of the Faith, * while you enlightened the body
of Believers, father Gregory, godly-minded
one. [SD]

Both now. **Theotokion.**

O all-pure Lady, become for me * serenity,
a harbor of consolation bearing me across *
to a divine waveless anchorage, * and thus
appease my passions' violently surging storm.

[SD]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι,
Ἀλληλουῖα.

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος β'.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ
Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄϊδην ἐνέκρωσας
τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς
τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας,
πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων
ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν
δόξα σοι.

Προεόρτιον.

Τοῦ Μηναίου ---

Ἦχος δ'.

Σήμερον τῆς παγκοσμίου χαρᾶς
τὰ προοίμια, τὴν προεόρτιον ᾄσαι
προτρέπεται· ἰδοὺ γὰρ Γαβριὴλ
παραγίνεται, καὶ πρὸς αὐτὴν ἐκβοήσεται·
Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Τοῦ Ἱεράρχου.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ
στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν
ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος
ἀπροσμάχητος· Γρηγόριε θαυματουργέ
Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς
χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς
ψυχὰς ἡμῶν.

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, risen
from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos ---

Resurrectional Apolytikion.

Mode 2.

When You descended unto death, O Lord
who yourself are immortal Life, then did You
mortify Hades by the lightning flash of Your
Divinity. Also when You raised the dead from
the netherworld, all the Powers of the heavens
were crying out: O Giver of life, Christ our
God, glory to You. [SD]

For the Forefeast.

From Menaion ---

Mode 4.

Today is the prelude of the joy of the
universe, and it incites us to sing the forefeast
hymns. For behold, Gabriel is coming, and he
will say to the Virgin: Rejoice, Maiden full of
grace; the Lord is with you. [SD]

For the Hierarch.

From Triodion ---

Mode pl. 4.

Beacon of Orthodox belief, the strong
support of the Church and her teacher
inspired by God, you are the ornament
of monks, the unassailable champion of
theologians, O Gregory the Wonder-worker
and the boast of Thessalonica, the messenger
of grace. Forever earnestly entreat for the
salvation of our souls. [SD]

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Κοντάκιον. Προεόρτιον.

Τοῦ Μηναίου ---

Ἦχος δ΄. Ἐπεφάνης σήμερον.

Ἐπελεύσει Πνεύματος τοῦ Παναγίου,
τοῦ Πατρὸς τὸν σύνθρονον, καὶ ὁμοούσιον
φωνῇ, τοῦ Ἀρχαγγέλου συνέλαβες,
Θεοκυῆτορ, Ἀδὰμ ἢ ἀνάκλησις.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

ΔΕΥΤΕΡΑ ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ

Προκείμενον. Ἦχος β'. Ψαλμὸς 117.

Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος, καὶ
ἐγένετό μοι εἰς σωτηρίαν.

Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος,
καὶ τῷ θανάτῳ οὐ παρέδωκέ με.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

1:10-14, 2:1-3

Κατ' ἀρχάς σὺ, Κύριε, τὴν γῆν
ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου
εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ
δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον
παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον
ἐλίξεις αὐτούς, καὶ ἀλλαγῇσονται· σὺ δὲ

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

Kontakion. For the Forefeast.

From Menaion ---

Mode 4. *You appeared today.*

The Archangel spoke to you, * Ο
Theotokos, * and the Holy Spirit came *
on you and thus you did conceive * the
Father's Son, who is one in throne * and one
in essence. * Through you, thus, was Adam
recalled. [SD]

THE TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal,
have mercy on us. (3) [GOA]

*Glory to the Father and the Son and the Holy
Spirit. Both now and ever and to the ages of ages.
Amen.*

Holy Immortal, have mercy on us.

The Epistle

THE SECOND SUNDAY IN LENT

Prokeimenon. Mode 2. Psalm 117.

The Lord is my strength and my song,
and He became my salvation. [SAAS]

Verse: *The Lord chastened and corrected me,
but He did not give me up to death.* [SAAS]

The reading is from Paul's Letter to the
Hebrews.

1:10-14; 2:1-3

"In the beginning, Thou, Lord, didst
found the earth in the beginning, 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

ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι.
Πρὸς τίνα δὲ τῶν ἀγγέλων εἵρηκέ ποτε·
κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχ-
θρούς σου ὑποπόδιον τῶν ποδῶν σου;
οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα
εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς
μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ
τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν
τοῖς ἀκουσθεῖσι, μή ποτε παραρρῶμεν. Εἰ
γὰρ ὁ δι' Ἀγγέλων λαληθεὶς λόγος ἐγένετο
βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή
ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς
ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες
σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι
διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς
ἡμᾶς ἐβεβαιώθη.

Ἀλληλούϊα. Ὦχος β΄. Ψαλμὸς 19.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α΄. Ἐπακούσαι σου Κύριος ἐν ἡμέρᾳ
θλίψεως, ὑπερασπίσαι σου τὸ ὄνομα τοῦ
Θεοῦ Ἰακώβ.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β΄. Κύριε, σῶσον τὸν βασιλέα,
καὶ ἐπάκουσον ἡμῶν, ἐν ᾗ ἂν ἡμέρᾳ
ἐπικαλεσώμεθά σε.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

ΤΗΙ ΔΕΥΤΕΡΑΙ ΚΥΡΙΑΚΗΙ ΤΩΝ ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Μάρκον ἁγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

β' 1 - 12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς
εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη
ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν
πολλοὶ, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς
τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον.

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. [RSV]

Alleluia. Mode 2. Psalm 19.

Alleluia. Alleluia. Alleluia.

Verse 1: *May the Lord hear you in the day
of afflictions; may the name of the God of Jacob
defend you.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *O Lord, save Your King, and hear
us in the day we call upon You.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Second Sunday in Lent

The reading is from the Holy Gospel
according to Mark.

2:1-12

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

καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων. καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· Τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· Τί οὗτος οὕτως λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς εἶπεν αὐτοῖς· Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῇτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· Σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἡγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

Ὕμνος εἰς τὴν Θεοτόκον.

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη,
 πᾶσα ἢ κτίσις, ἀγγέλων τὸ σύστημα,
 καὶ ἀνθρώπων τὸ γένος, ἡγιασμένη
 ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν
 καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ
 παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων
 Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον
 ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν

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!" [RSV]

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than

οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει,
Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

Κοινωνικόν. Ψαλμὸς 148.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἀλληλούϊα.

Ὕμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἦχος β'.

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν
Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ,
ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη
γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ
ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις
τῆς παναχράντου καὶ παναμώμου ἁγίας
αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ
ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφύμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν·
(τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ
δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης,
τοῦ ἐν ἁγίοις Πατρὸς ἡμῶν Γρηγορίου
Ἀρχιεπισκόπου Θεσσαλονίκης τοῦ Παλαμᾶ,
οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων
τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς
ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις οἴνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

the heavens. In you, O Lady full of grace,
rejoices all creation. Glory to you. [SD]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise
Him in the highest. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, worshiping the undivided
Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He who rose from the dead, Christ
our true God, through the intercessions of His
all-pure and all-immaculate holy Mother, the
power of the precious and life-giving Cross,
the protection of the honorable, bodiless
powers of heaven, the supplications of the
honorable, glorious prophet and forerunner
John the Baptist, of the holy, glorious, and
praiseworthy apostles, of the holy, glorious,
and triumphant martyrs, of our righteous
and God-bearing fathers, (local patron saint);
of the holy and righteous ancestors of God
Joachim and Anna, our father among the
saints Gregory Palamas, Archbishop of
Thessaloniki, whose memory we celebrate,
and of all the saints, have mercy on us and
save us, for He is good and loves mankind.

Fasting Rule

*Wine: Wine and oil are allowed. Refrain from meat,
fish, dairy, and eggs.*

It is Saturday or Sunday in Lent.