

**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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and hymns of the Divine Liturgy are from: Liturgical Texts  
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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.

**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]

**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]

*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]

**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

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]

**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 forefestal  
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]

**(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, \* O  
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 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 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 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.*