

SUNDAY, MARCH 31

TONE 2

Second Sunday of Great Lent: St. Gregory Palamas, Repose of St. Innocent,  
Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to America

"Lord I Call..." Tone 2

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,  
when I call upon You!//

Hear me, O Lord!

Let my prayer arise

in Your sight as incense,

and let the lifting up of my hands

be an evening sacrifice!//

Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Your Name!*

**Tone 2**      *(for the Resurrection)*

Come, let us worship the Word of God

begotten of the Father before all ages,

and incarnate of the Virgin Mary!

Having endured the Cross,

He was buried as He Himself desired.//

And having risen from the dead, He saved me, an erring man.

*v. (9) The righteous will surround me; for You will deal bountifully with me.*

Christ our Savior

nailed to the Cross the bond against us,

He voided it and destroyed the dominion of death.//

We fall down before His Resurrection on the third day.

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*

With the Archangels

let us praise the Resurrection of Christ!

He is our Savior, our Redeemer.

He is coming with awesome glory and mighty power//

to judge the world which He made.

*v. (7) Let Your ears be attentive to the voice of my supplications!*

*(Resurrection stichera by Anatolius)*

The Angel proclaimed You,  
the crucified and buried Master.  
He told the women: “Come, see the place where He lay!  
He is risen as He said,  
for He is almighty.”  
We worship You, O only immortal One.//  
Have mercy on us, O Christ, the Giver of life!

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

**Tone 2\***      *(from the Lenten Triodion)*      *(With what crowns)*

What hymns of praise shall we sing to honor 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.

*v. (5) For Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.*

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.

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

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\* Music for St. Gregory Palamas from the Department of Liturgical Music and Translations can be downloaded at [www.oca.org](http://www.oca.org).

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.

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

**Tone 2**      *(from the Menaion, for St. Innocent)*      *(With what crowns)*

With what crowns of praise shall we adorn the wise Apostle of our land?  
With the radiant Gospel of salvation he came bodily to enlighten an island  
people,  
who sat in darkness and ignorance;  
by planting there the Orthodox Faith,//  
he brought to them great mercy from Christ our God.

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

With what songs of praise shall we now bless Innocent, our Teacher wise in  
God?

As the first archpastor to rule our land,  
by word and deed he taught us the way we must go  
to attain the glorious Kingdom, won and promised to us by Christ,//  
from Whom we have great mercy.

*v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.*

By his word he brought heathen worship to an end  
in the distant reaches of Alaska and Siberia.  
Then, like the Holy Apostle Paul before him,  
bound in chains of obedience to the will of God,  
he brought comfort to believers in the ancient capital,  
who through his prayers and exhortations//  
receive great mercy from Christ our God.

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

**Tone 6**      *(from the Lenten Triodion)*

O thrice-blessed saint, most holy father,  
good shepherd, disciple of Christ, the Chief Shepherd.  
Like Him you gave your life for your sheep.  
By your intercessions, O God-bearing Father Gregory, //  
may great mercy be granted to our souls!

*now and ever, and unto ages of ages. Amen.*

**Tone 2**      *(Theotokion – Dogmatikon)*

The shadow of the Law passed when grace came;  
as the Bush burned, yet was not consumed,  
so the Virgin gave birth, yet remained a Virgin.  
The Righteous Sun has risen instead of a pillar of flame. //  
Instead of Moses, Christ, the Salvation of our souls.

**Old Testament Readings** *(St. Innocent)*

**Composite 2** *(Proverbs 10:7,6; 3:13-16; 8:6,32,4,12,14,17,5-9; 1:23)*

**Composite 3** *(Wisdom 4:7, 16, 17, 119; 20:5-7)*

**Composite 4** *(Prov. 10:11; Wisdom 6:12-16; 7:30; 8:2-4, 7-9, 21; 9:1-4, 10, 11, 14)*

**Litya**

**Tone 6**      *(from the Menaion, for St. Innocent)*

Called to the New World by the grace of God  
as a skilled helmsman of the ship of Christ,  
you endured dangers on the sea,  
as you led those adrift in darkness, delusion and the storms of passions  
to the calm harbor of salvation.  
Pray for us now, Holy Father Innocent, //  
before the Holy Trinity!

A prophet raised up from among the Aleuts  
heard from an angel that you would journey afar,  
leaving your family to speak with a great man.  
Once his words had been fulfilled,  
by the infinite wisdom and mercy of God  
we received you again as the first bishop to rule our land. //  
Intercede now for the flock you have gathered!

People of two continents with different tongues and customs  
rejoice today through you in the mystery of the tongues of Pentecost  
and in the fall of the cursed tower of human pride,  
which kept at enmity all the nations of the earth,  
until they were swept into the net of faith//  
worshipping the consubstantial Trinity.

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

**Tone 6**      *(from the Lenten Triodion)*

Grace poured forth from your lips, O holy Father Gregory.  
You were a shepherd of the Church of Christ.  
You taught the sheep endowed with reason//  
to believe in the consubstantial Trinity in one Godhead.

*now and ever, and unto ages of ages. Amen.*

**Tone 6**      *(Theotokion)*

We bless you, O Virgin Theotokos,  
and glorify you, as we ought,  
as the vine that blossomed with the Sacred Fruit//  
from Whom we have great mercy.

### **Aposticha**

**Tone 2**      *(for the Resurrection)*

Your Resurrection, O Christ our Savior,  
has enlightened the whole universe,  
recalling Your creation//  
Glory to You, O almighty Lord!

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

By the Tree You destroyed the curse of the Tree, O Savior.  
By Your burial You mortified the majesty of death.  
You have enlightened our race by Your Resurrection//  
O Giver of life, Christ our God, glory to You!

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

When You were seen nailed to the Cross, O Christ,  
You restored the beauty of Your creatures.

The soldiers showed their inhumanity when they pierced Your side with a spear.  
The Hebrews, not knowing Your power,  
asked that Your tomb might be sealed,  
but through the mercy of Your compassion,  
You accepted the tomb  
and rose on the third day!//  
O Lord, glory to You!

*V. Holiness befits Your house, O Lord, forevermore!*

O Christ, the Giver of life,  
for the sake of the dead You voluntarily endured death,  
descending into hell as the Mighty One  
to save those who awaited Your coming,  
granting them the life of paradise instead of hell.  
Grant also to us who glorify Your Resurrection on the third day//  
cleansing of our sins and great mercy!

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

**Tone 6**      *(from the Menaion, for St. Innocent)*

In mortal danger from a storm at sea,  
you looked to the North Star of the Church of Christ,  
and, through the prayers of St. Herman of Alaska,  
found grace and deliverance.//  
With him now intercede for our souls!

*now and ever, and unto ages of ages. Amen.*

**Tone 6**      *(Theotokion)*

My Maker and Redeemer, Christ the Lord,  
was born of you, O most pure Virgin.  
By accepting my nature, He freed Adam from his ancient curse.  
Unceasingly we magnify you as the Mother of God!  
Rejoice, O celestial Joy!  
Rejoice, O Lady://  
the Protection, Intercession and Salvation of our souls!

*(at Great Vespers)*

**Tone 2      Troparion    *(Resurrection)***

When You descended to death, O Life Immortal,  
You slew hell with the splendor of Your Godhead.  
And when from the depths You raised the dead,  
all the powers of heaven cried out://  
“O Giver of life, Christ our God, glory to You!”

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

**Tone 8      Troparion    *(St. Gregory Palamas)***

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!

*now and ever, and unto ages of ages. Amen.*

**Tone 4      Troparion    *(St. Innocent)***

O Holy Father Innocent,  
in obedience to the will of God,  
you accepted dangers and tribulations,  
bringing many peoples to the knowledge of truth.  
You showed us the way;  
now by your prayers help lead us //  
into the Kingdom of Heaven! *(once)*

*(at the Divine Liturgy)*

**Tone 2      Troparion    *(Resurrection)***

When You descended to death, O Life Immortal,  
You slew hell with the splendor of Your Godhead.  
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**Tone 4      Troparion    *(St. Innocent)***

O Holy Father Innocent,  
in obedience to the will of God,  
you accepted dangers and tribulations,  
bringing many peoples to the knowledge of truth.  
You showed us the way;  
now by your prayers help lead us //  
into the Kingdom of Heaven!

**Tone 8      Kontakion    *(St. Gregory Palamas)***

Holy and divine instrument of wisdom,  
joyful trumpet of theology,  
together we sing your praises, O God-inspired Gregory.  
Since you now stand before the Original Mind, guide our minds to Him, O  
Father, //  
so that we may sing to you: “Rejoice, preacher of grace!”

**Tone 4      Kontakion    *(from the Lenten Triodion)***

Now is the time for action!  
Judgment is at the doors!  
So let us rise and fast,  
offering alms with tears of compunction and crying:  
“Our sins are more in number than the sands of the sea;  
but forgive us, O Master of all, //  
so that we may receive the incorruptible crowns!”

**Tone 5      Prokeimenon**

You, O Lord, shall protect us / and preserve us from this generation forever.  
*(Ps. 11:7)*



*V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)*

**Tone 1      Prokeimenon      (St. Gregory Palamas)**

My mouth shall speak wisdom; / the meditation of my heart shall be understanding. *(Ps. 48:3)*

**Epistle**

(304) Hebrews 1:10-2:3

(318) Hebrews 7:26-8:2 *(St. Gregory, St. Innocent)*

**Tone 2**

Alleluia, Alleluia, Alleluia!

*V. May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps. 19:1)*

*V. Save the King, O Lord, and hear us on the day we call! (Ps. 19:9)*

**Tone 2**

*V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (Ps. 36:31)*

**Gospel**

(7) Mark 2:1-12

(36) John 10:9-16 *(St. Gregory, St. Innocent)*

*(Instead of "It is truly meet...", we sing the following: **All of creation...**)*

**Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*

The righteous shall be in everlasting remembrance! He shall not fear evil tidings! *(Ps. 111:6)*

Alleluia, Alleluia, Alleluia!

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*Prepared by the Department of Liturgical Music and Translations, Orthodox Church in America.*