

SUNDAY, MARCH 1  
First Sunday of Great Lent, Sunday of Orthodoxy

TONE 5

"Lord I Call..." Tone 5

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 5**      *(for the Resurrection)*

By Your precious Cross, O Christ,  
You have put the devil to shame.  
By Your Resurrection, You have blunted the sting of sin  
and saved us from the gates of death.//  
We glorify You, O only begotten One.

*v. (9) The righteous will surround me, for You will 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!"

*v. (8) Out of the depths I cry to You, 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!

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

*(Resurrection stichera by Anatolius)*

We offer You our evening worship,

O never setting Light,

Who came in these last days to the world in the flesh;

Who even descended to hell to dispel its darkness.

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

Glory to You, O Lord and Giver of light!

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

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.

*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.*

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!

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

**Tone 6\***      *(from the Lenten Triodion)*      *(Having placed all their hope)*

O Lord, Whom nothing can contain or grasp,  
from all eternity You shone forth from the Father  
before the morning star.

The Prophets, inspired by the Holy Spirit,  
foretold that You would take flesh and assume the form of a child,  
from her who is ever-virgin.

You lived among men;

You were seen by material creation.

Through the prayers of the Prophets, O compassionate One,  
make us worthy to receive Your light, //

for we sing praises to Your glorious Resurrection!

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

The Prophets bore the fruit of eternal life;  
they prepared the way of the Lord.

By their words they proclaimed You; by their deeds they honored You:  
they would not worship creation instead of You, the Creator.

As Your Gospel commands, they renounced the world.

They foretold Your Passion by suffering themselves.

Through their prayers, O Lord, //

enable us to pass over the battlefield of Lent without sin!

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

You are infinite in Your divine nature, O Master;

in these latter days You accepted the limitations of the flesh.

By assuming our body, You accepted all its weaknesses.

Therefore we make images of Your form;

we venerate them, having You in mind.

We fall down before You in love;

by so doing we follow the tradition of the Apostles //

and are given the grace of healing.

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

---

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

Today the Church of Christ receives honorable adornment:  
the holy icons of Christ our Savior, the Theotokos, and all the Saints.  
The Church exults in their grace!  
We lift them up with joy and gladness!  
We glorify God, the Lover of man, //  
Him Who patiently suffered for our sake!

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

**Tone 2**      *(from the Lenten Triodion)*

Grace and truth have shone forth.  
The predictions of old have been clearly fulfilled.  
Behold, the Church adorns herself with the form of Christ incarnate!  
The icons of the new creation transcend the adornments of the old.  
As the Ark of the Covenant held the presence of God,  
so now the icons reveal the presence of the One we adore.  
By honoring them we will never go astray.  
It is our glory to fall down and worship Christ in the flesh.  
Come, O faithful, venerate His image and cry out: //  
O Lord, save Your people, and bless Your inheritance!

*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 appeared as Man, //  
O Lord, have mercy on us!

## Aposticha

### Tone 5 *(for the Resurrection)*

We magnify You in songs of praise,  
O incarnate Christ and Savior.  
By accepting the Cross and death for our sake,  
as the Lord and Lover of man,  
You overthrew the gates of hell, //  
and arose 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,  
You have poured out drops of life and salvation for all.  
By accepting death in the flesh, You have granted us immortality.  
You have freed us by being placed in the tomb,  
and have resurrected us with Yourself in glory, as God. //  
Glory to You, O Lord and Lover of man!

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

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

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

For our sake, You accepted 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 2**      *(from the Lenten Triodion)*

Advancing from false doctrine to true faith,  
illumined with the light of knowledge,  
let us clap our hands and offer grateful praise to God in song!  
With due honor let us venerate the holy icons of Christ,  
of the all-pure Virgin, and of all the saints,  
depicted on walls or panels or sacred vessels,  
rejecting the godless teaching of the heretics!  
For as Saint Basil says:  
“The honor shown to the image passes to its prototype.”  
By the prayers of Your pure Mother and of all the saints, //  
we beseech You, O Christ our God, to grant us great mercy!

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

**Tone 2**      *(Theotokion)*

A new miracle surpasses all ancient miracles!  
Who knows of a Mother who gave birth without a man,  
who carried in her arms her Creator?  
This birth is the will of God!  
Since you carried Him as an infant in your arms, O most pure one,  
and since you possess motherly boldness before Him,  
do not cease praying for us who honor you, //  
that He may be bountiful and save our souls!

*(at Great Vespers)*

**Tone 5      Troparion    *(Resurrection)***

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,*

**Tone 2      Troparion    *(Sunday of Orthodoxy)***

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the Cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

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

**Tone 2      Resurrectional Dismissal Theotokion**

All beyond thought, all most glorious,  
are your mysteries, O Theotokos.  
Sealed in purity, preserved in virginity,  
you were revealed to be the true Mother who gave birth to the True God.//  
Entreat Him to save our souls.

*(at the Divine Liturgy)*

**Tone 5      Troparion    *(Resurrection)***

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.

**Tone 2      Troparion    *(Sunday of Orthodoxy)***

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the Cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

**Tone 8      Kontakion    *(Sunday of Orthodoxy)***

No one could describe the Word of the Father;  
but when He took flesh from you, O Theotokos, He accepted to be described,  
and restored the fallen image to its former state by uniting it to divine beauty.//  
We confess and proclaim our salvation in words and images.

**Tone 4      Prokeimenon    *(Song of the Fathers)***

Blessed are You, O Lord God of our fathers, / and praised and glorified is Your  
Name forever! *(Song of the three Holy Children, v. 3)*

*V. For You are just in all that You have done for us! (v. 4)*

**Epistle**

(329-ctr) Hebrews 11:24-26; 32-12:2

## **Tone 4**

Alleluia, Alleluia, Alleluia!

*V. Moses and Aaron were among His priests; Samuel also was among those who called on His Name. (Ps. 98:6)*

*V. They called to the Lord and He answered them. (Ps. 98:7a)*

## **Gospel**

(5) John 1:43-51

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

## **Hymn to the Theotokos**

All of creation rejoices in you, O Full of Grace:  
the assembly of angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child –  
our God before the ages.  
He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.  
Glory to you!

## **Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*  
Rejoice in the Lord, O you righteous; praise befits the just! *(Ps. 32:1)*  
Alleluia, Alleluia, Alleluia!

---

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