

First Sunday of Lent
Sunday of Orthodoxy / Tone 8
Great Vespers

Blessed is the Man

At Lord I have cried: Octoechos 6; Triodion 4, Tone 6; *Glory*: Triodion, Tone 2; *Both now*:

Dogmatic Theotokion in the tone of the week

Aposticha: Octoechos 4; *Glory*: Triodion, Tone 2; *Both now*: Resurrectional Theotokion (in the Triodion), Tone 2

Troparia: *O Theotokos Virgin, Rejoice*, twice; *We venerate Thy holy ikon...*, once

Matins

After *God is the Lord*: Resurrectional Troparion twice; *Glory*: *We venerate Thy holy ikon...*, Tone 2

Both now: Dismissal Theotokion in the same tone (in the Triodion)

After each Kathisma: Sessional Hymns from the Octoechos

Evlogitaria

Hypakoë, Hymns of Ascent and Prokeimenon in tone of the week

8th Matins Gospel

Having beheld the Resurrection

Psalm 50; *Glory*: *The doors of repentance*; *Both now*: *Guide me in the paths of salvation; Have mercy on me, O God; When I think of the multitude of evil things I have done*

Canon

Resurrection 2 *Glory to Thy Holy Resurrection, O Lord*

Cross and Resurrection 1 *Glory, O Lord, to Thy precious Cross and Resurrection*

Theotokos 1 *O Most-holy Theotokos, save us*

Triodion 4 *Have mercy on me, O God, have mercy on me*

Katavasia in the Triodion *Israel in ancient times...*

After Ode 3: Sessional Hymns of the Triodion

After Ode 6: Kontakion and Ikos of the Triodion

After Ode 8: *My soul doth magnify...*

Holy is the Lord, our God

Exapostilaria: 8th Gospel; *Glory*: Triodion; *Both now*: Theotokion in the Triodion

Praises: Octoechos 5; Triodion 3, Tone 4 (with Psalm verses in the Triodion); Triodion, Tone 6;

Glory: Repeat; *Both now*: *Most blessed art thou...*

After the dismissal: *Glory, Both now*: 8th Gospel Sticheron

At the Hours

Troparion: Resurrection; *Glory*: Triodion

Kontakion: Triodion