

Second Sunday of Lent
Saint Gregory Palamas / Tone 1

Great Vespers

Blessed is the Man

At Lord I have cried: Octoechos 6; Triodion 4 (Repeat first), Tone 2; *Glory*: Triodion, Tone 6; *Both now*: Dogmatic Theotokion in the tone of the week

Aposticha: Octoechos 4; *Glory*: Triodion, Tone 8; *Both now*: Resurrectional Theotokion (in the Triodion), Tone 8

Troparia: *O Theotokos Virgin, Rejoice*, thrice

Matins

After *God is the Lord*: Resurrectional Troparion *twice*; *Glory*: Saint (in the Triodion), Tone 8 *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

9th 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	<i>Glory to Thy Holy Resurrection, O Lord</i>
Triodion, 1st canon	2/1	<i>Have mercy on me, O God, have mercy on me</i>
Triodion, 2nd canon	3	<i>O holy father Gregory, pray to God for us</i>
Katavasia		<i>I shall open my mouth...</i>

After Ode 3: Kontakion and Sessional Hymns of the Triodion

After Ode 6: Kontakion and Ikos of the Saint from the Triodion

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

Holy is the Lord, our God

Exapostilaria: 9th Gospel; *Glory*: Saint; *Both now*: Theotokion in the Triodion

Praises: Octoechos 5; Triodion 3, Tone 1 (with Psalm verses in the Triodion); Triodion, Tone 6;
Glory: Repeat; *Both now*: *Most blessed art thou...*

After the dismissal: *Glory*, *Both now*: 9th Gospel Sticheron

At the Hours

Troparion: Resurrection; *Glory*: Saint

Kontakion: Triodion (*The season of the virtues...*) / Saint (*O sacred and divine...*) alternating