

Second Sunday of Lent
Saint Gregory Palamas, Tone 6

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

Matins Gospel: 6

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*

Triodion, 1st canon 3 *Have mercy on me, O God, have mercy on me*

Triodion, 2nd canon 3 *O holy father Gregory, pray to God for us*

Katavasia *I shall open my mouth...*

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: 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: Gospel Sticheron

At the Hours

Troparion: Resurrection; Glory: Saint

Kontakion: Triodion / Saint, alternating