

SUNDAY, MARCH 8
Second Sunday of Great Lent St. Gregory Palamas

TONE 6

Tone 6 **Troparion** *(Resurrection)*

The Angelic Powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell not being tempted by it. Thou didst come to the Virgin,
granting life. O Lord, Who didst rise from the dead, //
glory to Thee.

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!

Troparion You were bound for good deeds, O martyr of Christ: George, by faith
You Conquered the torturer's godlessness. You were offered as a sacrifice
Pleasing to God; thus, you received the crown of victory. Through your
Intercessions, Forgiveness of sins is granted to all.

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

Holy and divine instrument of wisdom, joyful trumpet of theology,
together we sing thy praises, O God-inspired Gregory.
Since thou now standest before the Original Mind, guide our minds to Him, O
Father, // so that we may sing to thee: "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 in corruptible crowns!"

Kontakion

God raised you as his own gardener, O George, for you have gathered
For Yourself sheaves of virtue. Having sown in tears, you now reap with joy,
You shed your blood in combat and won Christ as your crown. Through your
Intercessions, Forgiveness of sins is granted to all

Kontakion Steadfast Protectress of Christians./ constant advocate before
The Creator,/ do not despise the entreaties of us sinners,/but in your goodness
Hasten to help us who cry out to you with faith/Speedily hear
Our petition and Intercede for us. Theotokos,/for you always protect those
Who Honor you

Tone 5 Prokeimenon

Thou, O Lord, shalt 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 Palamas)*

Tone 6

Alleluia, Alleluia, Alleluia!

*V. He who dwelleth in the shelter of the Most High will abide in the shadow of the
heavenly God. (Ps. 90:1)*

*V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I
trust." (Ps. 90:2)*

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 Palamas)*

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

Hymn to the Theotokos

All of creation rejoices in thee, 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 thy body into a throne, and thy womb He made more spacious than the heavens. All of creation rejoices in thee, O Full of Grace.// Glory to thee!

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!

Announcements

Saturdays 5.pm Orthodox study Vespers 6.pm

Sundays Hours 9.00am Divine Liturgy 9.30 am

Catechumens to participate in zoom classes on Mondays at 7.pm with

Father Anderson please let him know so he can admit you into the meeting

<https://stjohnofdamascus.org/calendar/>

Or See Marleen 760 669-4647

If anyone needs to get a hold of Father Anderson Michael Anderson phone

Number (858) 7172172 vrevkmichaela@gmail.com

Priest schedule

Fri Mar 6 Presanctified – Fr Vissarion 6pm

Mar 7-8 – Fr Alexander Federoff

Fri Mar 13 – Presanctified – Fr Vissarion 6pm

Mar 14-15- Fr Vissarion

Wed Mar 18 – Presanctified Fr Vissarion 6pm

Saturday Mar 21 – Soul Saturday Liturgy – Fr Michael Anderson

Mar 21-22 – Fr Vissarion

Mar 25 – Vesperal Liturgy for Annunciation – Fr Vissarion 6pm

Mar 28-29 – Fr John Robinson

A blessed clean week and fruitful fast!