**SUNDAY: MARCH 17 TONE 1**

**First Sunday of Great Lent/Sunday of Orthodoxy**

 **Venerable Alexius, the Man of God**

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

**"Lord I Call..." Tone 1**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!//

Hear me, O Lord!

Let my prayer arise

in Thy 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 Thy name!*

**Tone 1** *(for the Resurrection)*

Accept our evening prayers, O holy Lord!

Grant us remission of sins,//

for Thou alone hast manifested the Resurrection to the world.

*v. (9) The righteous will surround me; for Thou wilt deal bountifully with me.*

Encircle Zion

and surround her, O people!

Give glory in her to the One Who rose from the dead!

For He is our God, //

Who has delivered us from our transgressions!

*v. (8) Out of the depths I cry to Thee, O Lord. Lord, hear my voice!*

Come, O people,

let us hymn and fall down before Christ,

glorifying His Resurrection from the dead!

For He is our God, //

Who has delivered the world from the Enemy’s deceit!

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

*(Resurrection stichera by Anatolius)*

Be glad, O heavens!

Sound trumpets, O foundations of the earth!

Sing in gladness, O mountains!

Behold Emmanuel has nailed our sins to the Cross!

Granting life, He has slain death.//

He has resurrected Adam as the Lover of man.

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

Let us praise Him Who voluntarily was crucified in the flesh for our sake.

He suffered, was buried, but rose from the dead.

By orthodoxy confirm Thy Church, O Christ. //

Grant peace for our life as the gracious Lover of man.

*v. (5) For Thy name’s sake have I waited for Thee, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.*

We stand before Thy life-bearing tomb unworthily, O Christ God,

offering glory to Thine ineffable compassion.

Thou hast accepted the Cross and death, O sinless One//

to grant Resurrection to the world as the Lover of man.

*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 set all your hope)*

O Lord, Whom nothing can contain or grasp,

from all eternity Thou hast shone forth from the Father

before the morning star.

The Prophets, inspired by the Holy Spirit,

foretold that Thou wouldst take flesh and assume the form of a child,

from her who is ever-virgin.

Thou didst live among men,

and wast seen by material creation.

Through the prayers of the Prophets, O compassionate One,

make us worthy to receive Thy light,//

for we sing praises to Thy 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 Thee; by their deeds they honored Thee:

they would not worship creation instead of Thee, the Creator.

As Thy Gospel commands, they renounced the world.

They foretold Thy 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!*

Thou art infinite in Thy divine nature, O Master;

in these latter days Thou didst accept the limitations of the flesh.

By assuming our body, Thou didst accept all its weaknesses.

Therefore we make images of Thy form;

we venerate them, having Thee in mind.

We fall down before Thee 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 abundant towards us; and the truth of the Lord endureth for ever.*

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,//

for He 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, and venerate His image crying out://

O Lord, save Thy people, and bless Thine inheritance!

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

**Tone 1**  *(Theotokion – Dogmatikon)*

Let us praise the Virgin Mary!

The gate of heaven, the glory of the world!

The song of the angels, the beauty of the faithful!

She was born of man, yet gave birth to God!

She was revealed as the heaven,

as the temple of the godhead!

She destroyed the wall of enmity!

She commenced the peace; she opened the Kingdom!

Since she is our foundation of faith,

our defender is the Lord Whom she bore!

Courage! Courage! O People of God!

For Christ will destroy our enemies//

since He is all powerful.

**First Sunday of Lent/Sunday of Orthodoxy**

**Litya *(If the rector desires the Litya, following the sticheron of the patron saint of the church or monastery, we sing:*)**

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

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

Rejoice, O honorable Prophets,

who ordered well the Law of the Lord,

and were made manifest as steadfast and unshaken pillars of the faith;

for ye truly appeared as mediators of Christ’s New Covenant!

Now having been translated to heaven,//

beseech Him to grant peace to the world and to save our souls!

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

 **Tone 2** *(Theotokion)*

I place all my hope in thee, O Theotokos;//

keep me beneath thy protecting veil!

**First Sunday of Lent/Sunday of Orthodoxy**

**Aposticha**

**Tone 1**  *(for the Resurrection)*

We have been freed from sufferings

by Thy suffering, O Christ.

We have been delivered from corruption

by Thy Resurrection.//

O Lord, glory to Thee!

*v. The Lord is King; He is robed in majesty!*

Let creation rejoice!

Let the heavens be glad!

Let the nations clap their hands with gladness,

for Christ our Savior has nailed our sins to the Cross.

Slaying death, He has given life.//

He has resurrected fallen Adam as the Lover of man.

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

As King of heaven and earth,

Thou wast voluntarily crucified in Thy love for man.

Hell was angered when it met Thee below.

Adam rose seeing Thee, the Creator, under the earth.

O wonder! How has the Life of all tasted death?

Thou didst enlighten the world which cries://

O Lord, Who didst rise from the dead, glory to Thee!

*v. Holiness befitteth Thy house, O Lord, forevermore!*

The myrrhbearing women came with haste to Thy tomb,

bearing myrrh and lamenting.

Not finding Thy most pure body,

they learned from the angel of the new and glorious wonder.

They told the Apostles:

“The Lord is risen, //

granting the world great mercy.”

*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 passeth to its prototype.”

By the prayers of Thy pure Mother and of all the saints,//

we beseech Thee, 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 knoweth of a Mother who gave birth without a man,

who carried in her arms her Creator?

This birth is the will of God!

Since thou didst carry Him as an infant in thine arms, O most pure one,

and since thou dost possess motherly boldness before Him,

do not cease praying for us who honor thee,//

that He may be bountiful and save our souls!

**First Sunday of Lent/Sunday of Orthodoxy**

***(at Great Vespers)***

**Tone 1** **Troparion**  *(Resurrection)*

When the stone had been sealed by the Jews,

while the soldiers were guarding Thy most pure body,

Thou didst rise on the third day, O Savior,

granting life to the world.

The powers of heaven therefore cried to Thee, O Giver of Life:

“Glory to Thy Resurrection, O Christ!

Glory to Thy ^Kingdom!//

Glory to Thy dispensation, O Thou who lovest of mankind!”

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

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

We venerate Thy most pure image, O Good One;

and ask forgiveness of our transgressions, O Christ our God.

Of Thy good will Thou wast pleased to ascend the Cross in the flesh

and deliver Thy creatures from bondage to the Enemy.

Therefore with thankfulness we cry aloud to Thee:

“Thou hast filled all with joy, O our Savior,//

for Thou alone hast come 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 thy mysteries, O Theotokos.

Sealed in purity, preserved in virginity,

thou wast revealed to be the true Mother who gave birth to the True

God.//

Entreat Him to save our souls!

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***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

Mary, full of grace, the Lord is with thee!

Blessed art thou among women,

and blessed is the Fruit of thy womb,//

for thou hast borne the Savior of our souls. *(twice)*

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

We venerate Thy most pure image, O Good One;

and ask forgiveness of our transgressions, O Christ our God.

Of Thy good will Thou wast pleased to ascend the Cross in the flesh

and deliver Thy creatures from bondage to the Enemy.

Therefore with thankfulness we cry aloud to Thee:

“Thou hast filled all with joy, O our Savior,//

for Thou alone hast come to save the world.”

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***(at the Divine Liturgy)***

**Tone 1** **Troparion**  *(Resurrection)*

When the stone had been sealed by the Jews,

while the soldiers were guarding Thy most pure body,

Thou didst rise on the third day, O Savior,

granting life to the world.

The powers of heaven therefore cried to Thee, O Giver of Life:

“Glory to Thy Resurrection, O Christ!

Glory to Thy ^Kingdom!//

Glory to Thy dispensation, O Thou who lovest of mankind!”

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

We venerate Thy most pure image, O Good One;

and ask forgiveness of our transgressions, O Christ our God.

Of Thy good will Thou wast pleased to ascend the Cross in the flesh

and deliver Thy creatures from bondage to the Enemy.

Therefore with thankfulness we cry aloud to Thee:

“Thou hast filled all with joy, O our Savior,//

for Thou alone hast come to save the world.”

 **Tone 8 Kontakion** *(from the Lenten Triodion)*

No one could describe the Word of the Father;

but when He took flesh from thee, 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 art Thou, O Lord God of our fathers, and praised and glorified is

Thy name forever! *(Song of the three Holy Children, v. 3)*

*v: For Thou art just in all that Thou hast done for us! (v. 4)*

**Epistle**

 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 99/100:6)*

*v: They called to the Lord and He answered them. (Ps 99/100:6)*

 **Gospel**

 John 1:43-51

***(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 Hymns**

Praise the Lord from the heavens, praise Him in the highest! *(Ps 148:1)*

Rejoice in the Lord, O ye righteous; praise befits the just! *(Ps 32/33:1)*

Alleluia, Alleluia, Alleluia!

Liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Archimandrite Juvenaly, Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.