**SUNDAY, MARCH 24 TONE 2**

**Second Sunday of Lent: St Gregory Palamas**

 **Forefeast of the Annunciation**

***(The service to St Gregory Palamas is celebrated whenever the rector desires because of the Forefeast.)***

**"Lord I Call..." Tone 2**

Lord, I call upon You, hear me!

Hear me, O Lord!

Lord, I call upon You, hear me!

Receive the voice of my prayer,

when I call upon You!

Hear me, O Lord!

Let my prayer arise

in Your 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 Your name!*

 **Tone 2** *(for the Resurrection)*

Come, let us worship the Word of God

begotten of the Father before all ages,

and incarnate of the Virgin Mary!

Having endured the Cross, He was buried as He himself desired.//

And having risen from the dead, He saved me, the erring one.

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

Christ our Savior nailed to the Cross the bond against us,

He voided it and destroyed the dominion of death.//

We fall down before His Resurrection on the third day.

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

With the Archangels let us praise the Resurrection of Christ!

He is our Savior, our Redeemer.

He is coming with awesome glory and mighty power//

to judge the world which He made.

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

*(for the Resurrection by Anatolios)*

The Angel proclaimed You as the crucified and buried Master.

He told the women: “Come, see the place where He lay!

He is risen as He said, for He is almighty.”

We worship You, only immortal One.//

O Christ, the Giver of life, have mercy on us!

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

By Your Cross You destroyed the curse of the tree.

By Your burial You destroyed the dominion of death.

By Your rising You enlightened the human race.//

O Benefactor, Christ our God, glory to You!

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

The gates of death opened to You from fear, O Lord.

When the guards of hell saw You they were afraid,

for You demolished the gates of brass and smashed the iron chains.//

You have led us from the darkness and the shadows of death, and have

broken our bonds.

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 4** *(for the Forefeast) (As one valiant among the martyrs)*

The mystery hidden from all eternity,

unknown even by the Angels,

is now entrusted to the Archangel Gabriel.

He will come to you, O precious vessel;

he will salute you and cry in joy:

“Rejoice, pure dove! Rejoice, all-holy one!//

Make ready by your word to conceive the Word of God!”

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

(Repeat: “The mystery hidden from all …”)

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

The palace of light is ready for You, O Master,

the womb of the undefiled child of God.

Come down to her; come to visit Your fallen world,

which is held in bitter slavery to the jealous Enemy!

Many ages have passed since its beauty was destroyed.

Make haste to descend to earth, O Lord!//

Come to deliver us from the way of death!

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

Gabriel the Archangel comes to you, O all-blameless one;

he will greet you, crying with joy:

“Rejoice, deliverance from condemnation!

Rejoice, chosen vessel made perfect for God!

Rejoice, life-bearing dawn of the endless day!//

The Lord, Whom the heavens cannot contain, is pleased to dwell in you!”

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

**Tone 2**  *(for the Forefeast)*

Today Gabriel announces the good tidings to her who is full of grace:

“Rejoice, unwedded Maiden!

Be not struck with dismay by my strange form, nor be afraid!

I am an Archangel.

Once the serpent beguiled Eve,

but now I announce to you the good tidings of joy, O most pure one.//

You shall remain inviolate and yet shall bear the Lord.”

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

**Tone 2**  *(Theotokion – Dogmatikon)*

The shadow of the Law passed when grace came;

as the Bush burned, yet was not consumed,

so the Virgin gave birth, yet remained a Virgin.

Instead of a pillar of flame, the Righteous Sun has risen.//

Instead of Moses, Christ, the Salvation of our souls.

**Second Sunday of Lent/Forefeast of the Annunciation**

**Litya *(If the rector desires the Litya, following the sticheron to the Temple, we sing:*)**

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

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

**Tone 2**  *(for the Forefeast, by Theophanes)*

Today the eternal mystery is revealed.

The Son of God becomes the Son of man.

By accepting the lowest, He grants me the highest.

Of old, Adam was deceived; he sought to become God,

but he did not receive his desire.

Now God becomes Man, that He may make Adam God.

Let creation rejoice! Let nature exult:

for the Archangel stands in fear before the Virgin,

and saying: “Rejoice!” he brings her the greeting by which our sorrow is

 healed.//

Glory to You, O Lord, Who in Your compassion became a man!

**Second Sunday of Lent/Forefeast of the Annunciation**

**Aposticha**

**Tone 2**  *(for the Resurrection)*

Your Resurrection, O Christ our Savior,

has enlightened the whole universe,

calling back Your creation.//

Glory to You, O almighty Lord!

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

O Savior, by the Tree You destroyed the curse of the Tree.

By Your burial You mortified the majesty of death.

You have enlightened our race by Your Resurrection.//

O Giver of life, Christ our God, glory to You!

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

O Christ, when You were seen nailed to the Cross,

You restored the beauty of Your creatures.

The soldiers showed their inhumanity when they pierced Your side with a

spear.

The Hebrews not knowing Your power asked that Your tomb might be

sealed,

but through the mercy of Your compassion,

You accepted the tomb and rose on the third day!//

O Lord, glory to You!

*v. Holiness befits Your house, O Lord, forevermore!*

O Christ, the Giver of life,

for the sake of the dead You voluntarily endured death,

descending into hell as the Mighty One

to save those who awaited Your coming,

granting them the life of paradise instead of hell.

Grant also to us who glorify Your Resurrection on the third day//

cleansing of our sins and great mercy!

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

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

**Tone 2** *(Theotokion)*

A new miracle surpasses all ancient miracles!

Who knows of a Mother who gave birth without a man,

who carried in her arms her Creator?

This birth is the will of God!

Since you carried Him as an infant in your arms, O most pure one,

and since you possess motherly boldness before Him,

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

that He may be bountiful and save our souls!

**Second Sunday of Lent/Forefeast of the Annunciation**

***(at Great Vespers)***

**Tone 2** **Troparion**  *(Resurrection)*

When You descended to death, O Life Immortal,

You destroyed hell with the splendor of Your Godhead.

And when from the depths You raised the dead,

all the powers of heaven cried out://

“O Giver of life, Christ our God, glory to You!”

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

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

**Tone 4 Troparion** *(Forefeast)*

Today is the prelude of joy for the universe.

Let us anticipate the feast and celebrate with exultation:

“Gabriel is on his way to announce the glad tidings to the Virgin;

he is ready to cry out in fear and wonder://

‘Rejoice, O Full of Grace, the Lord is with you!’”

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***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

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

Blessed are you among women,

and blessed is the Fruit of your womb,//

for you have borne the Savior of our souls. *(thrice)*

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

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‘Rejoice, O Full of Grace, the Lord is with you!’”

**Tone 2** **Kontakion**  *(Resurrection)*

Hell became afraid, O almighty Savior,

seeing the miracle of Your Resurrection from the tomb!

The dead arose! Creation, with Adam, beheld this and rejoiced with

You,//

and the world, my Savior, praises You forever.

**Tone 8** **Kontakion**  *(Forefeast)*

You are the beginning of salvation for all of us on earth, Virgin Mother

of God.

For the great Archangel Gabriel, God’s minister, was sent from heaven

to stand before you to bring you joy:

Therefore, we all cry to you: “Rejoice, O unwedded Bride!”

**Tone 5** **Prokeimenon**

You, O Lord, shall protect us and preserve us from this generation forever.

*(Ps 11/12:7)*

*v: Save me, O Lord, for there is no longer any that is godly. (Ps 11/12:1)*

**Epistle**

 Hebrews 1:10-2:3

 **Tone 2**

Alleluia, Alleluia, Alleluia!

*v: May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps 19/20:1)*

*v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)*

**Gospel**

Mark 2:1-12

***(Instead of “It is truly meet … ,” we sing the following)***

**Hymn to the Theotokos**

All of creation rejoices in you, 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 your body into a throne,

and your womb He made more spacious than the heavens.

All of creation rejoices in you, O Full of Grace.//

Glory to you!

**Communion Hymns**

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

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.