

Matins Propers

Second Sunday of the Great Fast. St. Gregory Palamas

*on the Forty-Second Sunday after Pentecost
in the First Tone with the Ninth Resurrection Gospel*

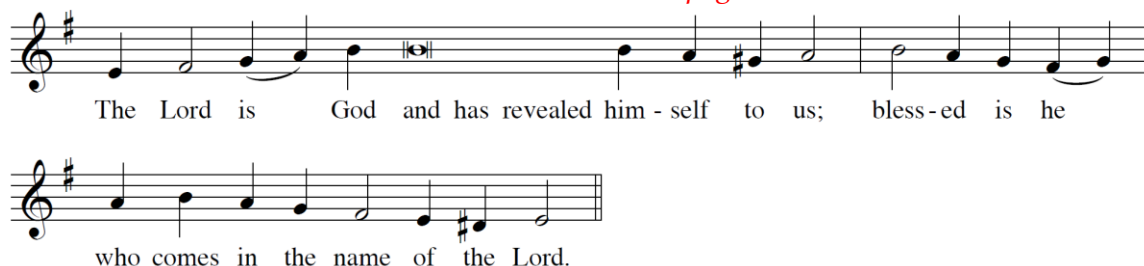
Hexapsalmos

*The reader chants only **Psalm 62** on page 3 followed by "Glory..." on page 6.*

Matins then continues with the Litany of Peace on page 7.

The Lord is God (page 9)

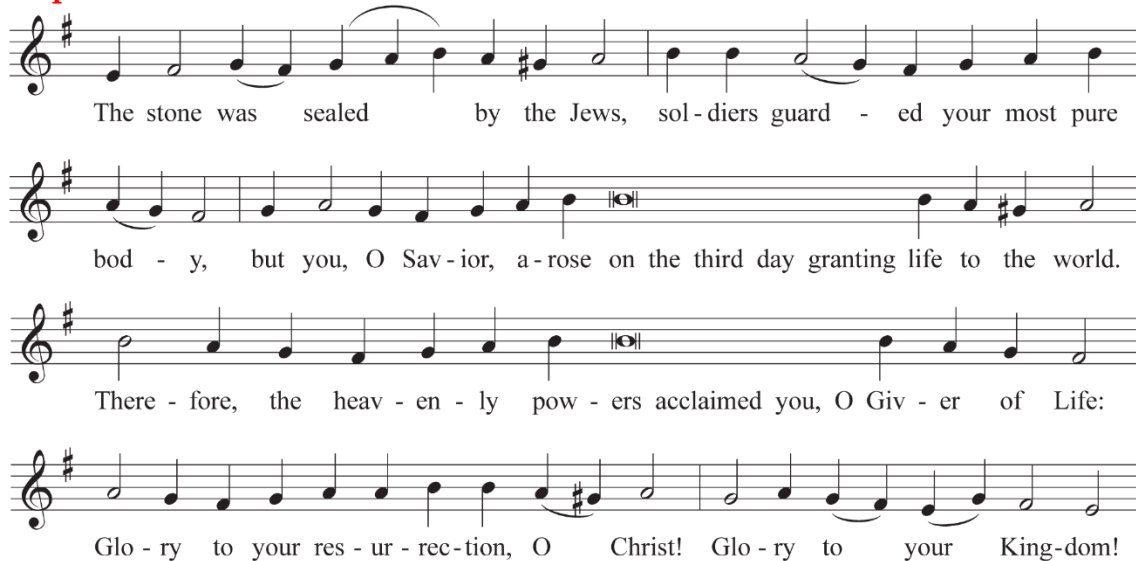
Tone 1



The Lord is God and has revealed him - self to us; bless - ed is he
who comes in the name of the Lord.

Troparia (page 9)

Troparion of the Resurrection – Tone 1



The stone was sealed by the Jews, sol - diers guard - ed your most pure
bod - y, but you, O Sav - ior, a - rose on the third day granting life to the world.
There - fore, the heav - en - ly pow - ers acclaimed you, O Giv - er of Life:
Glo - ry to your res - ur - rec - tion, O Christ! Glo - ry to your King - dom!

Glo - ry to your sal - va - tion! You a - lone love us all.

The repetition of the Troparion is omitted.

Troparion of the Triodion – St. Gregory Palamas – Tone 8

O Light of the true faith, teach-er and sup-port of the Church, a - dorn-ment

of monks and in - vin - ci - ble ram - part of the - o - lo - gians,

O ho - ly Greg - o - ry the Won - der - work - er, the glo - ry of

Thes - sa - lo - ni - ca and the her - ald of grace, in - ter - cede

with God for the sal - va - tion of our souls.

Cantor (Tone 8):

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it,

now and ev - er and for - ev - er. A - - - men.

Festive Theotokion – Tone 8

O gra-cious Lord, for the sake of man-kind you were born of a vir - gin;



through your death on the cross you con - quered Death; and through
 your res - ur - rec - tion you re - vealed your - self as God. O Mer - ci - ful Lord,
 do not dis - dain those whom you have cre - a - ted with your own hands,
 but show forth your love for man - kind. Ac - cept the in - ter - ces - sion
 which the Moth - er who bore you makes in our be - half: O Sav - ior,
 save your des - pair - ing peo - ple.

Kathismata *(page 10)*

People: Lord, have mercy *(three times)*
 Glory to the Father and to the Son and to the Holy Spirit

Reader: Now and ever and forever. Amen.

from the 3rd Kathisma:

Psalm 18

The heavens declare the glory of God, and the firmament proclaims his handiwork. Day unto day pours out the word and night unto night imparts knowledge. No speech, no word, no voice is heard yet through all the earth their voice resounds; their message reaches to the ends of the world. There he has placed a tent for the sun; it comes forth like a bridegroom coming from his tent, rejoices like a champion to run its course. At the end of the sky is the rising of the sun; to

the furthest end of the sky is its course. There is nothing concealed from its burning heat. The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted; it gives wisdom to the simple. The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes. The fear of the Lord is holy, abiding forever. The decrees of the Lord are truth and all of them just. They are more to be desired than gold, than the purest of gold and sweeter are they than honey, than honey from the comb. So in them your servant finds instruction; great reward is in their keeping. But who can detect all his errors? From hidden faults acquit me. From presumption restrain your servant and let it not rule me. Then shall I be blameless, clean from grave sin. May the spoken words of my mouth, the thoughts of my heart, win favor in your sight, O Lord, my rescuer, my rock!

Reader: Glory to the Father and to the Son and to the Holy Spirit

People: Now and ever and forever. Amen.

Alleluia, alleluia, alleluia! Glory to you, O God! *(three times)*

The rest of the Kathismata are omitted & Matins continues with the Small Litany on p. 10.

Sessional Hymn *(page 11)*

the 2nd Hymn of the 2nd set of Sessional Hymns (Samopodoben: Ženy ko hrobu):

The Life of all was nailed to the Cross, the im-mor-tal Lord was num-bered
a-mong the dead. He is our Sav-ior who rose on the third day,
rais-ing A-dam from cor-rup-tion. The heav'n-ly pow-ers cry a-loud to you, O
Giv - er of Life: Glo - ry to your Res - ur - rec - tion! Glo - ry to your

con - de - scen - - - sion, O Lov - er of us all!

*The rest of the Sessional Hymns are omitted.
Matins continues with Ps. 118 (p. 17) and then Hosts of Angels (p. 18).*

Ἡσάκωε (page 21)

Tone 1

The re - pent - ance of the good thief opened par - a - dise to him, and the tears

of the myrrh - bearing women proclaimed the joy - ful news: O Christ our God,

you are ris - en, and you grant your great mer - cy to the world.

Stepenna (page 21)

*The Stepenna (Gradual Hymns) are omitted.
Matins continues with the Prokeimenon ("Let us be attentive...") on page 22.*

Prokeimenon (page 22)

Psalm 12:5

I my - self will a - rise, says the Lord. I will grant them

the sal - va - tion for which they thirst.

Deacon: The words of the Lord
are words without alloy.

Matins then continues with the Preparation for the Gospel ("Let us pray...") on p. 22.

Let everything that lives... (page 22)

Tone 1

Let ev - 'ry-thing that lives and that breathes give praise
to the Lord, give praise to the Lord.

The image shows a musical score in G major, 4/4 time. The melody is written on a single staff. The lyrics are: 'Let ev - 'ry-thing that lives and that breathes give praise to the Lord, give praise to the Lord.' The music features a mix of eighth and quarter notes, with some phrases spanning across bar lines.

The Preparation for the Gospel continues with "That we may be deemed..." on page 23.

The Ninth Resurrection Gospel is read (John 20: 19-31).

Matins continues with the Hymn of the Resurrection on page 24.

After Psalm 50, the Penitential Stichera are sung (p. 29).

The Canon (page 32)

The faithful come forward to venerate the Gospel Book on the tetrapod.

The Canon of the Resurrection is omitted.

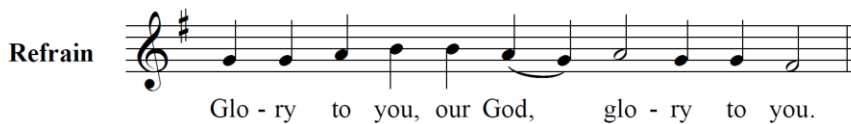
Ode 1 is omitted and the Canon of the Triodion continues with Ode 3.

Ode 3

Irmos

In the be-gin - ning, you made the skies firm in your wis - - - dom,
and you found-ed the earth up-on the wa - ters. O Christ, make me
firm up-on the rock of your com-mand - ments, for none is ho - ly but you,
O on - ly Lov - er of us all.

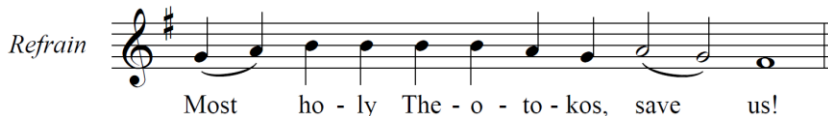
The image shows a musical score for the Irmos of Ode 3 in G major, 4/4 time. The melody is written on a single staff. The lyrics are: 'In the be-gin - ning, you made the skies firm in your wis - - - dom, and you found-ed the earth up-on the wa - ters. O Christ, make me firm up-on the rock of your com-mand - ments, for none is ho - ly but you, O on - ly Lov - er of us all.' The music features a mix of quarter and eighth notes, with some phrases spanning across bar lines.



I am seized with fear because of my deeds, for I have run far from you and have squandered your riches, spending them in reckless haste, yet I cry out to you in penance: I have sinned, my Father and my God, save me. *Refrain*

I fear heaven, because I have sinned on earth: this will be the judgment that rejects me, when all creatures stand up to be judged with your righteous judgment, O Word. *Refrain*

When I played the prodigal, fleeing far from you, I fed myself on dark and shameful thoughts; but now I cry to you: I have sinned, I have sinned; in your loving mercy save me as I hasten to you.



O Virgin, the disordered nature of Adam has been made Godlike, for from your womb God appeared in the flesh. We have been liberated from the ancient judgment when we were deceived by a false hope of deification.

Canon of our holy father Gregory Palamas

Refrain: Holy Father Gregory, pray to God for us!

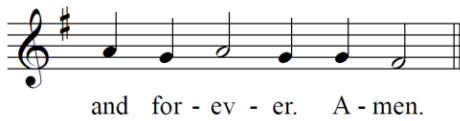
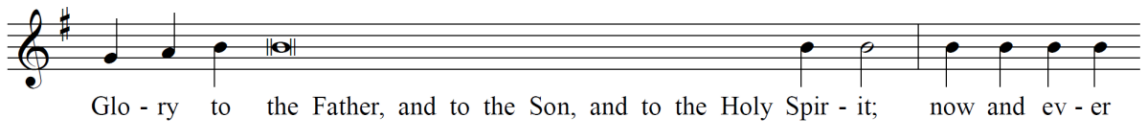
Faithfully keeping to the path of your divine teachings, we flee from false teachers; and by your holy writings, O Gregory, we drive back their armies.

Refrain

You refuted the foolish teachings of heretics, O blessed one, for your heart was filled with wisdom personified, by which you broke their perverted pride.

Refrain

Putting to death the desires of the flesh which are prey to corruption, by your asceticism, you wisely gave life to the promptings of your soul and made it an instrument of the knowledge of God.



With full knowledge and by my own free will, I led a life of shame and foolishness; but you, O virginal spouse of God, draw me near to the divine love by your intercession.

*The Katavasia of the Theotokos is omitted.
Matins continues with the Small Litany on p. 33
and then the Kontakion, Ikos, & Sessional Hymns of St. Gregory Palamas*

Kontakion & Ikos (page 34)

Tone 8

We praise you, O holy bishop Gregory, * as a divine instrument of wisdom * and as the brilliant trumpet of the knowledge of God. * We submit our minds to the intelligence of the Creator: * lead our hearts to Him that we may sing: ** Rejoice, O preacher of grace.

Ikos: You have appeared as a heavenly angel on earth, proclaiming the divine mysteries to mortals; joining you spirit to the incorporeal choirs, you inspire our hearts to sing:

- Rejoice, through you night has disappeared.
- Rejoice, through you daylight has appeared.
- Rejoice, messenger of the uncreated God who is good.
- Rejoice, chastiser of the created falsehood.
- Rejoice, height that reveals the nature of God.
- Rejoice, depth that probes the energy of God.
- Rejoice, sublime proclaimer of the glory of God.
- Rejoice, wise denouncer of those who err against God.
- Rejoice, reflection of the Sun that never dies.
- Rejoice, bowl of divine nectar that always satisfies.
- Rejoice, through you truth shines out.
- Rejoice, through you falsehood is wiped out.
- Rejoice, O preacher of grace.

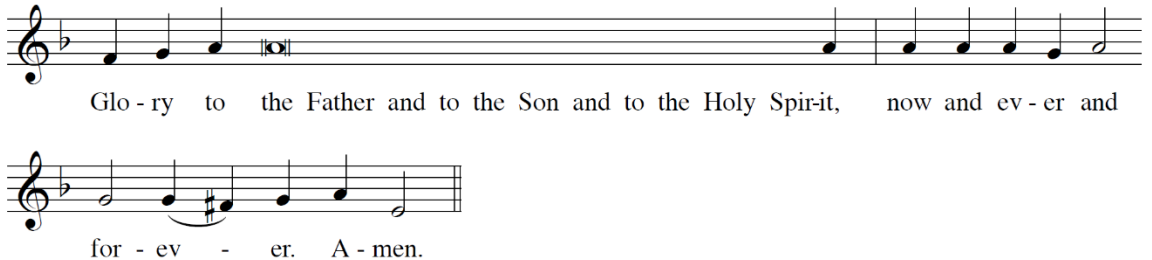
Matins continues with the Sessional Hymns of St. Gregory Palamas

Sessional Hymns of St. Gregory Palamas

Tone 4

You have wiped out erroneous teachings * and have shed light on the true faith, * illuminating the universe with your wisdom; * thus you have gained the crown of victory; * O pillar of the Church and true bishop, * intercede with Christ for the salvation of us all.

Cantor (*Tone 4*):



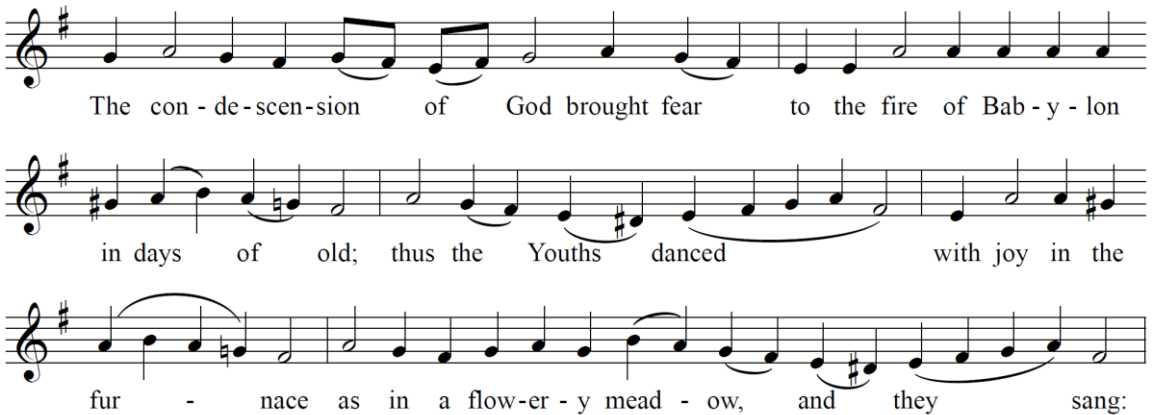
Glo - ry to the Father and to the Son and to the Holy Spir-it, now and ev - er and
for - ev - er. A - men.

O Virgin, hasten to receive the prayers which we offer you * and present them to your Son and our God, O most holy Lady. * Give peace to those who come to you in their distress. * Confound the deceits of the Evil One * and destroy the strength of the enemy who fights against your servants.

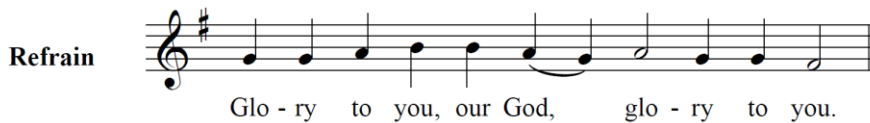
Odes 4-6 are omitted and the Canon of the Triodion continues with Ode 7

Ode 7

Irmos



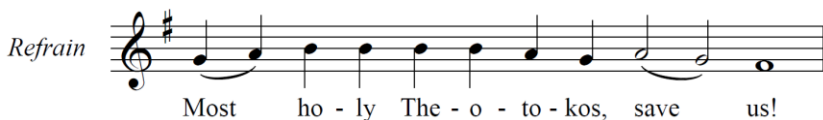
The con - de - scen - sion of God brought fear to the fire of Bab - y - lon
in days of old; thus the Youths danced with joy in the
fur - nace as in a flow - er - y mead - ow, and they sang:



I no longer have the courage to call myself your child, Father and Lover of us all. I beg you to let me be one of your hired hands. Do not scorn me as I cry out: Blessed are you, O God of our fathers. *Refrain*

Defiled by our former way of life in which we destroyed our original nobility, let us hasten to our only God and Father with fervent repentance, that we may find salvation. *Refrain*

The citizen that I am condemned to serve is a harsh master, and the famine that I suffer, while feeding pigs, is unbearable; but I will return begging: O Savior, have mercy on me.



You have given life to our nature that was dead, for you alone gave birth to Life, Virgin Theotokos. Therefore, we recognize in you the salvation of the faithful, as you gave birth in human flesh to the God of our fathers.

Canon of our holy father Gregory Palamas

Refrain: Holy Father Gregory, pray to God for us!

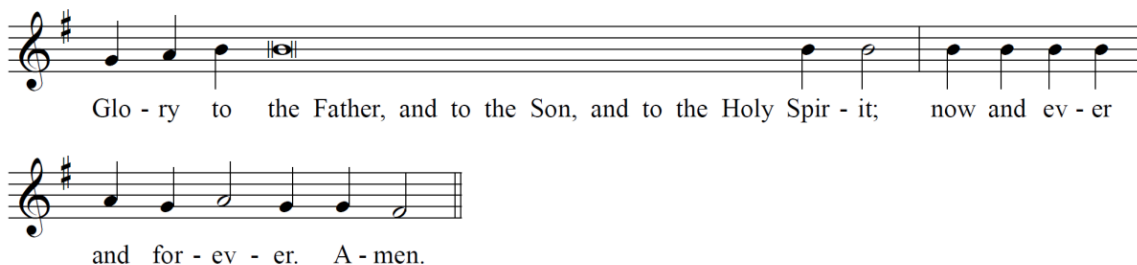
Your words and your writings, O holy Gregory, lead your disciples to the knowledge of God; they fill them with the spiritual knowledge of the divine energies and uncreated grace.

Refrain

You have broken the sword and the bow of those filled with falsehood, and you crush the pride of Barlaam and the power of his followers like a great rock falling upon a spider's web.

Refrain

The faith of the Christian believers has been marked by the seal of your teaching, your doctrine and your writings, and the boldness of the heretics has been thwarted; because of you, O holy Gregory, the true faith regains its strength and the false teachers are overthrown.



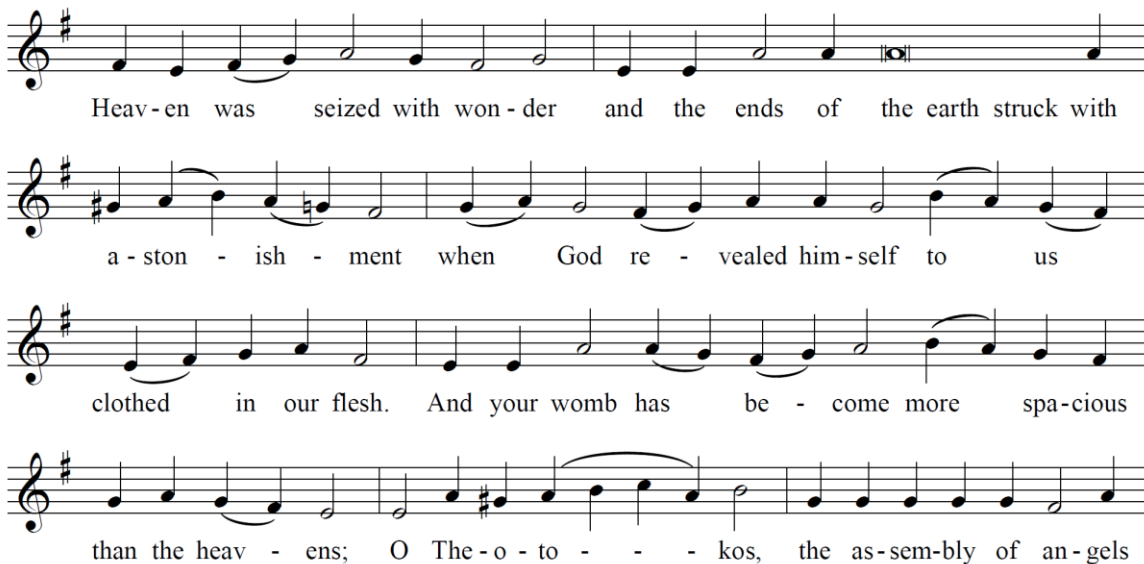
Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er
and for - ev - er. A - men.

We find in you the fountain of healing; when our passions make us weary and troubled, we come to drink from the divine streams of salvation, and we sing to you, O all-holy Lady: Blessed is the fruit of your womb!

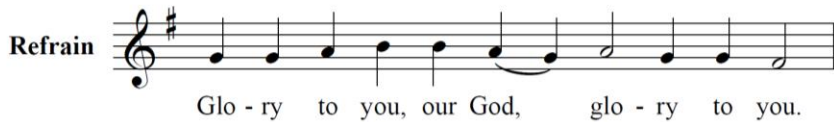
The Katavasia of the Theotokos & Ode 8 are omitted, the people stand, & Matins continues with "Let us greatly extol..." & the Canticle of the Theotokos on p. 34.

Ode 9

Irmos



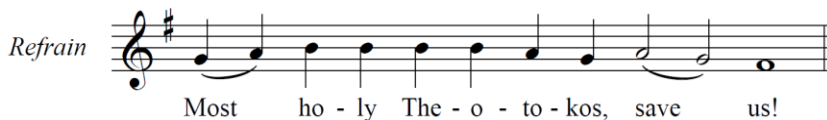
Heav - en was seized with won - der and the ends of the earth struck with
a - ston - ish - ment when God re - vealed him - self to us
clothed in our flesh. And your womb has be - come more spa - cious
than the heav - ens; O The - o - to - - - kos, the as - sem - bly of an - gels



My soul puts its trust in you, O God: fill me with joy and gladness, kill the fattened calf. I have gone astray, welcome me back; I was dead, raise me up to life, and clothe me in the divine garment of salvation and purity. *Refrain*

O souls far from God and deprived of his gifts, come with fervor and imitate the conversion of the prodigal, crying out: Good Father, who are in heaven, we have all sinned against you; purify and save us as we hasten to your mercy. *Refrain*

O Lord, O Lord, your mercy is abundant beyond measure, but I have spent these riches in many pleasures. Do not turn from me, as now I run to you and cry out with the words of the prodigal: I have sinned before you, save me as I flee to your mercy.



You are a refuge of salvation for me, your servant. You are my guide and protectress, the opponent of all cruelty. As our blessed Lady, pray to God for my salvation, for in you I place all my hope, and in love and faith proclaim your greatness.

Canon of our holy father Gregory Palamas

Refrain: Holy Father Gregory, pray to God for us!

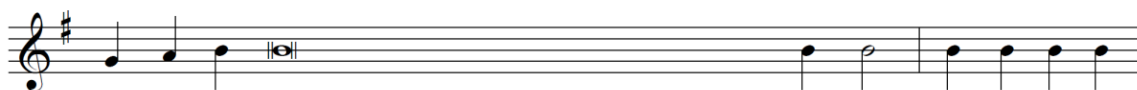
You have become the mirror of God and in you the divine image is perfectly reflected; you have nobly set the spirit as master over the passions of the flesh; you have attained your likeness to God and became a brilliant dwelling of the Holy Trinity

Refrain


The pious Emperor has made you a winged messenger who walks on the clouds; and, filled with the Spirit, you overcome the foolish pride of Barlaam who spoke falsely about God; but you have rightly been victorious over him.

Refrain

You were completely filled with wisdom, and you made your brightness shine throughout the world; you were a fountain flowing with the doctrine of the true faith; and in your love for a better teaching, you conceived the fear of God in your heart, and you brought forth the words of the Spirit.



Glo - ry to the Father, and to the Son, and to the Holy Spir - it; now and ev - er



and for - ev - er. A - men.

With one voice, we, the faithful, sing our hymn of thanksgiving to you; O Mother of God, you have decoyed the ancient curse, and because of you, we now reap the blessing, light and salvation, mercy and unending joy.

The Katavasia of the Theotokos is omitted & Matins continues with the Small Litany on page 36.

Holy is the Lord our God (page 37)

Tone 1



Ho - ly is the Lord our God! Ho - - - - ly is the
Lord our God! Ho - ly is the Lord our God!

Hymn of Light (page 37)

The Hymn of the Light of the Resurrection Gospel is omitted.

Rejoice, pride of our holy fathers; rejoice, voice of inspired theologians, tabernacle of inward stillness, dwelling-place of knowledge and throne of doctrine, spiritual ocean where action and contemplation blend, healer of human illness. You are the temple of the Spirit, O Father who are dead and yet still alive.

Glory... now and ever...

O Virgin and Queen of the universe, come to our aid in peril and affliction; help us in times of distress; rescue us from the Devil, from Hades and perdition; make us worthy to stand fearlessly before the awesome judgment seat of your Son, through your prayers, O Theotokos.

Matins continues with the Psalms of Praise.

Psalms of Praise (page 38)

Tone 1

Let ev' - ry - thing that lives and that breathes give praise to the Lord.

Praise the Lord from the heav - ens, praise him in the heights. To

you is due a hymn, O God. Praise him, all his an - gels,

praise him, all his host. To you is due a hymn, O God.

The Psalms of Praise continue with "Praise him, sun and moon..." on page 38.

Stichera (page 40)

Because there would be 9 instead of 8 stichera, there are 3 special versicles in place of the usual 2 Sunday versicles. All except last three Stichera from the Triodion are omitted.

In place of "Arise, O Lord...": I will praise you, O Lord, with all my heart,
I will recount all your wonders.

Then, in place of "I will praise you, Lord...":

Cantor (Tone 1): I will rejoice in you and be glad,
and sing psalms to your Name, O Most High.

You have made the doctrines of the true faith grow * by cutting off the thorns of those who teach error; * you have multiplied the seed of faith in good soil, * watering it with the rain of your teaching; * and, as a good steward, you offered the hundredfold to God.

Then, the 3rd versicle is what is usually the 1st extra versicle for Sundays:

Cantor (Tone 1):




A musical staff in G major (one sharp) and 4/4 time. The melody consists of quarter notes and half notes. The lyrics are: "A-rise, O Lord, lift up your hand! O God, do not for-get the poor."

A - rise, O Lord, lift up your hand! O God, do not for - get the poor.

The loftiness of your sinless life * amazed both angels and people; * for you shoed yourself to be an ascetic and a fighter, * a sincere friend and a bishop, * and a worthy minister of the divine mysteries.

Cantor (Tone 6):



A musical staff in G major (one sharp) and 4/4 time. The melody consists of quarter notes and half notes. The lyrics are: "Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir-it."

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Doxastikon - Tone 6 samohlasen

In this sea-son of ab-stin-ence, you have ris-en as light, O Christ, up-on
those who walk in the dark-ness of sin. Let us see the glorious day of
your Pas-sion, so that we may sing to you: A- rise,
O God, have mer-cy on us.

Matins continues with the "Now and ever..." & the Theotokion for normal Sundays on page 41.