

# Matins Propers

## Second Sunday of the Great Fast. St. Gregory Palamas

*on the Forty-Third Sunday after Pentecost  
in the Second Tone with the Tenth Resurrection Gospel*

### Hexapsalmos

*The reader chants only **Psalm 87** on page 4 followed by "Glory... on page 6.*

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

### The Lord is God (page 9)

*Tone 2*



The Lord is God and has re - vealed him - self to us; bless - ed is he who



comes in the name of the Lord.

### Troparia (page 9)

#### Troparion of the Resurrection – Tone 2



When you de - scend - ed to death, O Im - mor - tal Life, you de - stroyed



Ha - des by the brilliance of your di - vin - i - ty; and when you raised the dead



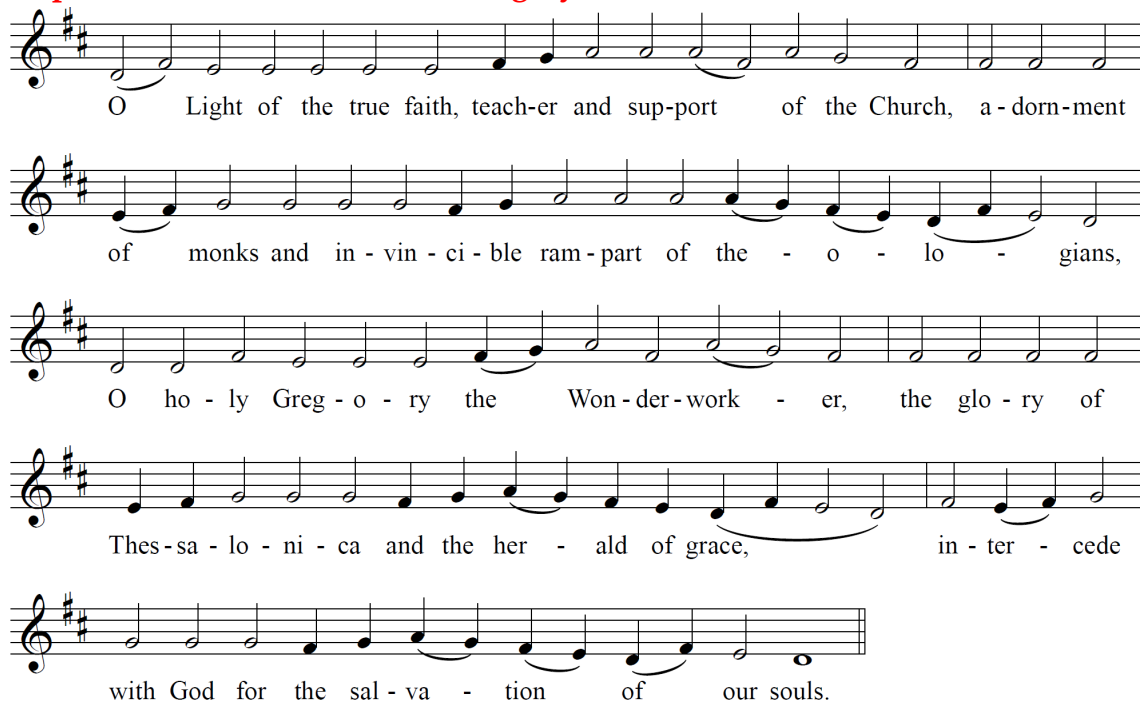
from the depths of the earth, all the heav - en - ly pow - ers cried out:



O Giv - er of Life, Christ our God, glo - - - ry to you.

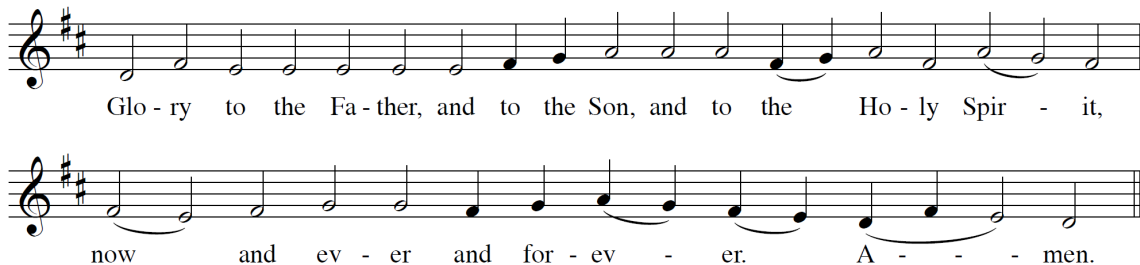
*The repetition of the Troparion is omitted.*

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



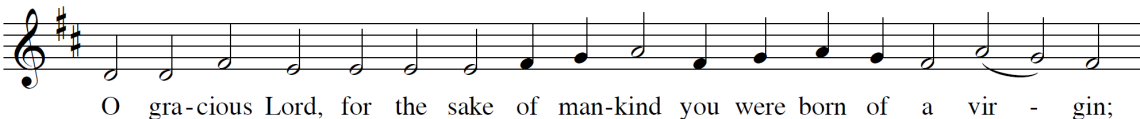
O Light of the true faith, teach-er and sup-port of the Church, a-dorn-ment  
of monks and in-vin-ci-ble ram-part of the - o - lo - gians,  
O ho-ly Greg-o-ry the Won-der-work-er, the glo-ry of  
Thes-sa-lo-ni-ca and the her-ald of grace, in-ter-cede  
with God for the sal-va-tion of our souls.

### 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 3<sup>rd</sup> Kathisma:* **Psalm 19**

May the Lord hear you on the day of distress; may the name of Jacob's God protect you. May he send you help from his shrine and give you support from Zion. May he remember all your offerings and receive your sacrifice with favor. May he give you your heart's desire and fulfill every one of your plans. May we ring out our joy at your victory and rejoice in the name of our God. (May the Lord grant all

your prayers.) I am sure now that the Lord will give victory to his anointed, will reply from his holy heaven with the mighty victory of his hand. Some trust in chariots or horses, but we in the name of the Lord. They will collapse and fall, but we shall hold and stand firm. O Lord, save the king, and hear us when we call upon you.

**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*)

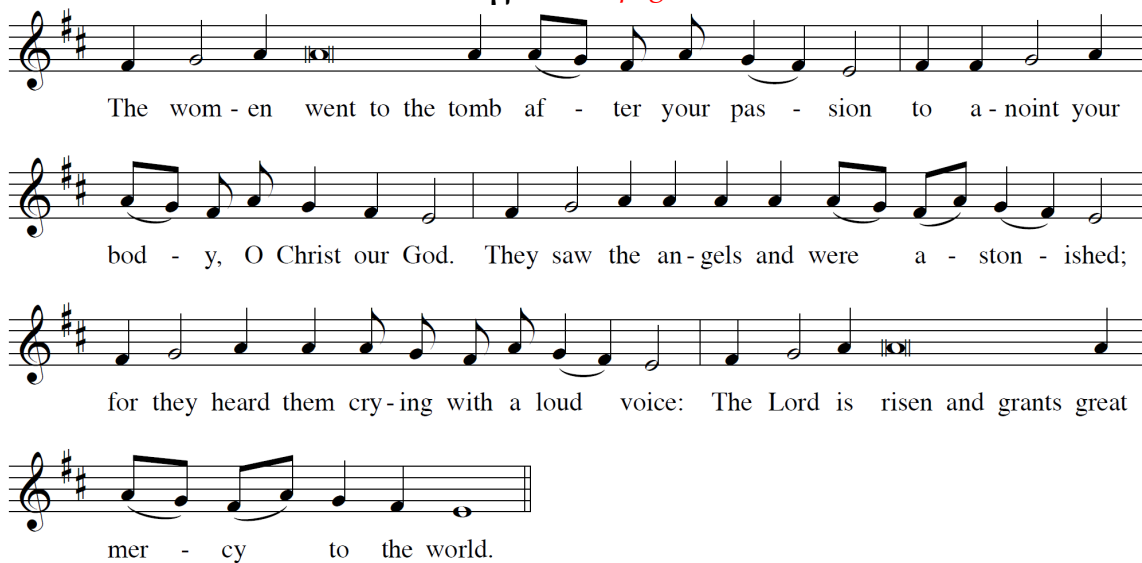
*the 2nd Hymn of the 2nd set of Sessional Hymns in Tone 2 (Podoben: Blahoobraznyj Josif):*

The choir of your dis - ci - - - - - ples joined  
the myrrh-bear-ers with joy; to - geth - er with them  
we all cel - e - - - - - brate this feast and glo - - - - - ri - - - - - fy your  
ho - ly Re-sur-rec - - - - - tion. Through their pray'rs, O Lord and Lov - er  
of us all, we pray to you: Grant great mer-cy to your peo - - - - - ple.

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

## Ἡρακοῦ (page 21)

Tone 2



The wom - en went to the tomb af - ter your pas - sion to a - noint your  
bod - y, O Christ our God. They saw the an - gels and were a - ston - ished;  
for they heard them cry - ing with a loud voice: The Lord is risen and grants 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 7:6,7



Lord, rise up in your anger, rise against the fu - ry of my foes. My God, a-wake!  
You will give judg - ment. Let the com - pa - ny of na - tions  
gath - er round you.

**Deacon:** Lord God, I take refuge in you.  
From my pursuers save me and rescue me.

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

## Let everything that lives... (page 22)

Tone 2

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

The image shows two staves of musical notation in G major (one sharp). The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. The lyrics are written below the notes.

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

*The Tenth Resurrection Gospel is read (John 21:1-14).*

*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 Canons from the Octoechoes and the Menaion are omitted.*

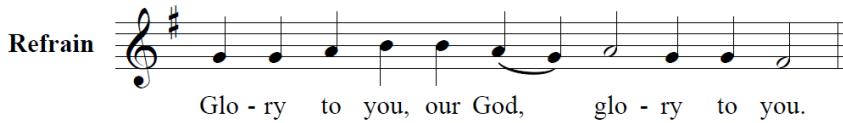
*Odes 1-4 are omitted and the Canon of the Triodion continues with Ode 5.*

### Ode 5

#### Irmos

Why have you driv - en me far from your face, O in - ac - ces - si - ble Light?  
The out - er dark-ness has en - vel-oped me, wretch-ed crea-ture that I am.  
Make me re - turn, I pray you, and di - rect my paths  
toward the light of your law.

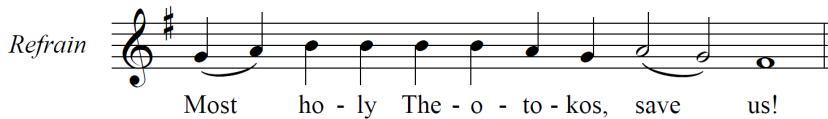
The image shows four staves of musical notation in G major. The lyrics are written below the notes.



Having squandered God's riches and gifts, I have come into a country ravaged by famine; yet, O Father, because you are good, in your loving kindness, fill me with the former glory and delight. *Refrain*

Having spent our life in self-indulgence, we must now make the same resolve as the prodigal. We will run to the merciful Father, with sure faith and contrite hearts, so that we may receive forgiveness of our sins. *Refrain*

O my soul, do not linger in a far country, but run quickly to our God and Father, confessing: Grant me forgiveness, for I have wasted my life in doing evil.



O most pure Virgin, you are a bright cloud, for you bore within yourself the Sun of righteousness. He drives out the dark ignorance of idolatry, and enlightens us with his true understanding.

### *Canon of our holy father Gregory Palamas*

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

By your words and writings, you have cut down the thorns of heresy; you separated the wheat from the tares, and you have sown the seeds of Orthodoxy, O holy Father.

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

For those who read them, your words and your writings are dew from heaven and honey from the rock, the bread of angels, the sweet and fragrant nectar, the fountain of living water.

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

Upon the earth and the seas, you are recognized as the teacher of all, the pillar of the true faith and treasury of divine teachings, the companion of the apostles and the wise theologian.

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.

In the streams of compunction, wash the stains of my heart, O pure Virgin; grant me a change of heart through your holy prayers to the all-good God, to whom you gave birth in a wondrous manner.

*The Katavasia is omitted and the Canon continues with Ode 6.*

## Ode 6

### Irmos

Grant your for - give - ness, O Sav - ior, de - spite the num - ber of my sins;

draw me out of the a - byss of e - vil, I pray you; for it is to you

that I cry: Hear me, O God of my sal - va - - - tion.

**Refrain**

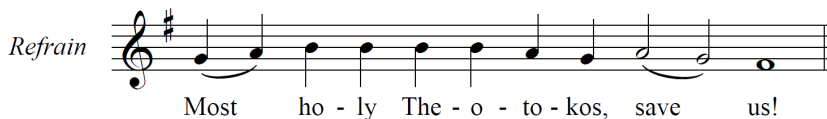
Glo - ry to you, our God, glo - ry to you.

I was your younger child, I spent your inheritance in evil. I left you for an evil life and squandered my gifts, O Lover of us all. I come back to you, my father and my God, and beg your forgiveness. *Refrain*

I have wandered into a harsh land and am condemned to feed pigs, for I have wasted the riches which you had so kindly just given me, and I am stripped of everything; yet be merciful to me, for you are God. *Refrain*



I have no confidence before you, O Lover of us all. Look down and see, I have sinned before heaven and before the heights above. I am unworthy to be called your child; but be merciful to me freely, for your mercy is without end.



The manner in which you gave birth, O Virgin, is indescribable in words or images, for you remained a pure virgin when God was born in a way beyond understanding. Therefore, we all worthily glorify you as the true Theotokos.

*Canon of our holy father Gregory Palamas*

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

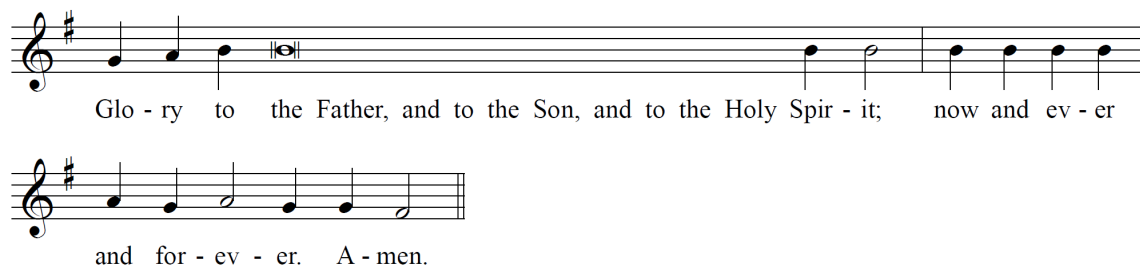
The eloquence and vain boasting of the foolish Barlaam were broken by the words and teaching and by the penetrating spirit of the holy Gregory and the wise Emperor.

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

With our hymns, we praise the holy lyre of the Spirit, the brilliant trumpet of the divine mysteries, the tongue that speaks to us of God, and the holy bishop of Thessalonica.

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

You once led your people with a pillar of fire, and you consumed the enemies of the faith; but with your divine wisdom, you have enlightened the faithful who have gathered together.



O most holy virgin, be a harbor of consolation for me; lead me, O our Lady, to the calm shelter of God and quiet the storm of my passions.

*The Katavasia is omitted.*

*Matins continues with the Small Litany on p. 33 & then the Kontakion & Ikos from the Triodion:*

**Kontakion & Ikos (page 34)**

**Tone 4**



Now the sea - son for vir - tues has ar - rived and the Judge is at the door.



With-out look-ing gloom - y, let us fast, of-fer-ing tears, vig-ils, and alms,



and let us ex-claim: Our sins ex-ceed the grains of sand by the sea.



But for-give us all, O Cre - a - tor of All, that we may re-ceive the



in - cor - rup - ti - ble crown.

**Ikos:** I have loved the fleeting pleasures of the earth and have thrown away eternal blessings, O Christ Jesus. You alone love us all, and you do not cut off sinners without hope, pouring out mercy upon those who repent. O Jesus, do not turn from me now as I repent, but see in me the thief who was saved by his confession, the tax-collector who was cleansed by mercy, and the prodigal who resolved to weep, for in all these you have instilled a pattern of repentance. When you see me from afar repenting and running to you as Father, come out with warm and tender mercy. If you wish, you can forgive the sins by which I have polluted myself after baptism and my promise to lead a blameless life: but forgive us, O Creator of all, that we may receive the incorruptible crown.

*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:



Bless - ed are you, O God of our fa - thers.

### Refrain



Glo - ry to you, our God, glo - ry to you.

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.



Most ho - ly The - o - to - kos, save us!

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!

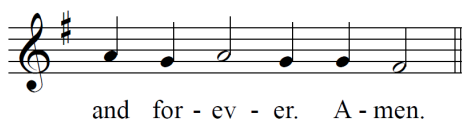
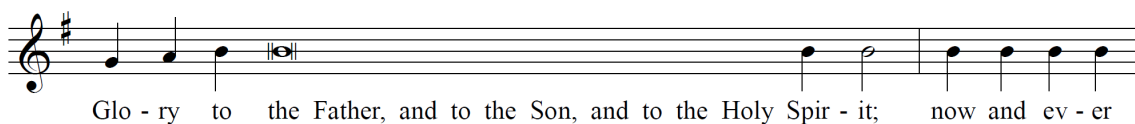
Your words and your writings, O holy Gregory, lead your disciples to the knowledge of God; they fill them with the spiritual knowledge of the divine energies and uncreated grace.

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

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

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.



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  
and peo-ple ex-tol you.

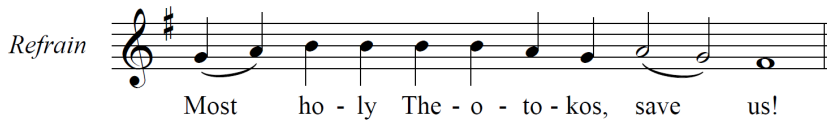
**Refrain** 

Glo-ry to you, our God, glo-ry to you.

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!

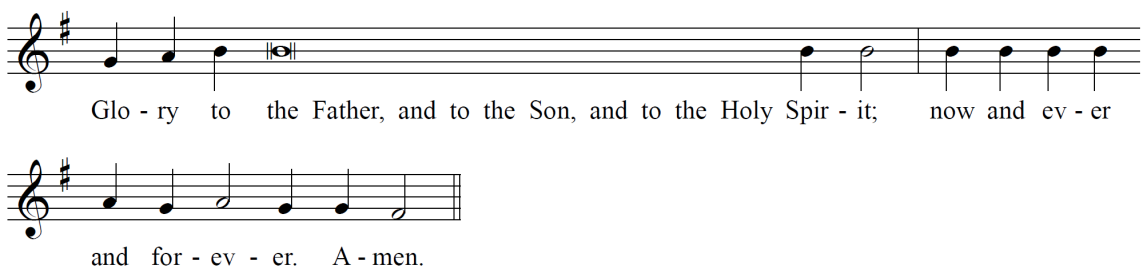
You have become the mirror of God and in you the divine image is perfectly reflected; you have nobly set the spirit as master over the passions of the flesh; you have attained your likeness to God and became a brilliant dwelling of the Holy Trinity

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

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

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.



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 2*

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 2*

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 3<sup>rd</sup> versicle is what is usually the 1<sup>st</sup> extra versicle for Sundays:*

**Cantor (Tone 1):**

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):**

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.*