

**First Sunday of Lent**  
**Sunday of Orthodoxy, Tone 5**  
**Great Vespers**

*Blessed is the Man*

At Lord I have cried: Octoechos 6; Triodion 4, Tone 6; *Glory*: Triodion, Tone 2; *Both now*:

Dogmatic Theotokion in the tone of the week

Aposticha: Octoechos 4; *Glory*: Triodion, Tone 2; *Both now*: Resurrectional Theotokion  
(in the Triodion), Tone 2

Troparia: *O Theotokos Virgin, Rejoice*, twice; *We venerate Thy holy ikon...*, once

**Matins**

After *God is the Lord*: Resurrectional Troparion twice; *Glory*: *We venerate Thy holy ikon...*,  
Tone 2 *Both now*: Dismissal Theotokion in the same tone (in the Triodion)

After each Kathisma: Sessional Hymns from the Octoechos

Evlogitaria

Hypakoë, Hymns of Ascent and Prokeimenon in tone of the week

Matins Gospel: 5

*Having beheld the Resurrection*

Psalm 50; *Glory*: *The doors of repentance*; *Both now*: *Guide me in the paths of salvation; Have  
mercy on me, O God; When I think of the multitude of evil things I have done*

**Canon**

Resurrection	2	<i>Glory to Thy Holy Resurrection, O Lord</i>
Cross and Resurrection	1	<i>Glory, O Lord, to Thy precious Cross and Resurrection</i>
Theotokos	1	<i>O Most-holy Theotokos, save us</i>
Triodion	4	<i>Have mercy on me, O God, have mercy on me</i>
Katavasia in the Triodion		<i>Israel in ancient times...</i>

After Ode 3: Sessional Hymns of the Triodion

After Ode 6: Kontakion and Ikos of the Triodion

After Ode 8: *My soul doth magnify...*

*Holy is the Lord, our God*

Exapostilaria: Gospel; *Glory*: Triodion; *Both now*: Theotokion in the Triodion

Praises: Octoechos 5; Triodion 3, Tone 4 (with Psalm verses in the Triodion); Triodion,  
Tone 6; *Glory*: Repeat; *Both now*: *Most blessed art thou...*

After the dismissal: *Glory*, *Both now*: Gospel Sticheron

**At the Hours**

Troparion: Resurrection; *Glory*: Triodion

Kontakion: Triodion