

**Second Sunday of Lent**  
**Saint Gregory Palamas, Tone 6**

**Great Vespers**

*Blessed is the Man*

*At Lord I have cried:* Octoechos 6; Triodion 4 (Repeat first), Tone 2; *Glory:* Triodion, Tone 6; *Both now:* Dogmatic Theotokion in the tone of the week

*Aposticha:* Octoechos 4; *Glory:* Triodion, Tone 8; *Both now:* Resurrectional Theotokion (in the Triodion), Tone 8

*Troparia:* *O Theotokos Virgin, Rejoice, thrice*

**Matins**

*After God is the Lord:* Resurrectional Troparion *twice;* *Glory:* Saint (in the Triodion), Tone 8 *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:* 6

*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>
Triodion, 1st canon	3	<i>Have mercy on me, O God, have mercy on me</i>
Triodion, 2nd canon	3	<i>O holy father Gregory, pray to God for us</i>
Katavasia		<i>I shall open my mouth...</i>

*After Ode 3:* Kontakion and Sessional Hymns of the Triodion

*After Ode 6:* Kontakion and Ikos of the Saint from the Triodion

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

*Holy is the Lord, our God*

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

*Praises:* Octoechos 5; Triodion 3, Tone 1 (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:* Saint

*Kontakion:* Triodion / Saint, alternating