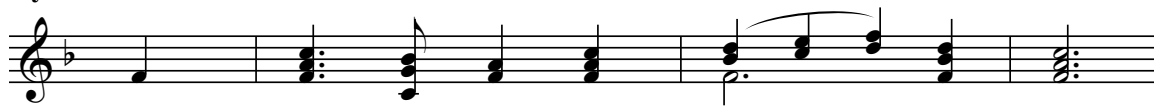


SECOND SUNDAY OF THE GREAT FAST

March 4, 2007

Gregory Palamas

Hymn



1. With joy we keep the - ho - - - ly Fast
2. Now is the time ac - cep - - - ta - ble!
3. We praise you, un - cre - a - - - ted Light,
4. To God, the bless - ed Three - - - in - One,



And gath - er on the Lord's own Day
To - day, the day our Sav - ior calls!
Who fill the u - ni - verse with joy,
Who made and saves and sanc - ti - - - fies,

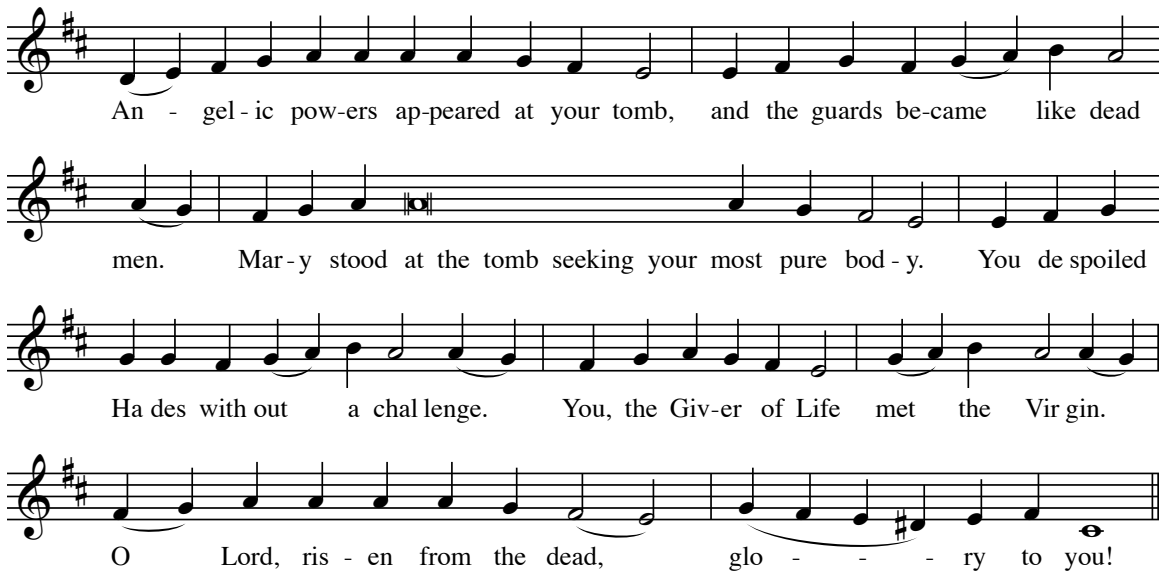


That through His Word and Sac - - - ra - ment,
Let us cast off the weight of sin
And give You thanks for Gre - - - go - ry,
All praise in heav - en now is sung,



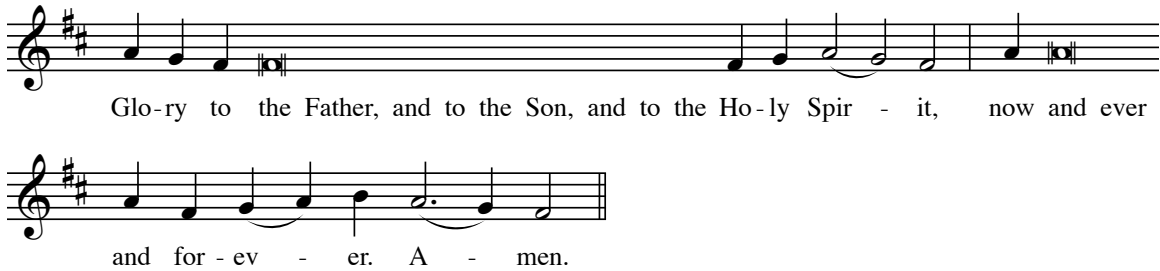
We may give thanks to Christ, the Way.
And rise a - gain from e - vil's falls.
Whose teach - ings wise we e'er em - ploy.
While earth with thanks and love re - - - plies!

Troparion of the Resurrection - Tone 2



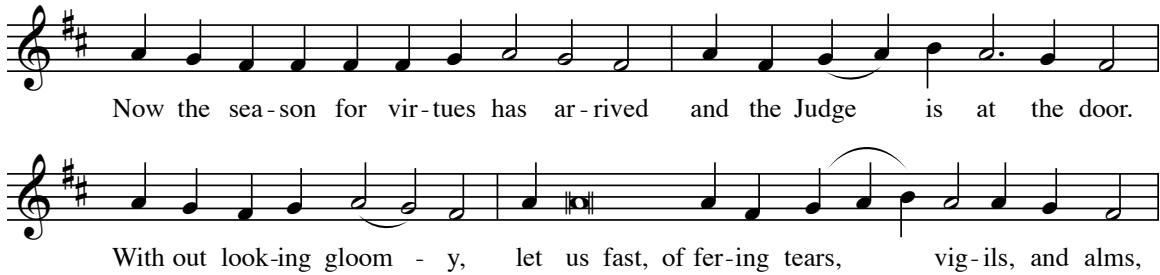
An - gel - ic pow - ers ap - peared at your tomb, and the guards be - came like dead
men. Mar - y stood at the tomb seeking your most pure bod - y. You de spoiled
Ha des with out a chal lenge. You, the Giv - er of Life met the Vir gin.
O Lord, ris - en from the dead, glo - - - ry to you!

Cantor



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it, now and ever
and for - ev - er. A - men.

Kontakion of the Second Sunday in the Great Fast - 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 receive the

in - cor - rup - ti - ble crown.

Prokeimenon - Tone 5 (Psalm 11:8,2):

You, O Lord, will keep us and pre-serve us for - ev - - er,

for - ev - - er from this gen - er - a - - - - tion.

Verse: Save me, O Lord, for the righteous have vanished.

Alleluia - Tone 6 (Psalm 90:1,2):

Al - le - lu - ia! Al - - - - le - lu - - - ia!

Al - le - lu - - - - ia!

Verse: The one who dwells in the shelter of the Most High abides in the shadow of the God of heaven.

Verse: He says to the Lord: You are my Protector, my Refuge, and my God in whom I trust.

Communion Hymn – For Sunday