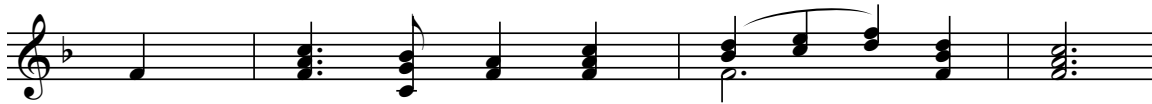


# SECOND SUNDAY OF THE GREAT FAST

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 Father, 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 re ceive 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**