Second Sunday of the Great Fast  
Commemoration of Saint Gregory Palamas

1. With joy we keep the holy Fast
2. Now is the time acceptable!
3. We praise you, uncreated Light,
4. To God, the blessed Three-in-One,

And gather on the Lord’s own Day
To-day, the day our Savior calls!
Who fill the universe with joy,
Who made and saves and sanctifies,

That through His Word and Sacrament,
Let us cast off the weight of sin
And give You thanks for Gregory,
All praise in heaven now is sung,

We may give thanks to Christ, the Way.
And rise again from evil’s falls.
Whose teachings wise we e’er employ.
While earth with thanks and love replies!

Text and melody: J. Michael Thompson