

Sunday, March 8, 2020

– Second Sunday of Lent, Tone 6

Sunday Tropar, tone 2:

Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead, glory be to You.

Glory Be ... tone 4:

Glory be to the Father and to the Son and to the Holy Spirit,* now and for ever and ever. Amen.

Kondak, 2nd Sunday of Lent, tone 4:

Now is the proper time for cultivating virtue;* judgment is at the door.* And so let us fast;* let us show tears of remorse and bring alms;* let us cry out.* “Our sins are more numerous than the sands of the seas.* Forgive us, Creator of all,* that we may obtain crowns of incorruption.”

Prokimen, tone 5:

You, O Lord, will guard us and will keep us from this generation, and for ever; from this generation, and for ever.

verse: *Save us, Lord, there are no devout men left.*

You, O Lord, will guard us and will keep us from this generation, and for ever; from this generation, and for ever.

Epistle: A reading from the Epistle to the Hebrews. (1: 10 - 2: 3)

Alleluia Verses (Sunday's):

He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

Gospel: Mark 2: 1 - 12

Instead of 'Indeed, it is fitting':

In you,* Lady, full of grace,* all creation rejoices,* the world of angels* and the human race.* Sanctified temple spiritual paradise,* boast* of virgins,* God* took flesh from you* and became a child;* He was God* before* the ages.* He made your womb* a throne* and made it* more encompassing* than the heavens.* In you,* Lady full of grace,* all creation* rejoices,* glory be to you.

Communion Hymn (Verse):

Praise the Lord from the heavens, praise Him in the highest. Alleluia! Alleluia! Alleluia!