

Second Sunday of Lent:
Sunday of St. Gregory Palamas

Troparion:

O Light of Orthodoxy! Teacher of the Church. Its Confirmation! O Ideal of Monks and invincible Champion of Theologians! O wonder-working Gregory, glory of Thessalonica and Preacher of Grace! Always intercede before the Lord that our souls may be saved!

Kontakion:

Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: Our sins are more in number than the sands of the sea; but forgive us, O Master of All, so that we may receive the incorruptible crowns.

Prokeimenon:

Thou, O Lord, shalt protect us and preserve us from this generation forever.

Save me, O Lord, for there is no longer any that is godly.

Epistle	Gospel
Hebrews 1:10–2:3	Mark 2:1–12