

**2nd Sunday of Lent: St. Gregory Palamas**  
**Stichera of the Praises (on Sunday)**  
**Tone 1, Special Melody, "Joy of the ranks of heaven..."**  
 Seven Lakes Hermitage Melody

*Stichos:* In the 1st Tone, Special Melody "Joy of the ranks of heaven";  
 Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

I-descant  
 II-chant  
 melody

Let ev - ery breath — praise — the — Lord.

✚ In the world thou hast lived a life of bless - ed - ness, and now

in heaven thou dost rejoice in the assembly of the bless - - - ed; —

be - cause thou wast meek, thou dwell - - - - est

English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos Ware,  
 Reprinted by St. Tikhon's Seminary Press, South Canaan, PA, 2002  
 Psalm translation from "The Psalter according to the Seventy", ©1987, Holy Transfiguration Monastery

in the land that the meek inherit, O Bish - op Greg - o - ry, —

God has made thee rich in the grace of work-ing mir - - - a - cles,

which thou dost bestow on those who hon - our thee.

*Stichos:* The mouth of the righteous shall meditate wisdom,

And his tongue shall speak of — judge - - - - ment.

✝ O bless - ed saint, thou hast planted the dogmas of Or - tho - dox - y,

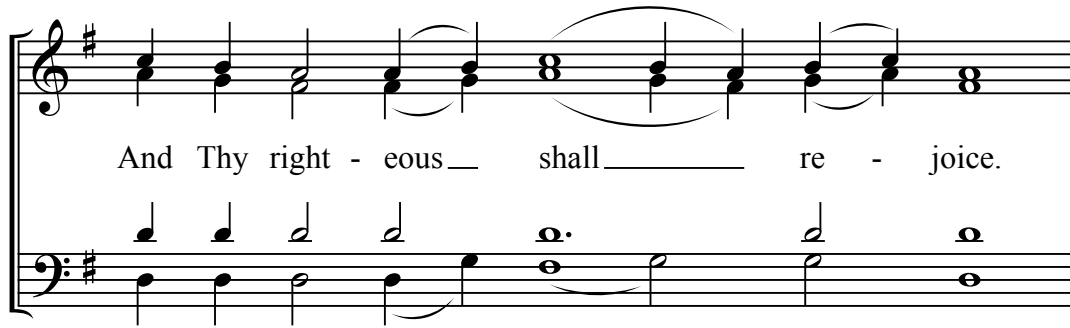
and cut down the thorns of her - - - e - sy.

With thy words thou hast watered the seed of the Faith mak - ing it grow

and as an ac - tive hus - band - man\_\_ thou hast brought\_\_ to God

ears of wheat in - creased an hun - dred - fold.

*Stichos:* Thy priests shall be clothed with righteousness,



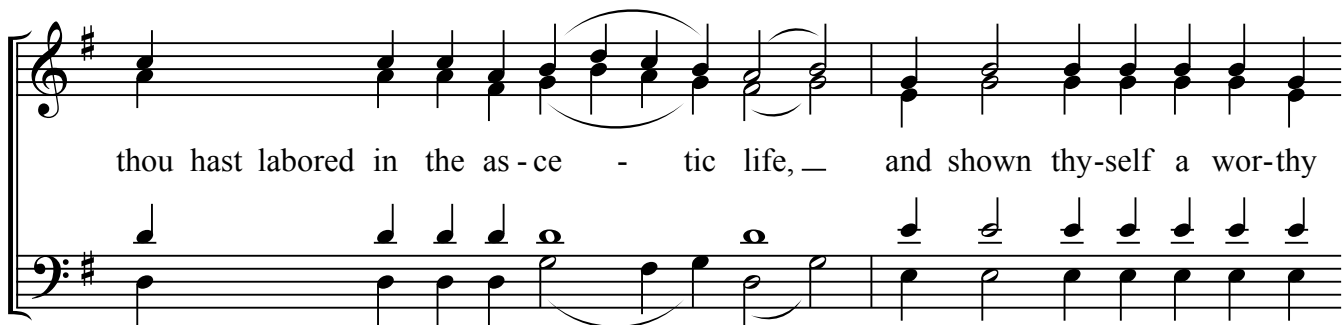
And Thy right - eous shall re - joice.



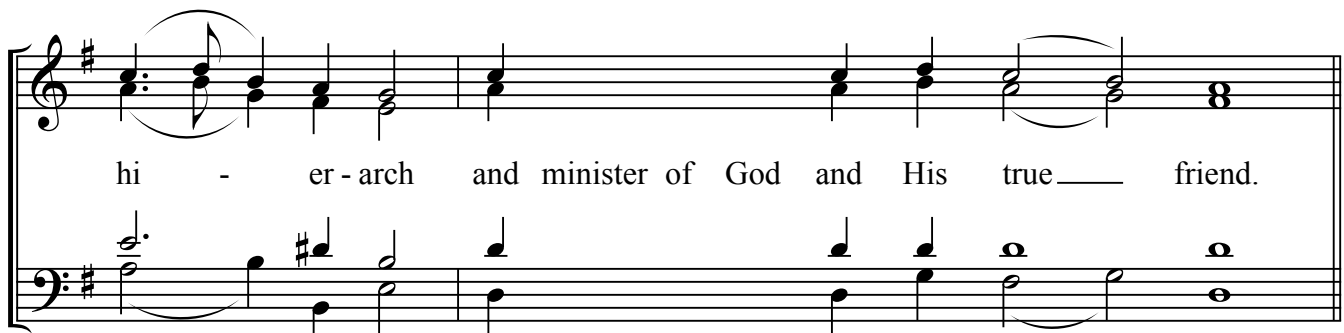
✦ The glo - ry of thy blameless life, O bless - ed saint, a - mazed



both an - gels and man - - kind. With stead - fast pur - pose



thou hast labored in the as - ce - tic life, and shown thy-self a wor - thy



hi - er - arch and minister of God and His true friend.