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 Melodyy "Joy of the ranks of heaven";  
Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.

I-descant  
II-chant melody  

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

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2nd Sunday of Lent
Stichera at the Praises
Page 2

in the land that the meek inherit, O Bishop Gregory,

God has made thee rich in the grace of working miracles,

which thou dost bestow on those who honour thee.

Stichos: The mouth of the righteous shall meditate wisdom,

And his tongue shall speak of judgment.
O blessed saint, thou hast planted the dogmas of Orthodoxy,
and cut down the thorns of heresy.
With thy words thou hast watered the seed of the Faith making it grow
and as an active husbandman thou hast brought to God
ears of wheat increased a hundred-fold.
Stichos: Thy priests shall be clothed with righteousness,

And Thy righteous shall rejoice.

The glory of thy blameless life, O blessed saint, amazed

both angels and mankind. With steadfast purpose

thou hast labored in the ascetic life, and shown thyself a worthy

hierarch and minister of God and His true friend.

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