

Palfrey Church - Notes on the services 2nd March to 30th March 2025

Sunday 2nd March

Cheese Sunday (fasting starts tomorrow)
Expulsion of Adam from Paradise
St Chad Bishop of Lichfield
Forgiveness Sunday and the start of Lent

Liturgy

Apolytikia

Resurrection

Tone 3

**Let everything in Heaven rejoice, let everything on earth be glad,
For the Lord has shown strength with his arm,
By death he has trampled on death,
He has become the first-born from the dead,
From the belly of Hell he has delivered us,
And granted the world his great mercy.**

St Chad

Tone 4

**Receiving divine grace from God on high
And strengthened by its power, O glorious Chad,
You trod the straight and narrow path of the Gospel,
And drew with you a multitude of the faithful.
So dwelling now in the mansions of Heaven
You have received rich recompense
For your labours from Christ.
Pray to him to save our souls.**

Church

Tone 4

**Your nativity, O Mother of God,
Has made joy known to the whole inhabited world,
For from you has dawned the Sun of righteousness, Christ our God.
He abolished the curse and gave the blessing;
And by making death of no effect, he bestowed on us eternal life.**

Kontakion

Triodion

Tone 6 (model melody)

**O Master, guide to wisdom, giver of prudent counsel,
Instructor of the foolish and champion of the poor,
Make firm my heart and give it understanding.
Word of the Father, give me a word:
For see, I shall not stop my lips from crying out to you
In your mercy, have mercy on me who am fallen!**

Continued PTO

Great Lent starts following the Liturgy with:

Vespers of Forgiveness, including

Psalm 103

Great Prokeimenon with refrain:

Turn not away your face from your servant, for I am in trouble;

Hear me speedily: hearken to my soul and deliver it.

v. 1 Let your salvation, O God, succour me.

v. 2 Let the poor see it and be glad.

v. 3 Seek God and your soul shall live.

Prayer of St Ephraim. This is traditionally accompanied by full prostrations, in which we fall on hands and knees and touch the ground with our foreheads:

Lord and Master of my life, give me not a spirit of sloth, idle curiosity, lust for power and useless chatter;

Rather grant your servant a spirit of chastity, humility, patience and love;

Yes, Lord and King, grant me to see my own faults and not to judge my brother,

For blessed are you to the ages of ages. Amen

It concludes with the ceremony of mutual forgiveness, accompanied by lesser prostrations (touching the ground with the right hand) while the choir sings the Katavasias hymns of Easter.

NB during Lent the Liturgy of St Basil replaces the Liturgy of St John Chrysostom and we in Palfrey replace the Antiphons with the Typika, with the Russian tones.

NB also the weekday services during Lent, as announced in the programme.

Sunday 9th March

First Sunday of Lent
Sunday of Orthodoxy
Feast of the Forty Martyrs of Sevaste

Liturgy of St Basil

Apolytikia **Resurrection** **Tone 4**

When the women Disciples of the Lord

**Had learnt from the angel the joyful message of the Resurrection,
Casting away the ancestral condemnation,
Triumphantly they said to the Apostles:
Death has been despoiled,
Christ God has been raised,
Granting the world his great mercy.**

The Sunday **Tone 2**

**We venerate your most pure icon, loving Lord,
As we ask pardon of our offences, Christ God.
For by your choice you were well-pleased to ascend the Cross in the flesh,
To deliver from the slavery of the enemy those whom you had fashioned.
Therefore with thanksgiving we cry to you:
You have filled all things with joy, our Saviour, by coming to save the world.**

The Martyrs **Tone 1**

**Accept the sufferings of your saints
Which they endured for you, O Lord,
And do you heal all our pains, we pray, O Friend of man.**

Church **Tone 4**

**Your nativity, O Mother of God,
Has made joy known to the whole inhabited world,
For from you has dawned the Sun of righteousness, Christ our God.
He abolished the curse and gave the blessing;
And by making death of no effect, he bestowed on us eternal life.**

Continue PTO

Kontakion

Lent

Tone 8

To you the champion leader we your flock dedicate

A feast of victory and of thanksgiving

As ones rescued out of sufferings, O Theotokos.

But as you are one with might which is invincible

From all dangers that can be do you deliver us;

That we may cry to you:

Hail, Bride without bridegroom.

Panorthodox Vespers

Weekday vespers (i e for Monday) in the tone of the week
(i e Tone 4) with Lenten variations

Sunday 16th March

Second of Lent

St Gregory Palamas

Liturgy of St Basil

Apolytikia

Resurrection

Tone 5

**Let us believers praise and let us worship the Word,
Who like the Father and the Spirit is without beginning,
Born from a Virgin for our salvation;
For he was well pleased to ascend the Cross in the flesh
And undergo death,
And to raise those who had died,
By his glorious Resurrection.**

The Saint

Tone 8

**Orthodoxy's beacon, support and teacher of the Church,
Fair glory of monks, invincible champion of theologians,
Wonderworker Gregory,
The boast of Thessalonika and preacher of grace,
Intercede without ceasing that our souls may be saved.**

Church

Tone 4

**Your nativity, O Mother of God,
Has made joy known to the whole inhabited world,
For from you has dawned the Sun of righteousness, Christ our God.
He abolished the curse and gave the blessing;
And by making death of no effect, he bestowed on us eternal life.**

Kontakion

Lent

Tone 8

**To you the champion leader we your flock dedicate
A feast of victory and of thanksgiving
As ones rescued out of sufferings, O Theotokos.
But as you are one with might which is invincible
From all dangers that can be do you deliver us;
That we may cry to you:
Hail, Bride without bridegroom.**

Sunday 23rd March

Third of Lent

Sunday of the Cross

Liturgy of St Basil

Apolytikia

Resurrection

Tone 6

**Angelic Powers were at your grave,
And those who guarded it became as dead,
And Mary stood by the tomb,
Seeking your most pure body.
You despoiled Hell and emerged unscathed;
You met the Virgin and granted life.
Lord, risen from the dead, glory to you!**

Holy Cross

Tone 1

**Lord, save your people and bless your inheritance,
Granting to faithful Christians victory over their enemies,
And by your Cross protecting your commonwealth.**

Church

Tone 4

**Your nativity, O Mother of God,
Has made joy known to the whole inhabited world,
For from you has dawned the Sun of righteousness, Christ our God.
He abolished the curse and gave the blessing;
And by making death of no effect, he bestowed on us eternal life.**

Kontakion

Lent

Tone 8

**To you the champion leader we your flock dedicate
A feast of victory and of thanksgiving
As ones rescued out of sufferings, O Theotokos.
But as you are one with might which is invincible
From all dangers that can be do you deliver us;
That we may cry to you:
Hail, Bride without bridegroom.**

Instead of Holy God, we sing:

**We venerate your Cross, O Master, and we glorify your holy Resurrection (x 3)
Glory to the Father and to the Son and to the Holy Spirit
Both now and ever and to the ages of ages. Amen.**

We venerate your Cross etc (x 1)

Communion hymn: **The light of your countenance is marked upon us, O Lord.**

Sunday 30th March

Fourth of Lent

St John of the Ladder

Apolytikia

Resurrection

Tone 7

**You abolished death by your Cross,
You opened Paradise to the thief,
You transformed the Myrrhbearers' lament,
And ordered your Apostles to proclaim
That you had risen, O Christ God,
Granting the world your great mercy.**

The Saint

Tone 8

**With the streams of your tears you cultivated the barren desert,
And with deep sighings from the heart
You made your toils bring forth fruita hundredfold, and you became a beacon,
Shining in all the world by your wonders, our venerable Father John;
Intercede with Christ God that our souls may be saved.**

Church

Tone 4

**Your nativity, O Mother of God,
Has made joy known to the whole inhabited world,
For from you has dawned the Sun of righteousness, Christ our God.
He abolished the curse and gave the blessing;
And by making death of no effect, he bestowed on us eternal life.**

Kontakion for Lent

Tone 8

**To you the champion leader we your flock dedicate
A feast of victory and of thanksgiving
As ones rescued out of sufferings, O Theotokos.
But as you are one with might which is invincible
From all dangers that can be do you deliver us;
That we may cry to you:
Hail, Bride without bridegroom.**