

Hymns and Readings for Sunday 13th March 2022

First Sunday of Great Lent • Sunday of Orthodoxy

TROPARIA & KONTAKION

Troparion of the Resurrection in Tone 5

[[Music on website](#)]

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

Troparion of the Sunday of Orthodoxy in Tone 2

[[Music on website](#)]

We venerate Thy most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Thy good will Thou wast pleased to ascend the Cross in the flesh
and deliver Thy creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to Thee:
“Thou hast filled all with joy, O our Saviour,//
For Thou didst come to save the world.”

Glory to the Father, and to the Son, and to the Holy Spirit;
both now and ever and unto the ages of ages. Amen.

Kontakion of the Sunday of Orthodoxy in Tone 8

[[Music on website](#)]

No one could describe the Word of the Father;
but when He took flesh from thee, O Theotokos, He accepted to be described,
and restored the fallen image to its former state by uniting it to divine beauty.//
We confess and proclaim our salvation in words and images.

PROKEIMENON

Reader: The Prokeimenon in the Fourth Tone.

Reader: Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy Name forever!

Choir: Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy Name forever!

Reader: For Thou art just in all that Thou hast done for us!

Choir: Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy Name forever!

Reader: Blessed art Thou, O Lord God of our fathers

Choir: and praised and glorified is Thy Name forever!

EPISTLE

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Ye brethren: By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated —

of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith. [Hebrews 11:24-26; 12:1-2a]

ALLELUIA

Reader: And with thy spirit. Alleluia, Alleluia, Alleluia.

Choir: Alleluia, alleluia, alleluia!

Reader: Moses and Aaron were among His priests; Samuel also was among those who called on His Name.

Choir: Alleluia, alleluia, alleluia!

Reader: They called to the Lord and He answered them.

Choir: Alleluia, alleluia, alleluia!

THE GOSPEL

The Reading from the Holy Gospel according to John.

At that time: Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man." [John 1:43-51]

ZADOSTOYNIK

[[Music on website](#)]

All of creation rejoices in thee,
O Full of Grace,
the assembly of angels and the race of men.
O sanctified temple and spiritual paradise,
the glory of virgins,
from whom God was incarnate and became a Child:
our God before the ages.
He made thy body into a throne,
and thy womb He made more spacious than the heavens.
All of creation rejoices in thee://
O Full of Grace, glory to thee!

COMMUNION HYMNS

Praise the Lord from the heavens, praise Him in the highest. Rejoice in the Lord, O ye righteous; praise befits the upright. Alleluia, Alleluia, Alleluia!