

Palfrey Church

Notes on the services 2nd February to 2nd March 2025

Sunday 2nd February

Great Feast of the Meeting of the Lord (until 9th February)

The special hymns of the Great Feast of the Lord today replace the specials for Sunday

Liturgy

Apolytikion

The Feast (sung three times)

Tone 1

**Hail, full of grace, Virgin Mother of God,
For from you there dawned the Sun of Righteousness,
Christ our God who enlightened those in darkness.
Be glad, too, righteous Elder,
For you received in your embrace
The Liberator of our souls who grants us also resurrection.**

Kontakion

The Feast

Tone 1

**You sanctified a virgin womb by your birth
And fittingly blessed Simeon's hands;
You have come now too and saved us, O Christ our God.
But give peace to your commonwealth in times of war,
And strengthen its rulers, whose friend you are,
Only Lover of mankind.**

The antiphons and Little Entrance, readings and their prokeimena, the hymn for It is right and the Communion hymn are special to the Feast.

Sunday 9th February

Sunday of the Publican and Pharisee (Triodion begins)
Leavetaking of the Feast

Liturgy

Apolytikia

Resurrection

Tone 8

**You the Compassionate one came down from above,
You accepted burial for three days,
That you might free us from the passions.
Our life and resurrection, Lord, glory to you!**

The Feast

Tone 1

**Hail, full of grace, Virgin Mother of God,
For from you there dawned the Sun of Righteousness,
Christ our God who enlightened those in darkness.
Be glad, too, righteous Elder,
For you received in your embrace
The Liberator of our souls who grants us also resurrection.**

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.**

Kontakia

The Feast

Tone 1

**You sanctified a virgin womb by your birth
And fittingly blessed Simeon's hands;
You have come now too and saved us, O Christ our God.
But give peace to your commonwealth in times of war,
And strengthen its rulers, whose friend you are,
Only Lover of mankind.**

The Sunday

Tone 4 (special melody)

**Let us flee the proud speech of the Pharisee
And learn the humility of the Publican,
As with groans we cry to the Saviour:
Be merciful to us, for you alone are ready to forgive.**

Antiphons and Little Entrance, the hymn for It is right and the Communion hymn are special to the Feast; the readings and their prokeimena are for the Feast and for the Sunday.

Liturgy**Apolytikia****Resurrection****Tone1**

**When the stone had been sealed by the Jews,
And while soldiers were guarding your most pure body,
You rose, O Saviour, on the third day, giving life to the world.
Therefore the heavenly Powers cried out to you, Giver of Life:
Glory to your Resurrection, O Christ! Glory to your kingdom!
Glory to your dispensation, only Lover of mankind!**

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 3 (Today the Virgin)**

**I have foolishly run away,
O Father, from your glory,
I have squandered in evil deeds
The riches you entrusted to me;
Therefore I offer you
The words of the prodigal:
I have sinned before you, compassionate Father;
Take me now repentant and make me
As one of your hired servants.**

Sunday 23rd February

Meat Sunday (last day of meat until Easter; dairy this week)
Sunday of the Last Judgment

Liturgy

Apolytikia

Resurrection

Tone 2

**When you went down to death, O immortal life,
Then you slew Hell with the lightning flash of your Godhead:
But when from the depths below the earth you raised the dead,
All the Powers in Heaven cried out:
Giver of life, Christ our God, glory to you!**

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 1

**When you come upon the earth, O God, in glory,
And the whole universe trembles;
While the river of fire flows before the seat of judgment,
And books are opened and all secrets are disclosed;
Then deliver me from the unquenchable fire,
And count me worthy to stand at your right hand,
O Judge most just.**

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.