

**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, —

The first system of musical notation consists of a treble and bass staff in G major. The treble staff features a series of chords, with the final two chords circled. The bass staff provides a simple harmonic accompaniment with quarter and half notes.

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

The second system continues the melody and accompaniment. The treble staff has a circled melodic phrase. The bass staff continues with its accompaniment.

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

The third system concludes the phrase with a double bar line. The treble staff ends with a final chord. The bass staff continues with its accompaniment.

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

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

The Stichos system features a treble and bass staff. The treble staff has a circled melodic phrase. The bass staff provides a simple accompaniment.

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

The first system of the hymn consists of two staves. The upper staff is in treble clef with a key signature of one sharp (F#) and a common time signature. It features a series of chords and melodic lines. The lower staff is in bass clef with the same key signature and time signature, providing a harmonic accompaniment. The lyrics are written below the staves.

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

The second system continues the musical piece. It features similar chordal and melodic structures as the first system. The lyrics are written below the staves.

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

The third system continues the musical piece. It features similar chordal and melodic structures as the first system. The lyrics are written below the staves.

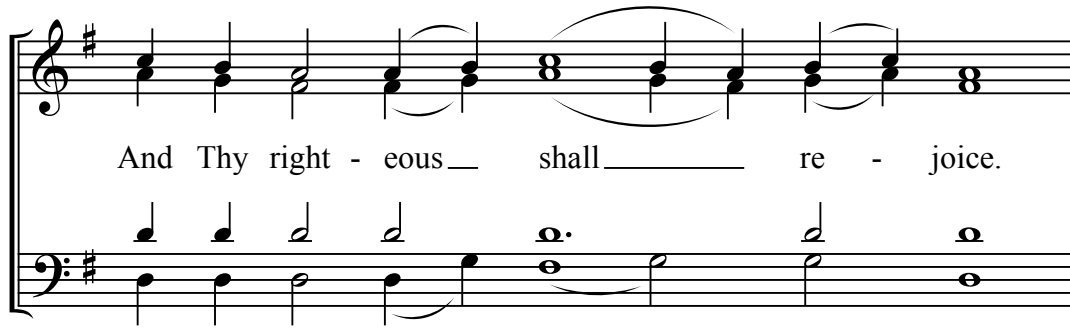
and as an ac - tive hus - band - man\_\_ thou hast brought\_\_ to God

The fourth system continues the musical piece. It features similar chordal and melodic structures as the first system. The lyrics are written below the staves.

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

The fifth system concludes the hymn. It features similar chordal and melodic structures as the first system. The lyrics are written below the staves.

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



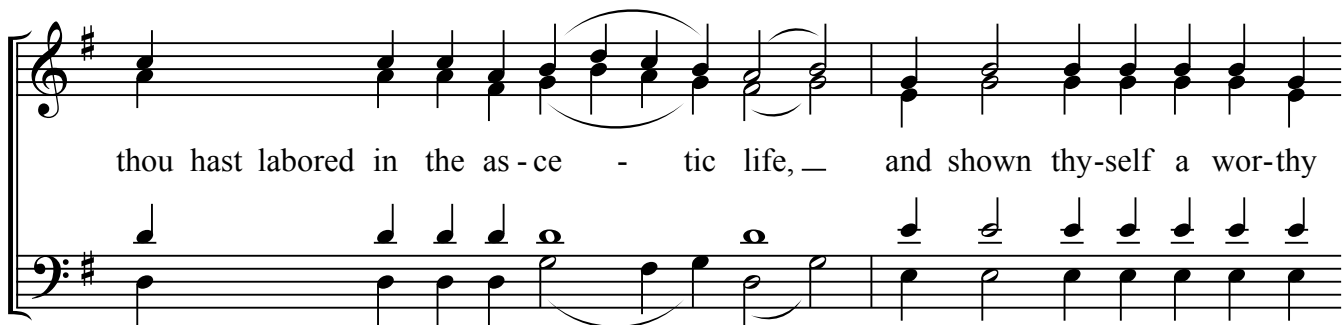
And Thy right - eous shall re - joice.



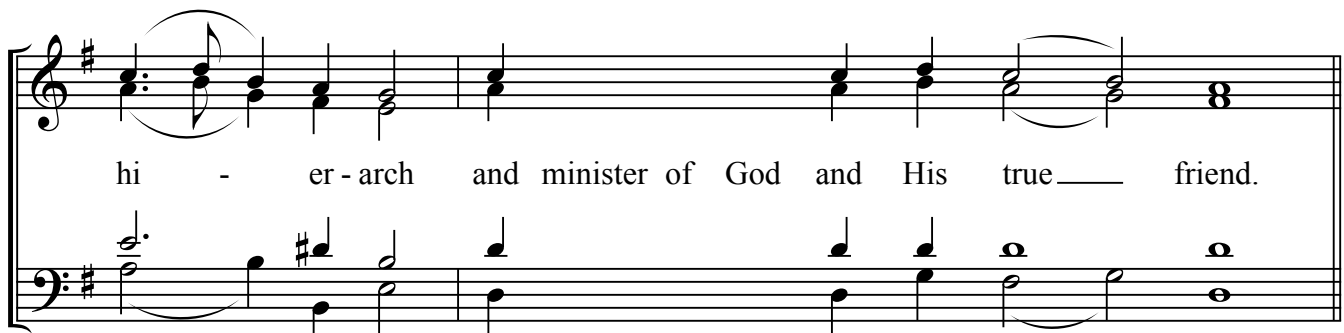
✦ The glo - ry of thy blameless life, O bless - ed saint, a - mazed



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.