

24 February / 9 March: First and Second Finding of the Head of John the Baptist
First Sunday of Lent: Sunday of Orthodoxy; Tone 4

Great Vespers

Blessed is the Man

At Lord I have cried: Octoechos 3; Triodion 4; Forerunner 3; *Glory:* Triodion; *Both now:*

Dogmatic Theotokion in the tone of the week

3 Readings for the Forerunner

Aposticha: Octoechos; *Glory:* Forerunner; *Both now:* Triodion

Troparia: *O Theotokos Virgin, Rejoice*, twice; *We venerate Thy holy ikon...*, once

Matins

After God is the Lord: Resurrectional Troparion, twice; *Glory:* Forerunner; *Both now:* Triodion

After each Kathisma: Sessional Hymns from the Octoechos

Polyeleos; Magnification of the Forerunner

Evlogitaria

Hypakoë in tone of the week; Sessional hymns of the Forerunner

Hymns of Ascent and Prokeimenon in tone of the week

4th Matins Gospel

Having beheld the Resurrection

Psalm 50; *Glory: The doors of repentance;* *Both now: Guide me in the paths of salvation; Have mercy on me, O God; When I think of the multitude of evil things I have done*

Canon

Resurrection 2 *Glory to Thy Holy Resurrection, O Lord*

Forerunner 2 *O Holy Great John, Forerunner of the Lord, pray to God for us*

Triodion 4 *Glory to Thee, our God, glory to Thee*

Katavasia in the Triodion *Israel in ancient times...*

After Ode 3: Kontakion and Ikos of the Forerunner; Sessional hymn of the Forerunner; Sessional hymns of the Triodion

After Ode 6: Kontakion and Ikos of the Triodion

After Ode 8: My soul doth magnify...

Holy is the Lord, our God

Exapostilaria: 4th Gospel; *Glory:* Forerunner; *Both now:* Theotokion in the Triodion

Praises: Octoechos 5; Triodion 4 (with Psalm verses in the Triodion); *Glory:* Triodion; *Both now: Most blessed art thou...*

After the dismissal: Glory, Both now: 4th Gospel Sticheron

At the Hours

Troparion: Resurrection; *Glory:* Triodion / Forerunner, alternating

Kontakion: Resurrection / Triodion / Forerunner, alternating