

*(Continuation of part two of Psalm 106 from Page 3)*

26. They mount as high as the sky, and they go down into the abyss; their soul melting with fearfulness .
27. They are alarmed, and they stagger as if drunken, and all their wisdom is overcome.
28. *In their distress they cried out to the Lord, and He delivered them from their troubles.*
29. And He ordered the tempest, and it was calmed as a breeze, and the waves became quiet.
30. And they rejoiced, because they were peaceful, and He guided them to their desired harbor.
31. *Give thanks to the Lord for His mercies, and for the wonders He has worked for the sons of men.*
32. Let them exalt Him in the assembly of the people, and in the seat of the elders may they glorify Him by worship.
33. He conducts rivers to a desert, and courses water to its thirst.
34. He turns a fruitful land into saltiness, because the wickedness of them that dwell there.
35. He provided a wilderness with pools of waters, and a dry land with streams of water.
36. And He settled the hungry therein, and they established cities in which to dwell.
37. And they sowed fields and planted vineyards, and they yielded fruit liberally.
38. So He blessed them and they multiplied greatly, and their cattle did not diminish.
39. But again they became fewer and were debased by affliction, evils, and pain.
40. Contempt was poured upon their rulers, and He made them wanderers in a desolate land, where there are no paths.
41. But He helped the poor man out of poverty, and made his kindred like a flock.
42. The upright see this and they rejoice, and all iniquity is barred from their mouth.
43. He who is wise will observe these things, and will understand the mercies of the Lord?  
*Glory.*

This is the second psalm of Kathisma XV. Like its predecessor [Psalm 105] it is a historical psalm continuing the saga of the exodus through the phase of the Hebrew wandering through the wilderness. None of its verses are used in the Orthodox services. Verse 1 shows that this is a psalm of thanksgiving to the Lord, and that His mercies are forever. The repetition of verses 1 and 8 throughout this psalm confirm this.

Compiled by John P. Nasou, M.D.

## SAINT SOPHIA GREEK ORTHODOX CATHEDRAL

Ἡ Ναός τῆς Ἁγίας Σοφίας τοῦ Θεοῦ

Washington, D.C.

February 28, 2010

Sunday of St. Gregory Palamas

The Tone for this day is Plagal One

The Morning Gospel of the Orthros is No. Five

Luke 24:12-35

At that time, Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home marveling at what had happened. That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, "What is this conversation that you are holding with each other as you walk?" And they stood still, looking sad. Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning, and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see." And he said to them, "O foolish ones, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?" And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself. So they drew near to the village to which they were going. He acted as if he were going farther, but they urged him strongly, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. When he was at table with them, he took the bread and blessed and broke it and gave it to them. And their eyes were opened, and they recognized him. And he vanished from their sight. They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?" And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, saying, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

## Second Sunday of Great Lent

**PROKEIMENON:** You, O Lord, shall keep us and preserve us.  
Save me, O Lord, for the godly man has failed. Psalm 11: 7 + 1

### The Epistle is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

"IN THE BEGINNING, you O Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

### The Gospel Lesson is from Mark 2:1-12

AT THAT TIME, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

## Psalm 106

*Alleluia.*

1. Give thanks to the Lord, for He is good, for His mercy endures forever.
2. Those who have been redeemed by the Lord confirm this, those who were redeemed from the hand of the enemy.
3. He gathered them from the lands, from the east, the west, the north, and from the sea.
4. They wandered in the wilderness, in a waterless land; nor did they find a path to a city of habitation.
5. Hungry and thirsty, their soul was faint within them.
6. *In their distress they cried out to the Lord, and He delivered them from their troubles.*
7. And He guided them onto the correct path by which they may travel to a city where they could dwell.
8. *Give thanks to the Lord for His mercies, and for the wonders He has worked for the sons of men.*
9. For He satisfied the empty soul, and the hunger was filled with good things.
10. Those who sit in darkness and the shadow of death, bound by poverty and iron,
11. for they were embittered by the words of God and provoked the will of the Most High.
12. Their heart was humbled by labor; they were weakened, and there was no help.
13. *In their distress they cried out to the Lord, and He delivered them from their troubles.*
14. And He brought them out of the darkness and the shadow of death, and burst asunder their bonds.
15. *Give thanks to the Lord for His mercies, and for the wonders He has worked for the sons of men.*
16. For He shattered the brass gates, and crushed the bars of iron.
17. He lifted them from the path of their lawlessness; for their iniquities had degraded them.
18. Their spirit abhorred all food, and they came near to the gates of death.
19. *In their distress they cried out to the Lord, and He delivered them from their troubles.*
20. He sent forth His Word, healed them, and delivered them from their depravity.
21. *Give thanks to the Lord for His mercies, and for the wonders He has worked for the sons of men.*
22. And sacrifice to Him a sacrifice of praise, and let them proclaim His works by rejoicing.
23. They who go down to the sea in ships, conducting their work on many waters,
24. these have seen the works of the Lord, and His wonders in the deep.
25. He speaks, and a wind of tempest arises, and its waves are raised.

*(Psalm 106 is continued on Page 4)*