

*Lenten Triodion*  
(Sung on the 2nd Sunday of Lent and November 14th)

**Gregory Palamas, Archbishop of Thessalonica**  
**Apolytikion**

Byzantine Chant Tone 8/Plagal Fourth Mode

Rassem El Massih

Un.

F C

O star of Orthodoxy, support of the Church and its

C

teacher, O come - - li - ness of as - cet - - ics

and in - con - test - - a - ble cham - pi - on of those who speak

D Un. F

in - the - ol - o - gy, Greg - o - ry the won - der -

C

-work - er, the pride of Thes - sa - - lo - ni - ca and

preach - er of grace, im - plore thou con - stant - ly for

D Un.

the sal - va - tion of our souls.