


# Lenten Triodion - Second Sunday of Great Lent

## Sunday of St. Gregory Palamas - Kontakion from the Triodion


Tone 4

Abbreviated "Greek" Chant


Soprano  
Alto




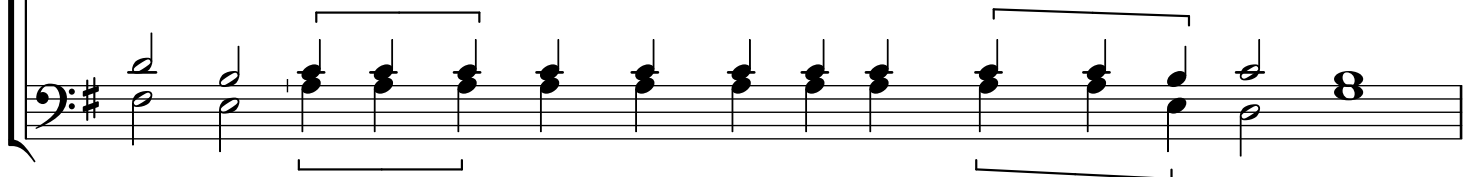
Tenor  
Bass




Now is the time for ac - tion! Judg - ment is at the doors! So let us rise



and fast, of - fer - ing alms with tears of com - punc - tion and cry - ing:



"Our sins are more in num - ber than the sands of the sea; but for - give us,



O Mas - ter of All, so that we may re - cieve the in - cor - rup - ti -



ble crowns."

