

SUNDAY 3 MARCH 2019
+ Sunday of Meatfare
Martyrs Efrópios, Kleónikos and Vasiliskos of Tyra C4
40th Sunday Tone 7 & Eothinón 7

VESPERS

Lord I have cried

Tone 7

O Lord, I have cried to you, listen to me;

O Lord, listen to me.

O Lord, I have cried to you, listen to me;

Note the voice of my plea when I cry to you.

O Lord, listen to me.

² Let my prayer be directed before you like incense,
the raising of my hands be an evening sacrifice.

O Lord, listen to me.

S10: Lead my soul from prison that I may acknowledge your name.
Come, let us rejoice in the Lord who destroyed the dominion of death and
enlightened the human race. Let us sing to him with the bodiless hosts,
“Our Maker and Saviour, glory to you!”

S9: The just will wait for me until you reward me.

O Saviour, you endured the cross and burial for our sake. As God you
destroyed death by your death. We fall down before your resurrection on
the third day. O Lord, glory to you!

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

When the Apostles saw the resurrection of the Maker, they were amazed
and sang the angelic praise, “This is the glory of the Church; this is the
wealth of the kingdom.” O Lord who suffered for our sake, glory to you!

S7: Let your ears note the voice of my plea.

O Christ, you were held by lawless men, but you are my God and I am not
ashamed. You were struck on the cheek, but I do not deny you. You were
nailed to the cross and I do not conceal it, for I glorify your resurrection

and your death is my life. O almighty Lord, Lover of the human race, glory to you!

S6: O Lord, if you mark offences, who will stand?

But there is forgiveness with you.

Christ fulfilled the prophecy of David and revealed his own greatness in Zion to the disciples. He is praised and always glorified, together with the Father and the Holy Spirit. At first, as the Word, he was bodiless, but later he took flesh and was killed for our sake as man. He rose with power, *for he is the Lover of the human race.*

S5: O Lord, I have waited for you for your name's sake;

my soul has waited for your word,

my soul has hoped in the Lord.

O Christ, you descended into Hades as you freely determined; you overthrew death as God and Master. You rose on the third day and with you raised Adam from the bonds of Hades and from corruption. Glory to your resurrection, only Lover of the human race!

Tone 6

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

O just Judge of the entire human race, you will come to judge the living and the dead, enthroned in glory and escorted by your angels. Everyone will stand in fear before you and tremble at the river of fire flowing past your throne as he waits to hear the sentence which he deserves. O Christ, have mercy on us also on that awesome day. O compassionate and merciful Lord, count us worthy of salvation because, although we are worthless, we turn to you in faith.

S3: For there is mercy with the Lord

and abundant redemption with him.

He will redeem Israel from all his offences.

The books will be opened and the works of every man will be laid bare. The vale of tears will echo with gnashing of teeth and the sinners will mourn in vain as they depart to eternal damnation. O almighty Lord, your judgements are just. O Master, full of goodness and compassion, most merciful *Lord*, we implore you to have pity on us who sing to you.

S2: Every nation, praise the Lord;
every people, acclaim him!

The trumpet will sound and the graves be opened. The whole human race will rise with trembling. The just will rejoice as they receive their reward, but the wicked will depart to eternal fire with wailing and horror. O Lord of glory, have mercy on us. O Master, number us with those who love you, for you alone are good.

S1: For he has strengthened his mercy over us
and the truth of the Lord remains for ever.

I lament and cry when I think about the eternal fire, the outer darkness, the lower world, the fearful worms, the grinding of teeth and the continual agony that will happen to those who sin beyond measure. O supreme loving *God*, they rouse you to fury by their sinfulness. O compassionate Judge, I am pre-eminent among them in wretchedness, but save me in your mercy.

Glory: Tone 8

When the thrones are set in place and the books are opened, then God will take his place on the judgment-seat. What a fearful sight as the angels stand in awe and the river of fire flows by. What can we do, for we are already condemned by our many sins, when we hear Christ call the just to his Father's kingdom and send the wicked to eternal damnation? Who among us can bear that terrible verdict? O Lover of the human race and King of the inhabited earth, hurry to us. Grant us the grace of repentance before the end and have mercy on us.

Both now: Tone 7

O Theotokos, you were revealed as a mother above nature, for you remained a virgin beyond reason and understanding. No tongue can speak about your wonderful childbearing, for the order of nature was overruled by God. O pure *Lady*, your conceiving was most glorious. O Virgin, the manner of your giving birth was ineffable. We know that you are the Mother of God and pray fervently to you, "Plead with him to save our souls."

Phos Ilarón

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory
 of the immortal, heavenly, holy, blessed Father,
 when we come to the setting of the sun
 and see the light of evening,
 we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you
 with voices of praise,
 O Son of God *and* Giver of life.
 Therefore the world glorifies you.

Prokeímenon

P/D: The Evening Prokeimenon

R: The Lord reigns *and* is clothed with majesty.

S1: The Lord has put on power and clothed himself.

S2: He founded the world, which will not be moved.

Ektení

Prayer

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever. Amen. O Lord, let your mercy be on us, for we have hoped in you. Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy *One*; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

Plirotiká

Prayer

P: Peace be with you all. R: And with your spirit

D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.
Amen.

Apósticha

Tone 7

O Saviour of the world, you rose from the tomb and raised the human race with your body. O Lord, glory to you!

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself. Ps 92

Come and worship *the Lord* who rose from the dead. He has enlightened all creation and saved us from the torments of Hades by his death. He has granted us eternal life and great mercy through his third-day resurrection.

S2: For he founded the world which will not be moved. Ps 92

O Christ, you descended into Hades and captured death. O Lord, Lover of the human race, you rose again on the third day and have raised us who glorify your all-powerful resurrection.

S3: O Lord, holiness is right for your house to length of days. Ps 92

O Lord, when you were placed in the tomb like someone asleep, you appeared awesome. But, when you rose on the third day as the almighty *Lord*, you raised Adam with you. Glory to your resurrection, only Lover of the human race!

Glory: Tone 8

Woe to you, my darkened soul! Your life is stained by depravity and laziness; your folly makes you shun all thought of death. How complacent you remain. How can you flee the awesome thought of judgement day? When will you change your way of life? On that day all your sins will rise against you. What will your answer be then? Your acts will condemn you; your deeds will expose you. O my soul, the time is close; turn to the good and loving Saviour. Plead with him to forgive your malice and weakness. Cry with faith, “O Lord, I have sinned; I have sinned against you. But I know you as the Lover of the human race. O good Shepherd, call me to enjoy your eternal presence on your right hand.

Both now:

O unwedded Virgin, Mother of the most high God, you ineffably conceived God in the flesh. O blameless *Lady*, receive the cries of your

servants. Grant purification for offences to all. Receive our prayers and pray for the salvation of our souls.

Song of Simeon

B/P: O Master, now let your servant depart in peace
 according to your word,
² for my eyes have seen your salvation,
 which you have prepared before all peoples,
³ a light of revelation for *the* nations
 and *the* glory of your people Israel.

Triságion Prayers

Apolytikia

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

O Lady worthy of all praise, since you are the treasury of our resurrection, raise those who trust in you from the depth and pit of sin. You saved those who were weighed down with the results of sin by giving birth to our Salvation. You were a virgin before giving birth, a virgin as gave birth and a virgin after you had given birth.

Dismissal

ORTHROS

God is the Lord Ps 117

R: God is the Lord and has appeared to us.

Blessed is the one who comes in the Lord's name. *Ps 117*

S1: Thank the Lord, for he is good,
 for his mercy lasts for ever.

S2: All the nations surrounded me,
 but I opposed them in the Lord's name.

S3: This *is* the Lord's doing
 and it is wonderful in our eyes.

Apolytikia

Tone 7

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Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

Kathísma 1

Tone 7

After the Life had been laid in the tomb and the seal had been placed on the stone, the soldiers guarded Christ like a sleeping King. The angels glorified him as the immortal God and the women cried out, “The Lord has risen and granted the world great mercy.”

Glory:

You have despoiled death by your three days’ burial in the tomb. You have raised corrupt man by your life-bearing resurrection. Glory to you, O Christ our God, Lover of the human race!

Both now:

O Virgin-Theotokos, continually pray to Christ our God to save our souls, for he was crucified, rose for us and destroyed the power of death.

Kathísma 2

O Christ our God, while the sepulchre was sealed, you rose from the tomb as Life. While the doors were closed, you stood in the midst of your

disciples. O Resurrection of all, you renew a right Spirit within us through them, for you are great in mercy.

Glory:

O King of all, the women ran to the tomb with tears and carried spices, while the soldiers kept their watch over you. They said to one another, "Who will roll away the stone for us?" The Angel of Great Counsel has risen and tramples down death. Glory to you, almighty Lord!

Both now:

Hail, O virgin Theotokos, full of grace, harbour and protection for the race of men! The Rescuer of the world was made flesh through you. Only you are both mother and virgin, ever-blessed and glorified. Plead with Christ our God to grant peace to the world.

Evlogitária

Blessed are you, O Lord; teach me your statutes.

The assembly of angels was amazed when it saw you among the dead. O Saviour, by destroying the power of death, you raised Adam with you and freed everyone from Hades.

Blessed are you, O Lord; teach me your statutes.

The radiant angel cried to the Myrrhbearers from the tomb, "Why do you women mingle myrrh with your tears? Look at the tomb and understand. The Saviour has risen from the tomb."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers ran sorrowfully to your tomb very early in the morning, but an angel came to them and said, "The time for sorrow has come to an end. Do not weep, but announce the resurrection to the apostles."

Blessed are you, O Lord; teach me your statutes.

The Myrrhbearers were sorrowful as they approached your tomb, but the angel said to them: Why do you number the Living among the dead? As God he has risen from the tomb."

Glory:

We worship the Father, his Son and the Holy Spirit, the Holy Trinity, one in Being. We cry with the Seraphim, "Holy, Holy, Holy are you, O Lord."

Both now:

O Virgin, because you gave birth to the Giver of Life, you rescued Adam from his sin. You gave Eve joy instead of sadness. The Divine Man who was born from you has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to you, O God. (X3)

O our God and our hope, glory to you.

Small Litany

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. *Amen*

Ypakóï

Read without note

O Christ our God, you have put on our human form and endured the cross in the body. Save me by your resurrection, for you are the Lover of the human race.

Anaváthmi Tone 7

Antiphon 1 Ps 125

O Saviour, since you turned the captivity of Zion from error,
make me also live and raise me from slavery to passions.
The man who sows tribulation in the South with tears of fasting
will reap sheaves of eternal life-giving food.

Glory: Both now:

The fountain of divine treasury is in the Holy Spirit,
from whom come wisdom, understanding and fear;
praise, honour, glory and might are his due.

Antiphon 2 Ps 126

If the Lord does not build the house of the soul,
we labour in vain,
for no work or word is perfected without him.
The saints from the fruit of the womb, who are spiritually moved,
produce the fatherly teaching of adoption as sons.

Glory: Both now:

Everything has its being through the Holy Spirit,

for he is God before all, Master of all,
unapproachable Light and Life of all.

Antiphon 3 Ps 127

Those who fear the Lord and find the way of life
are blessed with undefiled glory both now and forever.
As you see your offspring like saplings around your table,
rejoice and exult when you offer them to Christ,
the Chief Shepherd.

Glory: Both now:

An abundance of graces, the wealth of glory
and the great depth of judgments are in the Holy Spirit.
We must worship him with the same glory
as the Father and the Son.

Prokeímenon Ps 9

R: O Lord my God, arise, let your hand be raised;
and never forget the needy.

S: O Lord, I will thank you with all my heart.

Small Litany

For you are the King of Peace and Saviour of our souls, and we send up
glory to you, to the Father, the Son and the Holy Spirit, always, now and
for ever, and to the ages of ages. *Amen*

Kontákion

Without note

O God, when you come to earth with glory, everything will tremble and
the river of fire will flow before your judgment seat. The books will be
opened and the hidden things disclosed. Then, O just Judge, salve me
from the unquenchable fire and make me worthy to stand at your right
hand.

Íkos

O Lord of supreme love, as I think about your fearful judgment seat and
the day of Judgment, I tremble and am filled with fear. I am accused by
my own conscience. When you sit on your throne and bring all to trial
then no one will be able to deny his sins, for the truth will accuse him and
terror hold him fast. The flames of Gehenna will roar and the sinners will

grind their teeth. Therefore, O just Judge, have mercy on me before the end and spare me.

Synaxáριον

Today we remember the holy martyrs Efrópios, Kleónikos and Vasiliskos of Tyra in Kappadokia who lived in the Fourth Century. They were three friends who decided that they were as inseparable as the Persons of the Trinity. When Efrópios and Kleónikos were martyred, Vasiliskos prayed, “O Lord Jesus Christ, remember me, even to the end, so that I may not be separated from these holy men who have been taken from me and who are now crowned.” On the Third the holy martyr Efrópios ended his life on a cross because of love for Christ, the Lover of the human race.

Together with them we remember:

Hieromartyr Theodóritos of Antioch

Holy Non, mother of David of Wales C6

Abbot Winwaloe of Landevennec, C6

O God, have mercy on us through their holy prayers. Amen.

Ypómнима

Today we commemorate the second coming of our Lord Jesus Christ who is the just Judge. When you sit to judge the world, O just and righteous Judge, count me worthy of your summons which says, “Come!”

Therefore, in the abundance of your ineffable compassion, O Christ our God, make me worthy of your renowned voice and number us among those at your right hand. Amen.

Katavasías

1: He is my Salvation, Helper and Protector. He is my God and I glorify him. He is the God of my fathers and I exalt him, for he is greatly glorified.

3: O Lord, establish my hesitant heart on the rock of your commandments, for you alone are holy and Lord.

4: O Lord, the prophet heard about your coming and was afraid. How could you be born to a Virgin and be revealed to man? He said, “I have listened to the report about you and was afraid.” Glory to your power, O Lord!

5: O Lover of the human race, I seek you early from the night. I plead with you to give me light and guide me in your commandments. O Saviour, teach me to do your will.

6: I cried out to the all-compassionate God with all my heart. He heard me from the lowest depths of Hades and brought my life out of corruption.

7: We have sinned, we have offended, we have done evil in your sight. We have not observed or followed your commandments. O God of our fathers, do not completely reject us.

8: Let us praise, bless and worship the Lord. The heavenly hosts offer him glory. The Cherubim and Seraphim tremble before him. Let everything with breath and the entire creation praise, bless and exalt him above all for ever.

Gospel Dialogue

P/D: Let us pray to the Lord. *Lord have mercy*

P: For you, O God, are holy *and* rest in the Holy Place. We send up glory to you, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen.*

R: Let everything with breath praise the Lord. *X3*

Praise God in his saints;

praise him in his mighty firmament. Ps 50

P/D: And that we may be counted worthy to listen to the Holy Gospel, let us pray to the Lord our God. *Lord have mercy X3*

P/D: Wisdom. Stand up. Let us listen to the Holy Gospel.

P: Peace be with you all. *And with your spirit*

P: A reading from the Holy Gospel according to John.

P/D: Let us attend

R: Glory to you, O Lord, glory to you.

Eothinón Gospel 7

From the Holy Gospel according to John (20:1-10)

On the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. ² So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of

the tomb, and we do not know where they have laid him.”³ Peter then came out with the other disciple, and they went toward the tomb.⁴ They both ran, but the other disciple outran Peter and reached the tomb first;⁵ and stooping to look in, he saw the linen cloths lying there, but he did not go in.⁶ Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying,⁷ and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself.⁸ Then the other disciple, who reached the tomb first, also went in, and he saw and believed;⁹ for as yet they did not know the scripture, that he must rise from the dead.¹⁰ Then the disciples went back to their homes.

R: Glory to you, O Lord, glory to you.

Resurrection Ode

P/R: Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. O Christ, we venerate your cross, and praise and glorify your holy resurrection; for you are our God, and we know no one else apart from you. We address your name. All you faithful, come and venerate Christ's holy resurrection. For see, joy has come into all the world through the cross. Let us always bless the Lord and praise his resurrection. For he has destroyed death by death by enduring the cross for us.

Psalm 50

O God, have mercy on me in your abundant mercy
and wipe out my offence through your great pity.
⁴ Wash me thoroughly from my lawless act
and cleanse me from my sin,
⁵ for I know my lawlessness
and my sin is always before me.
⁶ I have sinned against you alone
and done what is evil before you
^{6b} so that you might be right in your words
and overcome when you are judged,
⁷ for see, I was conceived in lawlessness
and my mother desired me in sin,
⁸ for see, you have loved truth
and shown me the mysteries and secrets of your wisdom.
⁹ You will sprinkle me with hyssop and I will be clean;

- you will wash me and I will become whiter than snow.
- ¹⁰ You will make me hear about joy and gladness;
humbled bones will rejoice.
- ¹¹ Turn your face from my sins
and wipe out all my lawlessness.
- ¹² O God, make a pure heart within me
and renew an upright spirit within me.
- ¹³ Do not banish me from your presence
or remove your Holy Spirit from me.
- ¹⁴ Restore your saving joy to me
and strengthen me with your directing Spirit.
- ¹⁵ I will teach the lawless your ways
and the ungodly will return to you.
- ¹⁶ O God, God of my salvation, free me from bloodshed,
then my tongue will rejoice in your justice.
- ¹⁷ O Lord, you will open my lips
and my mouth will announce your praise,
- ¹⁸ for if you had wanted sacrifice, I would have given it;
you will not be pleased with burnt offerings.
- ¹⁹ Sacrifice for God is a broken spirit;
God will not despise a broken and humbled heart.
- ²⁰ O Lord, be good to Zion in your pleasure
and let the walls of Jerusalem be built,
- ²¹ then you will be pleased with a just sacrifice,
with an offering and burnt sacrifices;
then they will offer calves on your altar.

Glory: Tone 6

O Life-giver, open the doors of repentance to me, for my spirit rises early to pray towards your holy Temple, as I carry the temple of my body all defiled. But purify me by the loving kindness of your mercy in your compassion.

Both now:

O Theotokos, lead me along the paths of salvation, for I have profaned my soul with shameful sins and wasted my life in laziness. But release me from every impurity through your intercessions.

Have mercy:

When I think about the many evil things which I have done, wretch that I am, I tremble at the fearful day of judgment. But since I trust in your loving kindness, I cry to you like David, “O God, have mercy on me according to your great mercy.”

Intercession

Short form

P/D: O God, save your people and bless your inheritance.

Visit your world with mercy and compassion; exalt the horn of Orthodox Christians and send down on them your rich mercy, through the prayers of our all-pure Lady, Theotokos and Ever-virgin Mary, by the power of the honourable and life-giving cross, through the protection of the honourable bodiless powers of heaven, through the prayers of the honourable, glorious, prophet, Forerunner and Baptist John, of the holy, glorious, all-praised apostles, of the holy, all-praised and victorious martyrs, of our holy and God-bearing fathers, of the holy and just forebears of God, Ioachim and Anna, of the holy martyrs Eftrópios, Kleónikos and Vasiliskos, and of all the saints. We ask you, only merciful Lord, “Listen to us sinners as we pray to you, and have mercy on us.”

Lord have mercy. X12

Through the mercy, compassion and love for the human race of your only-begotten Son, with whom you are blessed, together with the all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

Ode 9

My soul glorifies the Lord
and my spirit has rejoiced in God my Saviour. R:

R: *You are* more honourable than the Cherubim
and beyond compare more glorious than the Seraphim.
You gave birth to God the Word without defilement;
O true Theotokos, we glorify you.

² For he has regarded his servant’s humility;
see, from now all generations will call me blessed. R:

³ For the Almighty has accomplished great *things* for me
and his name is holy.

His mercy is from generation to generation
on those who fear him. R:

⁴ He has accomplished strength with his arm
and scattered the proud in the imagination of their hearts. R:

⁵ He has put down the mighty from *their* thrones
and exalted the humble.

He has satisfied the hungry with good *things*
and dismissed the rich with nothing. R:

⁶ He has helped his servant Israel
in remembering his mercy,
as he spoke to our fathers,
to Abraham and his seed for ever. R:

9: *It was* a conception without seed, a birth beyond understanding from a mother who never knew a man, and an undefiled delivery, for the birth of God renews everything. Therefore with true devotion all generations glorify you as the Mother of our God.

Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

Holy is the Lord

Holy is the Lord our God. X3

Exalt the Lord our God and worship at his footstool.
for he is holy.

Exaposteilária

Tone 7

When Mary said, “They have taken away my Lord,” Simon Peter and the other disciple, the anointed of Christ whom Jesus loved, went quickly to the grave. They came and found the grave clothes in the tomb, together with the napkin which had covered his head lying near them. Therefore they waited until they also had seen the Christ.

Tone 2

O Lord, when I muse about the dreadful day of your judgement and your ineffable glory, I am filled with fear and shake with terror as I cry, “O

Christ our God, O Master, when you come to the earth in glory in order to judge all things, release me in my misery from every punishment and count me worthy *to receive* a place at your right hand.”

See, there arrives the day of the Lord Almighty, and who can endure the terror of his presence. For it is a day of wrath. The fire will burn, and the Judge will sit, and give to everyone the merited return for his works.

When I remember the hour of trial and the fearful advent of the Master who loves the human race, I tremble throughout my body and cry to you with a sad face, “O my most just Judge, you are alone rich in mercy, so receive me in repentance at the pleas of the Theotokos.

Praises

Tone 7

Let everything with breath
praise the Lord.
Praise the Lord from the heavens;
praise him in the heights.
To you, O God, is due a song.

Praise him, all his angels;
praise him, all his powers.
To you, O God, is due a song.

S8: This glory will be for all his holy ones.
Christ is risen from the dead; he has shattered the chains of death. O earth, proclaim great joy; O heavens, praise the glory of God.

S7: Praise God in his saints;
praise him in his mighty firmament.
Now that we have seen the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless *being*.

S6: Praise him for his mighty deeds;
praise him for the abundance of his majesty.
We continually praise the resurrection of Christ, for the holy Lord Jesus, who has revealed the resurrection, has saved us from our sins.

S5: Praise him with the trumpet sound;
praise him with lute and harp.

What shall we give to the Lord in return for all his bounty to us? For our sake God came and lived among men. The Word became flesh and lived among us because of our corrupt nature. He is the Benefactor of the ungrateful, the Rescuer of captives, the Sun of justice of those sitting in darkness, the passionless *Lord* on the cross, the Light in Hades and the Resurrection for the fallen. Let us cry out to him, “Our God, glory to you!”

S4: Praise him with cymbal and dance;
praise him with strings and flute.

O Lord, you have destroyed the gates of Hades and abolished the dominion of death by your great power. By your divine and glorious resurrection you have raised with you the dead who slept for ages in darkness, for you are the King of all and the almighty God.

Tone 6

S3: Praise him with tuneful cymbals;
praise him with joyful cymbals.

Let everything with breath praise the Lord.

I think about that day and hour when like condemned men we will all stand naked before the Judge who accepts the status of no one. Then the trumpet will sound, the foundations of the earth will tremble, the dead will rise from their tombs and all will be assembled from every generation. Then the secrets of everyone will be revealed before you. Those who have never repented will cry and wail as they leave for the outer fire, but the fellowship of the just will enter the heavenly bridal room with gladness and exultation.

S2: O Lord, I will thank you with all my heart,
and recount all your wonders.

What will happen on that dreadful day when the Judge sits on his awesome throne? The books will be opened, the deeds of men will be examined and the dark secrets will be published. Angels will hurry backwards and forwards to gather all the nations. O kings and princes, slaves and free men, sinners and just, rich and poor, come and listen, for the Judge comes to give sentence on the entire inhabited earth. Who can tolerate standing before his face in the presence of the angels, as they summon us to account

for our deeds and thoughts, whether by day or night. What will it be like in that hour? My soul, hurry before the end is here and cry, “O God, you alone are compassionate; turn me round and save me.”

Tone 8

S1: I will be glad and rejoice in you;

O Most High, I will make music to your name.

Daniel the prophet, who was a man greatly loved, when he saw the power of God, cried out, “The court sat for judgement and the books were opened.” My soul, consider deeply! Do you fast? Then do not despise your neighbour. Do you give up food? Then do not condemn your brother in case you are banished to the fire and burn there like wax. May Christ guide you without a stumble into his Kingdom.

Glory: Tone 1

O brothers, let us purify ourselves with the queen of virtues, for see, she has come and brings a wealth of blessings. She subdues the surges of the passions and reconciles sinners to the Master. Therefore let us welcome her with joy and cry out to Christ our God, “You have risen from the dead and alone are free from sin, preserve us without condemnation as we glorify you.”

Glory: Tone 7

O Mary, why did you stand at the grave to see the dawn and break of day? Your mind was covered with a great darkness and you asked him, “Where have they placed Jesus?” See how the disciples went quickly to the tomb, believed his resurrection because of the clothes and the napkin lying in the grave, and remembered what was predicted about him in the Scriptures. O Christ, Giver of life, we have believed through them and, together with them, also praise you.

Both now: Tone 2

O Virgin Theotokos, you are most blessed, for through the One who was born of you, Hades has been captured and Adam recalled. The curse has been annulled, and Eve set free. Death has been slain, so we are given life. Blessed is Christ our God, whose good will it was. Glory to you!

Great Doxology

Glory to you who have shown us the light!

glory to God in the highest!

Peace on earth and goodwill to men!

² We praise you, we bless you, we worship you,
we glorify you, we thank you for your great glory,

³ O Lord King, heavenly God, almighty Father,
O Lord, only-begotten Son, Jesus Christ,
and you, O Holy Spirit!

⁴ O Lord God, Lamb of God, Son of the Father,
you take away the sin of the world;

have mercy on us,
for you take away the sin of the world.

⁵ Receive our prayer,
for you sit on the right of the Father,
and have mercy on us.

⁶ For only you are holy, only you are Lord,
O Jesus Christ, to the glory of God the Father. Amen.

⁷ I will bless you every day
and always praise your name for ever and ever. Ps 144

⁸ O Lord, allow us this day
to be guarded from sin.

⁹ Blessed are you, O Lord God of our fathers!
Praised and glorified be your name for ever. Amen. Daniel 3

¹⁰ O Lord, let your mercy *be* on us,
for we have hoped in you. Ps 32.

¹⁶ Blessed are you, O Lord!
Teach me your statutes. X3 Ps 118

¹² O Lord, you have been our refuge
from generation to generation. Ps 89

I said, "O Lord, have mercy on me;
heal my soul, for I have sinned against you." Ps 40

¹⁴ O Lord, I have fled to you;
teach me to do your will, for you are my God. Ps 142

¹⁵ For with you is the source of life
and in your light we will see light. Ps 35

¹⁶ Stretch out your mercy
to those who know you. Ps 35

Triságion

Resurrection Troparion

Today salvation has come to the world. Let us sing to the one who rose from the dead, the Author of our life. When he destroyed death by death, he gave us victory and great mercy.

LITURGY

Antiphon 1 Ps 91

S1: It is good to thank the Lord
and make melody to your name, O Most High.

R: At the prayers of the Theotokos, Saviour, save us!

S2: To announce your mercy in the morning
and your truth by night,

S3: For the Lord our God is upright
and there is no injustice in him.

S4: Glory: Both now:

Antiphon 2 Ps 92

S1: The Lord reigns *and* is clothed with majesty;
the Lord has put on power and clothed himself,

R: Save us, O Son of God.
You arose from the dead
We sing to you, "Alleluia!"

S2: For he founded the world
which will not be moved.

S3: Your throne *was* made ready in the past;
you are from eternity.

Monogenes

Antiphon 3 Ps 94

S1: Come, let us rejoice in the Lord,
and shout with joy to God our Saviour.

R: You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you

commanded your disciples to proclaim that you have risen and grant the world great mercy.

S2: Let us enter his presence with thanksgiving
and gladly cry to him with psalms,

S3: For the Lord is a great God
and a high king over all the earth.

Entrance Ps 94

Come, let us worship and fall down before Christ.

Save us, O Son of God.

You arose from the dead.

We sing to you, "Alleluia!"

Apolytikia

Tone 7

You destroyed death by your cross, opened Paradise to the thief and changed the weeping of the myrrh-bearers into joy. O Christ our God, you commanded your disciples to proclaim that you have risen and grant the world great mercy.

Of the Church

Kontáktion

Tone 1

O God, when you come to earth with glory, everything will tremble and the river of fire will flow before your judgment seat. The books will be opened and the hidden things disclosed. Then, O just Judge, salve me from the unquenchable fire and make me worthy to stand at your right hand.

Triságion

Prokeímenon Ps 117 Tone 2

R: The Lord is my strength and song.

S: The Lord has truly disciplined me.

Apóstolos

From the First Letter of Paul to the Corinthians (8:8-9:2)

Brothers, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. ⁹ Only take care in case this liberty of yours somehow become a stumbling block to the weak. ¹⁰ For if anyone sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? ¹¹ And so by your knowledge this weak man is destroyed, the brother for whom Christ died. ¹² Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ. ¹³ Therefore, if food is a cause of my brother's falling, I will never eat meat, in case I cause my brother to fall. ¹ Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? ² If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Alleluia Ps 19 Tone 2

S1: May the Lord hear you on the day of affliction.

S2: O Lord, save the king and listen to us.

Gospel

From the Holy Gospel according to Matthew (25:31-46)

The Lord said: When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne. ³² Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, ³³ and he will place the sheep at his right hand, but the goats at the left. ³⁴ Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; ³⁵ for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, ³⁶ I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' ³⁷ Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? ³⁸ And when did we see thee a stranger and welcome thee, or naked and clothe thee? ³⁹ And when did we see thee sick or in prison and visit thee?' ⁴⁰ And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.' ⁴¹ Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; ⁴² for I was hungry and you gave me no food, I was thirsty and you gave me no drink, ⁴³ I was a stranger and you did not welcome me, naked and

you did not clothe me, sick and in prison and you did not visit me.' ⁴⁴ Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?' ⁴⁵ Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' ⁴⁶ And they will go away into eternal punishment, but the righteous into eternal life.

Communion Ps 148

Praise the Lord from the heavens;
praise him in the heights. Alleluia!