

**SUNDAY 23 FEBRUARY 2020**  
**+ Sunday of Meatfare**  
**Hieromartyr Polykarp (Polykarpos) of Smyrna C2**  
**36<sup>th</sup> Sunday Tone 3 & Eothinón 3**

**VESPERS**

**Lord I have cried**

Tone 3

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.

<sup>2</sup> 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.

O Christ our Saviour, the dominion of death has been shattered by your cross and the deception of the Devil has been destroyed. The human race which has been saved by faith always offers you a hymn.

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

O Lord, everything has been enlightened by your resurrection and Paradise has been re-opened. The whole creation praises you and continually offers you a hymn.

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

O Lord listen to my voice.

I glorify the power of the Father and the Son, and I praise the authority of the Holy Spirit, the undivided, uncreated Divinity, the consubstantial Trinity who reigns for all time.

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

O Christ, we bow down in worship before your precious cross. We glorify and praise your resurrection, for we have all been healed by your wounds.

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

But there is forgiveness with you.

We praise the Saviour *who was* incarnate from the Virgin, for he was crucified for our sake, rose on the third day and grants us great mercy.

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.

Christ descended to Hades *where* he proclaimed the glad news and said, "Be of good courage. See, now I have triumphed. I am the resurrection; I will lead you out, for I have shattered the gates of death."

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 3

All-honoured *Virgin*, how can we not wonder at your giving birth to the *Lord* who is God and man? For, all-pure *Lady* without experience of man, you gave birth to a Son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and virgin Mother, plead with him to save the souls of those who acknowledge you in the Orthodox manner to be the Theotokos.

### **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 3

O Christ, you darkened the sun by your passion and enlightened the whole creation with the light of your resurrection. O Lover of the human race, accept our evening hymn.

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

O Lord, your life-bearing resurrection enlightened the whole inhabited earth and recalled your creation which had become corrupt. Therefore we, who are rescued from the curse of Adam, sing, “O almighty Lord, glory to you!”

S2: For he founded the world which will not be moved. Ps 92  
You are the changeless God, yet were changed by suffering in the flesh. Because creation could not endure seeing you on the cross, it was filled with fear, yet praised your patience. You have granted the world life and great mercy by descending into Hades and rising on the third day.

S3: O Lord, holiness is right for your house to length of days. Ps 92  
O Christ, you endured death in order to rescue our human race from death. You rose from the dead on the third day, raised with you those who knew you as God and enlightened the world. Glory to you!

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,  
<sup>2</sup> for my eyes have seen your salvation,  
 which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations  
 and *the* glory of your people Israel.

## Triságion Prayers

### Apolytikia

Tone 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

O Virgin Theotokos, we praise you for mediating the Salvation of our race. For your Son and our God accepted suffering on the cross in the flesh which he took from you. He has set us free from corruption, for he is the Lover of the human race.

### 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 3

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the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

O Virgin Theotokos, we praise you for mediating the Salvation of our race. For your Son and our God accepted suffering on the cross in the flesh which he took from you. He has set us free from corruption, for he is the Lover of the human race.

### **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*

### **Kathisma 1**

Tone 3

Christ is risen from the dead, the firstfruits of those who sleep. He is the firstborn of all creation and the Maker of everything created. He restored the corrupt nature of our race in himself. O Death, you will reign no more, for the Master of all has destroyed your power.

Glory:

O Lord, after you had tasted death in the flesh, you emptied death of its sting through your resurrection. You have strengthened the human race against death and proclaimed the abolition of the ancient curse. Glory to you, O Lord, Protector of our lives!

Both now:

O Theotokos, Gabriel marvelled at the beauty of your virginity and at the great brightness of your purity, as he cried to you, “What praise can I offer which is fitting for you? By what name can I call you? I am troubled and afraid. Therefore, as I was commanded, I raise my cry, ‘Hail, O Full of Grace.’”

### **Kathisma 2**

O Lord, Hades was dismayed when it saw your unchanging divinity, yet observed your voluntary passion. It mourned and said, “I tremble before the flesh of the incorruptible Person. I see the one who cannot be seen as he mysteriously fights me, while those I hold in my power are crying out, ‘O Christ, glory to your resurrection!’”

Glory:

O faithful, when we speak about divine matters, we touch on an ineffable mystery, the incomprehensible crucifixion and the inexplicable resurrection. For today death and Hades are plundered while the human race is clothed with incorruption. Therefore we cry aloud with thanksgiving, "Glory to your resurrection, O Christ!"

Both now:

O Theotokos, you mysteriously held in your womb the Lord whom no one can comprehend and nothing can contain. He is one in essence with the Father and the Spirit. Through your childbearing we have come to realise that the one and only Energy of the Trinity is glorified without confusion in the world. Therefore we cry aloud to you with thanksgiving, "Hail, O Full of Grace!"

### **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*

### **Ypakói**

*Read without note*

The radiant angel caused amazement through his appearance and brought dew by his words to the myrrhbearing women, “Why do you seek the Living in a grave? The one who has emptied the tomb has risen and has changed corruption, *for he is the Lord* without change. Say to God, ‘How fearful are your works, for you have saved the human race!’”

### **Anaváthmi Tone 3**

Antiphon 1 Ps 125

O Word, you freed the captivity of Zion from Babylon,  
so pull me from the passions of life in the same way.

Those who sow divine tears in the South  
will reap everlasting sheaves with joy.

Glory: Both now:

Every good gift comes from the Holy Spirit,  
for he is radiant, together with the Father and the Son;  
everything lives and moves in him.

Antiphon 2 Ps 126

If the Lord had not built the house of virtues,  
then we would labour in vain;  
while he protects the soul no one destroys our city.

The saints are always like the fruit of the womb for you;  
 O Christ, they have been adopted as sons by the Father  
 through the inspiration of the Holy Spirit.

Glory: Both now:

All wisdom and holiness are observed in the Holy Spirit,  
 for he is the essence of all creation.

Let us worship him with the Father and the Word,  
 for he is God.

Antiphon 3 Ps 127

Happy are those who fear the Lord and walk in his ways;  
 for they eat the life-giving fruits of the commandments.

O chief Shepherd, rejoice as you see your children  
 who carry branches of good deeds around your table.

Glory: Both now:

All richness of glory is the Holy Spirit's  
 and from him come grace and life for all creation,  
 for he is praised with the Father and the Word.

### **Prokeimenon Ps 95**

R: Say among the nations that the Lord reigns,  
 and has founded the world which will not be moved.

S: Sing to the Lord a new song.

### **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.

### **Synaxáron**

Today we remember the holy hieromartyr Polycarp, Bishop of Smyrna, who lived in the Second Century. He ordered the soldiers who came to arrest him to be given a meal and then asked to pray for two hours. His reported words at his martyrdom were, "I have served him (Christ) for eighty six years; he never did me harm, only good. How can I revile my King and Saviour?" He was burnt to death. On the Twenty Third the holy martyr came to the harbour of heaven to which his fire had guided him.

Together with him we also remember:

Abbot Alexander, founder of the "Unsleeping ones" C5

Abbess Milburga of Wenlock C7

Monk Polycarp of Briansk C17

### **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 3**

From the Holy Gospel according to Mark (16:9-20)

When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. <sup>10</sup> She went and told those who had been with him, as they mourned and wept. <sup>11</sup> But when they heard that he was alive and had been seen by her, they would not believe it. <sup>12</sup> After this he appeared in another form to two of them, as they were walking into the country. <sup>13</sup> And they went back and told the rest, but they did not believe them. <sup>14</sup> Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. <sup>15</sup> And he said to them, "Go into all the world and preach the gospel to the whole creation. <sup>16</sup> He who believes and is baptized will be saved; but he who does not believe will be condemned. <sup>17</sup> And these signs will accompany those who believe in my name: They will cast out demons; they will speak in new tongues; <sup>18</sup> they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." <sup>19</sup> So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God. <sup>20</sup> And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen.

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.  
<sup>4</sup> Wash me thoroughly from my lawless act  
 and cleanse me from my sin,  
<sup>5</sup> for I know my lawlessness

and my sin is always before me.  
<sup>6</sup> I have sinned against you alone  
 and done what is evil before you  
<sup>6b</sup> so that you might be right in your words  
 and overcome when you are judged,  
<sup>7</sup> for see, I was conceived in lawlessness  
 and my mother desired me in sin,  
<sup>8</sup> for see, you have loved truth  
 and shown me the mysteries and secrets of your wisdom.  
<sup>9</sup> You will sprinkle me with hyssop and I will be clean;  
 you will wash me and I will become whiter than snow.  
<sup>10</sup> You will make me hear about joy and gladness;  
 humbled bones will rejoice.  
<sup>11</sup> Turn your face from my sins  
 and wipe out all my lawlessness.  
<sup>12</sup> O God, make a pure heart within me  
 and renew an upright spirit within me.  
<sup>13</sup> Do not banish me from your presence  
 or remove your Holy Spirit from me.  
<sup>14</sup> Restore your saving joy to me  
 and strengthen me with your directing Spirit.  
<sup>15</sup> I will teach the lawless your ways  
 and the ungodly will return to you.  
<sup>16</sup> O God, God of my salvation, free me from bloodshed,  
*then* my tongue will rejoice in your justice.  
<sup>17</sup> O Lord, you will open my lips  
 and my mouth will announce your praise,  
<sup>18</sup> for if you had wanted sacrifice, I would have given it;  
 you will not be pleased with burnt offerings.  
<sup>19</sup> Sacrifice for God is a broken spirit;  
 God will not despise a broken and humbled heart.  
<sup>20</sup> O Lord, be good to Zion in your pleasure  
 and let the walls of Jerusalem be built,  
<sup>21</sup> then you will be pleased with a just sacrifice,  
 with an offering and burnt sacrifices;  
 then they will offer calves on your altar.

### Psalm 50

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 martyr Polycarp 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.

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. R:

<sup>3</sup> 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:

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

<sup>5</sup> 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:

<sup>6</sup> 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 3

Christ is risen indeed! Let no one doubt or question. He appeared to Mary, then to those who were fishing. After that he appeared to his eleven disciples as they sat at table. He sent them to baptise, then he ascended to heaven from which he had descended; he confirmed the message by the signs which attended it.

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 3

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.

Come, every nation, and learn the power of the awesome mystery, for Christ our Saviour, who is the Word from the beginning, was crucified and

willingly suffered burial for our sake. He rose from the dead so that he might save all things; let us worship him.

S7: Praise God in his saints;  
praise him in his mighty firmament.

O Lord, your guards spoke about all the wonders, but the deluded council filled their right hands with gifts, imagining that they would then conceal your resurrection which the world glorifies. Have mercy on us!

S6: Praise him for his mighty *deeds*;  
praise him for the abundance of his majesty.

Everything was filled with joy on learning the proof of the resurrection. Mary Magdalene came to the tomb and found an angel in radiant clothing sitting on the stone. He said, "Why do you seek the living among the dead? He is not here, but is risen as he foretold; he goes ahead of you to Galilee."

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

O Master, we see light in your light. For you have risen from the dead and, as the Lover of the human race, grant salvation to man, so that the whole creation may glorify you, the only sinless *Lord*. Have mercy on us!

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

O Lord, the myrrhbearing women offered you a morning hymn with tears. They carried sweet-smelling spices and came to the tomb eager to anoint your all-pure body. An angel who sat on the stone announced good news to them, "Why do you seek the living among the dead? For after he had trampled down death, he has risen as God, and grants great mercy to everyone."

#### 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."

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!

<sup>2</sup> We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,

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

<sup>4</sup> 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.

<sup>5</sup> Receive our prayer,  
*for* you sit on the right of the Father,  
and have mercy on us.

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

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

<sup>8</sup> O Lord, allow us this day  
to be guarded from sin.

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

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

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

<sup>12</sup> 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

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

<sup>15</sup> For with you is the source of life

and in your light we will see light. Ps 35

<sup>16</sup> 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*

### **Antíphon 3 Ps 94**

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

R: Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

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 3

Let the heavens rejoice and let the earth be glad, for the Lord has shown strength with his arm. He has trampled down death by death and become the first born from the dead. He has rescued us from the depths of Hades and granted great mercy to the world.

*Of the Church*

### **Kontákion**

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.

### **Trisagion**

## **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. <sup>9</sup> Only take care in case this liberty of yours somehow become a stumbling block to the weak. <sup>10</sup> 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? <sup>11</sup> And so by your knowledge this weak man is destroyed, the brother for whom Christ died. <sup>12</sup> Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ. <sup>13</sup> Therefore, if food is a cause of my brother's falling, I will never eat meat, in case I cause my brother to fall. <sup>1</sup> Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? <sup>2</sup> 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. <sup>32</sup> 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, <sup>33</sup> and he will place the sheep at his right hand, but the goats at the left. <sup>34</sup> 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; <sup>35</sup> 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, <sup>36</sup> I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' <sup>37</sup> Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? <sup>38</sup> And when did we see thee a stranger and welcome thee, or naked and clothe thee? <sup>39</sup> And when did we

see thee sick or in prison and visit thee?' <sup>40</sup> 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.' <sup>41</sup> 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; <sup>42</sup> for I was hungry and you gave me no food, I was thirsty and you gave me no drink, <sup>43</sup> 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.' <sup>44</sup> 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?' <sup>45</sup> 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.' <sup>46</sup> 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!