

Meatfare Sunday - The Sunday of the Last Judgment

VESPERS: Tone 7

P. Regular Beginning

C. Lord I have cried...

1. O **come** let us rejoice in the **Lo**-ord/ Who **destroyed** the power of death and **enlightened** mankind,/ and **let** us cry aloud with the **angels**::// Glory to Thee, our Creator and our **Saviour**.
2. **On** our account Thou hast endured the **Cross** and the tomb:/ and as **God** Thou hast by death also put **death** to death:/ **Therefore**, we worship Thy Resurrection on the **third** day::// Glory to **Thee**, O Lord.
3. On **beholding** the Resurrection of the Creator,/ the **Apostles**, marveling, sang an angelic **song** of praise:/ **Here** is the glory **of** the Church,/ **here** the richness of the **Kingdom**:/ **Glory** be to **Thee**, O Lord,::// Who hast suffered **death** for us.
4. O **Christ**, though Thou hast been taken captive by **wicked** men,/ Thou **art** my God and I am **not** shamed:/ I deny not that Thy **back** was scourged:/ I keep not **hid** that Thou wast **nailed** to the Cross./ I **boast** of Thy Resurrection, for Thy **death** is my life::// O almighty Lord, Who lovest mankind, to Thee be **glory**.
5. **Christ**, fulfilling the prophecy of **David**,/ **revealed** to His disciples the majesty of His habitation in **Zion**:/ and **showed** Himself forth as ever praised and **glorified**/ with the **Father** and the Holy **Spirit**,/ being **first** the Word without flesh that is without **beginning**/ and **then** incarnate for our sakes and slain as man and risen in **power**,::// as He **loves** mankind.
6. As **God** and Lord, O Christ, of Thine **own** Will,/ Thou hast **descended** into hell despoiling death:/ **and** the third day Thou hast risen again, raising with Thee **Adam**,/ held **captive** by the chains of hell and of **corruption**,/ who **cried** and said: Glory be to Thy Resurrection,::// O Thou, Who alone **lovest** mankind.

Stichera from the Triodion (Tone 6)

7. When Thou shalt come, O **righteous** Judge,/ to execute just judgment, seated on Thy throne of **glory**,/ a river of fire will draw all men amazed before Thy **judgment** seat:/ the powers of heaven will stand **beside** Thee,/ and in fear mankind will be judged according to the deeds that **each** has done./ Then spare us, Christ, in Thy compassion, with faith we **entreat** Thee,::// and count us worthy of Thy blessings with **those** that are saved.
8. The books will be **opened**/ and the acts of men will be revealed before the unbearable **judgment** seat:/ and the whole vale of sorrow shall echo with the fearful sound of lamentation,/ as all the sinners, **weeping** in vain,/ are sent by Thy just judgment to everlasting **torment**./ Therefore

we beseech Thee, O compassionate and **loving** Lord:/ Spare us who **sing** Thy praise,// for Thou alone art rich in **mercy**.

9. The trumpets shall sound and the tombs shall be **emptied**,/ and all mankind in trembling **shall** be raised./ Those that have done good shall rejoice in **gladness**,/ **awaiting** their reward;/ those that have sinned shall tremble and **bitterly** lament,/ as they are sent to punishment and parted from the **chosen**./ O Lord of glory, take pity on us in Thy **goodness**,// and count us worthy of a place with them that have **loved** Thee.
10. I lament and weep when I think of the **eternal** fire,/ the outer darkness and the **nether** world,/ the dread worm and the **gnashing** of teeth,/ and the unceasing anguish that shall befall those who have sinned without **measure**,/ by their wickedness arousing Thee to anger, O **Supreme** in love./ Among them in my misery **I** am first:// But, O Judge compassionate, in Thy mercy **save** me.

Glory... from the Triodion (Tone 8)

When the thrones are set up and the books are **opened**,/ and God sits in judgment, O what fear there will **be** then!/ When the angels stand trembling in Thy **presence**/ and the river of fire flows **before** Thee,/ what shall we do then, guilty of **many** sins?/ When we hear Him call the blessed of His Father into the **Kingdom**,/ but send the sinners to their **punishment**,/ who shall endure His fearful **condemnation**?/ But, Saviour Who alone lovest mankind, King of the **ages**,// before the end comes turn me back through repentance and have **mercy** on me.

Both now & ever... Dogmatikon (Tone 7)

Thou, O Theotokos, hast been acknowledged to be a **Mother**/ **above** and beyond nature, yet withal remaining a **Virgin**./ **This** is past words and understanding,/ and the **wonder** of thy giving birth no **tongue** can tell./ Most **glorious**, O pure Virgin, was thy **conceiving**:/ and **beyond** the grasp of mind, the manner of thy **bearing** child./ **For** when God so wills, the order of nature is **overthrown**./ **Therefore**, we all acknowledging thee as the Mother of God, fervently **beseech** thee:// Make supplication for our **souls** to be saved.

- P Wisdom. Aright!
- C. O Joyful Light...
- P. Prokimenon. The Lord is King...
- P. Wisdom! (And readings, if any)
- P. Augmented Litany
- R. Vouchsafe...
- P. Litany of Fervent Supplication

APOSTICHA: (Tone 7)

1. **Rising** from the tomb, O **Saviour** of the world,/ Thou **hast**, together with Thy flesh, **raised** up man:// To Thee, O Lord, be **glory**.
- V. The Lord is King,/ and hath put on glorious apparel.

2. **Come**, let us **worship** Him,/ Who **rose** from the tomb and gave **light** to all./ For **by** His resurrection on the **third** day/ He **set** us free from the **tyranny** of hell,// granting us life and great **mercy**.

V. He hath made the world so sure/ that it cannot be moved.

3. O **Christ**, the Lord, Who alone **lovest** mankind,/ **Thou** hast descended **into** hell,/ **despoiling** death and rising upon the **third** day;/ **Thou** hast **raised** us up with Thee glorifying Thine all-powerful Resurrection,// O Thou Who **lovest** mankind.

V. Holiness becometh Thine house/ O Lord, forever.

4. O **Lord**, what an awful sight it was to see Thee lying as if **asleep** in the tomb;/ yet **Thou** didst rise on the third **day** in might,/ **raising** up with Thee **Adam**, who cried:// Glory to Thy Resurrection, O Thou, Who alone **lovest** mankind.

Glory... from the Triodion (Tone 8)

Ala-as, **bla**-ack soul!/ How long wilt thou continue in **evil**?/ How long wilt thou lie in **idleness**?/ Why dost thou not think of the fearful **hour** of death?/ Why dost thou not tremble at the dread judgment seat of the **Saviour**?/ What defense then wilt thou make, or what wilt thou **answer**?/ Thy works will be there to **accuse** thee;/ thine actions will reproach thee and **condemn** thee./ O my soul, the time is **near** at hand;/ make haste before it is too late, and cry **aloud** in faith:/ I have sinned, O Lord, I have sinned **against** Thee;/ but I know Thy love for man and Thy **compassion**:// O good Shepherd, deprive me not of a place at Thy right hand in Thy great **mercy**.

Both now and ever... (Tone 8)

O **Virgin** unwedded, O Mother of **God** on high,/ thou hast ineffably conceived **God** in the flesh;/ and being beyond reproach, thou hast granted us all purification of our trans**gressions**./ Accept the supplications of thy **servants**,/ and do thou, who now receivest our **entreaties**,// pray for us **all** to be saved.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 7

P. Regular Beginning

P. Great Ectenia

C. God is the Lord...

Sunday Troparia (Tone 7)

x2

By Thy Cross, Thou didst destroy death./ To the thief, Thou didst open paradise./ For the myrrh-bearers, thou didst change weeping into joy/ and Thou didst command Thy disciples, O Christ God,/ to proclaim that Thou art risen// granting the world great mercy.

G/B... (Tone 7)

As thou, who art sung by all the **world**,/ art the treasure house of our Resurrection,/ lead out of the pit and abyss of their offences, those who have put their **faith** in thee./ For thou who before bearing child wast **Virgin**,/ and in childbirth and after childbirth hast remained **Virgin**,// hast saved us by giving **birth** to our salvation.

Lord Have Mercy 3x
Glory...

R. Now...
R. Kathisma II
P. Small Ectenia

R. Sessional Hymns:

Life lay in the tomb, and the seal lay upon the stone. The soldiers guarded Christ as they would a sleeping king, and the angels glorified Him as immortal God. And the women cried aloud: The Lord hath risen, granting great mercy to the world!

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

O Christ God, Who by Thy burial madest death captive, and Who by Thine arising raised up man who had become corrupt: Glory to Thee, in that Thou lovest mankind!

G/B... O Virgin Theotokos, unceasingly entreat Christ our God, Who for our sake was crucified, rose again, and cast down the dominion of death, that He save our souls.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

While the tomb was sealed, Thou didst shine forth life from the grave, O Christ God; and while the doors were shut, Thou, the Resurrection of all, didst stand before the disciples, through them renewing an upright spirit for us, according to Thy great mercy.

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

The women ran to Thy tomb, bearing myrrh and tears; and while the soldiers were keeping watch over Thee, the King of all, they said to themselves: "Who will roll away the stone for us?" But the Angel of great

Counsel had arisen, trampling down death. O Lord almighty, glory be to Thee!

G/B... Rejoice, O Virgin Theotokos full of grace, haven and intercession for the human race, for of thee did the Deliverer of the world become incarnate, for thou alone art both Mother and Virgin, ever-blessed and all-glorious. Entreat Christ God, that He grant peace to all the world.

C. Polyeleos with the addition of the following: (Tone 6)

By the waters of Babylon/ we sat down and wept,/ when we remembered Zion.// Alleluia.

We hanged our harps/ upon the willows in the midst thereof.// Alleluia.

For there they that had taken us captive/ required of us a song;/ and they that had carried us away/ required of us a hymn, saying,/ Sing us one of the songs of Zion.// Alleluia.

How shall we sing/ the Lord's song in a strange land?// Alleluia.

If I forget thee, O Jerusalem,/ let my right hand be forgotten.// Alleluia.

If I do not remember thee,/ let my tongue cleave to the roof of my mouth;/ if I prefer not Jerusalem as my chief joy.// Alleluia.

Remember, O Lord,/ the children of Edom in the day of Jerusalem;/ who said, Down with it, down with it,/ even to the foundation thereof.// Alleluia.

O wretched daughter of Babylon,/ happy shall he be that shall reward thee/ as thou hast served us.// Alleluia.

Happy shall he be,/ that shall take and dash thy little ones against the rock.// Alleluia.

C. Evlogitaria (Blessed art Thou, O Lord...)

P. Small Ectenia

R. Ypakoe:

O Christ God, Who assumed our form and endured the Cross in the flesh, save me by Thy resurrection, in that Thou lovest mankind.

Hymn of Degrees: (Antiphon One)

O Saviour Who turned the captivity of Sion away from falsehood, grant life unto me, rescuing me from enslaving passions.

He who with tears soweth the afflictions of fasting in the south shall reap sheaves of joy and everlasting life.

G/B... Through the Holy Spirit cometh the well-spring of divine treasures: from Him are wisdom, understanding and fear, and to Him are due praise and glory, honour and dominion.

Hymn of Degrees: (Antiphon Two)

If the Lord buildeth not the house of the soul, in vain do we labor; For without Him is no work or word made perfect.

Moved by the Spirit, the saints, made true children through adoption by the Son, have transmitted the teachings of the Father.

G/B... Through the Holy Spirit doth everything come into being; for, from before the beginning of time, He hath been the God of all, the Lord of all, the unapproachable Light, and the Life of all.

Hymn of Degrees: (Antiphon Three)

Having found the paths of life, they who fear the Lord are blessed, now and forever, with incorruptible glory.

Seeing thine offspring like the trunks of trees round about thy table, rejoice and be glad, leading them to Christ, the Chief Shepherd.

G/B... From the Holy Spirit come an abyss of gifts, a wealth of glory and great depths of judgment; for, equal in glory with the Father and the Son, He is worshipped with Them.

P. Prokimenon: (Tone 7)

Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

V. I will confess Thee, O Lord, with my whole heart.

Let every breath praise the Lord.

GOSPEL #7

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. (Tone 8)

Glory... Open unto me, O **Giver** of Life,/ the gates of **repentance**:/ for early in the morning my spirit seeks Thy holy **temple**:/ bearing a temple of the body **all** defiled.// But in Thy compassion cleanse it by Thy loving-kindness and Thy **mercy**.

Both now... **Guide** me in the paths of salvation, O Theotokos:/ for I have befouled my soul with **shameful** sins/ and have wasted all my life in **slothfulness**.// By thine intercessions deliver me from all **uncleanness**.

(Tone 6)

Have mercy **upon** me, O God,/ in Thy great **mercy**:/ and according to the multitude of Thy **compassion**// blot out my **transgressions**.

As I ponder in my **wretchedness**/ the many evil things that **I** have done,/ I tremble for the fearful day of **judgment**./ But trusting in Thy merciful **compassion**:/ like David do I **cry** to Thee:// Have mercy upon me, O God, in Thy great **mercy**.

P. Save, O God, Thy People...

Anointing.

Canticle One

Irmos: By Thy hand was the nature of water,/ which before was fluid,/ transformed into solid form, O Lord./ Wherefore, having passed through it dryshod,// Israel chanteth to Thee a hymn of victory.

Glory to Thy Holy Resurrection, O Lord.

By the Tree was the tyranny of death overthrown, when Thou was condemned to an unjust death, O Lord; thus, utterly unable to vanquish Thee, the prince of darkness was rightly banished.

Hades drew nigh to Thee, but his fangs were unable to rend Thy body, and his jaws were broken; wherefore, having destroyed the pangs of death, O Saviour, Thou didst arise on the third day.

Theotokion

The pangs of our first mother Eve have been eased, for, eluding pain, thou gavest birth without knowing man. Wherefore, clearly knowing thee to be the Theotokos, O all-pure one, we all glorify thee.

Most Holy Theotokos, Save us.

O Virgin who gavest birth to the Abyss of loving-kindness, illumine my soul with thy luminous effulgence, that I may hymn the abyss of thy wonders as is meet.

Seeing us wounded by the dart of sin, the Word took pity on us, as our Benefactor; wherefore, the All-divine One ineffably united Himself to flesh He had received from thee, O most pure one.

Have mercy on me, O God, have mercy on me!

I tremble with fear when I ponder and foresee the dread day of Thine ineffable coming, when Thou shalt sit and judge the living and the dead, O my God all-powerful.

When Thou shalt come, O God, with thousands and ten thousands of the heavenly hosts of angels, count me worthy in my wretchedness, O Christ, to meet Thee in the clouds.

Come, my soul, and call to mind the very hour and day when God shall stand before thee visibly; weep and lament, and so thou shalt be found pure in the hour of trial.

Terror and amazement seize me when I think of the fire of Gehenna that never shall be quenched, of the bitter worm and the gnashing of teeth. But release me and forgive me, Christ, and set me in the ranks of Thine elect.

Unworthy though I be, may I also hear Thy voice, so greatly desired, that calls Thy saints to joy, and may I attain the ineffable blessings of the Kingdom of Heaven.

Enter not into judgment with me, bringing before me the things I should have done, examining my words and correcting my impulses. But in Thy mercy overlook my sins and save me, O Lord almighty.

Glory... Unity in three Persons, sovereign Lord of all, Source of perfection, God without beginning, Father, Son and all-holy Spirit, do Thou Thyself save us.

Both... Who has ever begotten a son not sown by a father according to the law of nature? Yet such a Son the Father begets without a mother. Most strange and marvelous wonder! For thou, pure Virgin, hast at the same time borne both God and man.

C. Katavasia (Tone 6)

He is for me unto salvation/ Helper and Protector./ He is my God and I glorify Him,/ God of my fathers is He and I exalt Him,// for He is greatly glorified.

Canticle Three

Irmos: O Lord and Saviour/ Who in the beginning established the heavens by Thine omnipotent Word/ and confirmed all their power by the all-accomplishing and divine Spirit:// establish me upon the immovable rock of the confession of Thee!

Glory to Thy Holy Resurrection, O Lord.

Having ascended the Tree, O compassionate Saviour, of Thine own will Thou didst experience pain for our sake and didst endure the wounding which won reconciliation and salvation for the faithful. And thereby have we all been reconciled with Thy Father, O Merciful One.

Having cleansed of sores me who was wounded by the sting of the serpent, O Christ, Thou didst show forth light unto me who from of old have lain in darkness and corruption; for having descended into hades through the Cross, Thou didst raise me up with Thyself.

Theotokion

Through the entreaties of Thy Mother who knew not man, O Saviour, grant peace to the world, and vouchsafe Thine ineffable glory unto those who glorify Thee.

Most Holy Theotokos, Save us.

The serpent who slithered forth from Eden, beguiling me with a desire to become a god, hath cast me down to the ground; but He Who is merciful and compassionate by nature, having made His abode within thy womb and become like unto me, O Virgin Mother, hath taken pity and deified me.

Blessed is the Fruit of thy womb, O Virgin Theotokos, thou joy of all; for, for the whole world thou gavest birth unto the Joy and Gladness which truly dispelleth the grief of sin, O Bride of God.

Have mercy on me, O God, have mercy on me!

The Lord comes, and who shall endure the fear of His coming? Who shall dare to appear before His face? But prepare thyself to meet Him, O my soul.

Let us make haste before it is too late; let us lament, let us be reconciled to God before the end comes. For fearful is the judgment at which all of us shall stand naked.

Have mercy, O Lord, have mercy on me, I cry to Thee, when Thou comest with Thine angels to give to every man due return for his deeds.

How shall I endure the naked wrath of Thy judgment, for I have disobeyed Thy commandment? But spare, O spare me in the hour of judgment.

Turn back, wretched soul, and lament, before the fair-ground of life comes to an end, before the Lord shuts the door of the bridal chamber.

O Lord, I have sinned as no other man before, I have transgressed more than any man: before the day of judgment comes, be merciful to me in Thy love for mankind.

Glory... O simple Unity praised in Trinity of Persons, uncreated Nature without beginning, save us who in faith worship Thy power.

Both... O undefiled Virgin, in a childbearing without seed thou hast given birth to the living Word, Who took flesh in thy womb yet was not altered. Glory to thy childbirth, O Mother of God.

C. Katavasia (Tone 6)

O Lord, upon the rock of Thy **commandments**/ make firm my **wavering** heart,// for Thou alone art **Holy** and Lord.

P. Small Ectenia

NOTE: Do one or the other of the following sets of Sessional Hymns

C. Sessional Hymn from the Triodion (Tone 1) (Greek use)

Fearful is Thy judgment seat, and Thy **judgment** is just;/ but my works are very **evil**./ **Come**, merciful Lord, before it is **too** late:/ Save me and deliver me from **punishment**./ **Redeem** me, Master, from the condemnation **of** the goats,/ and count me worthy to stand at Thy **right** hand,// O **Judge** most just.

R. G/B... O pure Virgin, through the action of the Holy Spirit thou hast contained within thy womb the Maker of all, thy God and thy Creator, and without corruption thou hast given birth to Him. We exalt Him and we sing thy praises, O Palace of the King of glory and pledge of the world's redemption.

R. Other Sessional Hymns from the Triodion (Slavonic use)

I think upon the fearful day and lament my evil acts. What answer shall I give to the immortal King? And with what boldness shall I the

Prodigal gaze upon the Judge? O compassionate Father, only-begotten Son and Holy Spirit, have mercy upon me.

Glory... In the valley of lamentation, in the place Thou hast appointed, when Thou shalt sit, O merciful Lord, to execute just judgment, publish not my secret sins; put me not to shame before the angels, but spare me, O God, and have mercy upon me.

Both... O Theotokos Virgin, thou art the good hope of the world: I ask for thy dread protection, and for thine alone. Have compassion on thy people that are left without defense; pray unto the merciful God that our souls may be delivered from every threat, for thou alone art blessed.

Canticle Four

Irmos: O Christ God Who, without leaving the bosom of the Father, didst descend to earth; I have heard the mystery of Thy dispensation, and have glorified Thee, Who alone lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Giving His shoulders over to stripes, the innocent Master, Who was incarnate of the Virgin, was beaten by a most sinful servant, loosing mine offenses.

Standing before the tribunal of iniquitous judges, the Judge is examined as one indicted; and He Who judgeth the earth with righteousness and as God formed man is smitten by a hand of clay.

Theotokion

In that thou art truly the Mother of God, entreat thy Creator and Son, O most immaculate one, that He guide me to the saving haven of His glorious will.

Most Holy Theotokos, Save us.

O most hymned one, who even before creation appeared to God as wholly elect and beauteous in the splendor of thy radiance, enlighten those who hymn thee.

For man, O pure one, thou gavest birth unto God, Who became incarnate of thy pure blood, and delivereth from many offenses those who with love glorify and honour thee, O Mother and Virgin.

Have mercy on me, O God, have mercy on me!

The day is upon us, the judgment is already at the door. Be vigilant, my soul. Kings and princes, rich and poor are gathering and each shall receive the due reward for his actions.

Each in his own order, monk and hierarch, old and young, slave and master shall be examined; widow and virgin shall be corrected. And woe to all whose lives are sinful!

Thy judgment is without respect of persons; no cunning argument or skill in eloquence can deceive Thy judgment-seat; false witnesses cannot pervert Thy sentence. For in Thy sight, O God, every secret stands revealed.

Let me not come into the valley of lamentation, O my Christ and Word; let me not see the place of darkness; let me not be bound hand and foot, and cast out from Thy bridal chamber, because in my utter wretchedness I have defiled the garment of incorruption.

When at the judgment of the world Thou shalt separate the sinners from the righteous, count me as one of Thy sheep and place me not with the goats, O loving Lord, but may I hear Thy words of blessing.

When the trial takes place and the books recording all our acts are opened, what shalt thou do, O miserable soul? What answer shalt thou make before the judgment-seat, for thou hast no fruits of righteousness to offer Christ thy Creator?

I hear the lamentation of the rich man in the flames of torment, and in my misery I weep and wail, for I deserve the same condemnation. Therefore I entreat Thee: Have mercy on me, Saviour of the world, at the time of judgment.

Glory... I glorify the Son and the Spirit Who come from the Father as light and ray from the sun: the One begotten as Offspring, the Other proceeding and sent forth; divine and coeternal Trinity, adored by all creation.

Both... O honoured Virgin, who hast given birth yet kept thy purity, thou hast borne both God and man, a single Person with a twofold nature. This thy miracle, O Virgin Mother, fills every ear and mind with wonder.

C. Katavasia (Tone 6)

The prophet heard of Thy coming, O Lord,/ and he was afraid:/ how Thou wast to be born of a Virgin and revealed to men,/ and he said: 'I have heard the report of Thee and I was afraid.'// Glory to Thy power, O Lord.

Canticle Five

Irmos: Night is bereft of light for those without faith, O Christ,/ but for the faithful there is enlightenment in the sweetness of Thy words;/ wherefore, I rise early unto Thee// and hymn Thy divinity.

Glory to Thy Holy Resurrection, O Lord.

For Thy servants art Thou betrayed, and Thou endurest blows to Thy cheeks, which win freedom for those who chant: I rise early unto Thee and hymn Thy divinity!

By Thy divine power, O Christ, Thou didst cast down the mighty one with Thy weak human flesh, and by Thy resurrection Thou hast shown me to be a victor over death, O Saviour.

Theotokion

O pure Mother, thou gavest birth unto God, Who as God became incarnate of thee, O most hymned one; and though thou hadst no concourse with the male gender, yet dost thou give birth through the Holy Spirit.

Most Holy Theotokos, Save us.

Beholding the ladder set firmly in the highest, Jacob understood it to be an image of thee, O thou who knewest not wedlock; for through thee hath God come into fellowship with men, O most pure Mistress.

Having now found everlasting deliverance through thee, O Virgin, we earnestly cry out to thee, "Rejoice!", O Bride of God; and uplifted to joy by thy light, O most hymned one, we hymn thee in songs.

Have mercy on me, O God, have mercy on me!

Fear and trembling beyond all description are there: for the Lord will come and try the work of every man. And who will not mourn for himself?

The river of fire devours and torments me; the gnashing of teeth grinds me to powder; the darkness of the abyss fills my heart with dismay. And what can I do to gain God's mercy?

Spare, O Lord, spare Thy servant. Do not deliver me to the bitter tormentors, to the cruel angels in hell, who will never let me be at rest.

Prince and governor together, rich and humble, great and small, all alike are tried. Woe to him that is not prepared!

Pardon, remit and forgive, O Lord, all my sins against Thee; and condemn me not there, in the presence of the angels, to the punishment of fire and to unending shame.

Spare, O spare the work of Thine hands, O Lord. I have sinned, forgive me: for Thou alone art pure by nature, and none save Thee is free from defilement.

Glory... O Trinity, I praise Thee as Unity by nature, without beginning, incomprehensible, supreme in sovereignty, beyond perfection, God and Light and Life, Creator of the world.

Both... In thy childbearing that surpasses nature, the laws of nature, holy Virgin, are plainly made void. For without seed thou hast given birth to God, begotten before all ages from the Father.

C. Katavasia (Tone 6)

From the night I seek Thee early, O Lover of mankind:/ give me light, I pray Thee,/ and guide me in Thy commandments,// and teach me, O Saviour, to do Thy will.

Canticle Six

Irmos: Sailing amid the tumult of the cares of life,/ I founder with the ship of sin and am cast to the soul-destroying beast;/ yet like Jonah I cry to Thee, O Christ;// Lead me up from the deadly abyss!

Glory to Thy Holy Resurrection, O Lord.

The souls of the righteous imprisoned in hell and left there, remembered Thee and besought salvation of Thee, which through the Cross Thou didst grant to the nether regions, O Christ, having come there full of loving-kindness.

The choir of the apostles despaired of ever seeing again Thine animate temple not made by man, which was destroyed by Thy sufferings; yet, beyond hope, they worshipped Thee and everywhere proclaimed Thee risen.

Theotokion

Who among men can explain the manner of thine ineffable birthgiving which took place for our sake, O Virgin Bride of God? For God the Word, Who is uncircumscribable, uniting Himself to thee, became flesh through thee.

Most Holy Theotokos, Save us.

The images of the law and the foretellings of the prophets clearly proclaimed beforehand thee, O pure one, who wouldst give birth to the Benefactor of all creation, Who continually and in manifold ways hath benefited those who hymn thee with faith.

The first-created Adam, who of old was banished from the divine delight of Eden through the treachery of the slayer of man, didst thou restore when thou gavest birth unto Him Who hath delivered us from his transgression, O thou who knewest not wedlock.

Have mercy on me, O God, have mercy on me!

At Thy fearful coming, O Christ, when Thou appearest from heaven, when the thrones are set up and the books opened, then spare, O Saviour, spare Thy creature.

Since God is the Judge, nothing can help thee there, no zeal, no skill, no glory, no friendship, but only the strength that thou gainest, my soul, from thy works.

Prince and governor will be there together, my soul, rich and poor; no father or mother will be able to help us, no brother will redeem us from the condemnation.

Think, my soul, of the fearful examination before the Judge; in trembling prepare thy defense, lest thou be condemned to the eternal bonds.

O Lord, let me not hear Thee say, 'Take what is due to thee,' as Thou dost send me from Thy presence; let me not hear Thee say, 'Depart from Me into the fire of the accursed,' but may I hear Thy words of blessing to the righteous.

Deliver me, O Lord, from the gates of hell, from chaos and darkness without light, from the lowest depths of the earth and the unquenchable fire, and from all the other everlasting punishments.

Glory... I sing the praises of the Triune Godhead, Father, Son and divine Spirit, one sovereign Principle divided in three Persons.

Both... Thou art the gate, pure Lady, through which One alone has passed, going in and out, yet not breaking the seal of thy virginity: Jesus, Adam's Creator and thy Son.

C. Katavasia (Tone 6)

I cried with my whole heart to the **merciful** God,/ and He heard me from the **lowest** hell// and raised my life out of **corruption**.

P. Small Ectenia

C. Kontakion from the Triodion (Tone 1)

When Thou comest, O God, upon the earth with glory,/ the whole world will tremble./ The river of fire will bring men before Thy judgment seat,/ the books will be opened and the secrets disclosed./ Then deliver me from the unquenchable fire,// and count me worthy to stand on Thy right hand, Judge most righteous.

R. Ikos

O Lord supreme in love, as I think upon Thy fearful judgment-seat and the day of Judgment, I tremble and am full of fear, for I am accused by my own conscience. When Thou sittest on Thy throne and bringest all to trial, none will be able then to deny his sins, for the truth will accuse him and terror will constrain him. The flames of Gehenna will roar and the sinners will gnash their teeth. Therefore have mercy upon me before the end, and spare me, Judge most righteous.

Canticle Seven

Irmos: Of old, the children showed the fiery furnace to pour forth dew,/ hymning the one God and saying:/ Supremely exalted and all-glorious// is the God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Through a tree death came to Adam, who of his own will committed disobedience; but through the obedience of Christ is he restored. For my sake is the all-glorious Son of God crucified.

All creation hath hymned Thee, O Christ, Who rose from the tomb; for Thou didst cause life to blossom forth for those in hades, and resurrection for the dead, and light for those in darkness, O All-glorious One.

Theotokion

Rejoice, daughter of corrupt Adam! Rejoice, only Bride of God! Rejoice, O thou who gavest birth to God, and through whom corruption was driven off! Him do thou beseech, O pure one, that we all be saved.

Most Holy Theotokos, Save us.

Thy Lord and Creator, O Virgin, loved thee, who art possessed of raiment embroidered with gold, wrought of many colors. Supremely exalted and all-glorious is the God of our fathers!

Receiving the burning coal of old, Isaiah was purified, O Maiden; and in signs he beheld thy giving birth to the supremely exalted and all-glorious God of our fathers.

Have mercy on me, O God, have mercy on me!

O ye faithful, let us fall down and lament before that day of judgment comes, when the heavens shall be destroyed, the stars fall and all the earth shall be shaken, that at the end we may receive mercy from the God of our fathers.

The trial is without respect of persons, and fearful is the judgment on that day; nothing escapes the Judge, no favor can be won with bribes. But spare me, Master, and deliver me from all Thy fearful wrath.

The Lord comes to judge: who can endure the sight of Him? Tremble, my wretched soul, tremble and prepare for thy departure, that thou mayest gain mercy and compassion from the God of thy fathers.

Terror seizes me when I think of the unquenchable fire, of the bitter worm, the gnashing of teeth, and soul-destroying hell; yet I do not turn to true compunction. O Lord, Lord, before the end, strengthen Thy fear within me.

I fall down before Thee, and as tears I offer Thee my words. I have sinned as the harlot never sinned, and I have transgressed as no other man on earth. But take pity on Thy creature, Master, and call me back.

Turn back, repent, uncover all that thou hast hidden. Say unto God to Whom all things are known: Thou alone knowest my secrets, O Saviour; 'have mercy on me,' as David sings, 'according to Thy mercy.'

Glory... I sing the praises of the Three that are one in Essence, of the One that is three in Persons: Father, Son and Holy Spirit, one power, one will, one energy, one thrice-holy God, one sovereign Kingdom.

Both... God comes forth in beauty from the chamber of thy womb, O Virgin; He is clothed as a King in the divinely-woven robe dyed mystically in thine all-pure blood, and He reigns over the earth.

C. Katavasia (Tone 6)

We have sinned, we have transgressed, we have done evil in Thy sight;/ we have not kept or followed Thy commandments./ But reject us not utterly,// O God of our fathers.

Canticle Eight

Irmos: The bush on Sinai, which partook of fire without being consumed,/ revealed God unto Moses,/ who was slow of speech and spake with difficulty;/ and the zeal of God showed forth the three children in the fire as invincible, who chanted:/ Hymn the Lord, all ye works of the Lord,// and exalt Him supremely forever!

Glory to Thy Holy Resurrection, O Lord.

Slaughtered for the world, the all-pure Lamb brought an end to the sacrifices offered in accordance with the law, in that He is God, purifying it of transgressions, that it may ever cry: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

Our flesh, which was assumed by the Creator, was not incorrupt before His suffering; but after His suffering and resurrection it was rendered untouchable by corruption, and restoreth mortals, who cry: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

Theotokion

Thy pure and most unblemished state hath purified the vile and abominable state of the whole world, O Virgin; and thou becamest the cause of our reconciliation with God. Wherefore, O all-pure Virgin, all of us, His works, bless and exalt thee supremely for all ages.

Most Holy Theotokos, Save us.

With the light of thy birthgiving thou didst strangely enlighten the whole world, O Theotokos; for in thine arms thou dost bear Him Who is truly God, Who enlighteneth the faithful, who ever cry: O ye works of the Lord, hymn the Lord and exalt Him supremely for all ages!

O pure one, we piously hymn thy womb, which ineffably contained the incarnate God, Who hath given the enlightenment of the knowledge of God unto all the faithful, who ever cry: O ye works of the Lord, hymn the Lord and exalt Him supremely for all ages!

Have mercy on me, O God, have mercy on me!

O Lord, when I think how I must meet Thee at Thy fearful second coming, I tremble at Thy menace, I fear Thy wrath. In that hour deliver me, I cry, and save me forever.

When Thou, O God, shalt judge all things, who among us earthborn men shall dare to stand before Thee, for we are all beset by the passions? Then the unquenchable fire and the destroying worm shall seize the condemned and hold them fast forever.

All that has breath, O Christ, Thou shalt assemble to be judged together. Then great shall be the fear, and great the anguish; and only our good actions shall help us forever.

Judge of all, my God and Lord, on that day may I hear Thy words of blessing, may I see Thy mighty light, may I look upon Thy tabernacles, may I behold Thy glory and rejoice forever.

O righteous Judge and Saviour, have mercy on me and deliver me from the fire that threatens me, and from the punishment that I deserve to suffer at the Judgment. Before the end comes, grant me remission through virtue and repentance.

When Thou sittest on Thy throne, O merciful Judge, and revealest Thy dread glory, O Christ, what fear there will be then! When the furnace burns with fire, and all shrink back in terror before Thy judgment-seat.

Let us bless Father, Son, Holy Spirit, the Lord!

I honour God one in Essence, I sing the praises of the three Persons, distinct from one another yet not differing in Nature, for there is one Godhead in the three, Father, Son and Holy Spirit.

Both... From thy womb filled with radiance, Christ has come forth as a bridegroom from his chamber, and as a great light He has illumined those in darkness. As lightning has the Sun of Righteousness shone out, O pure Virgin, and given light to the world.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 6)

Him Whom the heavenly hosts **glorify**/ and before Whom Cherubim and Seraphim **tremble**,/ let every breath and all creation praise,// bless and exalt throughout all **ages**.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: O Mother who knewest not man,/ who gavest birth without experiencing corruption,/ and lent flesh to the Word Who hath fashioned all things,/ O Virgin Theotokos, thou receptacle of Him Whom nought can resist/ and dwelling-place of the Infinite:// thee do we magnify.

Glory to Thy Holy Resurrection, O Lord.

O all ye of alien mind, who assume that the Divinity suffered, stop your mouths; for we magnify the Lord of glory crucified in the flesh, but not crucified in His divine essence, for His is One in two natures.

O ye who believe not in the resurrection of the body, come ye to the tomb of Christ and learn; for the flesh of the Bestower of life was dead and rose again, to assure us of the final resurrection, wherein we hope.

Triadicon

Worshipping a Trinity of Hypostases, not of Godheads, a Oneness of divinity, not of Persons, we cut off those who divide It; moreover, we confound those who dare to confuse that which we magnify.

Most Holy Theotokos, Save us.

Thou hast been the Mediatress of everlasting joy and gladness for us, O Ever-virgin Maiden, having given birth to the Deliverer Who delivereth those who worship Him as God in truth and by the divine Spirit.

David, thine ancestor, O all-pure one, hymning thee, calleth thee the ark of divine holiness, which supernaturally contained God Who sitteth in the bosom of the Father. O ye faithful, let us magnify Him without ceasing.

Have mercy on me, O God, have mercy on me!

The Lord comes to punish sinners and to save the righteous. Let us tremble and lament, and call to mind that day when our hidden secrets will be disclosed and He will pay us what is due.

Moses was filled with fear and trembling when he saw Thee from behind. How then in my wretchedness shall I endure to behold Thy face, when Thou shalt come from heaven? But spare me, O compassionate Lord, and look on me in mercy.

Daniel was afraid of the hour of trial. And what shall I feel, unhappy that I am, when I come to that terrible day, O Lord? But grant me before the end to worship Thee acceptably and to gain Thy Kingdom.

The fire is prepared, the worm is ready; yet ready also is the glory of rejoicing, the eternal rest, the light without evening, the gladness of the

righteous. And who is he that shall be blessed to escape from the torment and inherit the joy?

O Lord, reject me not from Thy presence in anger; let me not hear Thee send me away accursed to the fire. But let me enter then into the joy of Thine eternal bridal-chamber with Thy saints.

My mind is wounded, my body has grown feeble, my spirit is sick, my speech has lost its power, my life is dead, the end is at the door. What shalt thou do, then, miserable soul, when the Judge comes to examine thy deeds?

Glory... O Father, single only-Begetter of the only-begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity.

Both... The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born: For all that He wills, He hath the power to do.'

C. Katavasia (Tone 6)

Ineffable is the childbearing of a seedless conception,/ unsullied the pregnancy of a Virgin **Mother**,/ for the birth of God renews **natures**./ So in all generations we magnify thee in Orthodox **fashion**// as the Mother and **Bride** of God.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion (John 20:1-10)

Mary having said that they had taken the Lord away, Simon Peter and the other friend of Christ whom He loved, ran to the tomb and they both found the grave clothes lying alone therein and the napkin that had been about his head not with them but apart. They therefore kept silence again until they saw Christ.

Exapostilarion from the Triodion

As I ponder the fearful day of Thy judgment, and ineffable glory, I am altogether full of fear, O Lord, and trembling in terror I cry: When Thou comest in glory upon earth, O Christ our God, to judge all things, then deliver me in my wretchedness from every punishment and count me worthy, O Master, of a place at Thy right hand.

Glory... Another Exapostilarion from the Triodion

Behold here comes the day of the Lord almighty, and who shall endure the fear of His presence? For it is a day of wrath; the furnace shall burn, and the Judge shall sit and give to each the due return for his works.

Both... As I call to mind the hour of trial and the fearful coming of the Master Who loves mankind, I tremble in every part and with sad face I cry to Thee: O my Judge most righteous, alone rich in mercy, at the intercessions of the Theotokos accept me in repentance.

C. Lauds: Tone 7 Stichera

Le-et every breath **praise** the Lord/
Praise the Lord from the **Heavens**/
 Pra-**aise** Him in the **highest**/
 To **Thee** is due a **hymn**, O God/
Praise Him, all ye His **Angels**://
 Pra-**aise** Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.

Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.

The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,

To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. **Christ** is risen **from** the dead,/ bursting **asunder** the **chains** of death://
 Proclaim, O ye earth, tidings of **great** joy:// Sing, O ye heaven, of the **glory** of God.

- V. Praise ye God in His saints,/ praise Him in the firmament of His power.
2. Having beheld the Resurrection of Christ,/ let us worship the Holy Lord Jesus,// Who alone is without sin.
- V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.
3. Let us never cease to hail the Resurrection of Christ/ Who has saved us from our transgressions./ Holy is the Lord Jesus// Who showed forth the Resurrection.
- V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.
4. Wha-at shall we give Thee, O Lord,/ for all that Thou hast given us?/ For our sakes Thou, O God, hast lived among men;/ on account of our corrupt nature the Word became flesh and dwelt in us./ He became the Benefactor of the thankless,/ the Liberator of those in captivity;/ He is the Sun of Righteousness for those sitting in darkness;/ He Who is impassible, endured the Cross;/ He is the light in hell; He is Life in death;/ He is the Resurrection of the fallen, and we cry unto Him:// Glory unto Thee, our God.
- V. Praise Him with timbrel and dance,/ praise Him with strings and flute.
5. O Lord, by thy mighty power,/ Thou hast broken in pieces the gates of hell and brought down the dominion of death,/ and as Master of the inhabited earth and almighty God,/ Thou, by Thy divine and glorious Resurrection// hast raised up the dead lying from eternity in darkness.
- V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

Stichera from the Triodion (Tone 6)

6. I think upon that day and hour/ when we shall all stand naked, like men condemned,/ before the Judge Who accepts no man's person./ Then shall the trumpet sound aloud and the foundations of the earth shall quake,/ the dead shall rise from the tombs/ and all shall be gathered together from every generation./ Then each man's secrets will be manifest before Thee:/ and those that have never repented shall weep and lament,/ departing to the outer fire;/ but with gladness and rejoicing the company of the righteous// shall enter into the heavenly bridal chamber.
- V. I will praise Thee, O Lord, with my whole heart,/ I will speak of all Thy marvelous works.

7. How shall it be in that hour and **fearful** day,/ when the Judge shall sit on His **dread** throne!/ The books shall be opened and men's actions shall be **examined**,/ and the secrets of darkness shall be made **public**./ Angels shall hasten to and fro, gathering all the **nations**./ Come ye and hearken, kings and princes, **slaves** and free,/ sinners and righteous, **rich** and poor:/ for the Judge comes to pass sentence on the whole **inhabited** earth./ And who shall bear to stand before His face in the presence of the **angels**/ as they call us to account for our **actions** and our thoughts,/ whether by **night** or by day?/ How shall it be then in that **hour**!/ But before the end is here, make haste, my **soul**, and cry:// O God Who only art compassionate, turn me back and **save** me.

V. I will be glad and rejoice in Thee, I will sing to Thy name, O Most High.

(Tone 8)

8. **Daniel** the **prophet**,/ a man greatly beloved, when he saw the power of God, **cried** out:/ 'The court sat for judgment, and the books were **opened**.'/ Consider well, my soul: dost **thou** fast?/ Then despise not thy **neighbor**./ Dost thou **abstain** from food?/ Condemn not thy brother, lest thou be sent away into the fire, there to **burn** as wax.// But may Christ lead thee without stumbling into His **Kingdom**.

V. Arise, O Lord my God, let Thy hand be lifted high;/ forget not Thy paupers to the end.

(Tone 1)

9. **Let** us cleanse ourse-elves, **brethren**,/ with the Queen of the **virtues**:/ for behold, she is come, bringing us a wealth of **blessings**./ She quells the uprising of the **passions**,/ and reconciles sinners to the **Master**./ Therefore let us welcome her with gladness, and cry aloud to **Christ** our God:/ O risen from the dead, Who alone art **free** from sin,// guard us uncondemned as we give Thee **glory**.

Glory... (Tone 1)

Let us cleanse ourse-elves, **brethren**,/ with the Queen of the **virtues**:/ for behold, she is come, bringing us a wealth of **blessings**./ She quells the uprising of the **passions**,/ and reconciles sinners to the **Master**./ Therefore let us welcome her with gladness, and cry aloud to **Christ** our God:/ O risen from the dead, Who alone art **free** from sin,// guard us uncondemned as we give Thee **glory**.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of thee is hades led **captive**,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

- P. The Great Doxology
R. Dismissal Tropar:

Today is salvation come unto the world; let us sing to Him Who arose from the tomb, and is the Author of our life. For having destroyed death by death, He hath given us the victory and great mercy.

P. Litanies
Dismissal

G/B... Gospel Sticheron (Tone 7)

Behold it is dark and very early in the **morning**./ And **what** art thou doing on the tomb, thy mind full of darkness, O **Mary**?/ **Why** dost thou ask where Jesus **has** been laid?/ **See** how the disciples running forward with the grave-clothes and the **napkin**/ have **positively** proved the Resurre**ction**/ and have **remembered** that which had been written concerning this in the **Scriptures**./ And **we**, believing with them and through them sing Thy **praises**,// O Chri-ist, **Giver** of life.

R. Hours
Tropar: Resurrection
Kontak: Triodion

At Liturgy:

Order of Troparia & Kontakia (for Church dedicated to a Saint):

Tropar Sunday

Tropar Temple

Glory... Kontak Temple

Both... Kontak Triodion

Prokimenon from the Triodion (Tone 3)

Great is our Lord, and great is His power;/ and His wisdom is infinite.

V. O praise the Lord, for it is a good thing to sing praises.

Epistle(s): I Cor 8:8-9:2

Alleluia from the Triodion (Tone 8)

V. O come, let us sing with joy unto the Lord.

V. Let us come before His presence with thanksgiving.

Gospel(s): Matt 25:31-46

Communion Verse: Praise Ye & Rejoice in the Lord...