

ORTHROS ON SUNDAY, MARCH 07, 2021; TONE 6 / EOTHINON 6
SUNDAY OF THE LAST JUDGMENT (MEAT FARE)

THE HIEROMARTYRS OF CHERSON: BASIL, EPHRAIM, EUGENE, KAPITON, ELPIDIOS, AGATHODOROS AND AETHERIOS; VENERABLE LAURENCE; VENERABLE PAUL THE SIMPLE, DISCIPLE OF ANTHONY THE GREAT

Priest: Blessed is our God always, now and ever, and unto ages of ages.

Choir: Amen.

People: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Priest: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. (Choir continues.)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

Glory to the Father, and to the Son, and to the Holy Spirit.

Do Thou, Who of Thine own good will wast lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

Both now and ever, and unto ages of ages. Amen.

O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.

LITANY

Priest: Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for all pious and Orthodox Christians.

Choir: Lord, have mercy. (THRICE)

Priest: Again we pray for our father and Metropolitan N., (for our Archbishop N. or Bishop N.), and for all our Brotherhood in Christ.

Choir: Lord, have mercy. (THRICE)

Priest: For Thou art a merciful God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen. Bless, Father, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Glory to God in the highest, and on earth peace, and good will toward men. (THRICE)

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (TWICE)

PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)
Lord, have mercy. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit.

PSALM 87

Both now and ever, and unto ages of ages. Amen.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)
Thy good Spirit shall lead me in the land of uprightness.

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

*Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)
O our God and our Hope, glory to Thee!*

THE GREAT LITANY

- Priest: In peace, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For the peace from above, and for the salvation of our souls, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For the peace of the whole world, for the good estate of the Holy Churches of God, and for the union of all men, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For this Holy House, and for those who with faith, reverence, and fear of God, enter therein, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For our father and Metropolitan N., (for our Archbishop N. or Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.**
- Choir: Lord, have mercy.**
- Priest: (In the United States) For the President of the United States, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.
- (In Canada) For Her Majesty, the Queen, for the Prime Minister of Canada, for all civil authorities, and for our Armed Forces everywhere, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For this city, and for every city and land, and for the faithful who dwell therein, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.
- Choir: Lord, have mercy.
- Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the Saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit; now and ever and unto ages of ages.

Choir: Amen.

“GOD IS THE LORD” IN TONE SIX

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.

Verse 1. O give thanks unto the Lord and call upon His Holy Name. *(Refrain)*

Verse 2. All nations compassed me about: but in the Name of the Lord will I destroy them. *(Refrain)*

Verse 3. This is the Lord’s doing; it is marvelous in our eyes. *(Refrain)*

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

RESURRECTIONAL APOLYTIKION IN TONE SIX

Glory to the Father, and to the Son, and to the Holy Spirit.

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

RESURRECTIONAL THEOTOKION IN TONE SIX

Both now and ever, and unto ages of ages. Amen.

Thou Who didst call Thy Mother blessed of Thine own good will and didst come to Thy passion shining radiantly upon the Cross, desiring to recall Adam and saying unto the angels: Rejoice with me; for I have found the piece of silver which was lost. O our God, Who with wisdom hast ordered all things, glory to Thee.

THE LITTLE LITANY

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For Thine is the majesty, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

SIXTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

First Kathisma

When the tomb was shown to be open and Hades wailing, Mary cried unto the cowering Apostles, saying: Come out, ye laborers of the vineyard, and proclaim the words of the Resurrection; for the Lord is risen, granting the world Great Mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.

Mary Magdalene, O Lord, did stand by Thy tomb and cry, weeping. And when she thought Thou wast the gardener, she said: Where hast Thou hidden the everlasting Life? Where hast Thou placed Him Who sitteth on the cherubic throne? And when she saw the guards who kept Him, appearing from fear like dead, she cried unto them: Give me my Lord; or else cry with me saying: O Thou Who was numbered among the dead, and Who didst raise the dead, O Lord, glory to Thee.

Both now and ever, and unto ages of ages. Amen.

Verily, Gideon did picture thy Conception aforetime, and David interpreted thy birth-giving, O Theotokos; for the Word did fall on thy womb as the rain on the fleece, and so thou didst cause to branch for us Christ our God, a Salvation to the world without seed, O holy earth and full of grace.

Second Kathisma

Verily, Life was placed in the grave, and the seals were applied to the stone. And the soldiers guarded Christ as they would a sleeping king. But the Lord rose, smiting His enemies in an invisible way.

Glory to the Father, and to the Son, and to the Holy Spirit.

Verily, Jonah did come before and made a sign of Thy tomb; and Simeon did interpret Thy divine Resurrection, O deathless Lord; for Thou didst descend into the grave as one who is dead, O Thou Who didst invade the gates of Hades, and didst rise free of corruption for the salvation of the world, being the Master, O Christ our God, and didst light those who are in darkness.

Both now and ever, and unto ages of ages. Amen.

Pray, O Virgin Theotokos to thy son Christ our God, Who was willingly nailed upon the Cross and did rise from the dead, that He might save our souls.

EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

Blessed art Thou, O Lord: teach me Thy statutes.

The company of the Angels was amazed, when they beheld Thee numbered among the dead, yet Thyself, O Savior, destroyed the power of Death, and with Thee raising up Adam and releasing all men from Hell.

Blessed art Thou, O Lord: teach me Thy statutes.

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

Blessed art Thou, O Lord: teach me Thy statutes.

Very early in the morning did the Myrrh-bearing Women run lamenting unto Thy tomb; but an Angel came toward them saying: The time for lamentation is passed; weep not; but announce unto the Apostles the Resurrection.

Blessed art Thou, O Lord: teach me Thy statutes.

The Myrrh-bearing Women mourned as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them saying: Why number ye the Living among the dead? In that He is God, He is risen from the grave.

Glory to the Father, and to the Son, and to the Holy Spirit.

We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in One Essence; crying with the Seraphim: Holy, Holy, Holy art Thou, O Lord.

Both now and ever, and unto ages of ages. Amen.

In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He Who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)

O our God and our Hope, glory to Thee!

THE LITTLE LITANY

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.

Choir: To Thee, O Lord.

Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

SIXTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

By Thy willing yet life giving Death, O Christ, Thou hast crushed the gates of Hades, because Thou art God, and hast opened the old paradise; and having risen from the dead, Thou hast redeemed our life from corruption.

SIXTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

First Antiphony

- + To the heavens do I lift mine eyes, O Word of God. Have mercy upon me that I may live by Thee.
- + O Word, have mercy upon us who are despised, and make us good and chosen vessels.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, in the Holy Spirit is the cause of salvation for all; for when He bloweth on one worthily, He doth raise him speedily from earthly things, doth wing him and cause him to grow, and doth rank him in the heavenly places.

Second Antiphony

- + Were not the Lord in our midst it would not be possible for any of us to stand firm in his wrestling with the enemy; for only thereby do the victors attain the exaltation of victory.
- + Woe to me, how shall I escape the enemies while I am a lover of sin. Wherefore, deliver not my soul, O Word, like a bird, to their teeth.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, through the Holy Spirit is everyone made divine; and in Him is pleasure, understanding, safety, and blessing; for He is equal to the Father and the Word together.

Third Antiphony

- + They who trust in the Lord are feared by their enemies and are wondered at by all; for their sight is very high.
- + The party of the righteous hath secured Thee as its succor, O Savior, and therefore shall not reach out its hands to iniquities.
- + *Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.*
- + Verily, the Holy Spirit hath might over all; for Him do all the heavenly hosts worship, and every breath below.

PROKEIMENON FOR THE RESURRECTION IN TONE SIX

O Lord, arouse Thy strength, and come to our salvation. (TWICE)

Stichos: Harken, O Shepherd of Israel.

O Lord, arouse Thy strength, and come to our salvation.

LET EVERYTHING THAT HATH BREATH

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For Holy art Thou, O our God, Who restest in the Holy Place, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Let everything that hath breath praise the Lord. (TWICE)

Praise ye God in His saints; praise Him in the firm foundation of His power.

Let everything that hath breath praise the Lord.

THE SIXTH EOTHINON GOSPEL

Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us pray to the Lord God.

Choir: Lord, have mercy. (THRICE)

Deacon: Wisdom! Attend! Let us hear the Holy Gospel.

Priest: Peace be to all.

Choir: And to thy spirit.

Priest: The Reading from the Holy Gospel according to Saint Luke (24:36-53).

Choir: Glory to Thee, O Lord, glory to Thee.

Deacon: Let us attend!

Priest: At that time, Jesus, risen from the dead, stood in the midst of His disciples and said to them, "Peace be to you." But they were startled and frightened, and supposed that they saw a spirit. And He said to them, "Why are you troubled, and why do questionings rise in your hearts? See My hands and My feet, that it is I Myself; handle Me, and see; for a spirit has not flesh and bones as you see that I have." And when He had said this, He showed them His hands and His feet. And while they still disbelieved for joy, and wondered, He said to them, "Have you anything here to eat?" They gave Him a piece of broiled fish and a honeycomb, and He took it and ate before them. Then He said to them, "These are My words which I spoke to you, while I was still with you, that everything written about Me in the law of Moses and the prophets and the psalms must be fulfilled." Then He opened their minds to understand the Scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in His Name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city of Jerusalem, until you are clothed with power from on high." Then, He led them out as far as Bethany, and lifting up His hands, He blessed them. While He blessed them, He was parted from them, and was carried up into heaven. And they worshipped Him, and returned to Jerusalem with great joy, and were continually in the temple praising and blessing God. Amen.

Choir: Glory to Thee, O Lord, glory to Thee.

Reader: In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O Christ, and Thy Holy Resurrection we praise and glorify: for Thou art our God, and we know none other beside Thee; we call upon Thy Name. O come, all ye faithful, let us adore Christ's Holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He hath destroyed Death by death.

PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom

hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT

Glory to the Father, and to the Son, and to the Holy Spirit.

Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.

Both now and ever, and unto ages of ages. Amen.

Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

(TONE SIX) Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.

If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.

THE INTERCESSION¹

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy,

¹ Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.

glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of *Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of the Hieromartyrs of Cherson: Basil, Ephraim, Eugene, Kapiton, Elpidios, Agathodoros and Aetherios; Venerable Laurence; and Venerable Paul the Simple, disciple of Venerable Anthony the Great, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

Choir: Lord, have mercy. (*twelve times*)

Priest: Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

Choir: Amen.

KONTAKION AND OIKOS FOR SUNDAY OF LAST JUDGMENT (Plain Reading)

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

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, O righteous Judge.

THE SYNAXARION (Plain Reading)

On March 7 in the Holy Orthodox Church, we commemorate the Hieromartyrs of Cherson: Basil, Ephraim, Eugene, Kapiton, Elpidios, Agathodoros and Aetherios; Venerable Laurence; and Venerable Paul the Simple, disciple of Venerable Anthony the Great.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

Verses

When the Judge of all sitteth to judge the earth,
Come now! Mayest Thou judge me worthy of Thy voice!

It is the Sunday of the Last Judgment—known also as Meat Fare Sunday—the lesson of which occurs in today’s Holy Gospel. Jesus illustrates to us God’s ineffable goodness and His great love for mankind. And so lest some who are lazy should loiter and spend the time appropriate to their salvation in the pursuit of sin, and be suddenly overtaken by death, the divine Fathers decree that on this day the remembrance of the Second Appearance of Christ may be celebrated. The intention is to remind them that, as God is good and loving to mankind, He is also a very righteous Judge Who recompenses each according to his deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Thine ineffable love for mankind, O Christ God, make us worthy of Thy devoted voice, number us among Thy righteous ones and have mercy on us. Amen.

KATAVASIAE OF SUNDAY OF LAST JUDGMENT CANON IN TONE SIX

Ode 1. A help and refuge hath salvation become to me. This is my God, therefore will I glorify Him; the God of my Fathers, therefore will I exalt Him; for in glory hath He been glorified.

Ode 3. O Lord, confirm my unstable heart on the rock of Thy commandments; for Thou alone art holy and Lord.

Ode 4. The prophet heard of Thy coming, O Lord, and that Thou wast about to be born of the Virgin and appear to mankind; and he was dismayed, crying: Thy hearing have I heard and feared. Glory to Thy power, O Lord.

Ode 5. In the night I rise up early beseeching Thee, O Lover of mankind. Lighten me and guide me to Thy commandments. Teach me, O Savior, to do Thy will.

Ode 6. With my whole heart I cried to the compassionate God, and He heard me from the nether Hades, bringing my life out of corruption.

Ode 7. We have sinned, and done iniquity and injustice before Thee. We have not kept nor done Thy commandments. But deliver us not unto the end, O God of our Fathers.

We praise, we bless, and we worship the Lord.

Ode 8. Praise, O creation, with every breath, and bless Him Whom the hosts of Heaven do glorify, and Whom the cherubim and seraphim dread. Exalt Him yet more, unto all the ages.

Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.

MAGNIFICATIONS IN TONE SIX

Choir: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee. *(Repeat after each Verse.)*

- + For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. *(Refrain)*
- + For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. *(Refrain)*
- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. *(Refrain)*
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. *(Refrain)*
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. *(Refrain)*

Ode 9. Verily, the Nativity is ineffable; for the Conception was without seed and without corruption, of a spouseless Mother; for the Nativity of God hath renewed nature. Wherefore, with steadfast faith, all generations magnify thee, for thou art the Mother of our God.

THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.
Choir: Lord, have mercy.
Deacon: Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God.
Choir: To Thee, O Lord.
Priest: For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.
Choir: Amen.
Holy is the Lord our God. (THRICE)
Exalt ye the Lord our God, and worship at His footstool, for He is holy.

THE SIXTH EOTHINON EXAPOSTEILARION IN TONE TWO

*(**Upon that mount in Galilee**)*

O Savior, clearly showing all * that Thou art man by nature, * when Thou wast risen from the tomb, * Thou didst take food and didst eat; * 'midst Thy disciples, Thou taughtest * that they must preach repentance, * then straightway Thou wast taken up * to Thy heavenly Father, * promising them * to send down Thy Comforter soon thereafter. * Transcendent God, both God and man, * glory to Thine Arising.

THE EXAPOSTEILARIA A THEOTOKION FOR SUNDAY OF LAST JUDGMENT IN TONE TWO *(**Upon that mount in Galilee**)*

As I remember the terrible Day of Judgment, and Thy dark, ineffable glory, I tremble altogether and dread, O Lord, crying to Thee in fear, O Christ God, deliver me, luckless one, from all punishments, when Thou comest to earth in glory to judge all creatures; and make me worthy to sit at Thy right hand, O Master.

*(**Hearken, ye women**)*

Lo, the Day of the Almighty Lord cometh, who shall hear the fear of its presence? For it is a day of wrath and a burning furnace, on which the Judge sitteth for judgment, to recompense each according to his works.

*(**Hearken, ye women**)*

As I think of the hour of account, and the coming of the Lord, Lover of mankind, I tremble altogether, and therefore cry with grief, O my just Ruler, alone most merciful, receive me repentant, by the intercessions of the Theotokos.

AINOI (PRAISES) IN TONE SIX

Choir: Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens: praise Him in the heights. To Thee, O God, is due our song.
Choir: Praise ye Him, all His angels: praise ye Him, all His hosts. To Thee, O God, is due our song.

For the Resurrection in Tone Six

Verse 1. This glory shall be to all His saints.

The Cross, O Lord, is Life and Resurrection to Thy people, and in it we do trust. Wherefore, Thee do we praise, O our risen Lord; have mercy upon us.

Verse 2. Praise God in His sanctuary: praise Him in the firmament of His power.

Thy burial, O Master, has opened paradise for mankind. Wherefore, as we escape corruption, we praise Thee, O our risen God; have mercy on us.

Verse 3. Praise Him for His mighty acts: praise Him according to His excellent greatness.

With the Father and the Spirit, let us praise Christ risen from the dead. Let us cry to Him, Thou art our Life and Resurrection; have mercy on us.

Verse 4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.

Thou hast risen from the tomb in three days, as it was written, O Christ, and hast raised with Thee our ancestors. Wherefore, mankind doth glorify Thee and praise Thy Resurrection.

Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Great and fearful is the mystery of Thy Resurrection, O Lord; for Thou hast emerged from the grave like a bridegroom from His chamber, annulling death by Death in order to free Adam. Wherefore, do the angels in heaven exchange glad tidings, and men on earth glorify Thy compassion toward us, O Lover of mankind.

For Sunday of Last Judgment in Tone Six

Verse 6. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.

I picture that day and that hour, when we shall stand naked and condemned before the just Judge. Then the trumpet shall blow with great shouting, and the foundations of the earth shall shake, and the dead shall rise from their graves, and all become of one stature, and the secret thoughts of all stand revealed before Thee. And they who repented not in their lifetime shall wail and mourn, and shall proceed to the nethermost fire. But the righteous shall enter the heavenly chamber with joy and rejoicing.

Verse 7. Arise, O my God, lift up Thy hand, and forget not the humble.

What a terrible hour, and what a fearful day, when the Judge sitteth on the terrible throne, and the books shall be opened, and deeds rebuked, and the secret things of darkness revealed, and the angels go out to gather all the nations! Come and hear, ye kings and princes, ye slaves and free, ye sinners and righteous, the rich and poor; for He that is about to judge the whole universe shall come. Who then shall be able to stand before His face, when the angels shall rise before Him reproaching the deeds, thoughts and opinions that came forth in the night and in the day? Wherefore, O soul, beware, before the end, and cry out, God, save me again; for Thou alone art compassionate.

Also for Sunday of Last Judgment in Tone Eight

Verse 8. I will praise Thee, O Lord, with my whole heart; I will show all Thy marvelous works.

Verily, Daniel the Prophet when he became the man of desires, and saw the power of God, cried thus: The judgment seat was set, and the books were opened. See, therefore, O my soul. Dost thou fast? Deal not treacherously with thy neighbor. Wilt thou eschew food? Judge not thy brother, lest thou be sent to the fire and be burned up like the wax; that without hindrance Christ shall bring thee with Him into His kingdom.

THE DOXASTICON FOR SUNDAY OF LAST JUDGMENT IN TONE ONE

Glory to the Father, and to the Son, and to the Holy Spirit.

Let us first cleanse ourselves, O brethren, by the queen of virtues; for behold she hath come bringing to us a wealth of blessings, quenching the uprisings of the passions and reconciling sinners to the Master. Therefore, let us welcome her with gladness, crying to Christ God: O Thou Who rose from the dead, keep us uncondemned who glorify Thee, O Thou Who alone art sinless.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

THE GREAT DOXOLOGY IN TONE ONE

- + Glory to Thee, Who hast shown us the Light; Glory to God in the highest, and on earth peace, good will among men.
- + We praise Thee, we bless Thee, we worship Thee, we glorify Thee; we give thanks unto Thee for Thy great glory.
- + O Lord, heavenly King, God the Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit.
- + O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us; O Thou Who takest away the sins of the world.
- + Receive our prayer, O Thou Who sittest at the right hand of the Father, and have mercy on us.
- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name forever. Amen.
- + Let Thy mercy, O Lord, be upon us, as we do put our hope in Thee.
- + Blessed art Thou, O Lord: teach me Thy statutes. (THRICE)
- + Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life: in Thy light shall we see light.
- + O continue Thy loving-kindness unto them that know Thee.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
- + Glory to the Father, and to the Son, and to the Holy Spirit:
- + Both now and ever, and unto ages of ages. Amen.
- + Holy Immortal: have mercy on us.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us.

TROPARION IN TONE EIGHT

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of Death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.

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