

Octoechos

Mode pl. 4.

On Sunday Morning

Triodion

Cheesefare Sunday

LITURGY

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Antiphon I. Mode 2.

Verse 1: *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 2: *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

Verse 3: *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

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

Both now and ever and to the ages of ages. Amen.

Through the intercessions of the Theotokos, Savior, save us.

Antiphon II. Mode 2.

Verse 1: *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 2: *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Verse 3: *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

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

Both now and ever and to the ages of ages. Amen.

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

Antiphon III.

Mode pl. 4.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Resurrectional Apolytikion.

Mode pl. 4.

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the

passions You might set us free. Our life and resurrection, O Lord, glory be to You. [SD]

Verse 2: *Let heaven and earth praise Him.*

[SAAS]

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You. [SD]

An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.

Psalm 102.

Psalm 145.

The Beatitudes.

Mode pl. 4.

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Resurrectional.

From Octoechos - - -

Blessed are the merciful, for they shall obtain mercy. [RSV]

Savior of the world, remember us Your servants as upon the Cross You remembered the Robber, only compassionate Christ, and account us worthy of inheriting Your heavenly Rule. [SD]

Blessed are the pure in heart, for they shall see God. [RSV]

Adam and Eve, rejoice as you hear that the devil, who a long time ago stripped you naked and took the both of you hostage when he deceived you, has been destroyed by the Cross of Christ. [SD]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

Adam from the curse of the tree was delivered when of your own will to the Tree you were fastened, and you restored in him the image of God, O Savior, and put him back again in Paradise. [SD]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

Theotokion.

Spacious place of God, rejoice, blessed Virgin! Ark of the New Covenant, rejoice, Theotokos! O golden jar, from which the heavenly Manna was given unto all, O Lady, rejoice. [SD]

Canon from the Triodion.

From Triodion - - -

**Ode vi. Mode pl. 2. N/
M (Perceiving the open sea.)**

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

In Your compassion, Savior, / You clothed me in Eden with a divinely woven garment; / but persuaded by the devil, I neglected Your commandment / and was stripped naked in my wretchedness. [OCA]

Rejoice and be glad, for your reward is great in heaven. [RSV]

You have departed far from God / through your carelessness, miserable soul; / you have been deprived of the delight of Paradise / and parted from the angels; / you have been led down into corruption. / How you are fallen!

[OCA]

Glory.

Have mercy, Almighty God,/and take
pity on the work of Your hands./I have cut
myself off from the choir of Your angels;/but I
entreat You, loving Lord: Do not reject me. [OCA]

Both now. **Theotokion.**

Mary chosen by God, and Queen of the
world,/you have borne the Lord who is King
and Redeemer of all./I am a prisoner and
an exile from the glory of Paradise:/Call me
back, I entreat you! [OCA]

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, risen
from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos - - -

Resurrectional Apolytikion.

Mode pl. 4.

You descended from on high, O
compassionate One, and condescended to
be buried for three days, so that from the
passions You might set us free. Our life and
resurrection, O Lord, glory be to You. [SD]

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

From Triodion - - -

Kontakion.

Mode pl. 2. (not metered)

O guide to wisdom, provider of prudence,
disciplinarian of fools, and defender of the
poor, fortify and discipline my heart, O
Master; You, give me a word, O Word of the
Father. For behold, I will not hinder my lips
from crying to You: O merciful Lord, have
mercy on me who have fallen. [CKD]

THE TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal,
have mercy on us. (3) [GOA]

*Glory to the Father and the Son and the Holy
Spirit. Both now and ever and to the ages of ages.
Amen.*

Holy Immortal, have mercy on us.

The Epistle

CHEESE-FARE SUNDAY

Prokeimenon. Mode pl. 4. Psalm 75.

Pray and return to the Lord Your God.

[SAAS]

Verse: *In Judah God is known; His name is
great in Israel.* [SAAS]

The reading is from Paul's Letter to the
Romans.

13:11-14; 14:1-4

Brethren, salvation is nearer to us now
than when we first believed; the night is far
gone, the day is at hand. Let us then cast off
the works of darkness and put on the armor of
light; let us conduct ourselves becomingly as
in the day, not in reveling and drunkenness,
not in debauchery and licentiousness, not in
quarreling and jealousy. But put on the Lord
Jesus Christ, and make no provision for the
flesh, to gratify its desires. As for the man who
is weak in faith, welcome him, but not for
disputes over opinions. One believes he may
eat anything, while the weak man eats only
vegetables. Let not him who eats despise him
who abstains, and let not him who abstains
pass judgment on him who eats; for God has
welcomed him. Who are you to pass judgment
on the servant of another? It is before his own
master that he stands or falls. And he will be
upheld, for God is able to make him stand. [RSV]

Alleluia. Mode pl. 4. Psalm 94.

Alleluia. Alleluia. Alleluia.

Verse 1: *Come, let us greatly rejoice in the
Lord; let us shout aloud to God our savior.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *Let us come before His face with thanksgiving.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Cheesefare Sunday

The reading is from the Holy Gospel according to Matthew.

6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also." [RSV]

Hymn to the Theotokos.

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos. [GOA]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise Him in the highest. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He Who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (*local patron saint*); of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

Fasting Rule

*Dairy: Dairy, eggs, fish, oil and wine are allowed.
Refrain from meat.*

It is the third week of the Triodion.