

Octoechos

Grave Mode.

On Sunday Morning

Triodion

Meatfare 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.

Grave Mode.

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

Resurrectional Apolytikion.

Grave Mode.

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-

bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy. [SD]

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

[SAAS]

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy. [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.

Grave Mode.

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]

The fruit that killed me of old was good for food and beautiful to contemplate. But Christ is the very tree of life, from which I eat and die not, And echoing the Robber's words, I cry out, "Remember me in Your kingdom, O Lord." [SD]

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

When You, O merciful Lord, were lifted on the Cross, You cancelled and erased the bond and record of the primal sin of Adam, and You saved us, the human race, from all deceit. Therefore we extol You, our Benefactor and Lord. [SD]

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

You nailed our sins to the Cross, O Master all-compassionate Lord Jesus Christ; and You put death to death by Your death and also resurrected from the dead those who had died. Therefore we all worship You and Your resurrection, O God. [SD]

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

Theotokion.

On earth you carried and bore the Father's Son and Logos, when He became flesh, as He knew how, all-holy Theotokos. Therefore, Virgin Mother, we who are deified through you, cry aloud, saluting you: Hope of Christians all, rejoice! [SD]

Canon from the Triodion.

From Triodion - - -

Ode vi. Mode pl. 2. N/M (I cried aloud.)

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

At Your fearful coming, O Christ, / when You appear from heaven, / when the thrones are set up and the books are opened, / then spare, Savior, spare Your creature. [OCA]

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

Since God is the Judge, nothing can help you there, / no zeal, no skill, no glory, no friendship, / but only what you have gained in strength from your works, my soul. [OCA]

Glory.

I sing the praises of the Triune Godhead:/
Father, Son and divine Spirit,/one sovereign
Principle/divided in three Persons. [OCA]

Both now. **Theotokion.**

You are the gate, pure Lady,/through
which One alone has passed,/entering in
and leaving, yet not breaking the seal of your
virginity:/Jesus, the Creator of Adam, and
your Son. [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.

Grave Mode.

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy. [SD]

(Apolytikion of the Parish Church)

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

From Triodion - - -

Kontakion.

Mode 1.

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge. [GKD]

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

Meatfare Sunday

Prokeimenon. Grave Mode. Psalm 28.

The Lord will give strength to His people; the Lord will bless His people with peace. [SAAS]

Verse: *Bring to the Lord, O you sons of God, bring to the Lord glory and honor.* [SAAS]

The reading is from Paul's First Letter to the Corinthians.

8:8-13; 9:1-2

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

Alleluia. Grave Mode. Psalm 91.

Alleluia. Alleluia. Alleluia.

Verse 1: *It is good to give thanks to the Lord and to sing to Your name, O Most High.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *To proclaim Your mercy in the morning and Your truth at night.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Meatfare Sunday

The reading is from the Holy Gospel according to Matthew.

25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me,

you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life." [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

Fast Free: All foods allowed.