

Ὁκτώηχος

Ἦχος πλ. δ'.

Τῇ Κυριακῇ Πρωῇ

Τριώδιον

ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΙΝΗΣ

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ
ἅγιον αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς
ἀνταποδόσεις αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ
πάντων δεσπόζει.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

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.

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ
μου ἕως ὑπάρχω.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Μακάριος οὗτός ὁ Θεὸς Ἰακώβ
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν
Θεὸν αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Βασιλεύσει Κύριος εἰς τὸν
αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ
γενεάν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἀγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

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]

Ἀντίφωνον Γ'.

Ἦχος πλ. δ'.

Στίχ. α'. Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. δ'.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Στίχ. β'. Αἰνεσάτωσαν αὐτὸν οἱ οὐρανοὶ καὶ ἡ γῆ.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

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]

*Ἡ, ἀντὶ τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος πλ. δ'.

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.
Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν
ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Ἀναστάσιμα.

Τῆς Ὀκτωήχου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Μνήσθητι ἡμῶν, Χριστὲ Σωτὴρ τοῦ
κόσμου, ὥσπερ τοῦ Ληστοῦ, ἐμνήσθης
ἐπὶ ξύλου, καὶ καταξίωσον πάντας μόνε
Οἰκτίρμον, τῆς οὐρανίου βασιλείας σου.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ
τὸν Θεὸν ὄψονται.

Ἄκουε Ἀδάμ, καὶ χαῖρε σὺν τῇ Εὗᾳ, ὅτι
ὁ γυμνώσας, πρὶν τοὺς ἀμφοτέρους, καὶ δι'
ἀπάτης λαβὼν ὑμᾶς αἰχμαλώτους, ἐν τῷ
Σταυρῷ Χριστοῦ κατήργηται.

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

Psalms 102.

Psalms 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]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.

Εὐλῶ προσπαγεῖς, Σωτὴρ ἡμῶν
βουλήσει, ξύλου τὸν Ἀδάμ, κατάρας
ἐλυτρώσω, ἀποδιδούς ὡς οἰκτίρμων τὸ κατ'
εἰκόνα, καὶ Παραδείσου τὴν κατοίκησιν.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν
δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν
οὐρανῶν.

Θεοτοκίον.

Χαῖρε τοῦ Θεοῦ, εὐρύχωρον χωρίον.
Χαῖρε κιβωτέ, τῆς Νέας Διαθήκης. Χαῖρε ἡ
ἔγχρυσος στάμνος, ἐξ ἧς τὸ Μάννα, πᾶσιν
ἐδόθη τὸ σὺράνιον.

Κανὼν τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ὡδὴ Γ'. Ἦχος πλ. β'.
Τοῦ βίου τὴν θάλασσαν.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς,
καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα
καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Στολήν με ἐνέδυσας, θεοῦφαντον
Σωτὴρ, ἐν τῇ Ἑδῇ ὡς εὐσπλαγχνος, ἐγὼ
δέ σου παρεῖδον τὴν ἐντολήν, πεισθεὶς
τῷ ἀλάστορι, καὶ γυμνὸς καθωράθην ὁ
ταλαίπωρος.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς
ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Ψυχὴ παναθλία μου, ἐμακρύνθης ἐκ
Θεοῦ, διὰ ἀπροσεξίας σου, Παραδείσου
ἐστέρησαι τῆς τρυφῆς, Ἀγγέλων κεχώρισαι,
εἰς φθορὰν κατηνέχθης, ὦ τοῦ πτώματος!

*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]

Δόξα.

Ἐλέησον οἴκτειρον, Παντοκράτορ
ὁ Θεός, τῶν σῶν χειρῶν τὸ ποίημα,
μὴ παρίδῃς με δέομαι Ἀγαθέ, τὸν
ἀποχωρίσαντα, ἐμαυτὸν τῆς χορείας τῶν
Ἀγγέλων σου.

Καὶ νῦν. **Θεοτοκίον.**

Μαρία Θεόκλητε, ἡ Κυρία τοῦ παντός,
ὡς τετοκυῖα Κύριον, Βασιλέα τῶν ὅλων
καὶ Λυτρωτὴν, αἰχμάλωτον ὄντα με,
Παραδείσου τῆς δόξης ἀνακάλεσαι.

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]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι,
Ἀλληλούϊα.

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. δ'.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος,
ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς
ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ
Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Τοῦ Τριωδίου ---

Κοντάκιον.

Ἦχος πλ. β'. Ἀυτόμελον.

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ,
τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν
ὑπερασπιστά, στήριξον, συνέτισον τὴν
καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον,
ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλη μου,
οὐ μὴ κωλύσω ἐν τῷ κρᾶζειν σοι· Ἐλεῆμον,
ἐλέησόν με τὸν παραπεσόντα.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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. [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.

Ὁ Ἀπόστολος

ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΟΦΑΓΟΥ

Προκείμενον. Ήχος πλ. δ'. Ψαλμός 75.

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.

13:11-14; 14:1-4

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἦ νῦν προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν. Ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκοτίους καὶ ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ, ἀλλ' ἐνδύσασθε τὸν Κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιῆσθε εἰς ἐπιθυμίαν. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ Θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; τῷ ἰδίῳ Κυρίῳ στήκει ἢ πίπτει, σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ Θεὸς στήσαι αὐτόν.

Ἀλληλούϊα. Ήχος πλ. δ'. Ψαλμός 94.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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.

Στίχ. α'. Δεῦτε ἀγαλλιασώμεθα τῷ Κυρίῳ, ἀλαλάξωμεν τῷ Θεῷ τῷ Σωτῆρι ἡμῶν.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

Στίχ. β'. Προφθάσωμεν τὸ πρόσωπον αὐτοῦ ἐν ἐξομολογήσει.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

Τὸ Εὐαγγέλιον

Τῆς ΚΥΡΙΑΚΗΣ ΤΗΣ ΤΥΡΟΦΑΓΟΥ

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Σ' 14 - 21

Εἶπεν ὁ Κύριος· Ἐὰν ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί, ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν, ὅτι ἀπέχουσιν τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῇς τοῖς ἀνθρώποις νηστεύων ἀλλὰ τῷ πατρὶ σου τῷ ἐν τῷ κρυπτῷ· καὶ ὁ πατὴρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσιν καὶ κλέπτουσιν· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρός ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

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]

Ὑμνος εἰς τὴν Θεοτόκον.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν
σε τὴν Θεοτόκον, τὴν ἀειμακάριστον
καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ
ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφεὶμ,
τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν
ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Κοινωνικόν. Ψαλμὸς 148.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἀλληλούϊα.

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἦχος β'.

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν
Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ,
ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη
γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ
ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις
τῆς παναχράντου καὶ παναμώμου ἁγίας
αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ
ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφύμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ**
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς τυρὸν καὶ ὠά.

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.*

Εἶναι ἡμέρα τῆς Τυρινῆς.

It is the third week of the Triodion.