

Ὁκτώηχος

Ἦχος βαρύς.

Τῇ Κυριακῇ Πρωῇ

Τριώδιον

ΚΥΡΙΑΚΗ ΤΗΣ ΑΠΟΚΡΕΩ

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

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.

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 οὗ 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 Ἀγίας 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 βαρύς.

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

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος βαρύς.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

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

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

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]

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

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος βαρύς.

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 Οκτωήχου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Ὡραῖος ἦν καὶ καλὸς εἰς βρωσιν, ὁ ἐμὲ
θανατώσας καρπός, Χριστός ἐστι τὸ ξύλον
τῆς ζωῆς, ἐξ οὗ φαγὼν οὐ θνήσκω, ἀλλὰ
βῶ σὺν τῷ Ληστῇ· Μνήσθητί μου Κύριε, ἐν
τῇ Βασιλείᾳ σου.

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

Ἐν τῷ Σταυρῷ ὑψωθείς οἰκτίρμον, τοῦ
Ἀδάμ τὸ χειρόγραφον, τῆς πάλαι ἁμαρτίας
ἐξήλειψας, καὶ ἔσωσας ἐκ πλάνης, ἅπαν
τὸ γένος τῶν βροτῶν· ὅθεν ἀνυμνοῦμέν σε,
εὐεργέτα Κύριε.

*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]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.

Προσήλωσας ἐν Σταυρῷ Οἰκτίρμον, τὰς
ἡμῶν ἁμαρτίας Χριστέ, καὶ τῷ σῶ θανάτῳ,
τὸν θάνατον ἐνέκρωσας, ἐγείρας τοὺς
τεθνεῶτας ἐκ νεκρῶν· ὅθεν προσκυνούμεν
σου, τὴν σεπτὴν Ἀνάστασιν.

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

Θεοτοκίον.

Ἐκύησας τὸν Υἱὸν καὶ Λόγον τοῦ
Πατρὸς, ἐν σαρκὶ ἐπὶ γῆς, ὡς οἶδε Θεοτόκε
ὁ αὐτός· διὸ Παρθενομήτορ, οἱ θεωθέντες
διὰ σοῦ· Χαῖρέ σοι κραυγάζομεν, τῶν
Χριστιανῶν ἡ ἐλπίς.

Κανὼν τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ὡιδὴ Γ'. Ἦχος πλ. β'.
Ἐβόησα ἐν ὅλῃ καρδίᾳ μου.

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

Ἐν τῇ φοβικῇ, Χριστέ, παρουσίᾳ σου,
ὅταν φανῇς ἐξ οὐρανοῦ, καὶ τεθῶσι θρόνοι,
καὶ βίβλοι ἀνοιγῶσι, φεῖσαι, φεῖσαι τότε,
Σωτὴρ τοῦ πλάσματος σου.

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

Ἐκεῖ οὐδὲν βοηθῆσαι δύναται, Θεοῦ
ὑπάρχοντος κριτοῦ, οὐ σπουδὴ, οὐ τέχνη, οὐ
δόξα, οὐ φιλία, εἰ μὴ ἡ ἐξ ἔργων, ἰσχὺς σου
ὦ ψυχὴ μου.

*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]

Δόξα.

Τριαδικῆς μονάδος Θεότηα, ὕμνῳ
Πατέρα καὶ Υἱόν, καὶ τὸ θεῖον Πνεῦμα.
Μιᾶς Ἀρχῆς τὸ κράτος, συνδιηρημένης,
τρισὶ τοῖς χαρακτηῖρσι.

Καὶ νῦν. **Θεοτοκίον.**

Πύλη σύ, ἦν μόνος διώδευσεν, ὁ
εἰσελθὼν καὶ ἐξελθὼν, καὶ τὰς κλεῖς μὴ
λύσας, Ἀγνή, τῆς παρθενίας, Ἰησοῦς ὁ
πλάσας, Ἀδάμ, καὶ ὁ Υἱός σου.

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]

Εἰσοδικόν. Ἦχος β'.

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

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος βαρὺς.

Κατέλυσας τῷ Σταυρῷ σου τὸν
θάνατον, ἠνέωξας τῷ Ληστῇ τὸν
Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον
μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις
κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ
Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Τοῦ Τριωδίου ---

Κοντάκιον.

Ἦχος α'.

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης,
καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ
πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι
ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύονται,
τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου,
καὶ ἀξιώσον, ἐκ δεξιῶν σου μὲ στήναι,
Κριτὰ δικαιοῦτάτε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

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

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]

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

Ὁ Ἀπόστολος

ΚΥΡΙΑΚΗ ΤΗΣ ΑΠΟΚΡΕΩ

Προκείμενον. Ἦχος βαρύς. Ψαλμὸς 28.

Κύριος ἰσχύει τῷ λαῷ αὐτοῦ δώσει,
Κύριος εὐλογήσει τὸν λαὸν αὐτοῦ ἐν εἰρήνῃ.
Στίχ. Ἐνέγκατε τῷ Κυρίῳ, υἱοὶ Θεοῦ,
ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.

Πρὸς Κορινθίους Α' Ἐπιστολῆς Παύλου
τὸ ἀνάγνωσμα.

8:8-13, 9:1-2

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησι τῷ
Θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν,
οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα.
Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη
πρόσκομμα γένηται τοῖς ἀσθενούσιν.
Ἐὰν γάρ τις ἴδῃ σε, τὸν ἔχοντα γινῶσιν, ἐν
εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις
αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς
τὸ τὰ εἰδωλόθυτα ἐσθίειν; Καὶ ἀπολεῖται ὁ
ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῇ γνώσει, δι' ὃν
Χριστὸς ἀπέθανεν. Οὕτω δὲ ἁμαρτάνοντες
εἰς τοὺς ἀδελφούς καὶ τύπτοντες αὐτῶν
τὴν συνείδησιν ἀσθενοῦσαν εἰς Χριστὸν
ἁμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει
τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα
εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου
σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; οὐκ εἰμὶ
ἐλεύθερος; οὐχὶ Ἰησοῦν Χριστὸν τὸν Κύριον
ἡμῶν ἑώρακα; οὐ τὸν ἔργον μου ὑμεῖς ἐστε
ἐν Κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος,
ἀλλὰ γε ὑμῖν εἰμὶ ἢ γὰρ σφραγίς τῆς ἐμῆς
ἀποστολῆς ὑμεῖς ἐστε ἐν Κυρίῳ.

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]

Ἀλληλούϊα. Ἦχος βαρύς. Ψαλμὸς 91.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ
Κυρίῳ καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Τοῦ ἀναγγέλλειν τῷ πρωῒ τὸ
ἔλεός σου καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Τῆς ΚΥΡΙΑΚΗΣ ΤΗΣ ΑΠΟΚΡΕΩ

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου
Εὐαγγελίου τὸ ἀνάγνωσμα.

κε' 31-46

Εἶπεν ὁ Κύριος· Ὅταν ἔλθῃ ὁ υἱὸς τοῦ
ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες
οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει
ἐπὶ θρόνου δόξης αὐτοῦ· καὶ συναχθήσεται
ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ
ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων, ὥσπερ ὁ
ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν
ἐρίφων, καὶ στήσῃ τὰ μὲν πρόβατα ἐκ
δεξιῶν αὐτοῦ τὰ δὲ ἐρίφια ἐξ εὐωνύμων.
τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ·
δεῦτε, οἱ εὐλογημένοι τοῦ πατρὸς μου,
κληρονομήσατε τὴν ἡτοιμασμένην
ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου·
ἐπείνασα γὰρ καὶ ἐδώκατέ μοι φαγεῖν,
ἐδίψησα καὶ ἐποτίσατέ με, ξένος ἤμην καὶ
συνηγάγετέ με, γυμνὸς καὶ περιεβάλετέ
με, ἡσθένησα καὶ ἐπεσκέψασθέ με, ἐν
φυλακῇ ἤμην καὶ ἤλθετε πρὸς με. τότε
ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες·
κύριε, πότε σε εἶδομεν πεινῶντα καὶ
ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν;
πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν,
ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε
εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ καὶ ἤλθομεν

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

πρός σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. Τότε ἐρεῖ καὶ τοῖς ἐξ εὐνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ· ἐπείνασα γὰρ καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ οὐκ ἐποτίσατέ με, ξένος ἤμην καὶ οὐ συνηγάγετέ με, γυμνὸς καὶ οὐ περιεβάλετέ με, ἀσθενὴς καὶ ἐν φυλακῇ καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

Ὕμνος 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 Σεραφείμ, 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.

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]

**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 πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ
Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς πάντα.

**Hymn after Holy Communion.
Mode 2.**

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, worshipping 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.