

**The Sunday of the Last Judgement**  
**Vespers on Saturday Evening**

*After the Psalm of Introduction (Psalm 103) and the Great Litany, we read Blessed is the man (the first kathisma of the Psalter).*

*To Lord, I have cried, ten stichera are sung: six of the Resurrection in the Tone of the week from the Octoechos, and the following four from the Triodion.*

*Tone Six*

*(Special melody, Having set all your hope on the things of heaven...)*

When Thou shalt come, O righteous Judge, to execute just judgement, seated on Thy throne of glory, a river of fire will draw all men amazed before Thy judgement-seat; the powers of heaven will stand beside Thee, and in fear mankind will be judged according to the deeds that each has done. Then spare us, Christ, in Thy compassion, with faith we entreat Thee, and count us worthy of Thy blessings with those that are saved.

The books will be opened and the acts of men will be revealed before the unbearable judgement-seat; and the whole vale of sorrow shall echo with the fearful sound of lamentation, as all the sinners, weeping in vain, are sent by Thy just judgement to everlasting torment. Therefore we beseech Thee, O compassionate and loving Lord: spare us who sing Thy praise, for Thou alone art rich in mercy.

The trumpets shall sound and the tombs shall be emptied, and all mankind in trembling shall be raised. Those that have done good shall rejoice in gladness, awaiting their reward; those that have sinned shall tremble and bitterly lament, as they are sent to punishment and parted from the chosen. O Lord of glory, take pity on us in Thy goodness, and count us worthy of place with them that have loved Thee.

I lament and weep when I think of the eternal fire, the outer darkness and the nether world, the dread worm and the gnashing of teeth, and the unceasing anguish that shall befall those who have sinned without measure, by their wickedness arousing Thee to anger, O Supreme in love. Among them in my misery I am first: but, O Judge compassionate, in Thy mercy save me.

Glory to the Father...

*Tone Eight*

When the thrones are set up and the books are opened, and God sits in judgement, O what fear there will be then! When the angels stand trembling in Thy presence and the river of fire flows before Thee, what shall we do then, guilty of many sins? When we hear Him call the blessed of His Father into the Kingdom, but send the sinners to their punishment, who shall endure His fearful condemnation? But, Saviour who alone lovest mankind, King of the ages, before the end comes turn me back through repentance and have mercy on me.

Both now...

*Then the Theotokion (Dogmatikon) in the Tone of the week from the Octoechos, followed by the Entrance, O Gentle Light, and the Prokimenon of the day, The Lord is King.*

*At the Litya we sing the stichera of the patron saint of the church or monastery, and then:  
Glory to the Father...*

*Tone Seven*

Knowing the commandments of the Lord, let this be our way of life: let us feed the hungry, let us give the thirsty drink, let us clothe the naked, let us welcome strangers, let us visit those in prison and the Sick. Then the judge of all the earth will say even to us: Come, ye blessed of My Father, inherit the Kingdom prepared for you?

Both now...

*Theotokion*

Beneath thy protection, Lady, all we mortals seek refuge, and we cry aloud to thee: O Theotokos our hope, deliver us from our sins without number and save our souls.

*We sing the Aposticha in the Tone of the week from the Octoechos, and then:*

Glory to the Father...

*Tone Eight*

Alas, black soul! How long wilt thou continue in evil? How long wilt thou lie in idleness? Why dost thou not think of the fearful hour of death? Why dost thou not tremble at the dread judgement seat of the Saviour? What defense then wilt thou make, or what wilt thou answer? Thy works will be there to accuse thee; thine actions will reproach thee and condemn thee. O my soul, the time is near at hand; make haste before it is too late, and cry aloud in faith: I have sinned, O Lord, I have sinned against Thee; but I know Thy love for man and Thy compassion. O good Shepherd, deprive me not of a place at Thy right hand in Thy great mercy.

Both now...

*Theotokion*

O Virgin who hast not known man, Mother of the Most High God, thou hast ineffably conceived God in the flesh. O undefiled, accept the supplications of thy servants, for to all thou grantest cleansing from their sins. Receive our prayers and intercede for the salvation of us all.

*The apolytikion O, Theotokos Virgin, rejoice (thrice), and the rest of Vespers.*

### Matins

*After the Six Psalms and the Great Litany we sing God is the Lord, followed by the troparion (apolytikion) of the Resurrection (twice), and the Theotokion in the Tone of the week and then come the readings from the Psalter with the sessional hymns in the Tone of the week from the Octoechos.*

*After the usual verses of the Polyeleos, we sing Psalm 136:*

By the waters of Babylon, there we sat down and we wept when we remembered Sion. Alleluia.

Upon the willows in the midst thereof did we hang our instruments. Alleluia.

For there, they that had taken us captive asked us for words of song. And they that had led us away asked us for a hymn, saying: Sing us one of the songs of Sion. Alleluia.

How shall we sing the Lord's song in a strange land? Alleluia.

If I forget thee, O Jerusalem, let my right hand be forgotten. Alleluia.

Let my tongue cleave to my throat, if I remember thee not, if I set not Jerusalem above all other, as at the head of my joy. Alleluia.

Remember, O Lord, the sons of Edom, in the day of Jerusalem, Who said: Lay waste, lay waste to her, even to the foundations thereof. Alleluia.

O daughter of Babylon, thou wretched one, blessed shall he be who shall reward thee wherewith thou hast rewarded us. Alleluia.

Blessed shall he be who shall seize and dash thine infants against the rock. Alleluia.

*Then the Evlogitaria, the Ypakoe, the Hymns of Ascent and the Prokimenon in the Tone of the week, and the appointed Morning Gospel. We then sing Having Beheld the Resurrection of Christ, followed by Psalm 50, and then, as on previous Sundays:*

Glory to the Father...

#### *Tone Eight*

The doors of repentance do Thou open to me, O Giver of life, / for my spirit waketh at dawn toward Thy holy temple, / bearing a temple of the body all defiled. / But in Thy compassion cleanse it / by the loving-kindness of Thy mercy.

Both now...

#### *Same Tone*

Guide me in the paths of salvation, O Theotokos, / for I have defiled my soul with shameful sins, / and have wasted all my life in slothfulness, / but by thine intercessions / deliver me from all uncleanness.

#### *Tone Six*

Have mercy on me, O God, according to Thy great mercy; / and according to the multitude of Thy compassions, / blot out my transgression.

When I think of the multitude of evil things I have done, / I, a wretched one, / I tremble at the fearful day of judgment; / but trusting in the mercy of Thy loving-kindness, / like David do I cry unto Thee: / Have mercy on me, O God, / according to Thy great mercy.

## The Canon

*We use four troparia (including the irmos) from the Canon of the Resurrection and two troparia from the Canon to the Theotokos, both in the Tone of the week from the Octoechos; and then the Canon of the Triodion with eight troparia, by St. Theodore the Studite.*

*Tone Six*

*Ode One*

*(Irmos)* He is for me unto salvation...

I tremble with fear when I ponder and foresee the dread day of Thine ineffable coming, when Thou shalt sit and judge the living and the dead, O my God all-powerful.

When Thou shalt come, O God, with thousands and ten thousands of the heavenly hosts of angels, count me worthy in my wretchedness, O Christ, to meet Thee in the clouds.

Come, my soul, and call to mind the very hour and day when God shall stand before thee visibly; weep and lament, and so thou shalt be found pure in the hour of trial.

Terror and amazement seize me when I think of the fire of Gehenna that never shall be quenched, of the bitter worm and the gnashing of teeth. But release me and forgive me, Christ, and set me in the rank of Thine elect.

Unworthy though I be, may I also hear Thy voice, so greatly desired, that calls Thy saints to joy, and may I attain the ineffable blessings of the Kingdom of Heaven.

Enter not into judgement with me, bringing before me the things I should have done, examining my words and, correcting my impulses. But in Thy mercy overlook my sins and save me, O Lord almighty.

Glory to the Father...

Unity in three Persons, sovereign Lord of all, Source of perfection, God without beginning, Father, Son and all-holy Spirit, do Thou Thyself save us.

Both now...

*Theotokion*

Who has ever begotten a son not sown by a father according to the law of nature? Yet such a Son the Father begets without a mother. Most strange and marvellous wonder! For thou, pure Virgin, hast at the same time borne both God and man.

*(Katavasia)* He is for me unto salvation Helper and Protector. He is my God and I glorify Him, God of my fathers is He and I exalt Him, for He is greatly glorified.

*Ode Three*

*(Irmos)* O Lord, upon the rock of Thy commandments...

The Lord comes, and who shall endure the fear of His coming? Who shall dare to appear before His face? But prepare thyself to meet Him, O my soul.

Let us make, haste before it is too late; let us lament, let us be reconciled to God before the end comes. For fearful is the judgement at which all of us shall stand naked.

Have mercy, O Lord, have mercy on me, I cry to Thee, when Thou comest with Thine angels to give to every man due return for his deeds.

How shall I endure the naked wrath of Thy judgement, for I have disobeyed Thy commandment? But spare, O spare me in the hour of judgement.

Turn back, wretched soul, and lament, before the fair-ground of life comes to an end, before the Lord shuts the door of the bridal chamber.

O Lord, I have sinned as no other man before, I have transgressed more than any man; before the day of judgement comes, be merciful to me in Thy love for mankind.

Glory to the Father...

O simple Unity praised in Trinity of Persons, uncreated Nature without beginning, save us who in faith worship Thy power.

Both now...

*Theotokion*

O undefiled Virgin, in a childbearing without seed thou hast given birth to the living Word, who took flesh in: thy womb yet was not altered. Glory to thy childbirth, O Mother of God.

*(Katavasia)* O Lord, upon the rock of Thy commandments make firm my wavering heart, for Thou alone art Holy and Lord.

*Sessional Hymn*

*Tone One*

Fearful is Thy judgement-seat, and Thy judgement is just; but my works are very evil. Come, merciful Lord, before it is too late: save me and deliver, me from punishment. Redeem me, Master, from the condemnation of the goats, and count me worthy to stand at Thy right hand, O Judge most just.

Glory to the Father...Both now...

*Theotokion*

O pure Virgin, through the action of the Holy Spirit thou hast contained within thy womb the Maker of all, thy God and, thy Creator, and without corruption thou hast given birth to Him. We exalt Him and we sing thy praises. O Palace of the King of glory and pledge of the world's redemption.

*Another Sessional Hymn*

*Tone Six*

I think upon the fearful day and lament my evil acts. What answer shall I give to the immortal King? And with what boldness shall I the Prodigal gaze upon the Judge? O compassionate Father, only-begotten Son and Holy Spirit, have mercy upon me.

Glory to the Father...

In the valley of lamentation, in the place Thou hast appointed, when Thou shalt sit, O merciful Lord, to execute just judgement, publish not my secret sins; put me not to shame before the angels, but spare me, O God, and have mercy upon me.

Both now...

*Theotokion*

O Theotokos Virgin, thou art the good hope of the world: I ask for thy dread protection, and for thine alone. Have compassion on thy people that are left without defense; pray unto the merciful God that our souls may be delivered from every threat, for thou alone art blessed.

*Ode Four*

*(Irmos)* The prophet heard of Thy coming...

The day is upon us, the judgement is already at the door. Be vigilant, my soul. Kings and princes, rich and poor are gathering, and each shall receive the due reward for his actions.

Each in his own order, monk and hierarch, old and young, slave and master shall be examined; widow and virgin shall be corrected. And woe to all whose lives are sinful!

Thy judgement is without respect of persons; no cunning argument or skill in eloquence can deceive Thy judgement-seat; false witnesses cannot pervert Thy sentence. For in Thy sight, O God, every secret stands revealed.

Let me not come into the valley of lamentation, O my Christ and Word; let me not see the place of darkness; let me not be bound hand and foot, and cast out from Thy bridal chamber, because in my utter wretchedness I have defiled the garment of incorruption.

When at the judgement of the world Thou shalt separate the sinners from the righteous, count me as one of Thy sheep and place me not with the goats, O loving Lord, but may I hear Thy words of blessing.

When the trial takes place and the books recording our acts are opened, what shalt thou do, O miserable soul? What answer shalt thou make before the judgement-seat, for thou hast no fruits of righteousness, to offer Christ thy Creator?

I hear the lamentation of the rich man in the flames of torment, and in my misery I weep and wail, for I deserve the same condemnation. Therefore I entreat Thee: Have mercy on me, Saviour of the world, at the time of judgement.

Glory to the Father...

I glorify the Son and the Spirit who come from the Father as light and ray from the sun: the One begotten as Offspring, the Other proceeding and sent forth; divine and coeternal Trinity, adored by all creation.

Both now...

#### *Theotokion*

O honoured Virgin, who hast given birth yet kept thy purity, thou hast borne both God and man, a single Person with a twofold nature. This thy miracle, O Virgin Mother, fills every ear and mind with wonder.

*(Katavasia)* The prophet heard of Thy coming, O Lord, and he was afraid: how Thou wast to be born of a Virgin and revealed to men, and he said: I have heard the report of Thee and I was afraid. Glory to Thy power, O Lord.

#### Ode Five

*(Irmos)* From the night I seek Thee early...

Fear and trembling beyond all description are there for the Lord will come and try the work of every man. And who will not mourn for himself?

The river of fire devours and torments me; the gnashing of teeth grinds me to powder; the darkness of the abyss fills my heart with dismay. And what can I do to gain God's mercy?

Spare, O Lord, spare Thy servant. Do not deliver me to the bitter tormentors, to the cruel angels in hell, who will never let me be at rest.

Prince and governor together, rich and humble, great and small, all alike are tried. Woe to him that is not prepared!

Pardon, remit and forgive, O Lord, all my sins against Thee; and condemn me not there, in the presence of the angels, to the punishment of fire and to unending shame.

Spare, O spare the work of Thine hands, O Lord. I have sinned, forgive me: for Thou alone art pure by nature, and none save Thee is free from defilement.

Glory to the Father...

O Trinity, I praise Thee as Unity by nature, without beginning, incomprehensible, supreme in sovereignty, beyond perfection, God and Light and Life, Creator of the world.

Both now...

*Theotokion*

In thy childbearing that surpasses nature, the laws of nature, holy Virgin, are plainly made void. For without seed thou hast given birth to God, begotten before all ages from the Father.

*(Katavasia)* From the night I seek Thee early, O Lover of mankind: give me light, I pray thee, and guide me in Thy commandments, and teach me, O Saviour, to do Thy will.

Ode Six

*(Irmos)* With my whole heart I cried to the all-compassionate God...

At Thy fearful coming, O Christ, when Thou appearest from heaven, when the thrones are set up and the books opened, then spare, O Saviour, spare Thy creature.

Since God is the Judge, nothing can help thee there, no zeal, no skill, no glory, no friendship, but only the strength that thou gainest, my soul, from thy works.

Prince and governor will be there together, my soul, rich and poor; no father or mother will be able to help us, no brother will redeem us from the condemnation.

Think, my soul, of the fearful examination before the Judge; in trembling prepare thy defense, lest thou be condemned to the eternal bonds.

O Lord, let me not hear Thee say, Take what is due to thee, as Thou dost send me from Thy presence; let me not hear Thee say, Depart from Me into the fire of the accursed, but may I hear Thy words of blessing to the righteous.

Deliver me, O Lord, from the gates of hell, from chaos and darkness without light, from the lowest depths of the earth and the quenchable fire, and from all the other everlasting punishments.

Glory to the Father...

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

Both now...

*Theotokion*

Thou art the gate, pure Lady, through which One alone has passed, going in and out, yet not breaking the seal of thy virginity: Jesus, Adam's Creator and thy Son.

*(Katavasia)* With my whole heart I cried to the all-compassionate God: and He heard me : from the lowest depths of hell, and brought my life out of corruption.

*Kontakion, Tone One*

When Thou comest, O God, upon the earth with glory, the whole world will tremble. The river of fire will bring men before Thy judgement-seat, the books will be opened and the secrets disclosed. Then deliver me from the unquenchable fire, and count me worthy to stand on Thy right hand, Judge most righteous.

*Ikos*

O Lord supreme in love, as I think upon Thy fearful judgement-seat and the day of Judgement, 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, Judge most righteous.

#### Ode Seven

*(Irmos)* We have sinned, we have transgressed...

O ye faithful, let us fall, down and lament before that day of judgement comes, when the heavens shall be destroyed, the stars fall and all the earth shall be shaken, that at the end we may receive mercy from the God of our fathers.

The trial is without respect of persons, and fearful is the judgement on that day; nothing escapes the Judge, no, favour, can be won with bribes. But spare me, Master, and deliver me from all Thy fearful wrath.

The Lord comes to judge: who can endure the sight of Him? Tremble, my wretched soul, tremble and prepare for thy departure, that thou mayest gain mercy and compassion from the God of thy fathers.

Terror seizes me when I think of the unquenchable fire, of the bitter worm, the gnashing of teeth, and soul-destroying hell; yet I do not turn to true compunction. O Lord, Lord, before the end, strengthen Thy fear within me.

I fall down before Thee, and as tears I offer Thee my words. I have sinned as the Harlot never sinned, and I have transgressed as no other man on earth. But take pity on Thy creature, Master, and call me back.

Turn back, repent, uncover all that thou hast hidden. Say unto God to whom all things are known: Thou alone knowest my secrets, O Saviour; "have mercy on me," as David sings, according to Thy mercy.

Glory to the Father...

I sing the praises of the Three that are one in Essence, of the One that is three in Persons: Father, Son and Holy Spirit, one power, one will, one energy, one thrice-holy God, one sovereign Kingdom.

Both now...

#### *Theotokion*

God comes forth in beauty from the chamber of thy womb, O Virgin; He is clothed as a King in the divinely-woven robe dyed mystically in thine all-pure blood, and He reigns over the earth.

*(Katavasia)* We have sinned, we have transgressed, we have done evil in Thy sight; we have not kept or followed Thy commandments. But reject us not utterly, O God of our fathers.

#### Ode Eight

*(Irmos)* The hosts of heaven give Him glory...

O Lord, when I think how I must meet Thee at Thy fearful second coming, I tremble at Thy menace, I fear Thy wrath. In that hour deliver me, I cry, and save me for ever.

When Thou, O God, shalt judge all things, who among us earthborn men shall dare to stand before Thee, for we are all beset by the passions? Then the unquenchable fire and the destroying worm shall seize the condemned and hold them fast for ever.

All that has breath, O Christ, Thou shalt assemble to be judged together. Then great shall be the fear, and great the anguish; and only our good actions shall help us for ever.

Judge of all, my God and Lord, on that day may I hear Thy words of blessing, may I see Thy mighty light, may I look upon Thy tabernacles, may I behold Thy glory and rejoice for ever.

O righteous Judge and Saviour, have mercy on me and deliver me from the fire that threatens me, and from the punishment that I deserve to suffer at the Judgement. Before the end comes, grant me remission through virtue and repentance.

When Thou sittest on Thy throne, O merciful Judge, and revealest Thy dread glory, O Christ, what fear there will he then! When the furnace burns with fire, and all shrink back in terror before Thy judgement-seat.

We bless Father, Son and Holy Spirit, the Lord.

I honour God one in Essence, I sing the praises of the three Persons, distinct from one another yet not differing in Nature, for there is one Godhead in the three, Father, Son and Holy Spirit.

Both now...

#### *Theotokion*

From thy womb filled with radiance, Christ has come forth as a bridegroom from his chamber, and as a great light He has illumined those in darkness. A lightning has the Sun of righteousness shone out, O pure Virgin, and given light to the world.

We praise, bless and worship the Lord...

*(Katavasia)* The hosts of heaven give Him glory; before Him tremble cherubim and seraphim; let everything that has breath and all creation praise Him, bless Him, and exalt Him above all for ever.

#### Ode Nine

*(Irmos)* Conception without seed...

The Lord comes to punish sinners and to save the righteous. Let us tremble and lament, and call to mind that day when our hidden secrets will be disclosed and He will pay us what is due.

Moses was filled with fear and trembling when he saw Thee from behind. How then in my wretchedness shall I endure to behold Thy face, when Thou shalt come from heaven? But spare me, O compassionate Lord, and look on me in mercy.

Daniel was afraid of the hour of trial. And what shall I feel, unhappy that I am, when I come to that terrible day, O Lord? But grant me before the end to worship Thee acceptably and to gain Thy Kingdom.

The fire is prepared, the worm is ready; yet ready also is the glory of rejoicing, the eternal rest, the light without evening, the gladness of the righteous. And who is he that shall be blessed to escape from the torment and inherit the joy?

O Lord, reject me not from Thy presence in anger; let me not hear Thee send me away accursed to the fire. But let me enter then into the joy of Thine eternal bridal-chamber with Thy saints.

My mind is wounded, my body has grown feeble, my spirit is sick, my speech has lost its power, my life is dead, the end is at the door. What shalt thou do, then, miserable soul, when the Judge comes to examine thy deeds?

Glory to the Father...

O Father, single only-Begetter of the only-begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from, the Lord: O holy Three in One, save me as I tell of Thy divinity.

Both now...

*Theotokion*

The marvel of thy childbearing fills me with wonder, O all- blameless Lady. How hast thou conceived without seed Him, whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? Accept the miracle with faith, and worship the Child that is born: for all that He wills, He has the power to do.

*(Katavasia)* Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as the Mother of our God, with true worship all generations magnify thee.

*The appointed exapostilarion of the Resurrection, and then:*

As I ponder the fearful day of Thy judgement and ineffable glory, I am altogether full of fear, O Lord, and trembling in terror I cry: When Thou comest in glory upon earth, O Christ our God, to judge all things, then deliver me, in my wretchedness from every punishment and count me worthy, O Master, of a place at Thy right hand.

Glory to the Father...

*Another exapostilarion*

Behold there comes the day of the Lord almighty, and who shall endure the fear of His presence? For it is a day of wrath; the furnace shall burn, and the Judge shall sit and give to each the due return for his works.

Both now...

*Theotokion*

As I call to mind the hour of trial and the fearful coming of the Master who loves mankind, I tremble in every part and with sad face I cry to Thee: O my Judge most righteous, alone rich in mercy, at the intercessions of the Theotokos accept me in repentance.

*Lauds. Five stichera of the Resurrection in the Tone of the week, from the Octoechos, and then the following four stichera from the Triodion:*

*Tone Six*

I think upon that day and hour when we shall all stand naked, like men condemned, before the Judge who accepts no man's person. Then shall the trumpet sound aloud and the foundations of the earth shall quake, the dead shall rise from the tombs and all shall be gathered together from every generation. Then each man's secrets will be manifest before Thee: and those that have never repented shall weep and lament, departing to the outer fire; but with gladness and rejoicing the company of the righteous shall enter into the heavenly bridal chamber.

I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders (*Psalm 9: 2*).

*Same Tone*

How shall it be in that hour and fearful day, when the Judge shall sit on His dread throne! The books shall be opened and men's actions shall be examined, and the secrets of darkness shall be made public. Angels shall hasten to and fro, gathering all the nations. Come ye and hearken, kings and princes, slaves and free, sinners and righteous, rich and poor: for the Judge comes to pass sentence on the whole inhabited earth. And who shall bear to stand before His

face in the presence of the angels, as they call us to account for our actions and our thoughts, whether by night or by day? How shall it be then in that hour! But before the end is here, make haste, my soul, and cry: O God who only art compassionate, turn me back and save me.

I will be glad and rejoice in Thee, I will chant unto Thy name, O Most High. (*Psalm 9: 3*).

*Tone Eight*

Daniel the prophet, a man greatly beloved, when he saw the power of God, cried out: The court sat for judgement, and the books were opened. Consider well, my soul: dost thou fast? Then despise not thy neighbour. Dost thou abstain from food? Condemn not thy brother, lest thou be sent away into the fire, there to burn as wax. But may Christ lead thee without stumbling into His Kingdom.

Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end (*Psalm 9: 33*).

*Tone One*

Let us cleanse ourselves, brethren, with the Queen of the virtues: for behold, she is come, bringing us a wealth of blessings. She quells the uprising of the passions, and reconciles sinners to, the Master. Therefore let us welcome her with gladness, and cry aloud to Christ our God: O risen from the dead, who alone art free from sin, guard us uncondemned as we give Thee glory.

Glory to the Father...

*Repeat* Let us cleanse ourselves...

Both now...

Most blessed art thou, O Virgin Theotokos...

*Great Doxology, the two Litanies, and the Dismissal.*

### Liturgy

*The Typika (Psalms 102 and 145 and the Beatitudes. With the Beatitudes we sing four troparia in the Tone of the week from Octoechos, and four troparia from Ode Six of the Canon in the Triodion.*

*Prokimenon: Tone Three*

Great is our Lord, and great is His strength, and of His understanding there is no measure  
(*Psalm 146: 5*).

Praise ye the Lord, for a psalm is a good thing (*ibid., 1*).

*Epistle: I Corinthians 8: 8 – 9: 2.*

*Alleluia: Tone Eight*

Come let us rejoice in the Lord (*Psalm 94: 1*).

Let us come before His countenance with thanksgiving (*ibid., 2*).

*Gospel: Matthew 25: 31-46.*

*Communion verse: Praise the Lord from the heavens...*

### Vespers on Sunday Evening

*There is no reading from the Psalter.*

*To Lord, I have cried, six stichera are sung as usual: three in the Tone of the week from the Octoechos, and three for the saint of the day from the Menaion. Glory to the Father...; Both now...; and the Theotokion from the Menaion.*

*There is no Entrance, unless this is prescribed in the Menaion.*

*O Gentle Light, and the Prokimenon of the day, Behold now, bless the Lord.*

*We omit the Aposticha in the Octoechos, and sing the following in their place:*

*Tone Eight*

Through greed we underwent the first stripping, overcome by the bitter tasting of the fruit, and we became exiles from God. But let us turn back to repentance and, fasting from the food that gives us pleasure, let us cleanse our senses on which the enemy makes war. Let us strengthen our hearts with the hope of grace, and not with foods which brought no benefit to those who trusted in them. Our food shall be the Lamb of God, on the holy and radiant night of His Awakening: the Victim offered for us, given in communion to the disciples on the evening of the Mystery, who disperses the darkness of ignorance by the Light of His Resurrection.

Unto Thee have I lifted up mine eyes.

*Repeat* Through greed we underwent.

Have mercy upon us, O Lord.

*To the Martyrs*

*Same Tone*

O martyrs of the Lord, ye hallow every place and heal every ill: and now we entreat you to pray that our souls may be delivered from the snares of the enemy.

Glory to the Father... Both now...

*Theotokion*

*Same Tone*

The heavenly powers praise thee, O Virgin Mother full of grace, and we also glorify thy childbearing that none can understand. O Theotokos, pray for the salvation of our souls.

*Then the usual ending of Vespers, as on other Sundays outside Lent.*

*After this Sunday, no more meat is eaten until the Sunday of the Resurrection: but during the week before Lent there is otherwise no fasting, so that eggs, cheese, butter, milk and fish are permitted on each day, including Wednesday and Friday.*