**SUNDAY, MARCH 3 TONE 7**

**Sunday of Meatfare/Sunday of the Last Judgment**

***[Music for the stichera for Meatfare Sunday from the Department of Liturgical Music and Translations can be downloaded at*** [***www.oca.org***](http://www.oca.org)***]***

**"Lord, I Call..." Tone 7**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!

Hear me, O Lord!

Let my prayer arise

in Thy sight as incense,

and let the lifting up of my hands

be an evening sacrifice!

Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Thy name!*

**Tone 7** *(for the Resurrection)*

Come, let us rejoice in the Lord,

Who destroyed the dominion of death!

Let us sing to Him with the bodiless hosts,

for He enlightened the race of man!//

O our Maker and Savior, glory to Thee!

*v. (9) The righteous will surround me; for Thou wilt deal bountifully with me.*

Thou didst endure the Cross and burial for our sake.

By Thy death, Thou didst destroy death as God.

We fall down before Thy Resurrection on the third day,//

O Savior, glory to Thee!

*v. (8) Out of the depths I cry to Thee, O Lord. Lord, hear my voice!*

When the Apostles beheld the Resurrection of the Maker,

they were amazed and sang the angelic praise.

This is the glory of the Church.

This is the richness of the Kingdom.//

O Lord, crucified for our sake, glory to Thee!

*v. (7) Let Thine ears be attentive to the voice of my supplications!*

*(for the Resurrection, Anatolios)*

Thou wast held by lawless men, O Christ,

but to me, Thou art God, and I am not ashamed.

Thou wast smitten on the cheek, but I do not deny Thee.

Thou wast nailed to the Cross and I do not conceal it,

for I glory in Thy Resurrection: Thy death is my life.//

O almighty Lord and Lover of man, glory to Thee!

*v. (6) If Thou, O Lord, shouldest mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

Fulfilling the prophecy of David,

Christ manifested His greatness in Zion to the disciples.

He is praised and always glorified,

together with the Father and the Holy Spirit.

At first as the Word, He was bodiless,

but then He took flesh and was slain for our sake.//

He rose in power as the Lover of man!

*v. (5) For Thy name’s sake have I waited for Thee, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.*

Thou didst descend into hell as thou didst will, O Christ,

overthrowing death as God and rising on the third day as Master!

With thyself thou didst raise Adam from the bonds

of hell and from corruption! //

Glory to thy resurrection, O only Lover of man!

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

**Tone 6** *(from the Lenten Triodion) (Having placed all their hope)*

O righteous Judge of all mankind,

Thou shalt come, enthroned in glory and escorted by Angels,

to judge the living and the dead.

Every man will stand in fear before Thee,

trembling at the river of fire flowing past Thy throne,

as each one waits to hear the sentence he deserves.

On that awesome day have mercy on us as well, O Christ;

count us worthy of salvation,

for, worthless as we are, we turn to Thee in faith,//

O compassionate and merciful Lord!

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

The books will be opened, and the works of all men laid bare;

the vale of tears will echo with the gnashing of teeth;

the sinners will mourn in vain, as they depart to eternal damnation.

Thy judgments are just, O Lord Almighty!

We beg Thee, O Master full of goodness and compassion,//

take pity on us who sing to Thee, O most merciful One!

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

The trumpet shall sound, and the graves shall be opened;

all mankind will arise in trembling;

the righteous will rejoice, as they receive their reward,

but the wicked will depart to eternal fire with wailing and horror.

O Lord of Glory, have mercy on us!

Number us with those who love Thee,//

for Thou alone art good, O Master!

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endureth for ever.*

I shudder in terror when I think of that dreadful day;

I weep as I consider the darkness that will never see light:

there the worm shall not cease nor the fire be quenched;

the pain of those who reject Thee will never end.

Save me, Thy most worthless servant, O Righteous Judge,//

for Thy mercy and compassion are my only hope!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 8** *(from the Lenten Triodion)*

When the thrones are set in place and the books are opened,

then God will take His place on the judgment seat.

Oh, what a fearful sight!

The Angels stand in fear, and the river of fire floweth by.

What shall we do, who are already condemned by our many sins,

as we hear Christ call the righteous to His Father’s Kingdom,

and send the wicked to eternal damnation?

Who among us can bear that terrible verdict?

Hasten to us, O Lover of man and King of the universe;

grant us the grace of repentance before the end,//

and have mercy on us!

*now and ever, and unto ages of ages. Amen.*

**Tone 7**  *(Theotokion – Dogmatikon)*

No tongue can speak of thy wonderful childbearing,

for the order of nature was overruled by God.

Thou wast revealed to be a Mother above nature,

for thou didst remain a Virgin beyond reason and understanding.

Thy conception was most glorious, O Theotokos!

The manner of thy giving birth was ineffable, O Virgin!

Knowing thee to be the Mother of God,

devoutly we pray to thee: //

Beseech Him to save our souls!

**Sunday of Meatfare/Sunday of the Last Judgment**

**Litya** *(If the rector desires the Litya, following the stichera to the Temple,*

*these stichera are sung)*

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 7** *(from the Lenten Triodion)**(Idiomelon)*

Knowing the commandments of the Lord,

let us conduct our lives in this way:

let us nourish the hungry, let us give drink to the thirsty;

let us clothe the naked, let us welcome the strangers;

let us visit the sick, the infirm, and those in prison,

so that He Who is coming to judge the whole earth may say to us:

“Come, O blessed of My Father,//

inherit the Kingdom which has been prepared for you!”

*Now and ever and unto ages of ages. Amen.*

**Tone 7** *(Theotokion)*

Fleeing under thy protection, O Lady,

we mortals seek refuge and cry aloud to thee://

“O Theotokos, our hope, deliver us from our countless sins, and save our

souls!”

**Sunday of Meatfare/Sunday of the Last Judgment**

**Aposticha**

**Tone 7**  *(for the Resurrection)*

As the Savior of the world Thou didst arise from the tomb.

As God Thou didst resurrect the race of man with Thy flesh.//

O Lord, glory to Thee!

*v. The Lord is King; He is robed in majesty!*

Come, let us worship the One Who rose from the dead,

and enlightened all creation!

By His death, He has saved us from the torments of hell.//

By His Resurrection He has granted us eternal life and great mercy.

*v. For He has established the world, so that it shall never be moved.*

Thou didst descend into hell, capturing death, O Christ.

In three days Thou didst rise again, resurrecting us who glorify Thy

Resurrection,//

O Lord and Lover of man.

*v. Holiness befits Thy house, O Lord, forevermore!*

When Thou wast placed in the tomb as one asleep,

the sight was great and awesome.

But when Thou didst rise on the third day as almighty God,

Thou didst resurrect Adam with Thyself.//

Glory to Thy Resurrection, only Lover of man!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 8** *(from the Lenten Triodion)*

Woe to thee, O my darkened soul!

Thy life is stained by depravity and laziness;

thy folly makes thee shun all thought of death.

How complacent dost thou remain!

How canst thou flee the fearful thought of Judgment Day?

When wilt thou change thy way of life?

On that day thy sins will rise against thee.

What will thine answer be then?

Thine acts will condemn thee; thy deeds will expose thee.

The time is at hand, O my soul.

Turn to the good and loving Savior!

Beg Him to forgive thy malice and weakness, as thou criest in faith:

“I have sinned, O Lord, I have sinned against Thee,

but I know Thy love for all mankind.//

O good Shepherd, call me to enjoy Thy lasting presence

on Thy right hand!”

*now and ever, and unto ages of ages. Amen.*

**Tone 8** *(Theotokion)*

O unwedded Virgin,

who ineffably didst conceive God in the flesh.

O Mother of God most high,

accept the cries of thy servants, O blameless one!

Grant cleansing of transgressions to all!//

Receive our prayers and pray to save our souls!

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***(at Great Vespers)***

**Tone 7** **Troparion**  *(Resurrection)*

By Thy Cross Thou didst destroy death.

To the thief Thou didst open Paradise.

For the Myrrhbearers Thou didst change weeping into joy,

and Thou didst command Thy disciples, O Christ God,

to proclaim that Thou art risen,//

granting the world great mercy.

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

*Now and ever and unto ages of ages. Amen.*

**Tone 7 Resurrectional Dismissal Theotokion**

Since thou art the treasure of our Resurrection,

we put our hope in thee, all-praised Lady.

Lead us out of the pit and the abyss of transgressions,

for thou hast saved us, who are subject to sin,

by giving birth to our Salvation.

Before giving birth thou wast a virgin,

and a virgin while giving birth,

and after giving birth thou still remainest a virgin.

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***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

Mary, full of grace, the Lord is with thee!

Blessed art thou among women,

and blessed is the Fruit of thy womb,//

for thou hast borne the Savior of our souls. *(thrice)*

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***(at the Divine Liturgy)***

**Tone 7** **Troparion**  *(Resurrection)*

By Thy Cross Thou didst destroy death.

To the thief Thou didst open Paradise.

For the Myrrhbearers Thou didst change weeping into joy,

and Thou didst command Thy disciples, O Christ God,

to proclaim that Thou art risen,//

granting the world great mercy.

**Tone 1 Kontakion** *(from the Lenten Triodion)*

When Thou, O God, shalt come to earth with glory,

all things shall tremble,

and the river of fire shall flow before Thy judgment seat;

the books shall be opened, and the hidden things disclosed;

then deliver me from the unquenchable fire,//

and make me worthy to stand at Thy right hand, O Righteous Judge!

**Tone 3** **Prokeimenon**

Great is our Lord, and abundant in power, His understanding is beyond

measure. (Ps 146/147:5)

*v: Praise the Lord! For it is good to sing praises to our God!* (Ps 146/147:1)

**Epistle**

1 Corinthians 8:8-9:2

**Tone 8**

Alleluia, Alleluia, Alleluia!

*v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our*

*Savior! (Ps 94/95:1)*

*v: v: Let us come before his presence with thanksgiving; let us make a joyful noise to him with songs of praise. (Ps 94/95:2)*

**Gospel**

Matthew 25:31-46

**Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps 148:1)*

Alleluia, Alleluia, Alleluia!

Liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Archimandrite Juvenaly, Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.