AHelp - - - - - er and a Pro-tect - tor has be-come sal-va-tion to me. This is my God; I will glo - ri-fy him. God of my fa - thers; I will ex-alt him: For in glo - ry has he been glo - ri-fied.

Note: the indicated harmony for the irmosy is optional.
I tremble when I think of your ineffable coming; in fear I see that awesome day, O almighty God, when you shall be seated to judge the living and the dead. *Refrain*

When you shall come, O our God, surrounded by the powers of heaven with thousands of angels, O Christ, grant that I, too, may meet you in heaven. *Refrain*

Come, O my soul, and think of that hour and that day when God shall appear to the eyes of all. Shed your tears and sighs so that he may find you pure at the hour of judgment. *Refrain*

I feel the terror of Gehenna and the fire that is never quenched, the worm that consumes, and the gnashing of teeth. Blot out my sins and forgive me, O Christ, and grant me a place with your elect. *Refrain*

May I hear your voice which calls all the Saints to your joy, and may I find the ineffable repose of your heavenly kingdom. *Refrain*

In your justice do not call me to judgment, scrutinizing my actions and correcting my misdeeds; in your mercy look not upon my transgressions, but save me, O God almighty.

O only God in three Persons and Lord of all, the beginning and end of all things, save us, O Father, Son, and Holy Spirit. *Refrain*

Now and ever and ever. Amen.
What son has ever been born without paternal seed? He who is begotten of the Father outside the maternal womb. O marvelous wonder, the Virgin gives birth to the One who is both God and human.

Katavasia: repeat Irmos from above.

**Ode 3**

**Irmos**

Make firm, O Lord, upon the rock of your commandments this, my wavering heart, for you alone are holy and Lord.

Refrain

Glo-ry to you, our God, glo-ry to you.

The Lord is coming; who can bear the fear of his sight? Who can gaze upon his face? Prepare yourself, O my soul, to meet him. Refrain

Let us hasten to God with our sighs, let us reconcile ourselves with him before the end; for we will stand naked before his awesome judgment seat. Refrain

Have mercy on me, O Lord, have mercy, I beseech you, when you shall come with your holy angels to judge all of us according to our works. Refrain

How shall I escape your just wrath, O Lord, for I have disobeyed your commandments? But in the hour of judgment, spare me. Refrain
Turn back to God with sighs and tears, O my poor soul, before the celebration of this life comes to an end, before the Lord closes the door to the banquet. *Refrain*

I have sinned, O Lord, more than any other mortal, more than any other I have transgressed; but before you judge me, spare me, in your love.

Glo-ry to the Father, and to the Son, and to the Ho-ly Spir-it.

O Trinity, all-worthy of our praises, one God in three Persons, save us who bow before your majesty in faith.


Without seed, O pure Virgin, you gave birth to the Word of life, who took flesh in your womb and became human without undergoing change: O Theotokos, glory to you.

*Katavasia: Repeat Irmos from above.*

*Small Litany. p. 32*

**Sessional Hymn 1 - Tone 1 troparion**

Awe-some is your judg-ment seat and just are your judg-ments,

but my actions are e-vil. O God of mer-cy, save me and deliver me from pun-ish-ment. O Mas-ter, pre-serve me from the fate of the con-demned,
and make me worthy to stand at your right hand, O just Judge.

Cantor:  Glory...Now and ever...

By the action of the Holy Spirit, O most pure Virgin, you have sheltered in your womb and given birth without blemish to your God, your Creator and the Creator of all. And we who glorify him, also praise you, O Virgin, the salvation of the world and the palace of the King of glory.

Sessional Hymn 2 - Tone 6 troparion

I think of the fearful day of judgment and weep over my evil deeds.

How will I defend myself before the immortal King? How dare I look at my Judge, wretched one that I am? Father all good, only Son, and Holy Spirit, have mercy on me, O Lord.
Do not dis-close the se-crets of my heart in the Val-ley of Tears, in the place
you have cho-sen, to be seat-ed and render a just judge-ment, O God of mer-cy,
so that I may not blush be-fore the an-gels; but spare me, O my God,
and have mer-cy on me, O Lord.

O Vir-gin Theo-tok-os, O hope of the world, I seek your cher-ished
pro-tec-tion; have com-pas-sion on the peo-ple who come to you; im-plore the
Lord to show us his love by de-liv-ering our souls from punish-ment, O bless-ed
Vir-gin.
The Prophet heard of your coming, O Lord, and was afraid

that you were to be born of a virgin and be revealed to men,

and he said: I have heard the report of you

and I was afraid. Glory to your power, O Lord.

The day is already drawing near, and judgment is at your door; awake, O my soul, for on this day, kings and princes, rich and poor shall be gathered, and all will receive what their deeds deserve. Refrain

All shall be judged according to their order: monks and hierarchs, old and young, master and servant, even widows and virgins will undergo the same judgment. On that day, woe to the one who has not led a holy life! Refrain
Your judgment is unbending, and there is no deceit in your justice; neither the eloquence of speech nor the testimony of witnesses will tip the scales of justice, for you, O God, know all the secrets of our hearts. *Refrain*

May I not wander into the land of weeping, nor see the place of darkness, O Christ and Word of God. May I not be bound hand and foot and rejected from the banquet hall; for in my misery, I have soiled the garment of the eternal nuptial feast. *Refrain*

When the world shall be judges and you shall separate the just from the sinners, count me, I beseech you, as one of your flock. Separate me from the goats, O Lover of us all, so that I may hear your voice, your word of blessing. *Refrain*

What will you do at the hour of judgment, O my soul, when the books shall be opened and your deeds made known? How will you defend yourself before the judgment seat, because you will not be able to bring to Christ, your Creator, the fruits of a just life? *Refrain*

When I hear the lament of the wicked rich man in the tormenting fires, I too weep and lament; for I deserve the same condemnation. I pray you, O God and Savior, at the hour of judgment, have mercy on me.

As light and rays from the sun, I glorify the Son and Spirit of the Father; the eternal generation of the Son and the procession of the Holy Spirit, the eternal and divine Trinity before whom all creation bows in worship.

You have conceived, O Virgin, and remained chaste, preserving your virginity while giving birth to God in human form, who unites in himself the two natures. What a wondrous mystery is your virginal maternity, which surpasses understanding.
From the night I seek you early, O Lover of us all:
enlighten me, I pray, and guide me in your commandments,
and teach me, O Savior, to do your will.

Glo - ry to you, our God, glo - ry to you.

The fear and trembling shall be beyond words, for the Lord will come and every human deed shall be judged; thus every person should repent intensely. Refrain

I am carried away by the river of fire, I am consumed by the gnashing of teeth and the dark abyss. How shall I find mercy with God? Refrain

Spare your servant, O Lord. Do not deliver me to the appetite of the cruel executioners and to the angels of woe, with whom there is no rest. Refrain

The princes and leaders shall be examined, together with the rich and the humble, the great and the small. Woe to the one who is not prepared! Refrain

Remit, pardon, and forgive all my sins against you, O Lord; before your angels do not condemn me to the eternal punishment of shame and fire. Refrain
Spare, O Lord, the work of your hands. I have sinned, forgive me; for you alone are pure, you alone are sinless.

Glo-ry to the Father, and to the Son, and to the Ho-ly Spir-it.

O Trinity, I praise your single nature, your eternal, incomprehensible and royal majesty, your divine and perfect unity, for you are the Creator of the world, its light and life.


Katavasia: repeat Irmos from above.

Ode 6
Irmos

With my whole heart I cried to the all-com-pass-ion-ate God:

and he heard me from the lowest depths of Hell,

and brought my life out of corrup-tion.
Glo - ry to you, our God, glo - ry to you.

At your fearful coming, O Christ, when you shall come from heaven, the thrones will be set up and the book opened; spare then, O Savior, the work of your hands. Refrain

Before the divine judgment seat, no help will assist you, neither strategy nor concern, neither glory nor friendship; but only the strength, O my soul, that comes from your deeds. Refrain

Princes and leaders will be judged, and so will the rich and the poor; neither your father nor your mother will be able to help you, nor will your friends save you from punishment. Refrain

O my soul, tremble at the thought of the judge and the terrible accusation; prepare now your defense so that you may escape eternal condemnation. Refrain

May I not hear, O Lord, the word which will chase me far from you! Do not send me into the fire of the accursed; rather, with the just may I hear the voice of your call. Refrain

Deliver me, O Lord, from the gates of Hades, from the deep darkness and chaos, from the infernal abode and the unquenchable fire, and from every sort of everlasting punishment.

Glo - ry to the Father, and to the Son, and to the Ho - ly Spir - it.

I praise the divinity of the Father, Son, and Holy Spirit, their triple unity and unique majesty, distinguished in three Persons


You are the gate through whom One alone has passed, through whom Jesus, your Creator and your Son has entered and departed, without breaking the seal of your virginity.
Katavasia: repeat Irmos from above

Small Litany. p. 33

Kontakion of Meat-fare Sunday - Tone 1

When you come to the earth in glory, O God, and the universe trembles and a river of fire flows before your judgment seat and the books are opened and everything hidden is revealed, deliver me then from the unquenchable fire and make me worthy to stand at your right hand, O most righteous Judge.

Ikos: When I think of your fearful judgment and the day of your justice, O Lord of goodness, I tremble with fear; for my conscience accuses me. When you shall be seated upon the throne to bring the entire world before you in trial, no one will be able to deny sins; for truth shall triumph and no one will dare dispute. The fires of Hades will crackle and sinners grind their teeth. But you, O Lord, have mercy on me and spare me, O Righteous Judge.
We have sinned, we have transgressed, we have done evil in your sight, we have not kept or followed your commandments, but reject us not, O God of our fathers.

Refrain

Glory to you, our God, glory to you.

With tears, O faithful, come, let us bow before the One who will judge us when the heavens shall be shaken, when the stars shall fall and the earth tremble, so that in the end we may find mercy with the God of our ancestors. Refrain

The trial will be strict, the judgment fearful; one can hide nothing from the Judge; he cannot be won over by bribes. Spare me, O Lord, and save me from your anger. Refrain

The Lord comes in judgment; who will be able to bear up to the sight of him? Tremble with fear, O my poor soul, and prepare for your passage, so that you may find mercy with the God of our ancestors. Refrain

I tremble before the unquenchable fire, the bitter worm torments me, deadly Hades fills me with fear, and I still do not have true compunction. But you, O Lord, confirm me in my fear of you. Refrain
I bow before you and I offer my confession as tears: More than the Sinful Woman have I fallen, I have sinned more than any person on earth. But have mercy on your creature, O Lord; call me back to your fold. Refrain

Repent and return to the Lord; lay bare before him all your secret thoughts. Say to God who reads our hearts: You alone, O Savior, know all my secrets, but I sing to you as did David: Have mercy on me, O Lord, according to your great mercy.

I praise the consubstantial Trinity, the triple unity of three Persons: Father, Son, and Holy Spirit, one power, one energy, one will, of the one God who is thrice holy, one sovereign kingdom.

In all his beauty God comes forth from the wedding chamber of your womb; he is clothed as a prince with the robe of purple, divinely woven and mystically dyed in your blood, O spouseless Virgin, so that he may reign over the whole world.

Katavasia: repeat Irmos from above.

Ode 8
Irmos

The hosts of heaven give him glory; before him tremble cherubim and seraphim; let every thing
that has breath and all creation praise him, bless him, and exalt him above all forever.

Refrain

Glory to you, our God, glory to you.

I think of meeting you, O Lord, at the time of your fearful second coming; I dread your punishment, and I tremble before your wrath. Deliver me at that hour and save me forever. Refrain

When you come to judge the universe, O God, what mortal will be able to bear the sight of you? The unquenchable fire and the worm that consumes without end shall take away the condemned and torment them forever. Refrain

When you shall assemble all the living to judge them, O Christ, at that time, great will be the fear, great will be the distress and terror; for only good deeds shall be beneficial forever. Refrain

O Judge of all, my Lord and my God, may I then hear your call, see your immeasurable brightness, discover your heavenly dwelling place, contemplate your splendor and glory, and be filled with joy forever. Refrain

O just Judge and my Savior, have mercy and save me from the flames of punishment, to which I shall be subjected by a just judgment; before the end, better my life through the virtue of repentance. Refrain

When you shall sit in judgment, O Christ, and when your glory shall shine brightly, O what fear there shall be at that moment! When the furnace flames with fire, and every person trembles before your tribunal.
Let us bless the Father, Son, and Holy Spirit, Lord.

I adore the unique divinity, and I praise the three Persons in God; distinct in countenance, without being separated nor divided; for in three Persons there is but one divinity: Father, Son, and Holy Spirit.

Now and ever and forever. Amen.

Christ has shone forth from your virginal womb as a bridegroom coming forth from the bridal chamber, a light for those who were seated in darkness. The Sun of justice is risen, O Virgin, to enlighten the whole world.

Let us praise, bless, and worship the Lord, singing and highly exalting him above all forever.

Katavasia: repeat Irmos from above.
The Canticle of the Theotokos (Magnificat) is sung, page 34.

Ode 9
Irmos

Conception without seed; nativity past understanding, from a mother who never knew a man;
child-bearing undefeied. For the birth of God makes both natures new. Therefore as Bride and Theotokos, with true worship all generations magnify you.

Refrain

Glo-ry to you, our God, glo-ry to you.

The Lord is coming to punish sinners and save the just; let us pour out our tears and tremble; let us call to mind that day when the Lord will uncover all our secret deeds, and punish them as is fitting. Refrain

Moses trembled with fear when he saw you from behind; and I, in my wretchedness, how can I bear to see your face directly, when you shall come from heaven? But spare me, O God of goodness, and look upon me with favor. Refrain

Daniel feared the hour of judgment; and I, in my wretchedness, how can I bear you, O Lord, when you shall come on that fearful day? Before the end, grant that I may serve you worthily, so that I may share in the kingdom of heaven. Refrain

The fire is ready, the worms await their prey. But for the righteous are reserved joy, happiness and forgiveness, glory and unending light. Who then will have the good fortune to escape punishment and to inherit eternal blessings? Refrain
In your anger, do not reject me far from your face, O Lord. May I not hear your voice pronounce the curse and send me to the fire; rather may I enter into the joy of your eternal wedding banquet with your elect. *Refrain*

My soul is wounded, my body has grown weak, my spirit is dropping, my thoughts are without strength, the end is near, and my life is passing away. What will you do, O my poor soul, when the Judge shall come and reveal your secret deeds?

O Father who alone has begotten your only Son Jesus Christ, the unique reflection of the only Light, and the one Holy Spirit of our only God, who is truly Lord and proceeds from the Lord, O one Holy Trinity, save me who confess you as God.

The wonder of your giving birth fills me with admiration, O most pure Virgin; without seed, how did you conceive the infinite One? Tell me, how did you remain a virgin while giving birth? O Mother, in faith you welcome this wondrous work in you; entreat your almighty Son on our behalf.

*Katavasia: repeat Irmos from above.*
Hymn of Light

(a) "Holy is the Lord our God" in the Tone of the Week
(b) Hymn of the Light corresponding to the Gospel of the Resurrection

As I think about the day of your fearful judgment and your ineffable glory, O Lord, I tremble with fright, and in fear I cry out: When you come upon the earth in your divine glory, O Christ, to judge the whole world, spare me and deliver me from punishment, O Master, and count me worthy to stand at your right hand.

Glory...

Behold, the day of the Lord almighty is coming. Who can bear the terror of his presence? It is a day of wrath and a burning furnace, when the Judge shall be seated to render to each as our deeds deserve.

Now and ever...

I consider the hour of judgment and your dreadful coming, O Lord and Lover of us all; and in my distress, I tremble and cry out to you: O just Judge who alone are merciful, guide me back to you and accept me, through the prayers of the Theotokos.

The Psalms of Praise (Psalms 148-150)

Psalms of Praise in the Tone of the Week, with recited verses, and four stichera of the Resurrection, beginning "on 6"; then:

Cantor: (Tone 6) Praise him with timbrel and dance, praise him with strings and pipes.

I meditate upon that awesome day when we shall all stand naked as the condemned, to appear before the impartial Judge. Then the
trumpet shall sound aloud, and the foundations of the earth shall shake.

and the foundations of the earth shall shake.

The dead shall come forth from their tombs, and all shall be as new-born children; all our secrets will be uncovered before you. Those who have not repented shall weep and sigh, and shall be sent to the outer fire;

but the flock of the just shall rejoice, and with joy they shall take their place in heaven.

Cantor: O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord. Repeat "I meditate upon the awesome day..."

Cantor: Arise, then, Lord, lift up your hand!
O God, do not forget the poor!

What fear shall reign on that day, when the Judge will be seated on his awesome throne! The books will be opened and deeds revealed; the works
of darkness shall be made known. The angels will travel through the nations and gather all: Come, all you princes and kings, slaves and free, just and sinners, poor and rich, for the Judge is coming to settle accounts with the whole world. Who will be able to bear his sight, when the angels are witnesses to uncover our deeds, thoughts, and desires, those by day and those by night? O what fear there shall be on that day! But before the end, O my soul, hasten to cry out: I am returning to you, O Lord; save me in your goodness.

Cantor: (Tone 8) I will praise you, Lord, with all my heart; I will recount all your wonders.
(on B) Tone 8 samohlasen

Daniel the proph-et, a man great-ly be-lov’d, hav-ing seen the pow-er
Apostle: God is seated in judgment, and the books are opened.

Cantor: (Tone 1) Glory...

Doxastikon - Tone 1 samohlase

O faithful, let us purify ourselves with repentance, the queen of virtues.

Behold, it brings us an abundance of blessings. It dresses the wounds of passions, it reconciles sinners with the Master.

Therefore, let us embrace it with joy and cry out to Christ our God:
You are risen from the dead; keep us free from condemnation,
for we glorify you as the only sinless One.

**Cantor:** (Tone 2) Now and ever…

_Theotokion for normal Sundays, p. 40_

_The service continues with the Great Doxology on page 41._