

SUNDAY, MARCH 10
Meatfare Sunday - Sunday of the Last Judgment

tone 7

"Lord I Call..." Tone 7

Lord, I call upon You, hear me!
Hear me, O Lord!
Lord, I call upon You, hear me!
Receive the voice of my prayer,
when I call upon You!//
Hear me, O Lord!

Let my prayer arise
in Your 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 Your 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 You!

v. (9) The righteous will surround me; for You will deal bountifully with me.

You endured the Cross and burial for our sake.
By Your death, You destroyed death as God.
We fall down before Your Resurrection on the third day,//
O Savior, glory to You!

v. (8) Out of the depths I cry to You, 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 You!

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

(Resurrection stichera by Anatolius)

You were held by lawless men, O Christ,
but to me, You are God, and I am not ashamed.
You were smitten on the cheek, but I do not deny You.
You were nailed to the Cross and I do not conceal it,
for I glory in Your Resurrection: Your death is my life.//
O Almighty Lord and Lover of man, glory to You!

v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.

Fullfilling 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 Your Name's sake I wait for You, O Lord. My soul has waited for Your word; my soul has hoped on the Lord.

You descended into hell as You willed, O Christ,
overthrowing death as God, and rising on the third day as Master!
With Yourself You raised Adam from the bonds of hell and from corruption!//
Glory to Your 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,
You will come, enthroned in glory and escorted by angels,
to judge the living and the dead.
Every man will stand in fear before You,
trembling at the river of fire flowing past Your throne,

* Music for the Sunday of the Last Judgment from the Department of Liturgical Music and Translations can be downloaded at www.oca.org.

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 You 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.
Your judgments are just, O Lord Almighty!
We beg You, O Master full of goodness and compassion, //
take pity on us who sing to You, 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 You, //
for You alone are good, O Master!

v. (1) For His mercy is confirmed on us, and the truth of the Lord endures forever.

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, or the fire be quenched;
the pain of those who reject You will never end.
Save me, Your most worthless servant, O righteous Judge, //
for Your 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 flows 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 your wonderful childbearing,
for the order of nature was overruled by God.
You were revealed to be a Mother above nature,
for you remained a Virgin beyond reason and understanding.
Your conception was most glorious, O Theotokos!
The manner of your giving birth was ineffable, O Virgin!
Knowing you to be the Mother of God,
devoutly we pray to you: //
“Beseech Him to save our souls!”

Aposticha

Tone 7 *(for the Resurrection)*

As the Savior of the world You arose from the tomb.
As God You resurrected the race of man with Your flesh. //
O Lord, glory to You!

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 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.

You descended into hell, capturing death, O Christ.
In three days You arose again,
resurrecting us who glorify Your Resurrection, //
O Lord and Lover of man.

v. Holiness befits Your house, O Lord, forevermore!

When You were placed in the tomb as one asleep,
the sight was great and awesome.
But when You rose on the third day as almighty God,
You resurrected Adam with Yourself. //
Glory to Your 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 you, O my darkened soul!
Your life is stained by depravity and laziness;
your folly makes you shun all thought of death.
How complacent you remain!
How can you flee the awesome thought of Judgment Day?
When will you change your way of life?
On that day your sins will rise against you.
What will your answer be then?
Your acts will condemn you; your deeds will expose you.
The time is at hand, O my soul.
Turn to the good and loving Savior!
Beg Him to forgive your malice and weakness, as you cry in faith:
"I have sinned, O Lord, I have sinned against You,
but I know Your love for all mankind. //
O good Shepherd, call me to enjoy Your lasting presence on Your right hand!"

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

Tone 8 *(Theotokion)*

O unwedded Virgin,
who ineffably conceived God in the flesh,
O Mother of God most high,
accept the cries of your servants, O blameless One!
Grant cleansing of transgressions to all! //
Receive our prayers and pray to save our souls!

(at Great Vespers)

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are 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 you are the treasure of our Resurrection,
we put our hope in you, O all-praised One.
Lead us out of the pit and the abyss of transgressions,
for you have saved us, who are subject to sin, by giving birth to our Salvation.
Before giving birth you were a virgin, and a virgin while giving birth,//
and after giving birth you still remain a virgin.

(at the Divine Liturgy)

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are risen,//
granting the world great mercy.

Tone 1 Kontakion *(from the Lenten Triodion)*

When You, O God, shall come to earth with glory,
all things shall tremble,
and the river of fire shall flow before Your 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 Your right hand, O Righteous Judge!

Tone 3 Prokeimenon *(from the Lenten Triodion)*

Great is our Lord, and abundant in power, / His understanding is beyond
measure. *(Ps. 146:5)*

V. Praise the Lord! For it is good to sing praises to our God! (Ps. 146:1)

Epistle

(140) 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. 94:1)*

*V. Let us come before His presence with thanksgiving; let us make a joyful noise to
Him with songs of praise. (Ps. 94:2)*

Gospel

(106) Matthew 25:31-46

Communion Hymn

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