Matins Propers
Sunday of Meat-fare
Commemoration of the Second Coming of Jesus Christ as Judge

Supplement for ***The Order of Matins: Sunday and Feasts****, 2006*
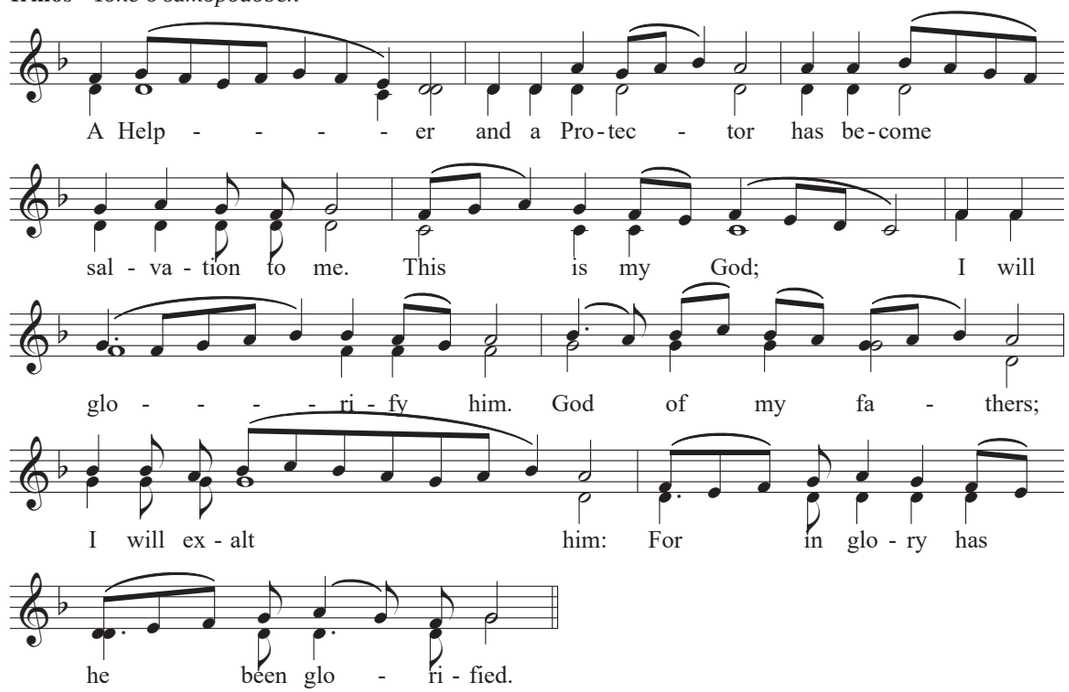
Polyeleos, p. 16
The Polyeleos is followed by the singing of Psalm 136, "By the Waters of Babylon", p. 314.

In place of the usual Sunday stichera after Psalm 50, the Stichera of Repentence (p. 317) are sung. The service continues with the litany, "Save your people, O Lord", on p. 30.

The Canon of Meat-fare
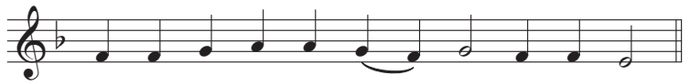
Ode 1

Irmos - *Tone 6 samopodoben*



Note: the indicated harmony for the irmosy is optional.

Refrain



I tremble when I think of your ineffable coming; in fear I see that aweseome day, O almighty God, when you shall be seated to judge the living and the dead. *Refrain*

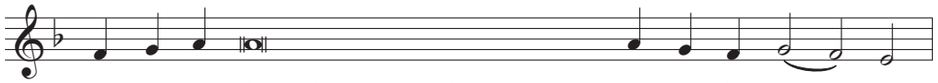
When you shall come, O our God, surrounded by the powers of heaven with thousands of angels, O Christ, grant that I, too, may meet you in heaven. *Refrain*

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*
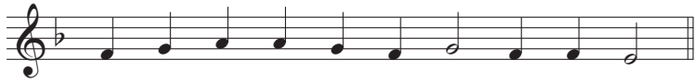
I feel the terror of Gehenna and the fire that is never quenched, the worm that consumes, and the gnashing of teeth. Blot out my sins and forgive me, O Christ, and grant me a place with your elect. *Refrain*
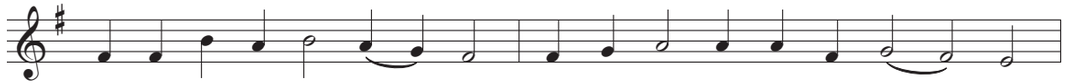
May I hear your voice which calls all the Saints to your joy, and may I find the ineffable repose of your heavenly kingdom. *Refrain*

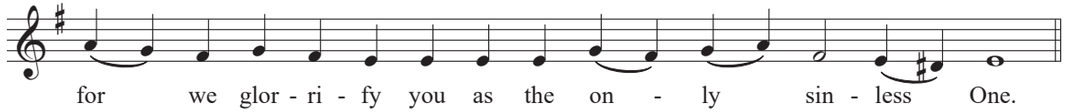
In your justice do not call me to judgment, scrutinizing my actions and correcting my misdeeds; in your mercy look not upon my transgressions, but save me, O God almighty.



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.



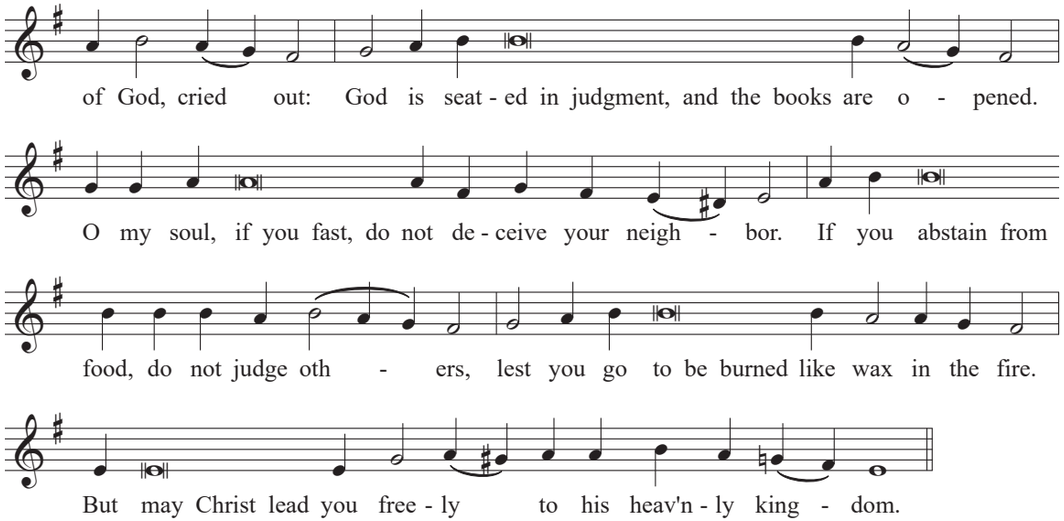




Cantor: *(Tone 2)* Now and ever…

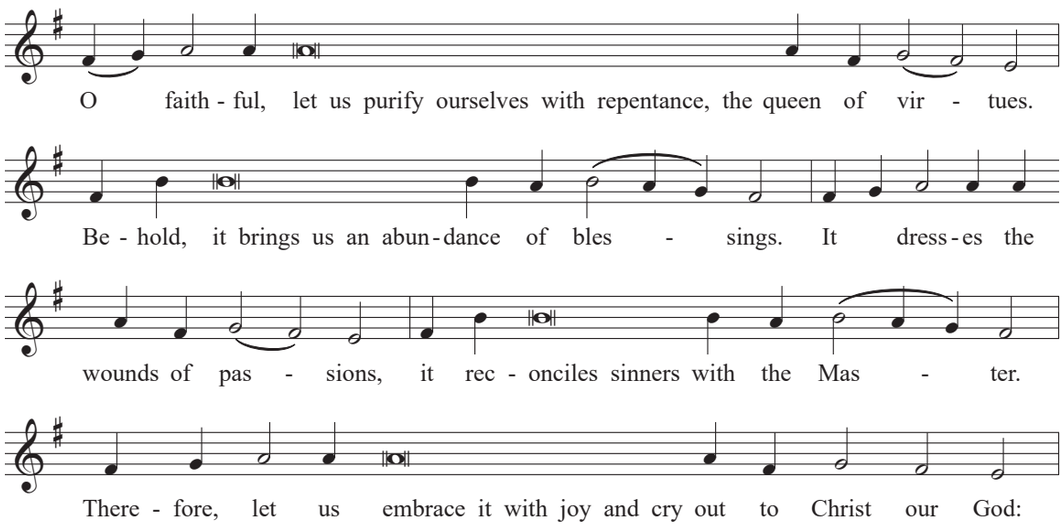
Theotokion for normal Sundays, p. 40

The service continues with the Great Doxology on page 41.



Cantor: *(Tone 1)* Glory…

Doxastikon - *Tone 1 samohlasen*

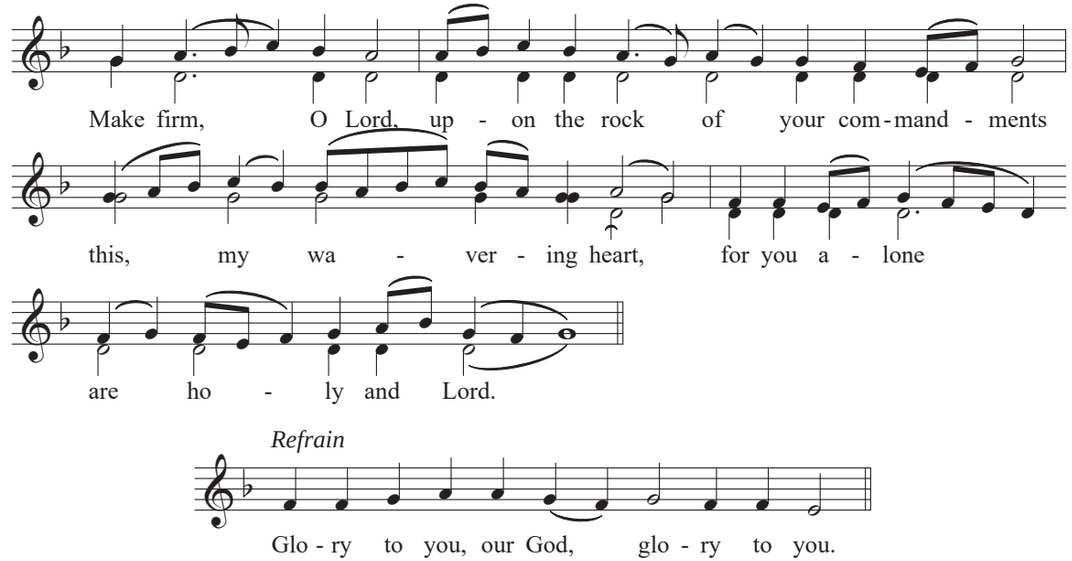


What son has ever been born without paternal seed? He who is begotten of the Father outside the maternal womb. O marvelous wonder, the Virgin gives birth to the One who is both God and human.

Katavasia: repeat Irmos from above.

Ode 3

Irmos



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*

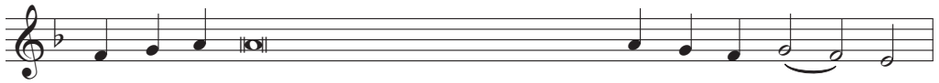
Let us hasten to God with our sighs, let us reconcile ourselves with him before the end; for we will stand naked before his awesome judgment seat. *Refrain*

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*
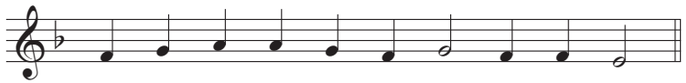
How shall I escape your just wrath, O Lord, for I have disobeyed your commandments? But in the hour of judgment, spare me. *Refrain*

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.



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

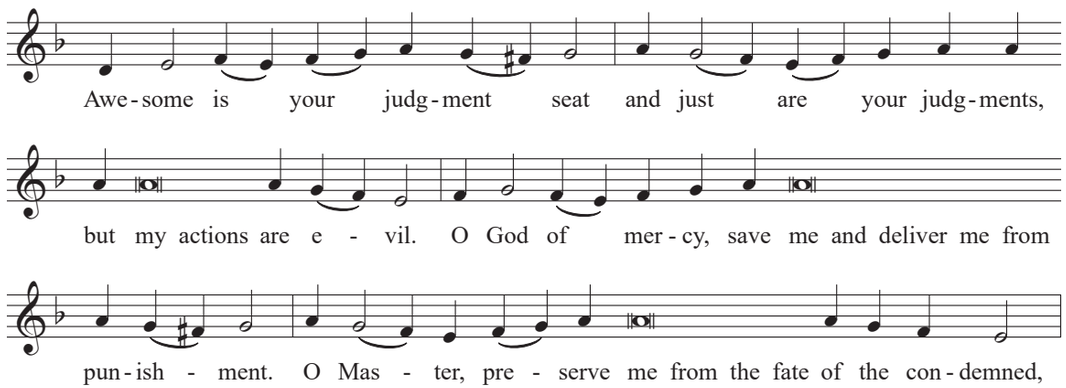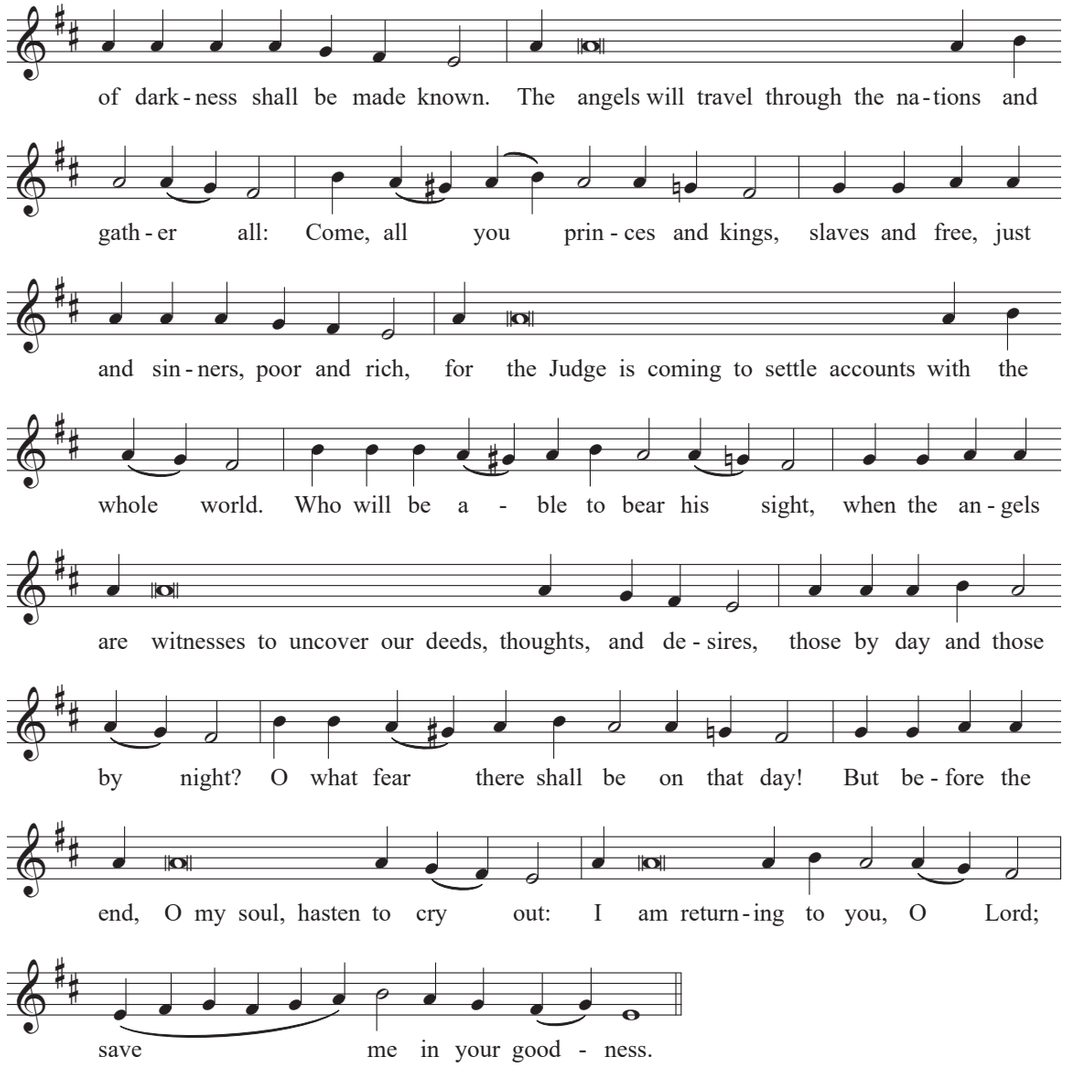


Without seed, O pure Virgin, you gave birth to the Word of life, who took flesh in your womb and became human without undergoing change: O Theotokos, glory to you.

Katavasia: Repeat Irmos from above.

Small Litany. p. 32
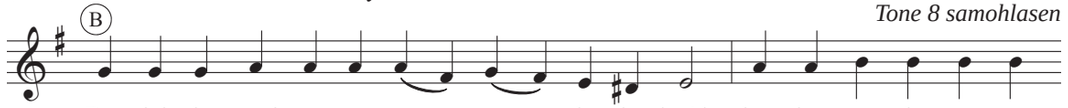
Sessional Hymn 1 - *Tone 1 troparion*

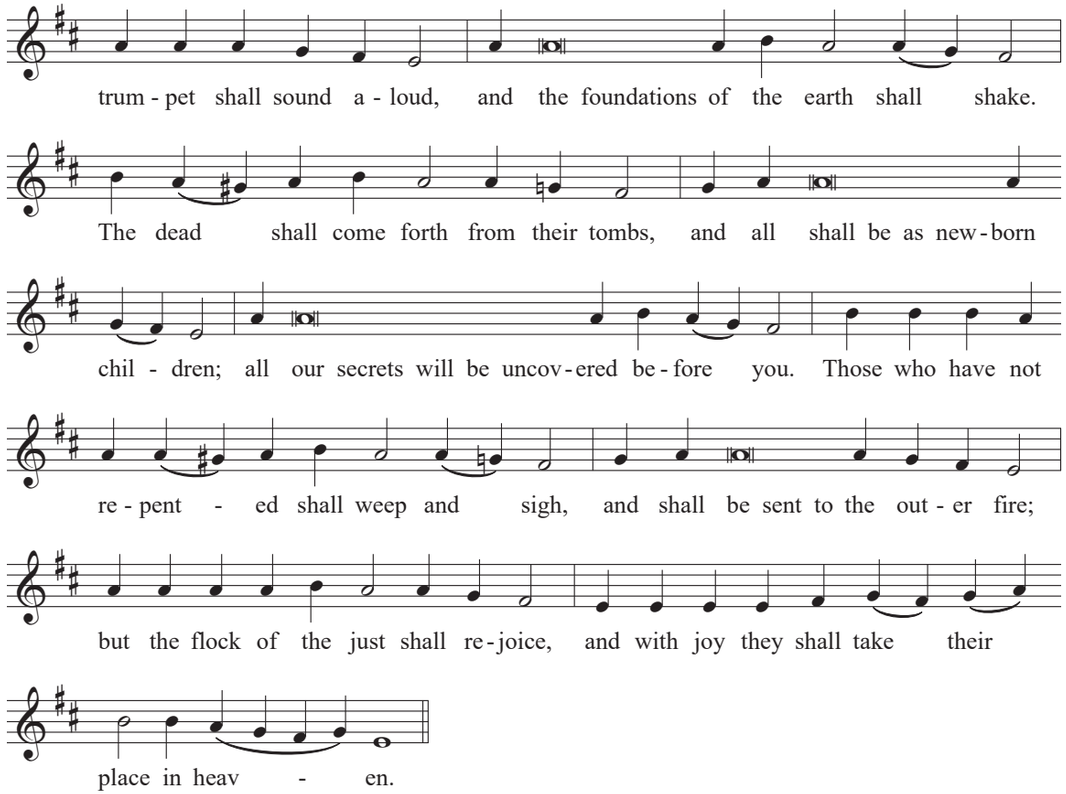




Cantor: *(Tone 8)* I will praise you, Lord, with all my heart;
(on B) I will recount all your wonders.

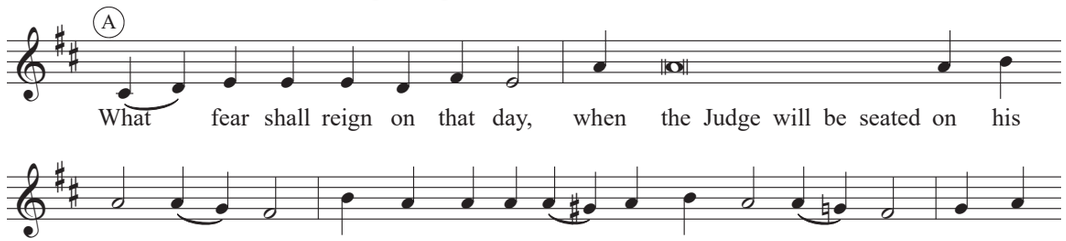
Tone 8 samohlasen
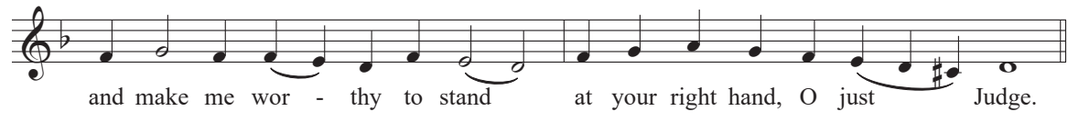




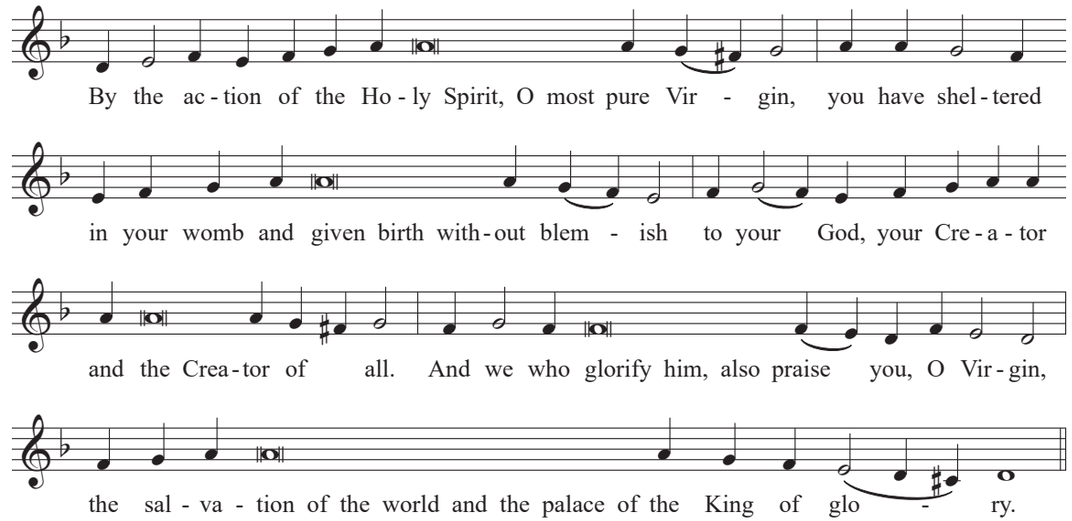
Cantor: O praise him with resounding cymbals,
(on 1) praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord. *Repeat "I meditate upon the awesome day…"*

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

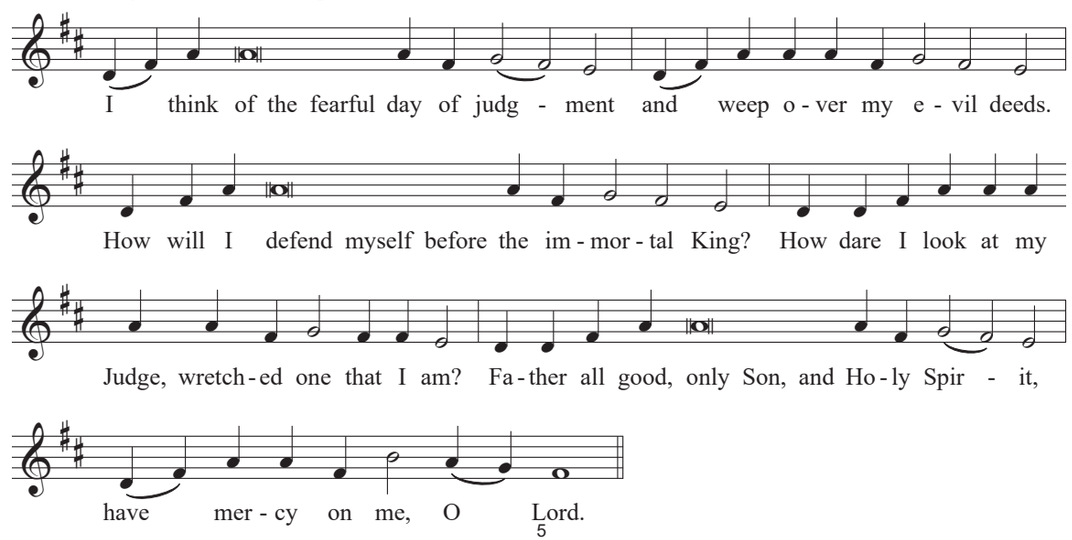




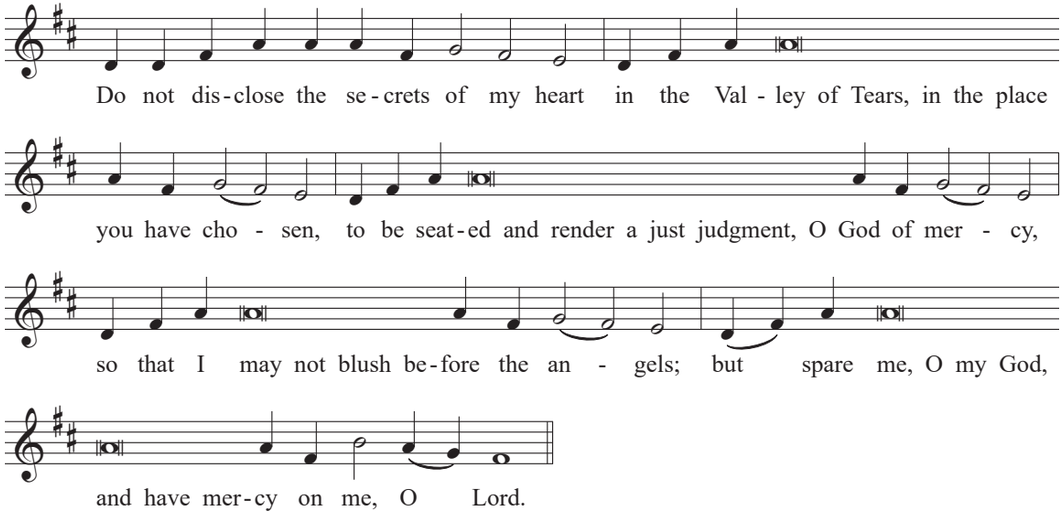
Cantor: Glory…Now and ever…



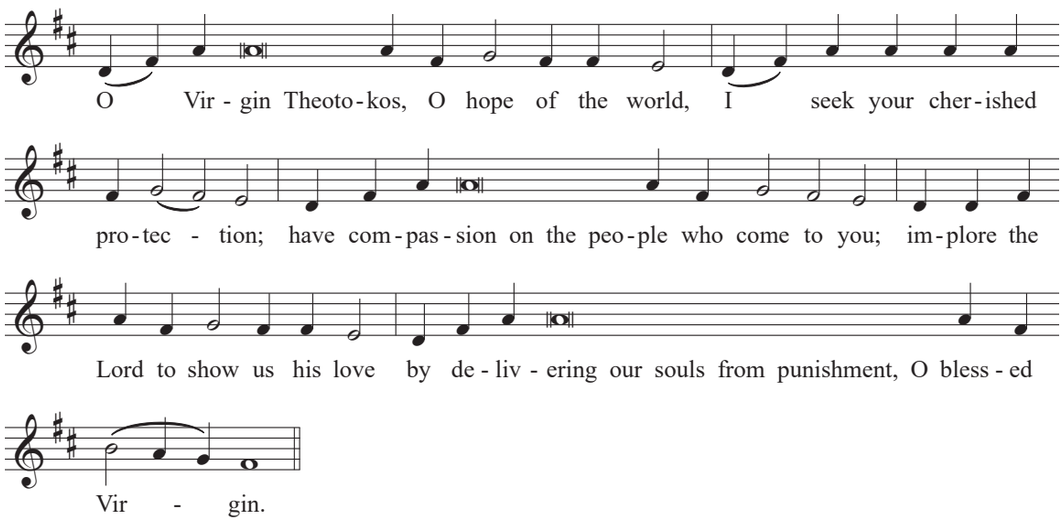
Sessional Hymn 2 - *Tone 6 troparion*



Cantor Glory…



Cantor: Now and ever…



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.

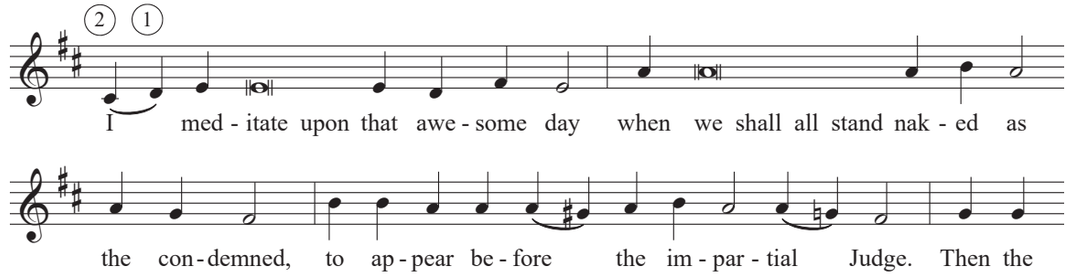
Now and ever…

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: *(on 2)* *(Tone 6)* Praise him with timbrel and dance,
praise him with strings and pipes.
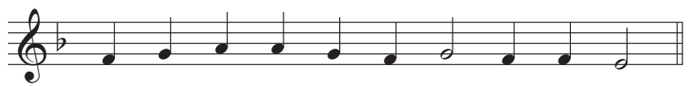


In your anger, do not reject me far from your face, O Lord. May I not hear your voice pronounce the curse and send me to the fire; rather may I enter into the joy of your eternal wedding banquet with your elect. *Refrain*

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.
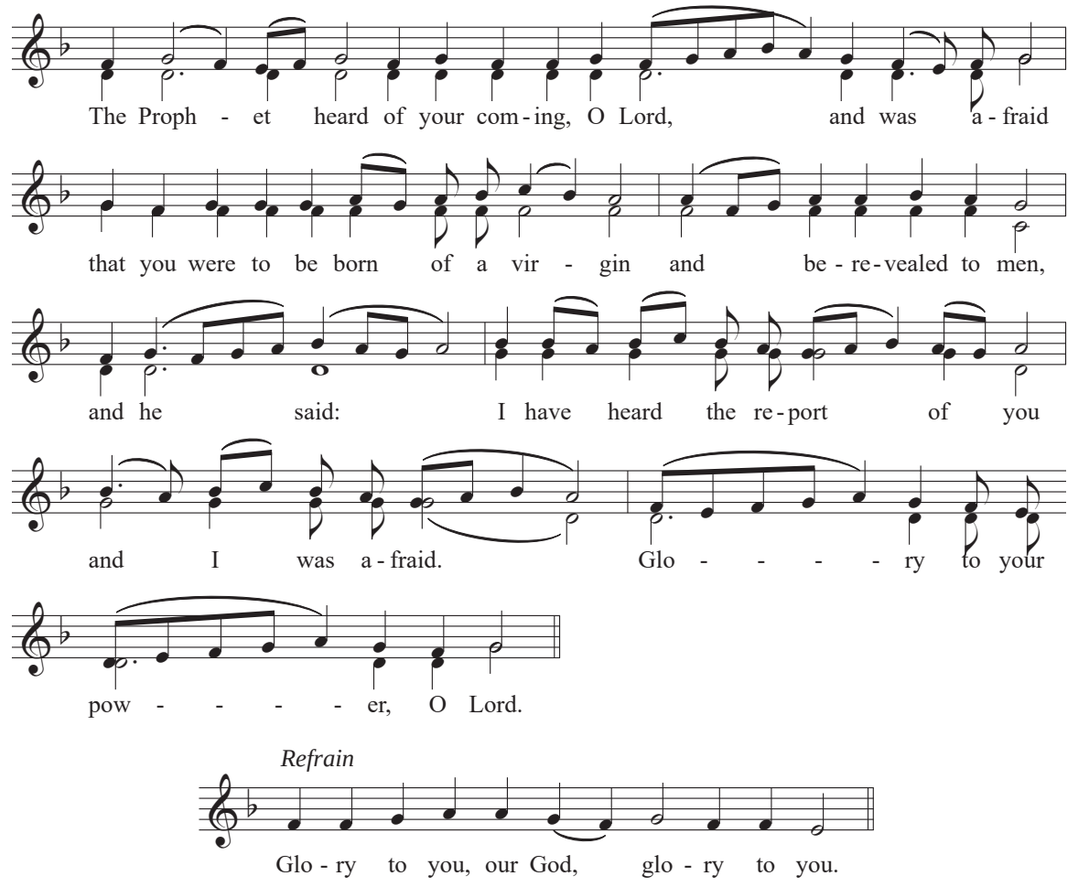


The wonder of your giving birth fills me with admiration, O most pure Virgin; without seed, how did you conceive the infinite One? Tell me, how did you remain a virgin while giving birth? O Mother, in faith you welcome this wondrous work in you; entreat your almighty Son on our behalf..

Katavasia: repeat Irmos from above.

Ode 4

Irmos



The day is already drawing near, and judgment is at your door; awake, O my soul, for on this day, kings and princes, wich 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*

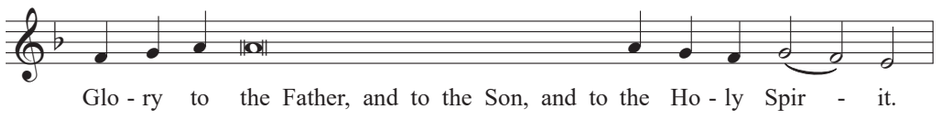
Your judgment is unbending, and there is no deceit in your justice; neither the eloquence of speech nor the testimony of witnesses will tip the scales of justice, for you, O God, know all the secrets of our hearts. *Refrain*

May I not wander intothe 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*
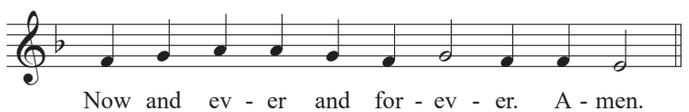
When the world shall be judges and you shall separate the just from the sinners, count me, I beseech you, as one of your flock. Separate me from the goats, O Lover of us all, so that I may hear your voice, your word of blessing. *Refrain*

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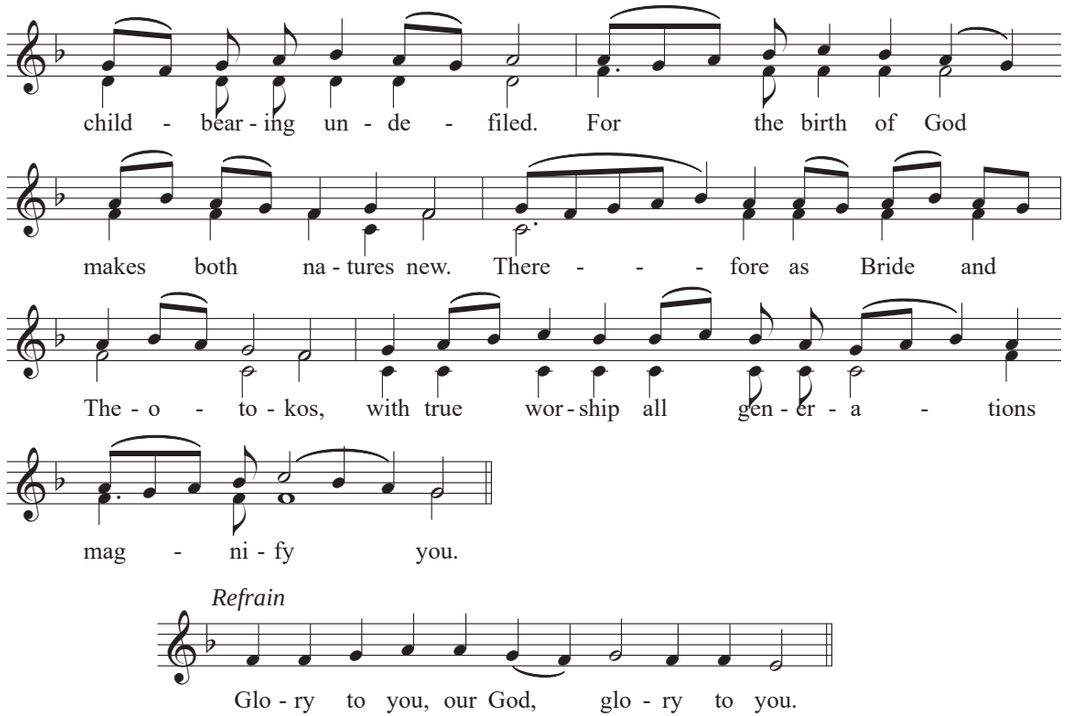
When I hear the lament of the wicked rich man in the tormenting fires, I too weep and lament; for I deserve the same condemnation. I pray you, O God and Savior, at the hour of judgment, have mercy on me.



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.

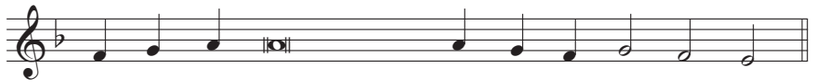


The Lord is coming to punish sinners and save the just; let us pour out our tears and tremble; let us call to mind that day when the Lord will uncover all our secret deeds, and punish them as is fitting. *Refrain*
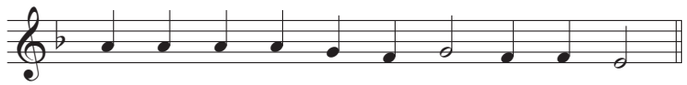
Moses trembled with fear when he saw you from behind; and I, in my wretchedness, how can I bear to see your face directly, when you shall come from heaven? But spare me, O God of goodness, and look upon me with favor. *Refrain*

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*
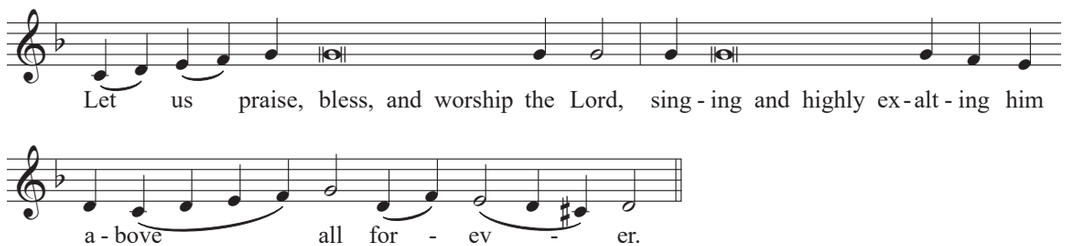
The fire is ready, the worms await their prey. But for the righteous are reserved joy, happiness and forgiveness, glory and unending light. Who then will have the good fortune to escape punishment and to inherit eternal blessings? *Refrain*



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.



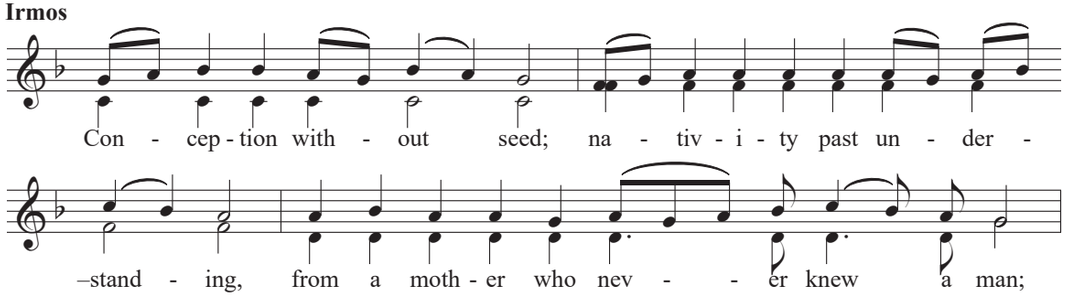
Christ has shone forth from your virginal womb as a bridegroom coming forth from the bridal chamber, a light for those who were seated in darkness. The Sun of justice is risen, O Virgin, to enlighten the whole world.



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

Ode 9

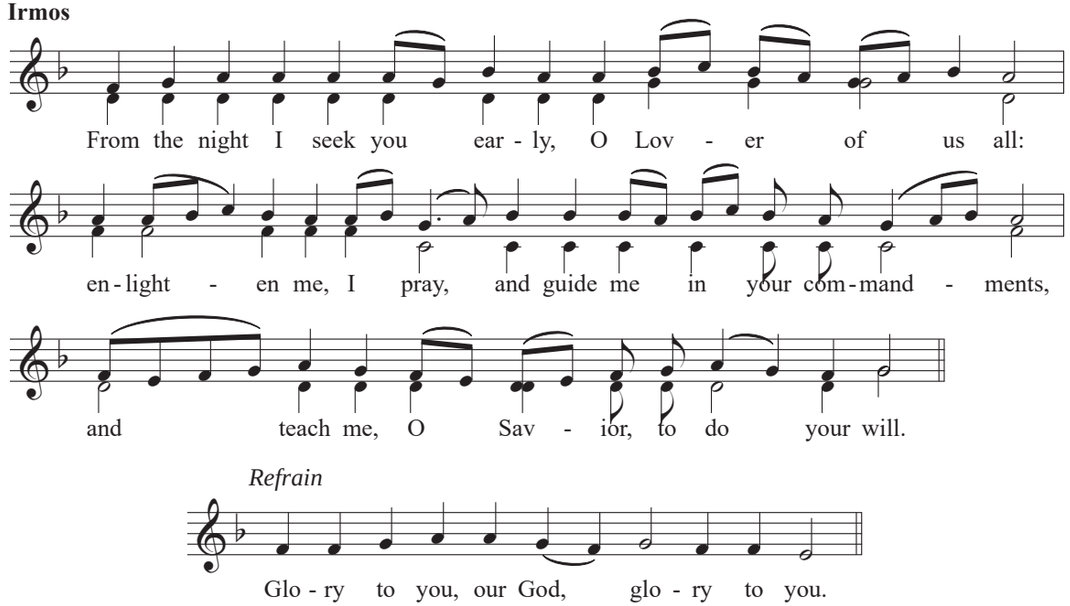
Irmos



Katavasia: repeat Irmos from above.

Ode 5

Irmos



Refrain

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*

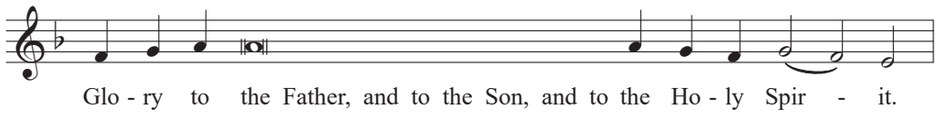
I am carried away by the river of fire, I am consumed by the gnashing of teeth and the dark abyss. How shall I find mercy with God? *Refrain*

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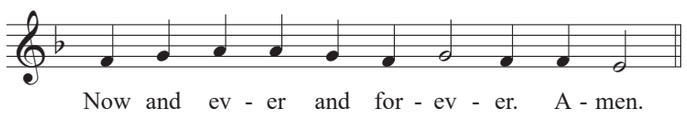
The prnces and leaders shall be examined, together with the rich and the humble, the great and the small. Woe to the one who is not prepared! *Refrain*

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.



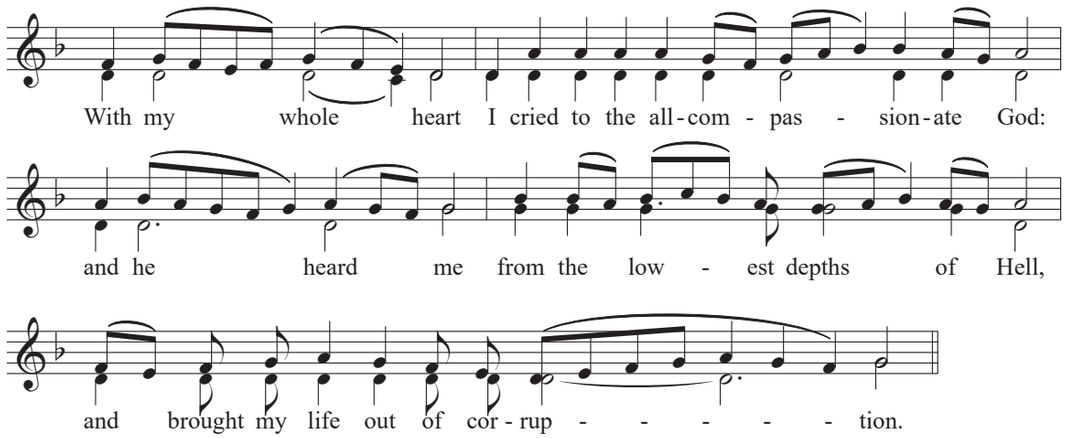
O Trinity, I praise your single nature, your eternal, incomprehensible and royal majesty, your divine and perfect unity, for you are the Creator of the world, its light and life.
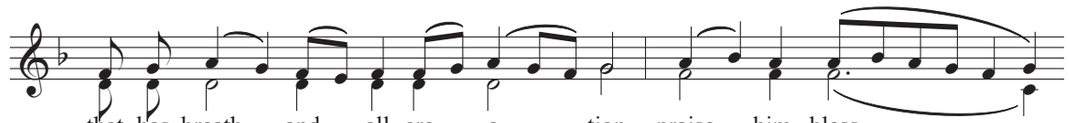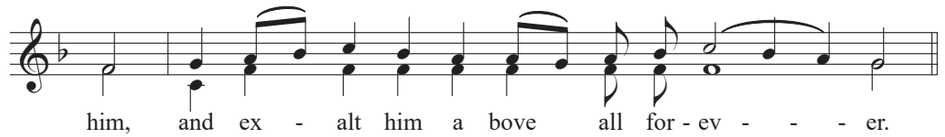


Katavasia: repeat Irmos from above.

Ode 6
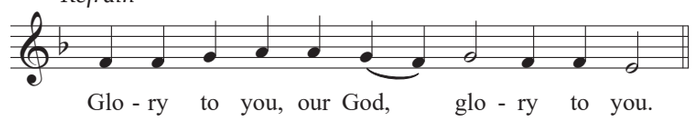
Irmos







Refrain



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*

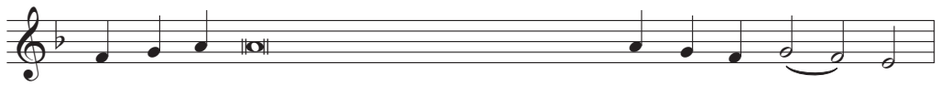
O Judge of all, my Lord and my God, may I then hear your call, see your immeasurable brightness, discover your heavenly dwelling place, contemplate your splendor and glory, and be filled with joy forever. *Refrain*

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*
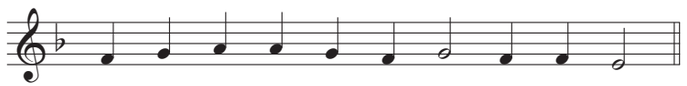
When you shall sit in judgment, O Christ, and when your glory shall shine brightly, O what fear there shall be at that moment! When the furnace flames with fire, and every person trembles before your tribunal.

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.
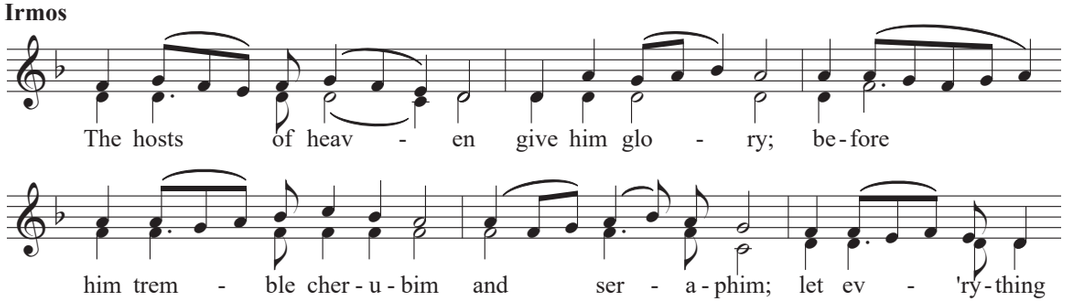


In all his beauty God comes forth from the wedding chamber of your womb; he is clothed as a prince with the robe of purple, divinely woven and mystically dyed in your blood, O spouseless Virgin, so that he may reign over the whole world.
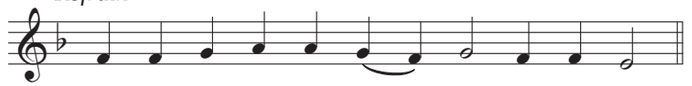
Katavasia: repeat Irmos from above.

Ode 8

Irmos



Refrain



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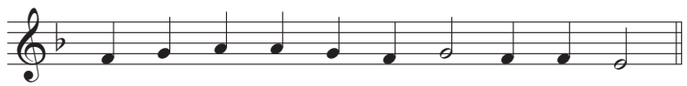
O my soul, tremble at the thought of the judge and the terrible accusation; prepare now your defense so that you may escape eternal condemnation. *Refrain*

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.



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

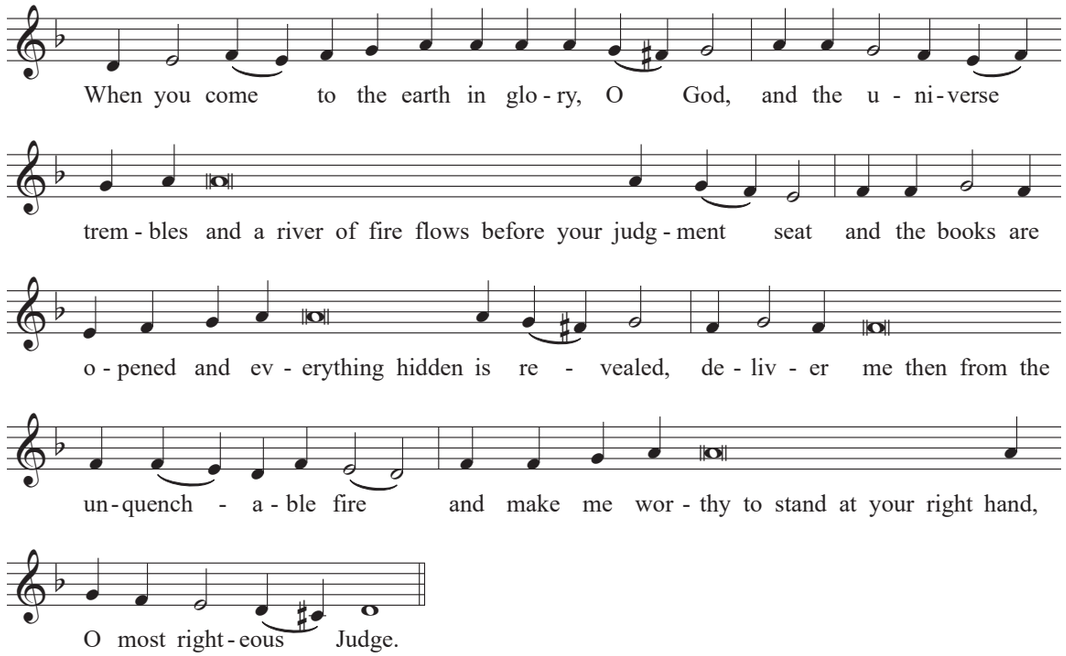


You are the gate through whom One alone has passed, through whom Jesus, your Creator and your Son has entered and departed, without breaking the seal of your virginity.

Katavasia: repeat Irmos from above

Small Litany. p. 33
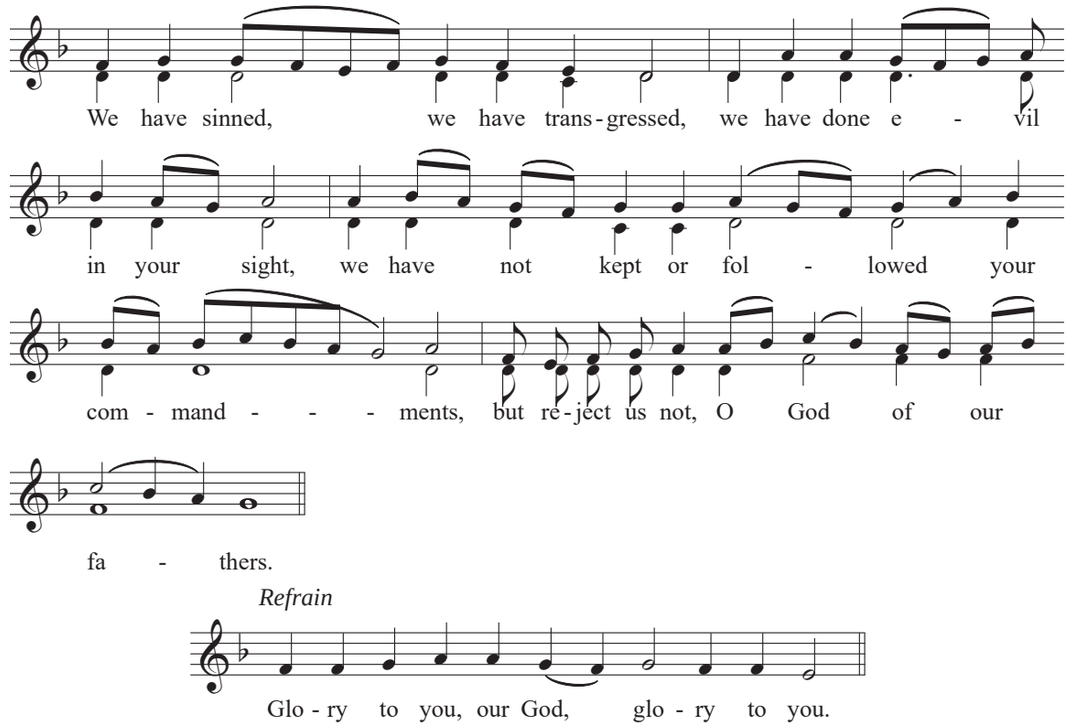
Kontakion of Meat-fare Sunday - *Tone 1*



Ikos: When I think of yourfearful 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.

Ode 7

Irmos



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*