In this season of abstinence, O believers, let us exert every effort, that we may attain great glory, escaping the fire of hell, // by the mercy of God, the great King!

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Having passed half the period of this holy Fast, let us clearly show forth the beginning of divine glory! Let us fervently hasten to the achievement of good behavior, // that we may receive the eternal joy!

Having passed beyond the middle point of this holy fast,
let us strive to its end, rejoicing with steadfastness! Let us

anoint ourselves with the oil of charity, that we may be

worthy to adore the noble passion of Christ our God, and attain

His most honored and holy Resurrection!