Stichera at the Litya
Triodion - Sunday of the Last Judgment (Meatfare Sunday)

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

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,

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and those in prison, so that He Who is coming to judge the whole earth, may say to us: “Come, O blessed ones of My Father, we mortals seek refuge and cry aloud to you: // “Theotokos, our hope, deliver us from...
our count-less sins, and save our souls!”