

Date: February 18, 2025

Subject: BURL-Choir O Strashnom Sudye (Dreaded Judgment) / "Meatfare Sunday" Weekend NOTICE

Dear Friends!

This Saturday / Sunday is the third preparatory weekend service before Great Lent. This Sunday is termed the "The Sunday of the Last Judgment," because the Gospel passage concerning the Dread Judgment is read, describing the final reward or punishment awaiting us, and thereby awakening the sinner to repentance.

This weekend is also called "Meatfare Sunday" because after this Sunday, the only allowed non-fasting foods are cheese, milk, butter, and eggs, but no meat or poultry.

This Saturday at Vigil (Vsenoshchnaya) we chant "Pomishlayu den' strashniy ..." (I contemplate the dreaded judgement day ...). The English text of "Pomishlayu den' strashniy ..." is provided below.

The attached Tropar / Kondak text sheet contains the other special prayers that will be used this Saturday / Sunday.

The Katavasiya of the Canon this Saturday is taken from the Canon that will be read during the first week of Great Lent (Velikiy Post). An English translation of the 1-st, 3-rd, 6-th, 8-th and 9-th Odes, is also provided below.

\*\*\*\* TEXT OF "I CONTEMPLATE THE DREADED JUDGMENT DAY ...")

I contemplate the dreaded judgment day and weep regretting my evil deeds:  
How will I answer to the Eternal King; How will I dare lift my eyes unto the Judge; I, a wretched sinner;  
Compassionate Father, Only-begotten Son, Holy Spirit, have mercy upon me.

\*\*\*\* KATAVASIYA OF THE CANON THIS SATURDAY

1: He is my Helper and Protector, and has become my salvation. This is my God and I will glorify Him  
My father's God and I will exalt Him. For gloriously has He been glorified.

3: Establish, O Lord, my unstable heart on the rock of Thy commandments, for Thou only art Holy and  
Lord.

6: I cried with my whole heart to the merciful God, and He heard me from the lowest hell and raised my  
life out of corruption.

8: Him Whom the heavenly hosts glorify and before Whom Cherubim and Seraphim tremble, let every  
breath, and all creation praise, bless and exalt throughout all ages.

9: Ineffable is the childbearing of a seedless conception, unsullied the pregnancy of a Virgin Mother, for  
the birth of God renews nature. So in all generations we magnify thee in orthodox fashion as the Mother  
and Bride of God.