

TRIODION HYMNS FOR USE AT MIDNIGHT OFFICE WEEK 5 OF FAST

tone 3

The most beautiful of seasons is at hand,
the much praised day of abstinence has dawned.
Let us make hast , brethren, to be cleansed,
that we may appear in purity before our Maker and share in His beauty,
at the prayers of her bore Him,
the only pure Mother of God.

tone 3 *(by Joseph)*

Tilling the soil of our mind with the divine ploughshare of the holy Fast,
let us reap the sheaf of virtues:
then we shall not hunger in eternity,
but will rejoice in gladness with a joy that has no end.

I bear within me the passions of many years,
that darken my unhappy soul;
but with contrite heart I fall down before Thine unconquerable power,
O timeless Word of the eternal Father,
and I pray: Take pity on me and save me.

The holy Fast feeds our hearts,
ripening within us thoughts acceptable to God,
and causing the deep abyss of our passions to dry up?
and with the rain of compunction
it cleanses those who in faith offer praise to the Almighty.

The judgement is at hand: give heed, my soul.
Be attentive to thy conscience, doing what is right,
and it will always keep thee uncondemned.
for if we have ourselves exercised judgement in this present life,
we shall not lack witnesses to plead on our behalf at the Judgement in the age to come,
when the guilty are condemned.

Glory...tone 8

I am like the man who fell among thieves, O Master of all,
for I have fallen among my sins and have been cruelly wounded by them.
Yet leave me not without healing,
O Lord who camest not from Samaria but from the pure Virgin.
Jesus, Name that means salvation, have mercy on me.

Now and ever...tone 3

Thou hast become the divine dwelling of the Word,
O Virgin Mother alone all-holy,
exalted height above the angels in thy purity.
I am become more filthy than all men,
defiled by the sins of the flesh:
through thin intercessions cleanse me in divine waters.
granting me great mercy.