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

Knowing the commandments of the Lord, let this be our way of life: Let us feed the hungry, let us give the thirsty drink, let us clothe the naked, let us welcome strangers,
let us visit those in prison and the sick.

Then the Judge of all the earth will say even to us:

'Come, ye blessed of My Father, inherit the Kingdom prepared for you.
Both now and ever, and unto the ages of ages. Amen.

Beneath thy protection, O Lady, all we mortals seek refuge,

and we cry aloud to thee: O Theotokos our hope,

deliver us from our sins without number and save our souls.


English text: "The Lenten Triodion", translated by Mother Mary and Archimandrite Kallistos,