



# Contents

<i>Introduction</i>	9
The Sunday of the Publican and the Pharisee	15
The Sunday of the Prodigal Son	21
The Saturday Before Meat-Fare Sunday: <i>Saturday of Souls</i>	27
Meat-fare Sunday: <i>The Last Judgment</i>	35
Cheese-fare Saturday: <i>All Righteous Fathers</i>	65
Cheese-fare Sunday: <i>Forgiveness</i>	75
The Beginning of the Great and Holy Forty-day Fast	83
The Saturday of the First Week: <i>Saint Theodore the Tyro</i>	136
The Blessing of the Kollyva	141
The Sunday of Orthodoxy	149
The <i>Synodicon</i> of Orthodoxy	159
The Second Sunday of the Fast: <i>Saint Gregory Palamas</i>	197
The Third Sunday of the Fast: <i>The Worship of the Precious Cross</i>	229
The Fourth Sunday of the Fast: <i>Saint John, Author of The Ladder</i>	271
The Thursday of the Fifth Week: <i>The Great Canon of Saint Andrew of Crete</i>	295
The Saturday of the Fifth Week: <i>The Akathist Hymn</i>	320
The Fifth Sunday of the Fast: <i>Our Righteous Mother Mary of Egypt</i>	331
Hymns to the Trinity For Each Tone	361
Hymns of the Guiding Light For Each Tone	363
Stichera and Sessional Hymns in the Eight Tones	364
<i>On the Meter and the Metrical Conventions</i>	396
<i>Index of Prosomia</i>	397