

**Orthodox Parish of St Martin & St Helen
Antiochian Orthodox Christian Archdiocese of the
British Isles and Ireland
Patriarchate of Antioch and all the East**

Charity number: 1192469

Sunday 15 February 2026. Issue 16.

Tone 3.

**Sunday of the Last Judgement (Meat Fare); Apostle Onesimos
of the Seventy; Venerable Eusebios of Syria; Martyr Major of
Gaza**

**Epistle Reading
I Corinthians (8:8-9:2)**

Prokeimenon in Tone III

Sing praises unto our God, sing praises, sing praises unto our King,
sing praises.

Verse: Clap your hands, all ye nations, shout unto God with the voice
of gladness.

Brethren, food will not bring us closer to God; for neither if we eat, are we the better, nor if we do not eat, are we the worse. But take heed lest by any means this authority of yours become a stumbling block to those who are weak. For if any one sees you, as someone who has knowledge, reclining at a table in an idol's temple, will not the conscience of the one who is weak be emboldened to eat of the things sacrificed to idols, and through your knowledge the weak brother perishes, for whom Christ died? And thus, sinning against the brethren, and wounding their conscience when it is weak, you sin against Christ, Therefore, if food causes my brother to stumble, I will not eat meat forever, lest I cause my brother to stumble. Am I not an apostle? Am I not free Have I not seen Jesus Christ our Lord? Are not you my work in the Lord? If to others I am not an apostle, yet at least am to you; for the seal of my apostleship are you in the Lord.

Alleluia.

Verse 1: In Thee, O Lord, do I put my trust; let me never be ashamed, deliver me in Thy righteousness.

Verse 2: Be Thou unto me as God, protector and a house of refuge in order to save me.

Gospel Reading Matthew (25:31-46)

But when the Son of Man comes in his glory, and all the holy angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate them one from another, just as a shepherd separates the sheep from the goats. He will place the sheep on his right hand, but the goats on the left. Then the King will tell those on his right hand, ‘Come, you blessed of my Father! Inherit the Kingdom prepared for you since the foundation of the world! For I was hungry and you gave me food to eat; I was thirsty and you gave me drink; I was a stranger and you took me in. I was naked and you clothed me; I was sick and you visited me; I was in prison, and you came to me.’ Then the righteous will answer him, saying: ‘Lord, when did we see you hungry and feed you; or thirsty and give you a drink? When did we see you as a stranger and take you in; or naked, and clothe you? When did we see you sick, or in prison, and visit you?’ The King will answer them, ‘Amen, I tell you: as much as you did it to one of the least of these my brethren, you did it to me.’ Then he will also say to those on his left hand, ‘Depart from me, you accursed, into the eternal fire which is prepared for the devil and his angels! For I was hungry and you gave me no food; I was thirsty and you gave me no drink; I was a stranger and you did not receive me; naked, and you did not clothe me; sick, and in prison, and you did not visit me.’ Then they will answer him: ‘Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not help you?’ Then he will answer them, saying: ‘Amen, I tell you: as much as you did not do it to one of the least of these, you did not do it to me.’ These [ones on the left] will go away into eternal punishment, but the righteous into eternal life.



Troparion of the Resurrection. Tone 3.

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm! He has trampled down death by death! He has become the first born of the dead! He has delivered us from the depths of hell, and has granted to the world great mercy.

St Martin the Merciful Troparion

In signs and in miracles thou wast renowned throughout the land of Gaul. By grace thou art a light for the world, O Martin, Bishop blessed of God. Deeds of mercy and compassion filled thy life with their splendours, teaching and wise counsel were thy riches and treasures, which still thou dost dispense freely to those who honour thee.

St Helen Troparion

We behold thee, glorious Helen, with thy God-inspired son, in the joys of the kingdom of Heaven, and we magnify Christ, for he hath revealed to us thine honoured festival, giving light more brilliant than the sun. Therefore we cry in faith: O People, exalt Christ above all forever!

Sunday of the Last Judgement Kontakion

When thou, O God, shalt come to earth with glory, all things shall tremble, and the river of fire shall flow before thy judgment seat; the books shall be opened, and the hidden things made public; then deliver me from the unquenchable fire, and make me worthy to stand at thy right hand, O righteous Judge.

Sunday of the Last Judgment

This Sunday is called Meatfare Sunday since it is traditionally the last day before Easter for eating meat. Orthodox Christians observe a fast from meat all week, but still eat dairy products and eggs till the start of Great Lent.

The Gospel reading this Sunday remembers Christ's parable of the Last Judgment (Matthew 25:31-46). This adds to the previous pre-Lent Sundays and teaches that it is not enough to see Jesus, to see ourselves as we are, and to come home to God as his prodigal sons. The Church teaches that, in addition, one must also be God's sons by following Christ, his only-begotten divine Son, and by seeing Christ in everyone and by serving Christ through them.

Salvation and final judgment will depend upon deeds, not merely on intentions or even on the mercies of God apart from personal co-operation and obedience. All piety and prayer is ultimately directed towards the goal of serving Christ through his people.

From the reading, the faithful hear:

'[...] for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you took me in, I was naked and you clothed me, I was sick and in prison and you visited me. [...] For truly I say to you, if you did it to one of the least of these my brothers, you did it to me (Matthew 25).'

Source: Orthodox Wiki



Liturgy this week

Tuesday 17 February, 8:15am
Great Martyr Theodore the Recruit.
Hours and Holy Liturgy.
St Helen's Chapel.