By the waters of Babylon, there we sat down, and we wept when we remembered Sion.

Alleluia.

Up on the willows in the midst there of did we hang

This Psalm of the Polyeleos is chanted on the Sundays of Meat-fare and of Cheese-fare. When this Psalm is chanted, the “Blameless” (Ps. 118) is not chanted; but in its stead, the Polyeleos “Servants of the Lord” (Ps. 134) is chanted. Then this Psalm is chanted in the stead of a selection of verses from the Psalter, and during the chanting thereof we light the polyeleos.

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For there, they that had taken us captive asked us for words of song.

And they that had led us away asked us for a hymn, saying: Sing us one of the songs of
How shall we sing the Lord's song in a strange land? Al - le - lu - ia.

If I for - get O Je - ru - sa - lem, let my right hand be for - got - ten.
Let my tongue cleave to my throat if I remember thee not. Alleluia.

If I set not Jerusalem above all other, as at the head of my joy. Alleluia.
Remember, O Lord, the sons of Edom, in the day of Jerusalem. Alleluia.

Who said: Lay waste, lay waste to her, even to the foundations thereof. Alleluia.
O daughter of Babylon, thou wretched one, blessed shall he be who shall reward thee where with thou hast rewarded us.

Alleluia.

Blessed shall he be who shall seize and dash thine infants against the rock.
Glory to the Father, and to the Son, and to the Holy Spirit:

O God, Thou Three-fold Day star Unity, the Cause of all, have mercy upon all of us Orthodox who praise Thee.

Both now and ever, and unto the ages of ages. Amen.
Since thou receivest the supplications of sinners, O Virgin Mother, Theotokos, deliver from torment all us who praise thee.