

# Orthodox Prayer Book



Myriobiblos  
Church of Greece

## CONTENTS

THE DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM.....	3
AKATHIST to our Sweetest Lord Jesus Christ.....	21
AKATHIST to our Most Holy Lady Mother of God.....	27
CANON OF PREPARATION for Holy Communion.....	33
PREPARATORY PRAYERS FOR HOLY COMMUNION.....	38
THANKSGIVING AFTER HOLY COMMUNION.....	47
MORNING PRAYERS.....	50
PRAYERS DURING THE DAY.....	59
PRAYERS BEFORE SLEEP.....	61
SELECTIONS FROM VESPERS.....	69
SELECTIONS FROM MATINS.....	71
Daily Troparia and Kontakia.....	78
Sunday Troparia and Kontakia.....	80
Troparia and Kontakia of the Feasts of the Lord and the Mother of God.....	82
Troparia, Kontakia, Prayers and Stichiras from the Lenten Triodion.....	85
Passion Week Troparia.....	90
PASCHA.....	92
PASCHAL HOURS.....	98
Troparia and Kontakia for Easter Period and Pentecostarion.....	100
CANON To our Lord Jesus Christ.....	103
CANON To the Most Holy Mother of God.....	110
CANON To the Guardian Angel.....	117
CANON OF REPENTANCE To our Lord Jesus Christ.....	123
THE TALE OF THE FIVE PRAYERS.....	129
THE ORDER FOR READING CANONS AND AKATHISTS WHEN ALONE.....	132
CONCERNING THE JESUS PRAYER.....	134

## THE DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM

### The Liturgy of the Catechumens

*Deacon:* Bless, Father.

*Priest:* Blessed is the kingdom of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### The Litany of Peace

*Deacon:* In peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the peace from above and the salvation of our souls, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For peace in the whole world, the welfare of the holy Churches of God, and the union of all men, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this holy Temple, and for those who enter it with faith, reverence and the fear of God, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the Most Holy Orthodox Patriarchs, for His Eminence Metropolitan (Name), for ..... for the honourable Priesthood, the Diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For our Country, our President, our Congress, and all in seats of authority, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this City, and for every city and land, and for those who live in them by faith, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For reasonable weather, the abundance of the fruits of the earth and peaceful times, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For those who are travelling by land, air and water, for the sick, the suffering, for prisoners and captives, and for their salvation, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* That He will deliver us from all tribulation, anger, danger, and want, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us, and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Remembering our most holy, most pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and each other, and all our life to Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* For to Thee belongs all glory, honour and adoration, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The First Antiphone**

Bless the Lord, O my soul. Blessed art Thou, O Lord. Bless the Lord, O my soul, and all that is within me bless His holy Name. Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your sins, Who heals all your diseases; Who redeems your life from destruction, Who crowns you with mercy and compassion. The Lord is compassionate and merciful, long-suffering and of great mercy. Bless the Lord, O my soul, and all that is within me bless His holy Name. Blessed art Thou, O Lord.

*Deacon:* Again and again, in peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Remembering our most holy, most pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and each other, and all our life to Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* For Thine is the dominion, Thine the kingdom, the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The Second Antiphone**

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

#### **Psalm 145:**

Praise the Lord, O my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live. Put not your trust in rulers, in the sons of men, in whom there is no salvation. His spirit departs and returns to its earth; on that day all his projects perish. Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God. Who made heaven and earth, the sea, and all that is in them; Who keeps troth for ever: Who executes judgment for those who are wronged, Who gives food to the hungry. The Lord releases those who are bound. The Lord makes wise the blind; the Lord straightens those who are bent; the Lord loves the righteous. The Lord protects strangers, He supports the orphan and the widow; and wipes out the way of sinners. The Lord will reign for ever, Thy God, O Sion, throughout all generations.

Now and ever, and to the ages of ages. Amen.

O only-begotten Son and Word of God, Who art immortal, yet didst deign for our salvation to be incarnate of the Holy Mother of God and Ever-Virgin Mary and without change didst become man, and wast crucified, trampling upon death by death: Do Thou, O Christ our God, Who art one of the Holy Trinity, glorified with the Father and the Holy Spirit, Save us.

*Deacon:* Again and again, in peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Remembering our most holy, most pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and each other, and all our life to Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* For Thou, O God, art good and the Lover of men, and to Thee we send up the glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The Third Antiphone**

In Thy Kingdom remember us, O Lord, when Thou comest into Thy Kingdom.

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

Blessed are the mourners, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will obtain mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called the children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

Blessed are you when men revile and persecute you and say all manner of evil against you falsely and on My account. Rejoice and be exceedingly glad, for great is your reward in Heaven.

### **The Little Entry**

*Deacon:* (softly) Bless, Father, the Holy Entry.

*Priest:* (softly) Blessed is the Entry of Thy Holy Ones always, now and ever, and to the ages of ages.

*Deacon:* Wisdom, stand aright!

*Choir:* O come let us worship and bow down before Christ. O Son of God, Who art wonderful in the Saints (*Sunday:* Who didst rise from the dead), save us who sing to Thee: Alleluia!

*Here are sung the appointed Troparia and Kontakia.*

*Priest:* For holy art Thou, our God, and to Thee we send up the glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, (*if no Deacon, at once*) and to the ages of ages.

*Deacon:* O Lord, save the God-fearing and hear us.

*Choir:* O Lord, save the God-fearing and hear us.

*Deacon:* And to the ages of ages.

*Choir:* Amen.

### **The Trisagion**

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Holy Immortal One, have mercy on us.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us.

### **The Apostle**

*Deacon:* Let us attend.

*Priest:* Peace to all.

*Reader:* And to thy spirit.

*Deacon:* Wisdom!

*Reader:* The Prokeimenon, tone N.

*The Choir and the Reader sing the Prokeimenon.*

*Deacon:* Wisdom!

*Reader:* The Reading is from the Epistle of the holy Apostle Paul to the N. (or, from the Acts of the holy Apostles; or, from the Catholic Epistle of the holy Apostle N.)

*Deacon:* Let us attend.

*The Apostle is read.*

### **The Gospel**

*Priest: (to the Reader)* Peace to thee.

*Reader:* And to thy spirit.

*Deacon:* Wisdom!

*Reader:* Alleluia! (*Thrice*)

*The Choir sings the Alleluia.*

*Deacon:* Bless, Father, the reader of the Gospel of the holy Apostle and Evangelist N.

*Priest:* May God, through the intercessions of the holy and glorious Apostle and Evangelist, N., grant thee to announce the glad tidings with great power, for the fulfilment of the Gospel of His beloved Son, our Lord Jesus Christ.

*Deacon:* Amen.

*Priest:* Wisdom, stand aright! Let us listen to the Holy Gospel. Peace to all.

*Choir:* And to thy spirit.

*Deacon:* The Reading is from the Holy Gospel of N.

*Choir:* Glory to Thee, O Lord, glory to Thee.

*Priest:* Let us attend.

*The Deacon reads the Gospel.*

*Priest:* Peace to thee who hast announced the glad tidings.

*Choir:* Glory to Thee, O Lord, glory to Thee.

### **The Litany of Fervent Supplication**

*Deacon:* Let us all say with our whole soul, and with our whole mind let us say:

*Choir:* Lord, have mercy.

*Deacon:* O Lord Almighty, God of our Fathers, we pray Thee, hear and have mercy.



*Choir:* Lord, have mercy.

*Deacon:* Have mercy on us, O God, according to Thy great mercy, we pray Thee; hear and have mercy.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* Let us pray also for the Most Holy Orthodox Patriarchs, for His Eminence Metropolitan N; for . . . , and for all our brothers in Christ.

*Deacon:* Let us pray also for our country, our President, our Congress, and all in seats of authority.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* Let us pray also for our brother priests and deacons, monks and nuns, and for all Orthodox Christians.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* Let us pray also for the blessed and ever-memorable Orthodox Patriarchs, for all God-fearing Rulers, for the founders of all churches and monasteries, and for all our fathers and brothers who have fallen asleep before us, those who lie here, and the Orthodox everywhere.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* Let us pray also for those who bear fruit and do good works in Thy holy Church; the workers, the singers, and the people here present who look for Thy great and abundant mercy.

*Choir:* Lord, have mercy. (*Thrice*)

*Priest:* For Thou, O God, art merciful and the Lover of men, and to Thee we send up the glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The Litany for the Departed**

*(may be omitted)*

*Deacon:* Have mercy on us, O God, according to Thy great mercy, we pray Thee, hear and have mercy.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* Let us pray also for the repose of the souls of the servant(s) of God who has (have) fallen asleep (*names*), and that he (they) may be pardoned all his (their) sins, voluntary and involuntary.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* That the Lord God will assign his (their) soul(s) to where the just repose.

*Choir:* Lord, have mercy. (*Thrice*)

*Deacon:* The mercy of God, the kingdom of heaven, and the forgiveness of his (their) sins let us ask of Christ, our Immortal King and our God.

*Choir:* Grant this, O Lord.

*Deacon:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

*Priest:* For Thou art the Resurrection, the Life, and the Repose of Thy servant (s) who has (have) fallen asleep, (*names*) O Christ our God, and to Thee we send up the glory, with Thy eternal Father, and Thy all-holy and good and life-giving Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The Litany of the Catechumens**

*Deacon:* Catechumens, pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Let us the faithful pray for the Catechumens, that the Lord will have mercy on them.

*Choir:* Lord, have mercy.

*Deacon:* That He will teach them the Word of Truth.

*Choir:* Lord, have mercy.

*Deacon:* That He will reveal to them the gospel of righteousness.

*Choir:* Lord, have mercy.

*Deacon:* That He will unite them to His Holy, Catholic and Apostolic Church.

*Choir:* Lord, have mercy.

*Deacon:* Help them, save them, have mercy on them, and keep them, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Catechumens, bow your heads to the Lord.

*Choir:* To Thee, O Lord.

*Priest:* That with us they may glorify Thy all-honourable and majestic Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The Litany of the Faithful**

*Deacon:* All Catechumens depart. Catechumens depart. All Catechumens depart. Let no Catechumen remain, but only the faithful. Again and again, in peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Wisdom!

*Priest:* For to Thee belongs all glory, honour and adoration, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

*Deacon:* Again and again, in peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*When the Priest serves without a Deacon, the following four petitions are omitted:*

*Deacon:* For the peace from above, and for the salvation of our souls, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For peace in the whole world, for the welfare of the Holy Churches of God, and for the union of all men, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this holy Temple, and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* That He may deliver us from all tribulation, anger, danger and want, let us pray to the Lord.

*Choir:* Lord, have mercy.

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*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Wisdom!

*Priest:* That being always guarded by Thy power, we may send up glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

**The Great Entry**  
**The Cherubic Hymn:**  
*(Sung slowly until the Entry.)*

Let us who mystically represent the Cherubim and sing the Thrice-Holy Hymn to the life-giving Trinity, put away all worldly care:

*Deacon:* The Most Holy Orthodox Patriarchs, His Eminence Metropolitan N. .... may the Lord God remember in His Kingdom always, now and ever, and to the ages of ages.

*Priest:* Our Country, our President, our Congress, and all in seats of authority, may the Lord God remember in His Kingdom, always, now and ever, and to the ages of ages.

The priests and deacons, the monks and nuns, all who are persecuted and suffering for the Orthodox Faith, the founders, benefactors and parishioners of this holy church, and all you Orthodox Christians, may the Lord God remember in His Kingdom always, now and ever, and to the ages of ages.

*Choir:* Amen.

That we may receive the King of all, invisibly borne in triumph by the Angelic Orders.  
Alleluia. Alleluia. Alleluia.

*Deacon:* Let us complete our prayer to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the Precious Gifts that have been offered, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For this holy church, and for those who enter it with faith, reverence and the fear of God, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* That He will deliver us from all tribulation, anger, danger and want, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* That the whole day may be perfect, holy, peaceful and sinless, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For an Angel of peace, faithful guide and guardian of our souls and bodies, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For the pardon and forgiveness of our sins and offences, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For the things that are good and profitable for our souls, and for peace in the world, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* That we may finish the remainder of our life in peace and penitence, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For a Christian end to our life, painless, blameless, peaceful, and for a good defence at the dread judgment-seat of Christ, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* Remembering our most holy, most pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and each other, and all our life to Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* Through the mercies of Thy only-begotten Son, with Whom Thou art blessed, with the all-holy and good and life-giving Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

*Priest:* Peace to all.

*Choir:* And to thy spirit.

*Deacon:* Let us love one another that with one mind we may confess:

*Choir:* Father, Son, and Holy Spirit, the Trinity One in essence and undivided.

*Deacon:* The Doors! The Doors! With Wisdom let us attend!

### **The Symbol of Faith**

I believe in one God, Father, All-Sovereign, Maker of heaven and earth, and of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages; Light from Light, True God from True God; begotten, not made, of one essence with the Father, through Whom all things were made: Who for us men, and for our salvation, came down from Heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became man: And was crucified for us under Pontius Pilate, and suffered and was buried: And He rose on the third day according to the Scriptures: And ascended into Heaven, and sits at the right hand of the Father: And He is coming again with glory to judge the living and the dead: And His Kingdom will have no end: And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father, Who with the Father and the Son is equally worshipped and glorified, Who spoke by the Prophets. In One, Holy, Catholic and Apostolic Church. I confess one Baptism for the remission of sins. I look for the Resurrection of the Dead: And the Life of the Age to come. Amen.

### **The Anaphora**

*Deacon:* Let us stand well, let us stand with fear, let us attend, that we may offer the Holy Sacrifice in peace.

*Choir:* A Mercy of Peace, a Sacrifice of Praise.

*Priest:* The grace of Our Lord Jesus Christ, and the Love of God the Father, and the Communion of the Holy Spirit be with you all.

*Choir:* And with thy spirit.

*Priest:* Let us lift up our hearts.

*Choir:* We have them uplifted to the Lord.

*Priest:* Let us give thanks to the Lord.

*Choir:* It is meet and right to worship Father, Son, and Holy Spirit, the Trinity one in essence and undivided.

*Priest:* Singing, crying, shouting the triumphal hymn and saying:

*Choir:* Holy, holy holy, Lord of Sabaoth; heaven and earth are full of Thy glory. Hosanna in the Heights. Blessed is He Who comes in the Name of the Lord. Hosanna in the Heights.

*Priest:* Take, eat. This is My Body, Which is broken for you, for the remission of sins.

*Choir:* Amen.

*Priest:* Drink from It all of you. This is My Blood of the New Covenant, Which is shed for you, and for many, for the remission of sins.

*Choir:* Amen.

*Priest:* Thine own, of Thine own, we offer to Thee, for everyone and everything.

### **The Consecration**

*The Choir sings and continues during the Consecration:*

We praise Thee, we bless Thee, we thank Thee, O Lord, and we pray to Thee, O our God.

*Priest:* Especially for our most holy, most pure, most blessed and glorious Lady, Mother of God, and Ever-Virgin Mary.

*Choir:* It is meet and right to bless thee, the ever-blessed and all-pure Virgin and Mother of our God. More honourable than the Cherubim, and incomparably more glorious than the Seraphim, thou who in virginity didst bear God the Word, thee, true Mother of God, we magnify.

*Priest:* Especially, O Lord, remember the Most Holy Orthodox Patriarchs, His Eminence Metropolitan N., .... and guard them for Thy Holy Churches, that in peace, safety, honour and health, they may long live to teach aright the Word of Thy Truth.

*Choir:* And all men and women.

*Priest:* And grant that with one mouth and one heart we may praise and glorify Thy all-honourable and majestic Name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

*Priest:* And may the mercies of our Great God, and Saviour Jesus Christ, be with you all.

*Choir:* And with thy spirit.

*Deacon:* Having remembered all the Saints, again and again, in peace let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* For the Precious Gifts that have been offered and sanctified, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* That our God, the Lover of men, may accept them at His holy and heavenly and spiritual Altar, as a sweet smelling spiritual fragrance, and may send down on us His divine grace and the gift of His Holy Spirit, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* That He will deliver us from all tribulation, anger, danger and want, let us pray to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For an Angel of peace, faithful guide and guardian of our souls and bodies, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For the pardon and forgiveness of our sins and offences, let us ask the Lord.



*Choir:* Grant this, O Lord.

*Deacon:* For the things that are good and profitable for our souls, and for peace in the world, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* That we may finish the remainder of our life in peace and penitence, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* For a Christian end to our life, painless, blameless, peaceful, and for a good defence at the dread judgment-seat of Christ, let us ask the Lord.

*Choir:* Grant this, O Lord.

*Deacon:* Having prayed for the unity of the Faith, and the communion of the Holy Spirit, let us entrust ourselves and each other, and all our life to Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* And make us worthy, O Lord, with boldness and without condemnation to dare to call upon Thee, the Heavenly God, as Father, and say:

### **The Lord's Prayer**

*People:* Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation; but deliver us from the evil one:

*Priest:* For Thine is the kingdom, the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

*Priest:* Peace to all.

*Choir:* And to thy spirit.

*Deacon:* Let us bow our heads to the Lord.

*Choir:* To Thee, O Lord.

*Priest:* Through the grace and compassion and love for men of Thy only-begotten Son, with Whom Thou art blessed, and Thy all-holy and good and life-giving Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

### **The Elevation**

*Deacon:* Let us attend.

*Priest:* The Holy Things for the holy.

*Choir:* One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

Praise the Lord from Heaven, praise Him in the Heights. Alleluia. Alleluia. Alleluia.

(The clergy now partake of Communion within the Altar.)

### **The Communion of the People.**

*Deacon:* With fear of God, with faith and love, draw near.

*Choir:* Blessed is He Who comes in the Name of the Lord. The Lord is God and has appeared to us.

*Priest:* I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief. And I believe that this is Thy pure Body and Thy own Precious Blood. Therefore, I pray Thee, have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And grant that I may partake of Thy Holy Mysteries without condemnation, for the remission of my sins and for the life eternal. Amen.

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of the Mystery to Thy enemies; I will not give Thee a kiss like Judas; but like the thief do I confess Thee. Remember me, O Lord, in Thy Kingdom.

May the communion of Thy Holy Mysteries be to me not for judgment or condemnation, O Lord, but for healing of soul and body.

The Servant of God N., partakes of the Precious and Holy Body and Blood of our Lord and God and Saviour Jesus Christ, for the remission of his (or her) sins, and for life eternal.

*Choir:* Receive the Body of Christ, taste the Fountain of immortality.

*When all have been communicated:*

Alleluia. (*Thrice*)

*Priest:* O God, save Thy people, and bless Thy inheritance.

*Choir:* We have seen the true Light, we have received the heavenly Spirit, we have found the true Faith by worshipping the undivided Trinity. This has saved us.

*Priest:* Always, now and ever, and to the ages of ages.

*Choir:* Amen. Let our mouth be filled with Thy praise, O Lord, that we may sing of Thy glory, for Thou hast granted us to partake of Thy holy, divine, immortal and life-giving Mysteries. Keep us in Thy holiness that we may meditate on Thy justice all the day long. Alleluia. Alleluia. Alleluia.

*Deacon:* Stand aright! Having received the divine, holy, pure, immortal, heavenly, life-giving and awful Mysteries of Christ, let us worthily give thanks to the Lord.

*Choir:* Lord, have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by Thy grace.

*Choir:* Lord, have mercy.

*Deacon:* Having prayed that the whole day may be perfect, holy, peaceful and sinless, let us entrust ourselves and each other, and all our life to Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* For Thou art our sanctification, and to Thee we send up the glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

*Choir:* Amen.

*Priest:* Let us depart in peace.

*Choir:* In the Name of the Lord.

*Deacon:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

*Priest:* O Lord, Who blessest those who bless Thee, and sanctifiest those who put their trust in Thee: Save Thy people and bless Thy inheritance. Preserve the fulness of Thy Church; sanctify those who love the beauty of Thy House; glorify them with Thy divine power, and forsake not us who put our hope in Thee. Grant peace to Thy world, to Thy Churches, to Thy Priests, to all God-fearing rulers, and to all Thy people. For every blessing and every perfect gift is from above and comes down from Thee, the Father of Lights. And to Thee we send up glory and thanksgiving and adoration, to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages.

*Choir:* Amen. Blessed be the Name of the Lord from this time forth and forevermore.  
(*Thrice*)

*Priest:* The blessing and mercy of the Lord be upon you, by His divine grace and love for men, always, now and ever, and to the ages of ages.

*Choir:* Amen.

*Priest:* Glory to Thee, O Christ, our God and our hope, glory to Thee.

*Choir:* Glory to the Father, and to to Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (*Thrice*) Holy Father, bless.

*Priest:***The Dismissal:**

May (*Sundays:* He Who rose from the dead) Christ our true God, through the prayers of His most holy Mother, of the holy and glorious Apostles, of our Father among the Saints, John Chrysostom, Archbishop of Constantinople, of Saint N. (*of the day*), of the holy and righteous ancestors of God, Joachim and Anna, and of all the Saints, have mercy on us and save us, for He is good and the Lover of men.

*Choir:* Amen.

**AKATHIST**  
**to our**  
**Sweetest Lord Jesus Christ**

**Kontakion 1**

Warrior-Chieftain and Lord, Vanquisher of hell, I Thy creature and servant offer Thee songs of praise, for Thou hast delivered me from eternal death. But as Thou hast unutterable loving-kindness, free me from every danger, as I cry: Jesus, Son of God, have mercy on me.

**Oikos 1**

Creator of Angels and Lord of Hosts! As of old Thou didst open ear and tongue to the deaf and dumb, likewise open now my perplexed mind and tongue to the praise of Thy Most Holy Name, that I may cry to Thee: Jesus All-Wonderful, Angels' Astonishment! Jesus All-Powerful, Forefathers' Deliverance! Jesus All-Sweetest, Patriarchs' Exaltation! Jesus All-Glorious, Kings' Stronghold! Jesus All-Beloved, Prophets' Fulfillment! Jesus All-Marvellous, Martyrs' Strength! Jesus All-Peaceful, Monks' Joy! Jesus All-Gracious, Presbyters' Sweetness! Jesus All-Merciful, Fasters' Abstinence! Jesus All-Tenderest, Saints' Rejoicing! Jesus All-Honorable, Virgins' Chastity! Jesus everlasting, Sinners' Salvation! Jesus, Son of God, have mercy on me!

**Kontakion 2**

As when seeing the widow weeping bitterly, O Lord, Thou wast moved with pity, and didst raise her son from the dead as he was being carried to burial, likewise have pity on me, O Lover of men, and raise my soul, deadened by sins, as I cry, Alleluia!

**Oikos 2**

Seeking to know what passes knowledge, Philip asked: "Lord, show us the Father"; and Thou didst answer him: "Have I been so long with you and yet hast thou not known that I am in the Father and the Father in Me?" Likewise, O Inconceivable One, with fear I cry to Thee: Jesus, Eternal God! Jesus, All-Powerful King! Jesus, Long-suffering Master! Jesus, All-Merciful Saviour! Jesus, my gracious Guardian! Jesus, cleanse my sins! Jesus, take away my iniquities! Jesus, pardon my unrighteousness! Jesus, my Hope, forsake me not! Jesus, my Helper, reject me not! Jesus, my Creator, forget me not! Jesus, my Shepherd, lose me not! Jesus, Son of God, have mercy on me!

**Kontakion 3**

Thou Who didst endue with power from on high Thy Apostles who tarried in Jerusalem, O Jesus, clothe also me, stripped bare of all good work, with the warmth of Thy Holy Spirit, and grant that with love I may sing to Thee: Alleluia!

### **Oikos 3**

In the abundance of Thy mercy, O Jesus, Thou hast called publicans and sinners and infidels. Now despise me not who am like them, but as precious myrrh accept this song: Jesus, Invincible Power! Jesus, Infinite Mercy! Jesus, Radiant Beauty! Jesus, Unspeakable Love! Jesus, Son of the Living God! Jesus, have mercy on me, a sinner! Jesus, hear me who was conceived in iniquity! Jesus, cleanse me who was born in sin! Jesus, teach me who am worthless! Jesus, enlighten my darkness! Jesus, purify me who am unclean! Jesus, restore me, a prodigal! Jesus, Son of God, have mercy on me!

### **Kontakion 4**

Having an interior storm of doubting thoughts, Peter was sinking. But beholding Thee, O Jesus, in the flesh walking on the waters, he confessed Thee to be the true God; and receiving the hand of salvation, he cried: Alleluia!

### **Oikos 4**

When the blind man heard Thee, O Lord, passing by on the way, he cried: Jesus, Son of David, have mercy on me! And Thou didst call him and open his eyes. Likewise enlighten the spiritual eyes of my heart with Thy love as I cry to Thee and say: Jesus, Creator of those on high! Jesus, Redeemer of those below! Jesus, Vanquisher of the powers of hell! Jesus, Adorner of every creature! Jesus, Comforter of my soul! Jesus, Enlightener of my mind! Jesus, Gladness of my heart! Jesus, Health of my body! Jesus, my Saviour, save me! Jesus, my Light, enlighten me! Jesus, deliver me from all torments! Jesus, save me despite my unworthiness! Jesus, Son of God, have mercy on me!

### **Kontakion 5**

As of old Thou didst redeem us from the curse of the law by Thy Divinely-shed Blood, O Jesus, likewise rescue me from the snares in which the serpent has entangled us through the passions of the flesh, through lustful suggestions and evil despondency, as we cry to Thee: Alleluia!

### **Oikos 5**

Seeing the Creator in human form and knowing Him to be their Lord, the Hebrew children sought to please Him with branches, crying: Hosanna! But we offer Thee a song, saying: Jesus, True God! Jesus, Son of David! Jesus, Glorious King! Jesus, Innocent Lamb! Jesus, Wonderful Shepherd! Jesus, Guardian of my infancy! Jesus, Nourisher of my youth! Jesus, Praise of my old age! Jesus, my Hope at death! Jesus, my Life after death! Jesus, my Comfort at Thy Judgment! Jesus, my Desire, let me not then be ashamed. Jesus, Son of God, have mercy on me!

### **Kontakion 6**

In fulfillment of the words and message of the inspired Prophets, O Jesus, Thou didst appear on earth, and Thou Who art uncontainable didst dwell with men. Thenceforth, being healed through Thy wounds, we learned to sing: Alleluia!

### **Oikos 6**

When the light of Thy truth dawned on the world, devilish delusion was driven away; for the idols, O our Saviour, have fallen, unable to endure Thy strength. But we who have received salvation, cry to Thee: Jesus, the Truth, dispelling falsehood! Jesus, the Light above all lights! Jesus, the King, surpassing all in strength! Jesus, God, constant in mercy! Jesus, Bread of Life, fill me who am hungry! Jesus, Source of Knowledge, refresh me who am thirsty! Jesus, Garment of Gladness, clothe my nakedness! Jesus, Veil of Joy, cover my unworthiness! Jesus, Giver to those who ask, give me sorrow for my sins! Jesus, Finder of those who seek, find my soul! Jesus, Opener to those who knock, open my wretched heart! Jesus, Redeemer of sinners, wash away my sins! Jesus, Son of God, have mercy on me!

### **Kontakion 7**

Desiring to unveil the mystery hidden from all ages, Thou wast led as a sheep to the slaughter, O Jesus, and as a lamb before its shearer. But as God Thou didst rise from the dead and didst ascend with glory to Heaven, and along with Thyself Thou didst raise us who cry: Alleluia!

### **Oikos 7**

The Creator has shown us a marvelous Creature, Who took flesh without seed from a Virgin, rose from the tomb without breaking the seal, and entered bodily the Apostles' room when the doors were shut. Therefore, marvelling at this we sing: Jesus, Uncontainable Word! Jesus, Inscrutable Intelligence! Jesus, Incomprehensible Power! Jesus, Inconceivable Wisdom! Jesus, Undepictable Deity! Jesus, Boundless Dominion! Jesus, Invincible Kingdom! Jesus, Unending Sovereignty! Jesus, Supreme Strength! Jesus, Eternal Power! Jesus, my Creator, have compassion on me! Jesus, my Saviour, save me! Jesus, Son of God, have mercy on me!

### **Kontakion 8**

Seeing God wondrously incarnate, let us shun the vain world and set our mind on things divine; for God descended to earth to raise to Heaven us who cry to Him: Alleluia!

### **Oikos 8**

Being both below and above, Thou didst never falter, O Thou immeasurable One, when Thou didst voluntarily suffer for us, and by Thy death our death didst put to death, and by Thy Resurrection didst grant life to those who sing: Jesus, Sweetness of the heart! Jesus, Strength of the body! Jesus, Purity of the soul! Jesus, Brightness of the mind! Jesus, Gladness of the conscience! Jesus, Sure Hope! Jesus, Memory Eternal! Jesus, High Praise!

Jesus, my most exalted Glory! Jesus, my Desire, reject me not! Jesus, my Shepherd, recover me! Jesus, my Saviour, save me! Jesus, Son of God, have mercy on me!

#### **Kontakion 9**

The Angelic Hosts in Heaven glorify unceasingly Thy most holy Name, O Jesus, crying: Holy, Holy, Holy! But we sinners on earth, with our frail voices cry: Alleluia!

#### **Oikos 9**

We see most eloquent orators voiceless as fish when they must speak of Thee, O Jesus our Saviour. For it is beyond their power to tell how Thou art both perfect man and immutable God at the same time. But we, marvelling at this Mystery, cry faithfully: Jesus, Eternal God! Jesus, King of Kings! Jesus, Lord of Lords! Jesus, Judge of the living and the dead! Jesus, Hope of the hopeless! Jesus, Comforter of the mournful! Jesus, Glory of the poor! Jesus, condemn me not according to my deeds! Jesus, cleanse me according to Thy mercy! Jesus, take from me despondency! Jesus, enlighten the thoughts of my heart! Jesus, make me ever mindful of death! Jesus, Son of God, have mercy on me!

#### **Kontakion 10**

Wishing to save the world, O Sunrise of the East, Thou didst come to the dark Occident of our nature, and didst humble Thyself even to the point of death. Therefore Thy Name is exalted above every name, and from all the tribes of earth and heaven, Thou dost hear: Alleluia!

#### **Oikos 10**

King Eternal, Comforter, true Christ! Cleanse us from every stain as Thou didst cleanse the Ten Lepers, and heal us as Thou didst heal the greedy soul of Zacchaeus the publican, that we may cry to Thee with compunction and say: Jesus, Treasurer Incorruptible! Jesus, Unfailing Wealth! Jesus, Strong Food! Jesus, Inexhaustible Drink! Jesus, Garment of the poor! Jesus, Defender of widows! Jesus, Protector of orphans! Jesus, Helper of toilers! Jesus, Guide of pilgrims! Jesus, Pilot of voyagers! Jesus, Calmer of tempests! Jesus, raise me who am fallen! Jesus, Son of God, have mercy on me!

#### **Kontakion 11**

Tenderest songs I, though unworthy, offer to Thee, and like the woman of Canaan, I cry to Thee: O Jesus, have mercy on me! For it is not my daughter, but my flesh violently possessed with passions and burning with fury. So grant healing to me, who cry to Thee: Alleluia!

#### **Oikos 11**



Having previously persecuted Thee Who art the Light that enlightens those who are in the darkness of ignorance, Paul experienced the power of the voice of divine enlightenment, and understood the swiftness of the soul's conversion to God. Likewise, enlighten the dark eye of my soul, as I cry: Jesus, my All-powerful King! Jesus, my Almighty God! Jesus, my Immortal Lord! Jesus, my most glorious Creator! Jesus, my most kind Teacher and Guide! Jesus, my most compassionate Shepherd! Jesus, my most gracious Master! Jesus, my most merciful Saviour! Jesus, enlighten my senses darkened by passions! Jesus, heal my body scabbed with sins! Jesus, cleanse my mind from vain thoughts! Jesus, keep my heart from evil desires! Jesus, Son of God, have mercy on me!

### **Kontakion 12**

Grant me Thy grace, O Jesus, Absolver of all debts, and receive me who repent, as Thou didst receive Peter who denied Thee, and call me who am downcast, as of old Thou didst call Paul who persecuted Thee, and hear me crying to Thee: Alleluia!

### **Oikos 12**

Praising Thy Incarnation, we all glorify Thee and, with Thomas, we believe that Thou art our Lord and God, sitting with the Father and coming to judge the living and the dead. Grant that then I may stand on Thy right hand, who now cry: Jesus, Eternal King, have mercy on me! Jesus, sweet-scented Flower, make me fragrant! Jesus, beloved Warmth, make me warm! Jesus, Eternal Temple, shelter me! Jesus, Garment of Light, adorn me! Jesus, Pearl of great price, beam on me! Jesus, precious Stone, illumine me! Jesus, Sun of Righteousness, shine on me! Jesus, holy Light, make me radiant! Jesus, deliver me from sickness of soul and body! Jesus, rescue me from the hands of the adversary! Jesus, save me from the unquenchable fire and from the other eternal torments! Jesus, Son of God, have mercy on me!

### **Kontakion 13**

O most sweet and most generous Jesus! Receive this our humble prayer, as Thou didst receive the widow's mite and keep Thy faithful people from all enemies, visible and invisible, from foreign invasion, from disease and hunger, from all tribulations and mortal wounds, and deliver from future torments all who cry to Thee: Alleluia! (*Thrice*)

*And again Oikos 1 and Kontakion 1 are read.*

### **Prayers to Our Lord JESUS CHRIST**

O All-wise and All-gracious Lord, Our Saviour, Who didst enlighten all the ends of the world by the radiance of Thy Coming, and Who didst call us into Thy Holy Church through the promise of the inheritance of incorruptible and eternal good! Graciously look down on us, Thy worthless servants, and remember not our iniquities, but according to Thy infinite mercies forgive all our sins. For though we transgress Thy holy will, we do

not deny Thee, Our God and Saviour. Against Thee alone do we sin, yet Thee alone do we serve, in Thee alone do we believe, to Thee alone do we come, and Thy servants only do we wish to be. Remember the infirmity of our nature and the temptations of the adversary and the worldly enticements and seducements which surround us on all sides, and against which, according to Thy word, we can do nothing without Thy help. Cleanse us and save us! Enlighten our minds that we may firmly believe in Thee, our only Saviour and Redeemer! Inspire our hearts that we may wholly love Thee, our only God and Creator! Direct our steps that we may unshakably walk in the light of Thy commandments! Yea, our Lord and Creator, show us Thy great and abundant kindness, and make us live all the days of our life in holiness and truth, that at the time of Thy glorious Second Coming, we may be worthy to hear Thy gracious call into Thy Heavenly Kingdom. Grant us, Thy sinful and unprofitable servants, to receive Thy Kingdom, and that in the enjoyment of its ineffable beauty, we may ever glorify Thee, together with Thy Eternal Father and Thy Ever-living Divine Spirit to the ages of ages. Amen.

Sweetest Lord Jesus, strong Son of God, Who didst shed Thy precious Blood and die for love of my love, I am ready to die for love of Thy love. Sweetest Jesus, my Life and my All, I love and adore Thee. Thee only do I wish for my Spouse, as Thou dost wish me for Thy bride. I give myself to Thee. I surrender myself to Thee. O Jesus, Thou Whose heart is ever turned to me, heal my heart, that I may feel the sweetness of Thy love, that I may taste no sweetness but Thee, seek no love but Thee, love no beauty but Thee. I have no desire but to please Thee and to do Thy will. Teach me to repent, and to take up the Cross daily and follow Thee with joy. Teach me to pray with faith and love. Thyself pray in me, that with Thee I may love my enemies and pray for them. Jesus, Thou art life in my death, strength in my weakness, light in my darkness, joy in my sorrow, courage in my faint heartedness, peace in my agitation, obedience in my prayer, glory in my dishonour, and deliverance from my dishonour. Glory and thanks to Thee Jesus my Saviour and Healer. Amen.

**AKATHIST**  
**to our Most Holy Lady**  
**Mother of God**

**Kontakion 1**

Queen of the Heavenly Host, Defender of our souls, we thy servants offer to thee songs of victory and thanksgiving, for thou, O Mother of God, hast delivered us from dangers. But as thou hast invincible power, free us from conflicts of all kinds that we may cry to thee: Rejoice, unwedded Bride!

**Oikos 1**

An Archangel was sent from Heaven to say to the Mother of God: Rejoice! And seeing Thee, O Lord, taking bodily form, he was amazed and with his bodiless voice he stood crying to her such things as these: Rejoice, thou through whom joy will flash forth! Rejoice, thou through whom the curse will cease! Rejoice, revival of fallen Adam! Rejoice, redemption of the tears of Eve! Rejoice, height hard to climb for human thoughts! Rejoice, depth hard to contemplate even for the eyes of Angels! Rejoice, thou who art the King's throne! Rejoice, thou who bearest Him Who bears all! Rejoice, star that causeth the Sun to appear! Rejoice, womb of the divine incarnation! Rejoice, thou through whom creation becomes new! Rejoice, thou through whom the Creator becomes a babe! Rejoice, unwedded Bride!

**Kontakion 2**

Aware that she was living in chastity, the holy Virgin said boldly to Gabriel: "Thy strange message is hard for my soul to accept. How is it thou speakest of the birth from a seedless conception?" And she cried: Alleluia!

**Oikos 2**

Seeking to know what passes knowledge, the Virgin cried to the ministering spirit: "Tell me, how can a son be born from a chaste womb?" Then he spoke to her in fear, only crying aloud thus: Rejoice, initiate of God's ineffable will! Rejoice, assurance of those who pray in silence! Rejoice, prelude of Christ's miracles! Rejoice, crown of His dogmas! Rejoice, heavenly ladder by which God came down! Rejoice, bridge that conveys us from earth to heaven! Rejoice, wonder of angels blazed abroad! Rejoice, wound of demons bewailed afar! Rejoice, thou who ineffably gavest birth to the Light! Rejoice, thou who didst reveal thy secret to none! Rejoice, thou who surpassest the knowledge of the wise! Rejoice, thou who givest light to the minds of the faithful! Rejoice, unwedded Bride!

**Kontakion 3**

The power of the Most High then overshadowed the Virgin for conception, and showed her fruitful womb as a sweet meadow to all who wish to reap salvation, as they sing: Alleluia!

### **Oikos 3**

Pregnant with the Divine indwelling the Virgin ran to Elizabeth whose unborn babe at once recognized her embrace, rejoiced, and with leaps of joy as songs, cried to the Mother of God: Rejoice, scion of an undying Shoot! Rejoice, field of untainted fruit! Rejoice, thou who laborest for Him Whose labor is love! Rejoice, thou who givest birth to the Father of our life! Rejoice, cornland yielding a rich crop of mercies! Rejoice, table bearing a wealth of forgiveness! Rejoice, thou who revivest the garden of delight! Rejoice, thou who preparest a haven for souls! Rejoice, acceptable incense of intercession! Rejoice, purification of all the world! Rejoice, favour of God to mortals! Rejoice, access of mortals to God! Rejoice, unwedded Bride!

### **Kontakion 4**

Sustaining from within a storm of doubtful thoughts, the chaste Joseph was troubled. For knowing thee to have no husband, he suspected a secret union, O Immaculate One. But when he learned that thy conception was of the Holy Spirit, he exclaimed: Alleluia!

### **Oikos 4**

The shepherds heard Angels carolling Christ's incarnate Presence, and running like sheep to their shepherd, they beheld him as an innocent Lamb fed at Mary's breast, and they sang to her and said: Rejoice, mother of the Lamb and the Shepherd! Rejoice, fold of spiritual sheep! Rejoice, defence against invisible enemies! Rejoice, key to the gates of Paradise! Rejoice, for the things of Heaven rejoice with the earth! Rejoice, for the things of earth join chorus with the Heavens! Rejoice, never-silent voice of the Apostles! Rejoice, invincible courage of the martyrs! Rejoice, firm support of faith! Rejoice, radiant blaze of grace! Rejoice, thou through whom hell was stripped bare! Rejoice, thou through whom we are clothed with glory! Rejoice, unwedded Bride!

### **Kontakion 5**

Having sighted the divinely moving star, the Wise Men followed its light and held it as a lamp by which they sought a powerful King. And as they approached the Unapproachable, they rejoiced and shouted to Him: Alleluia!

### **Oikos 5**

The sons of the Chaldees saw in the hands of the Virgin Him Who with His hand made man. And knowing Him to be the Lord although He had taken the form of a servant, they hastened to worship Him with their gifts and cried to her who is blessed: Rejoice, mother of the never-setting Star! Rejoice, dawn of the mystic Day! Rejoice, thou who didst

extinguish the furnace of error! Rejoice, thou who didst enlighten the initiates of the Trinity! Rejoice, thou who didst banish from power the inhuman tyrant! Rejoice, thou who hast shown us Christ as the Lord and Lover of men! Rejoice, thou who redeemest from pagan worship! Rejoice, thou who dost drag from the mire of works! Rejoice, thou who hast stopped the worship of fire! Rejoice, thou who hast quenched the flame of the passions! Rejoice, guide of the faithful to chastity! Rejoice, joy of all generations! Rejoice, unwedded Bride!

### **Kontakion 6**

Turned God-bearing heralds, the Wise Men returned to Babylon. They fulfilled Thy prophecy and to all preached Thee as the Christ, and they left Herod as a trifler, who could not sing: Alleluia!

### **Oikos 6**

By shining in Egypt the light of truth, Thou didst dispel the darkness of falsehood, O Saviour. For, unable to endure Thy strength, its idols fell; and those who were freed from their spell cried to the Mother of God: Rejoice, uplifting of men! Rejoice, downfall of demons! Rejoice, thou who hast trampled on the delusion of error! Rejoice, thou who hast exposed the fraud of idols! Rejoice, sea that has drowned the spiritual Pharaoh! Rejoice, rock that has refreshed those thirsting for Life! Rejoice, pillar of fire guiding those in darkness! Rejoice, shelter of the world broader than a cloud! Rejoice, sustenance replacing Manna! Rejoice, minister of holy delight! Rejoice, land of promise! Rejoice, thou from whom flows milk and honey! Rejoice, unwedded Bride!

### **Kontakion 7**

When Simeon was about to depart this life of delusion, Thou wast brought as a Babe to him. But he recognized Thee as also perfect God, and marvelling at Thy ineffable wisdom, he cried: Alleluia!

### **Oikos 7**

The Creator showed us a new creation when He appeared to us who came from Him. For He sprang from an unsown womb and kept it chaste as it was, that seeing the miracle we might sing to her and say: Rejoice, flower of incorruption! Rejoice, crown of continence! Rejoice, flashing symbol of the resurrection! Rejoice, mirror of the life of the Angels! Rejoice, tree of glorious fruit by which the faithful are nourished! Rejoice, bush of shady leaves by which many are sheltered! Rejoice, thou who bearest the Guide of those astray! Rejoice, thou who givest birth to the Redeemer of captives! Rejoice, pleader before the Just Judge! Rejoice, forgiveness of many sinners. Rejoice, robe of freedom for the naked! Rejoice, love that vanquishes all desire! Rejoice, unwedded Bride!

### **Kontakion 8**

Seeing the Child Exile, let us be exiles from the world and transport our minds to Heaven. For the Most High God appeared on earth as lowly man, because He wished to draw to the heights those who cry to Him: Alleluia!

### **Oikos 8**

Wholly present was the infinite Word among those here below, yet in no way absent from those on high; for this was a divine condescension and not a change of place. And His birth was from a God-possessed Virgin who heard words like these: Rejoice, container of the uncontainable God! Rejoice, door of solemn mystery! Rejoice, doubtful report of unbelievers! Rejoice, undoubted boast of the faithful! Rejoice, all-holy chariot of Him Who rides on the Cherubim! Rejoice, all-glorious temple of Him Who is above the Seraphim! Rejoice, thou who hast united opposites! Rejoice, thou who hast joined virginity and motherhood! Rejoice, thou through whom sin has been absolved! Rejoice, thou through whom Paradise is opened! Rejoice, key to the Kingdom of Christ! Rejoice, hope of eternal blessings! Rejoice, unwedded Bride!

### **Kontakion 9**

All angel kind was amazed at the great act of Thy incarnation; for they saw the inaccessible God as a man accessible to all, dwelling with us and hearing from all: Alleluia!

### **Oikos 9**

We see most eloquent orators dumb as fish before thee, O Mother of God. For they dare not ask: How canst thou bear a Child and yet remain a Virgin? But we marvel at the mystery, and cry with faith: Rejoice, receptacle of the Wisdom of God! Rejoice, treasury of His Providence! Rejoice, thou who showest philosophers to be fools! Rejoice, thou who constrainest the learned to silence! Rejoice, for the clever critics have made fools of themselves! Rejoice, for the writers of myths have died out! Rejoice, thou who didst break the webs of the Athenians! Rejoice, thou who didst fill the nets of the fishermen! Rejoice, thou who drawest us from the depths of ignorance! Rejoice, thou who enlightenest many with knowledge! Rejoice, ship of those who wish to be saved! Rejoice, haven for sailors on the sea of life! Rejoice, unwedded Bride!

### **Kontakion 10**

Wishing to save the world, the Ruler of all came to it spontaneously. And though as God He is our Shepherd, for us He appeared to us as a Man; and having called mankind to salvation by His own Perfect Manhood, as God He hears: Alleluia!

### **Oikos 10**

Thou art a wall to virgins and to all who run to thee, O Virgin Mother of God. For the Maker of heaven and earth prepared thee, O Immaculate One, and dwelt in thy womb, and taught all to call to thee: Rejoice, pillar of virginity! Rejoice, gate of salvation! Rejoice,

founder of spiritual reformation! Rejoice, leader of divine goodness! Rejoice, for thou didst regenerate those conceived in shame! Rejoice, for thou gavest understanding to those robbed of their senses! Rejoice, thou who didst foil the corrupter of minds! Rejoice, thou who gavest birth to the Sower of chastity! Rejoice, bridechamber of a virgin marriage! Rejoice, thou who dost wed the faithful to the Lord! Rejoice, fair mother and nurse of virgins! Rejoice, betrother of holy souls! Rejoice, unwedded Bride!

### **Kontakion 11**

Every hymn falls short that aspires to embrace the multitude of Thy many mercies. For if we should offer to Thee, O Holy King, songs numberless as the sand, we should still have done nothing worthy of what Thou hast given to us who shout to Thee: Alleluia!

### **Oikos 11**

We see the Holy Virgin as a flaming torch appearing to those in darkness. For having kindled the Immaterial Light, she leads all to divine knowledge; she illumines our minds with radiance and is honoured by our shouting these praises: Rejoice, ray of the spiritual Sun! Rejoice, flash of unfading splendour! Rejoice, lightning that lights up our souls! Rejoice, thunder that stuns our enemies! Rejoice, for thou didst cause the refulgent Light to dawn! Rejoice, for thou didst cause the river of many-streams to gush forth! Rejoice, living image of the font! Rejoice, remover of the stain of sin! Rejoice, laver that washes the conscience clean! Rejoice, bowl for mixing the wine of joy! Rejoice, aroma of the fragrance of Christ! Rejoice, life of mystical festivity! Rejoice, unwedded Bride!

### **Kontakion 12**

When He Who forgives all men their past debts wished to restore us to favour, of His own will He came to dwell among those who had fallen from His grace; and having torn up the record of their sins, He hears from all: Alleluia!

### **Oikos 12**

While singing to thy Child, we all praise thee as a living temple, O Mother of God. For the Lord Who holds all things in His hand dwelt in thy womb, and He sanctified and glorified thee, and taught all to cry to thee: Rejoice, tabernacle of God the Word! Rejoice, saint greater than the saints! Rejoice, ark made golden by the Spirit! Rejoice, inexhaustible treasury of Life! Rejoice, precious diadem of pious kings! Rejoice, adorable boast of devoted priests! Rejoice, unshaken tower of the Church! Rejoice, impregnable wall of the Kingdom! Rejoice, thou through whom we obtain our victories! Rejoice, thou before whom our foes fall prostrate! Rejoice, healing of my body! Rejoice, salvation of my soul! Rejoice, unwedded Bride!

### **Kontakion 13**

O all-praised Mother who didst bear the Word holiest of all the Saints, accept this our offering, and deliver us from all offense, and redeem from future torment those who cry in unison to thee: Alleluia. (*Thrice*)

*And again Oikos 1 and Kontakion 1 are read.*

**Prayer to our Most Holy Lady  
MOTHER of GOD**

My most gracious Queen, my hope, Mother of God, shelter of orphans, and intercessor of travellers, strangers and pilgrims, joy of those in sorrow, protectress of the wronged, see my distress, see my affliction! Help me, for I am helpless. Feed me, for I am a stranger and pilgrim. Thou knowest my offence; forgive and resolve it as thou wilt. For I know no other help but thee, no other intercessor, no gracious consoler but thee, O Mother of God, to guard and protect me throughout the ages. Amen.



## CANON OF PREPARATION

### for Holy Communion

Heavenly King... Trisagion: All-holy Trinity... Our Father... Lord have mercy (*12 times*). O come let us worship... (*Thrice*). Psalm 50:

#### Song 1. Tone 2.

**Eirmos:** Come, O you people, let us sing a song to Christ our God, Who divided the sea, and made a way for the nation which He had brought up out of the bondage of Egypt; for He is glorious.

*Create in me a clean heart, O God, and renew a right spirit within me.*

#### Troparia:

May Thy holy Body be for me the bread of eternal life, O gracious Lord, and may Thy precious Blood be a remedy for my many forms of sickness.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

Defiled by misguided deeds, wretched as I am, I am unworthy, O Christ, to partake of Thy immaculate Body and divine Blood, but make me worthy of them.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O blessed Bride of God, O good land which produced the unploughed Corn which saves the world, grant that I may be saved by eating it.

#### Song 3.

**Eirmos:** By establishing me on the rock of faith, Thou hast given me power over my enemies, and my spirit rejoices when I sing: There is none holy as our God, and none good but Thee, O Lord.

*Create in me a clean heart, O God, and renew a right spirit within me.*

#### Troparia:

Grant me, O Christ, teardrops to cleanse the dross from my heart, that, purified and with a good conscience, I may come with fear and faith, O Lord, to the communion Thy divine gifts.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

May Thy immaculate Body and divine Blood be for the forgiveness of my transgressions, for communion with the Holy Spirit and for Eternal Life, O Lover of men, and for estrangement from passions and sorrows.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O all-holy Lady, Altar of the Bread of Life, which for mercy's sake came down from on high and gave new life to the world, make even me, who am unworthy, worthy now with fear to eat it and live.

#### **Song 4.**

**Eirmos:** From a Virgin didst Thou come, not as an Ambassador, nor as an Angel, but the very Lord Himself incarnate, and didst save me, the whole man. Therefore I cry to Thee: Glory to Thy power, O Lord!

*Create in me a clean heart, O God, and renew a right spirit within me.*

#### **Troparia:**

O most merciful One. Who wast incarnate for us, Thou didst will to be slain as a Sheep for the sins of men; therefore I implore Thee to blot out my offenses.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

Heal the wounds of my soul, O Lord, and wholly sanctify me, and make me worthy, O Lord, to partake of Thy divine mystical Supper, wretched as I am.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Intercede for me also, O Lady, with Him Who came from thy womb, and keep me, thy slave, pure and blameless that I may be sanctified by obtaining the spiritual pearl.

#### **Song 5.**

**Eirmos:** Giver of light and Sovereign Creator of the worlds, guide us in the light of Thy commandments, for we know no other God than Thee.

*Create in me a clean heart, O God, and renew a right spirit within me.*

#### **Troparia:**

As Thou didst foretell, O Christ, let it be to Thy wicked servant. Abide in me as Thou didst promise; for lo, I am eating Thy divine Body and drinking Thy Blood.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

O Word of God, and God, may the live coal of Thy Body be for the enlightenment of me who am darkened, and may Thy Blood be the cleansing of my sinful soul.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O Mary, Mother of God, holy tabernacle of the scent of Heaven, make me by Thy prayers, a chosen vessel, that I may partake of the Sacrament of thy Son.

### **Song 6.**

**Eirmos:** Whirled about in the abyss of sin, I appeal to the unfathomable abyss of Thy compassion: Raise me up from corruption, O God.

*Create in me a clean heart, O God, and renew a right spirit within me.*

### **Troparia:**

O Saviour, sanctify my mind, soul, heart and body, and grant me uncondemned, O Lord, to approach the fearful Mysteries.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

Grant estrangement from passions, and the assistance of Thy grace, and assurance of life by the communion of Thy Holy Mysteries, O Christ.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O Holy Word of God and God, sanctify the whole of me as I now approach Thy divine Mysteries, by the prayers of Thy Holy Mother.

Lord, have mercy. (*Thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Kontakion:** Disdain me not to receive now, O Christ, the Bread which is Thy Body and Thy divine Blood, and to partake, O Lord, of Thy most pure and dread Mysteries, wretched as I am, and may it not be to me for judgment, but for eternal and immortal life.

### **Song 7.**

**Eirmos:** The wise children did not adore the golden idol, but went themselves into the flame and defied the pagan gods. They prayed in the midst of the flame, and an Angel bedewed them: The prayer of your lips has been heard.

*Create in me a clean heart, O God, and renew a right spirit within me.*

**Troparia:**

May the communion of Thine immortal Mysteries, the source of all goodness, O Christ, be to me light and life and dispassion and the means of progress and proficiency in divine virtue, O only Good One, that I may glorify Thee.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

That I may be redeemed from passions, enemies, wants, and every sorrow, I now draw near with trembling, love and reverence, O Lover of men, to Thy immortal and divine Mysteries, singing to Thee: Blessed art Thou, O God of our fathers.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

O thou who art full of Divine Grace and gavest birth incomprehensibly to the Saviour Christ, I thy servant, unclean as I am, now beseech thee, O pure one: Cleanse me who now wish to approach the immaculate Mysteries, from all defilement of body and spirit.

**Song 8.**

**Eirmos:** Sing of the acts of God Who descended into the fiery furnace with the Hebrew children, and changed the flame into dew, and exalt Him as Lord throughout all ages.

*Create in me a clean heart, O God, and renew a right spirit within me.*

**Troparia:**

Grant me, who am desperate, to be a participant now of Thy heavenly, dread and holy Mysteries, O Christ, and of Thy divine Mystical Supper, O my Saviour and God.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

I fly for refuge to Thy compassion, O Good One, and I cry to Thee with fear: Abide in me, O Saviour, and I in Thee as Thou saidst; for lo, confiding in Thy mercy, I eat Thy Body and drink Thy Blood.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

I tremble, taking fire, lest I should burn as wax and hay. O dread Mystery! O Divine Compassion! How can I who am clay partake of the divine Body and Blood and become incorruptible!

### **Song 9.**

**Eirmos:** The Son of the Eternal Father, God and Lord, has appeared to us incarnate of a Virgin, to enlighten those in darkness, and to gather the dispersed; therefore the all-hymned Mother of God we magnify.

*Create in me a clean heart, O God, and renew a right spirit within me.*

### **Troparia:**

The Lord is good. O taste and see! For of old He became like us for us, and once offered Himself as a sacrifice to His Father and is perpetually slain, sanctifying communicants.

*Cast me not away from Thy Face, and take not Thy Holy Spirit from me.*

May I be sanctified in body and soul, O Lord; may I be enlightened and saved; may I become by the communion of the Holy Mysteries Thy dwelling, having Thee with the Father and the Spirit living within me, O most merciful Benefactor.

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

May Thy most precious Body and Blood, my Saviour, be to me as fire and light, consuming the fuel of sin and burning the thorns of my passions, enlightening the whole of me to adore Thy Divinity.

Now and ever, and to the ages of ages. Amen.

God took flesh of thy pure blood. Therefore, all generations sing to thee, O Lady, and throngs of heavenly minds glorify thee. For through thee we have clearly seen Him Who is Lord of all united essentially with mankind.

And in the morning the special psalms and prayers to be read before Holy Communion.

## PREPARATORY PRAYERS

### FOR HOLY COMMUNION

In the Name of the Father and of the Son, and of the Holy Spirit. Amen.

Glory to Thee, our God, glory to Thee.

Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good gifts and Giver of Life, come and abide in us, and cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Most Holy Trinity, have mercy on us. O Lord, wash away our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities for Thy Name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation; but deliver us from the evil one.

For Thine is the kingdom, the power and the glory, of the Father, and of the Son and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (*12 times*).

O come let us worship God our King.

O come let us worship and fall down before Christ, our King and God.

O come let us worship and fall down before Christ Himself, our King and our God.

Then the following Psalms: 23, 24, 116: 10-19 (King James text); 22, 23, 115 (Septuagint).

#### **Psalm 22.**

The Lord is my Shepherd, and will deny me nothing. He has settled me in a green pasture, and nourished me beside refreshing water. He has converted my soul, and led me in the paths of righteousness for His Name's sake. For even though I walk in the midst of the shadow of death, I will fear no evil, for Thou art with me. Thy rod and Thy staff have

comforted me. Thou hast prepared a table before me in the face of those who trouble me. Thou hast anointed my head with oil. And Thy chalice which inebriates me, how glorious it is! And Thy mercy will follow me all the days of my life. And I shall dwell in the house of the Lord throughout the length of my days.

### **Psalm 23.**

The earth is the Lord's and all that is in it, the world and all who dwell in it He has set it on the seas, and prepared it on the rivers. Who will ascend the mountain of the Lord, or who will stand in His holy place? He who has clean hands and a pure heart, who has not set his mind on vanity or sworn deceitfully to his neighbour. He will receive a blessing from the Lord, and mercy from God his Saviour. These are the kind who seek the Lord, who seek the face of the God of Jacob. Lift up your gates, you princes, and be lifted up, you eternal doors, and the King of Glory will enter. Who is this King of Glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your gates, you princes, and be lifted up, you eternal doors, and the King of Glory will enter. Who is this King of Glory? The Lord of Hosts, He is the King of Glory.

### **Psalm 115.**

I believed and so I spoke; but I was deeply humiliated. I said in my madness: every man is a liar. What shall I give in return to the Lord for all that He has given me? I will receive the cup of salvation and call on the Name of the Lord. I will pay my vows to the Lord in the presence of all His people. Precious in the sight of the Lord is the death of His Saints.

O Lord, I am Thy slave; I am Thy slave and son of Thy handmaid. Thou hast broken my bonds asunder. I will offer Thee the sacrifice of praise, and will pray in the Name of the Lord. I will pay my vows to the Lord in the presence of all His people, in the courts of the Lord's house, in the midst of thee, O Jerusalem.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*Thrice*) Lord, have mercy (*Thrice*). *And then the following prayers:*

Overlook my faults, O Lord Who wast born of a Virgin, and purify my heart, and make it a temple for Thy spotless Body and Blood. Let me not be rejected from Thy presence, O Thou Who hast infinitely great mercy.

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

How can I who am unworthy dare to come to the communion of Thy Holy Things? For even if I should dare to approach Thee with those who are worthy, my garment betrays me, for it is not a festal robe, and I shall cause the condemnation of my sinful soul. Cleanse, O Lord, the pollution from my soul, and save me as the Lover of men.

Now and ever, and unto the ages of ages. Amen.

Great is the multitude of my sins, O Mother of God. To thee, O pure one, I flee and implore salvation. Visit my sick and feeble soul and intercede with thy Son and our God, that He may grant me forgiveness for the terrible things I have done, O thou who alone art blessed.

*On Holy and Great Thursday the following is read:*

When Thy glorious Disciples were enlightened at the Supper by the feet-washing, then impious Judas was darkened with the disease of avarice, and he delivered Thee, the Just Judge, to lawless judges. See, O lover of money, this man through money came to hang himself. Flee the insatiable desire which dared to do such things to the Master. O Lord, Who art good towards all, glory to Thee.

Lord, have mercy. (*40 times*)

*Prostrations as desired. Then these prayers:*

### **First Prayer of St. Basil the Great**

O Sovereign Lord Jesus Christ our God, source of life and immortality, Who art the Author of all creation, visible and invisible, the equally everlasting and co-eternal Son of the eternal Father, Who through the excess of Thy goodness didst in the last days assume our flesh and wast crucified for us, ungrateful and ignorant as we were, and didst cause through Thy own Blood the restoration of our nature which had been marred by sin: O immortal King, accept the repentance even of me a sinner, and incline Thine ear to me and hear my words. For I have sinned, O Lord, I have sinned against heaven and before Thee, and I am not worthy to gaze on the height of Thy glory; for I have provoked Thy goodness by transgressing Thy commandments and not obeying Thy orders. But Thou, O Lord, in Thy forbearance, patience, and great mercy, hast not given me up to be destroyed with my sins, but Thou awaitest my complete conversion. For Thou, O Lover of men, hast said through Thy Prophet that Thou desirest not the death of the sinner, but that he should return to Thee and live. For Thou dost not will, O Lord, that the work of Thy hands should be destroyed, neither dost Thou delight in the destruction of men, but Thou desirest that all should be saved and come to a knowledge of the Truth. Therefore, though I am unworthy both of heaven and earth, and even of this transient life, since I have completely succumbed to sin and am a slave to pleasure and have defaced Thy image, yet being Thy work and creation, wretch that I am, even I do not despair of my salvation and dare to draw near to Thy boundless compassion. So receive even me, O Christ Lover of men, as the harlot, as the thief, as the publican, and as the prodigal; and take from me the heavy burden of my sins, Thou Who takest away the sin of the world, Who healest men's sicknesses, Who callest the weary and heavy laden to Thyself and givest them rest; for Thou camest not to call the righteous but sinners to repentance. And purify me from all defilement of flesh and spirit. Teach me to achieve perfect holiness in the fear of Thee, that



with the clear witness of my conscience I may receive the portion of Thy holy Things and be united with Thy holy Body and Blood, and have Thee dwelling and remaining in me with the Father and Thy Holy Spirit. And, O Lord Jesus Christ, my God, let not the communion of Thy immaculate and life-giving Mysteries be to me for condemnation nor let it make me sick in body or soul through my partaking of them unworthily; but grant me till my last breath to receive without condemnation the portion of Thy holy Things, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Thy dread tribunal, so that I too with all Thy elect may become a partaker of Thy pure joys which Thou hast prepared for those who love Thee, O Lord, in whom Thou art glorified throughout the ages. Amen.

**First Prayer  
of St. John Chrysostom**

O Lord my God, I know that I am not worthy or sufficient that Thou shouldest come under the roof of the house of my soul, for all is desolate and fallen, and Thou hast not with me a place fit to lay Thy head. But as from the highest heaven Thou didst humble Thyself for our sake, so now conform Thyself to my humility. And as Thou didst consent to lie in a cave and in a manger of dumb beasts, so also consent to lie in the manger of my unspiritual soul and to enter my defiled body. And as Thou didst not disdain to enter and dine with sinners in the house of Simon the Leper, so consent also to enter the house of my humble soul which is leprous and sinful. And as Thou didst not reject the woman, who was a harlot and a sinner like me, when she approached and touched Thee, so also be compassionate with me, a sinner, as I approach and touch Thee, and let the live coal of Thy most holy Body and precious Blood be for the sanctification and enlightenment and strengthening of my humble soul and body, for a relief from the burden of my many sins, for a protection from all diabolical practices, for a restraint and a check on my evil and wicked way of life, for the mortification of passions, for the keeping of Thy commandments, for an increase of Thy divine grace, and for the advancement of Thy Kingdom. For it is not insolently that I draw near to Thee, O Christ my God, but as taking courage from Thy unspeakable goodness, and that I may not by long abstaining from Thy communion become a prey to the spiritual wolf. Therefore, I pray Thee, O Lord, Who alone art holy, sanctify my soul and body, my mind and heart, my emotions and affections, and wholly renew me. Root the fear of Thee in my members, and make Thy sanctification indelible in me. Be also my helper and defender, guide my life in peace, and make me worthy to stand on Thy right hand with Thy Saints: through the prayers and intercessions of Thy immaculate Mother, of Thy ministering Angels, of the immaculate Powers and of all the Saints who have ever been pleasing to Thee. Amen.

**Prayer  
of St. Symeon the Translator**

O only pure and sinless Lord, Who through the ineffable compassion of Thy love for men didst assume our whole nature through the pure and virgin blood of her who supernaturally conceived Thee by the coming of the Divine Spirit and by the will of the

Eternal Father; O Christ Jesus, Wisdom and Peace and Power of God, Who in Thy assumption of our nature didst suffer Thy life-giving and saving Passion - the Cross, the Nails, the Spear, and Death - mortify all the deadly passions of my body. Thou Who in Thy burial didst spoil the dominions of hell, bury with good thoughts my evil schemes and scatter the spirits of wickedness. Thou Who by Thy life-giving Resurrection on the third day didst raise up our fallen first Parent, raise me up who am sunk in sin and suggest to me ways of repentance. Thou Who by Thy glorious Ascension didst deify our nature which Thou hadst assumed and didst honor it by Thy session at the right hand of the Father, make me worthy by partaking of Thy holy Mysteries of a place at Thy right hand among those who are saved. Thou Who by the descent of the Spirit, the Paraclete, didst make Thy holy Disciples worthy vessels, make me also a recipient of His coming. Thou Who art to come again to judge the World with justice, grant me also to meet Thee on the clouds, my Maker and Creator, with all Thy Saints, that I may unendingly glorify and praise Thee with Thy Eternal Father and Thy all-holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

**First Prayer  
of St. John Damascene**

O Sovereign Lord Jesus Christ our God, Who alone hast authority to forgive men their sins, overlook in Thy goodness and love for men all my offences whether committed with knowledge or in ignorance, and make me worthy to receive without condemnation Thy divine, glorious, spotless, and life-giving Mysteries, not for punishment, nor for an increase of sins, but for purification and sanctification and as a pledge of the life and kingdom to come, as a protection and help, and for the destruction of enemies, and for the blotting out of my many transgressions. For Thou art a God of mercy and compassion and love for men, and to Thee we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Second Prayer  
of St. Basil the Great**

I know, O Lord, that I partake of Thy immaculate Body and precious Blood unworthily, and that I am guilty, and eat and drink judgment to myself by not discerning the Body and Blood of Thee my Christ and God. But taking courage from Thy compassion I approach Thee, for Thou hast said: "He who eats My Flesh and drinks My Blood abides in Me and I in him." Therefore have compassion, O Lord, and do not make an example of me, a sinner, but deal with me according to Thy mercy; and let these Holy Things be for my healing and purification and enlightenment and protection and salvation and sanctification of body and soul, for the turning away of every phantasy and all evil practice and diabolical activity working subconsciously in my members, for confidence and love towards Thee, for reformation of life and security, for an increase of virtue and perfection, for fulfillment of the commandments, for communion with the Holy Spirit, as a provision for eternal life, and as an acceptable defense at Thy dread Tribunal, not for judgment or for condemnation.

**Prayer**  
**of St. Symeon the New Theologian**

From sullied lips,  
From an abominable heart,  
From an unclean tongue,  
Out of a polluted soul,  
Receive my prayer, O my Christ.  
Reject me not,  
Nor my words, nor my ways,  
Nor even my shamelessness,  
But give me courage to say  
What I desire, my Christ.  
And even more, teach me  
What to do and say.  
I have sinned more than the harlot  
Who, on learning where Thou wast  
lodging,  
Bought myrrh,  
And dared to come and anoint  
Thy feet, my Christ,  
My Lord and my God.  
As Thou didst not repulse her  
When she drew near from her heart,  
Neither, O Word, abominate me,  
But grant me Thy feet  
To clasp and kiss,  
And with a flood of tears  
As with most precious myrrh  
Dare to anoint them.  
Wash me with my tears  
And purify me with them, O Word.  
Forgive my sins  
And grant me pardon.  
Thou knowest the multitude of my evil-  
doings,  
Thou knowest also my wounds,  
And Thou seest my bruises.  
But also Thou knowest my faith,  
And Thou beholdest my willingness,  
And Thou hearest my sighs.  
Nothing escapes Thee, my God,  
My Maker, my Redeemer,  
Not even a tear-drop,  
Nor part of a drop.

Thine eyes know  
What I have not achieved,  
And in Thy book  
Things not yet done  
Are written by Thee.  
See my depression,  
See how great is my trouble,  
And all my sins  
Take from me, O God of all,  
That with a clean heart,  
Trembling mind  
And contrite spirit  
I may partake of Thy pure  
And all-holy Mysteries  
By which all who eat and drink Thee  
With sincerity of heart  
Are quickened and deified.  
For Thou, my Lord, hast said:  
"Whoever eats My Flesh  
And drinks My Blood  
Abides in Me  
And I in Him."  
Wholly true is the word  
Of my Lord and God.  
For whoever partakes of Thy divine  
And deifying Gifts  
Certainly is not alone,  
But is with Thee, my Christ,  
Light of the Triune Sun  
Which illumines the world.  
And that I may not remain alone  
Without Thee, the Giver of Life,  
My Breath, my Life,  
My Joy,  
The Salvation of the world,  
Therefore I have drawn near to Thee  
As Thou seest, with tears  
And with a contrite spirit.  
Ransom of my offences,  
I beseech Thee to receive me,  
And that I may partake without  
condemnation

Of Thy life-giving and perfect Mysteries,  
That Thou mayest remain as Thou hast  
said  
With me, thrice-wretched as I am,  
Lest the tempter may find me  
Without Thy grace  
And craftily seize me,  
And having deceived me, may seduce me,  
From Thy deifying words.  
Therefore I fall at Thy feet  
And fervently cry to Thee:  
As Thou receivedst the Prodigal  
And the Harlot who drew near to Thee,  
So have compassion and receive me,  
The profligate and the prodigal,  
As with contrite spirit  
I now draw near to Thee.  
I know, O Saviour, that no other  
Has sinned against Thee as I,  
Nor has done the deeds  
That I have committed.  
But this again I know  
That not the greatness of my offences  
Nor the multitude of my sins  
Surpasses the great patience  
Of my God,  
And His extreme love for men.  
But with the oil of compassion

Those who fervently repent  
Thou dost purify and enlighten  
And makest them children of the light,  
Sharers of Thy Divine Nature.  
And Thou dost act most generously,  
For what is strange to Angels  
And to the minds of men  
Often Thou tellest to them  
As to Thy true friends.  
These things make me bold, my Christ,  
These things give me wings,  
And I take courage from the wealth  
Of Thy goodness to us.  
And rejoicing and trembling at once,  
I who am straw partake of fire,  
And, strange wonder!  
I am ineffably bedewed,  
Like the bush of old  
Which burnt without being consumed.  
Therefore with thankful mind,  
And with thankful heart,  
And with thankfulness in all the  
members  
Of my soul and body,  
I worship and magnify  
And glorify Thee, my God,  
For Thou art blessed,  
Now and throughout the ages.

**Second Prayer  
of St. John Chrysostom**

I am not worthy, O Lord and Master, that Thou shouldst enter under the roof of my soul; but since Thou in Thy love for men dost will to dwell in me, I take courage and approach. Thou commandest: I will open wide the doors which Thou alone didst create, that Thou mayest enter with love as is Thy nature, enter and enlighten my darkened thought. I believe that Thou wilt do this, for Thou didst not banish the Harlot who approached Thee with tears, nor didst Thou reject the Publican who repented, nor didst Thou drive away the Thief who acknowledged Thy Kingdom, nor didst Thou leave the repentant persecutor (Paul) to himself; but all who had been brought to Thee by repentance Thou didst set in the company of Thy friends, O Thou Who alone art blessed always, now and to endless ages. Amen.

**Third Prayer  
of St. John Chrysostom**

Lord Jesus Christ my God, remit, forgive, absolve and pardon the sins, offences and transgressions which I, Thy sinful, useless and unworthy servant have committed from my youth, up to the present day and hour, whether with knowledge or in ignorance, whether by words or deeds or intentions or thoughts, and whether by habit or through any of my senses. And through the intercession of her who conceived Thee without seed, the immaculate and ever-virgin Mary Thy Mother, my only sure hope and protection and salvation, make me worthy without condemnation to receive Thy pure, immortal, life-giving and dread Mysteries, for forgiveness of sins and for eternal life, for sanctification and enlightenment and strength and healing and health of soul and body, and for the blotting out and complete destruction of my evil reasonings and intentions and prejudices and nocturnal fantasies of dark evil spirits. For Thine is the kingdom and the power and the glory and the honour and the worship, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Second Prayer  
of St. John Damascene**

I stand before the doors of Thy sanctuary, yet I do not put away my terrible thoughts. But O Christ our God, Who didst justify the Publican, and have mercy on the Canaanite woman, and didst open the gates of Paradise to the Thief, open to me the depths of Thy love for men, and as I approach and touch Thee, receive me like the Harlot and the woman with an issue of blood. For the one received healing easily by touching the hem of Thy garment, and the other by clasping Thy sacred feet obtained release from her sins. And I, in my pitiableness, dare to receive Thy whole Body. Let me not be burnt, but receive me even as these; enlighten the senses of my soul, and burn the stains of my sins: through the intercessions of her who bore Thee without seed, and of the Heavenly Powers, for Thou art blessed to the ages of ages. Amen.

**Fourth Prayer  
of St. John Chrysostom**

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am the chief. And I believe that this is Thy pure Body and Thy own precious Blood. Therefore, I pray Thee, have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And grant that I may partake of Thy Holy Mysteries without condemnation, for the remission of sins and for life eternal. Amen.

**Lines of St. Symeon the Translator**

Behold I approach for Divine Communion.  
O Creator, let me not be burnt by communicating,  
For Thou art Fire which burns the unworthy.  
But purify me from every stain.

*Then this Prayer:*

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of the Mystery to Thy enemies; I will not give Thee a kiss like Judas; but like the Thief do I confess Thee. Remember me, O Lord, in Thy Kingdom.

*And again these lines:*

Tremble, O man, when you see the deifying Blood,  
For it is a coal that burns the unworthy.  
The Body of God both deifies and nourishes;  
It deifies the spirit and wondrously nourishes the mind.

*And these Troparia:*

Thou hast ravished me with longing, O Christ, and with Thy divine love Thou hast changed me. But burn up with spiritual fire my sins and make me worthy to be filled with delight in Thee, that I may leap for joy, O gracious Lord, and magnify Thy two comings.

Into the splendor of Thy Saints how shall I who am unworthy enter? For if I dare to enter the bridechamber, my vesture betrays me, for it is not a wedding garment, and as a prisoner I shall be cast out by the Angels. Cleanse my soul from pollution and save me, O Lord, in Thy love for men.

*And this Prayer:*

Sovereign Lover of men, Lord Jesus my God, let not these Holy Things be to me for judgment through my being unworthy, but for the purification and sanctification of my soul and body, and as a pledge of the life and kingdom to come. For it is good for me to cling to God and to place in the Lord my hope of salvation.

**THANKSGIVING  
AFTER HOLY COMMUNION**

Glory to Thee, O God;  
Glory to Thee, O God;  
Glory to Thee, O God.

**Anonymous**

I thank Thee, O Lord my God, that Thou hast not rejected me, a sinner, but hast granted me to be a communicant of Thy holy Things. I thank Thee that Thou hast granted me, unworthy as I am, to partake of Thy pure and heavenly Gifts. But, O Lord, Lover of men, Who didst die for us and rise again and bestow upon us these Thy dread and life-giving Mysteries for the wellbeing and sanctification of our souls and bodies, grant that these may be even to me for the healing of my soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for unashamed faith, for sincere love, for the fullness of wisdom, for the keeping of Thy commandments, for an increase of Thy divine grace, and for familiarity with Thy Kingdom; that being kept by Them in Thy holiness I may ever remember Thy grace, and never live for myself but for Thee our Lord and Benefactor. And so when I have passed from existence here in the hope of eternal life, may I attain to everlasting rest, where the song is unceasing of those who keep festival and the joy is boundless of those who behold the ineffable beauty of Thy face. For Thou art the true desire and the unutterable gladness of those who love Thee, O Christ our God, and all creation sings of Thee throughout the ages.

**Prayer of St. Basil the Great**

Lord Christ our God, King of the ages and Creator of all, I thank Thee for all the blessings Thou hast granted me and for the communion of Thy pure and life-giving Mysteries. I pray Thee, therefore, good Lord and Lover of men, guard me under Thy protection and within the shadow of Thy wings; and grant me with a clear conscience till my last breath worthily to partake of Thy holy Things for forgiveness of sins and for life eternal. For Thou art the Bread of Life, the Source of Holiness, the Giver of all that is good, and to Thee we send up the glory, with the Father and the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Prayer of St. Symeon the Translator**

O Thou Who givest me willingly Thy Flesh for food,	Into all my joints, my affections, and my heart.
Thou Who art fire, and burnest the unworthy,	Burn up the thorns of all my sins.
Scorch me not, O my Maker,	Purify my soul, sanctify my mind;
But rather pass through me for the integration of my members,	Strengthen my knees and bones;
	Enlighten the simplicity of my five senses.
	Nail down the whole of me with Thy fear.

Ever protect, guard, and keep me  
From every soul-destroying word and act.  
Sanctify, purify, attune, and rule me.  
Adorn me, give me understanding, and  
enlighten me.  
Make me the habitation of Thy Spirit  
alone,  
And no longer a habitation of sin,  
That as Thy house from the entry of  
communion  
Every evil spirit and passion may flee  
from me like fire.  
I offer Thee as intercessors all the

sanctified,  
The Commanders of the Bodiless Hosts,  
Thy Forerunner, the wise Apostles,  
And Thy pure and immaculate Mother.  
Receive their prayers, my compassionate  
Christ.  
And make Thy slave a child of light.  
For Thou alone art our sanctification, O  
Good One,  
And the radiance of our souls,  
And to Thee as our Lord and God as is  
right  
We all give glory day and night.

### **Anonymous**

May Thy Holy Body, O Lord Jesus Christ our God, be to me for eternal life, and Thy Precious Blood for forgiveness of sins. And may this Eucharist be to me for joy, health, and gladness. And in Thy awful second coming, make me, a sinner, worthy to stand on the right hand of Thy glory, through the intercessions of Thy holy and most pure Mother and of all Thy Saints. Amen.

### **To the Most Holy Mother of God**

All-holy Lady, Mother of God, the light of my darkened soul, my hope and protection, my refuge and consolation, and my joy, I thank thee that thou hast made me, who am unworthy, worthy to be a communicant of the immaculate Body and precious Blood of thy Son. But do thou who didst bear the true Light enlighten the spiritual eyes of my heart. O thou who didst conceive the Source of Immortality, give life to me who am dead in sin. O thou who art the compassionately loving Mother of the merciful God, have mercy on me and give me compunction and contrition of heart, humility in my thoughts, and the recall of my reasoning powers from their captivity. And grant me till my last breath to receive without condemnation the sanctification of the Holy Mysteries for the healing of soul and body. And give me tears of repentance and confession, and of thanksgiving, that I may praise and glorify thee all the days of my life. For thou art blessed and glorified for ever. Amen.

### **Then the Song of Symeon is said:**

Now lettest Thou Thy servant depart in peace, O Lord, according to Thy word. For my eyes have seen Thy salvation which Thou hast prepared in the sight of all peoples, the light of revelation for the Gentiles, and the glory of Thy people Israel.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (3)



Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Most Holy Trinity, have mercy on us. O Lord, wash away our sins, O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy Name's sake.

Lord, have mercy. (3)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation; but deliver us from the evil one.

For Thine is the kingdom, the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

Grace like a flame shining forth from thy mouth has illumined the universe, and disclosed to the world treasures of poverty, and shown us the height of humility. And as by thy own words thou teachest us, Father John Chrysostom, so intercede with the Word, Christ our God, to save our souls.

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

Thou hast received divine grace from heaven, and with thy lips dost thou teach all men to adore the one God in three Persons. O John Chrysostom, most blessed Saint, we rightly praise thee; for thou art our teacher, revealing divine things.

Now and ever, and to the ages of ages. Amen.

O Unfailing Intercessor of Christians, O Constant Mediatrix before the Creator, despise not the cry of prayer of us sinners but, of thy goodness, come speedily to the help of us who in faith call upon thee. Hasten to offer swift intercession and prayer (for us), O Mother of God, who ever intercedest for those who honour thee.

Lord, have mercy. (12)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

More honourable than the Cherubim, and incomparably more glorious than the Seraphim, thou who in virginity didst bear God the Word, thee, true Mother of God, we magnify.

*(and the Dismissal.)*

## MORNING PRAYERS

*On rising, make the sign of the Cross and say:*

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to Thee, our God, glory to Thee.

Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good gifts and Giver of Life, come and abide in us, and cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (thrice)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Most Holy Trinity, have mercy on us. O Lord, wash away our sins, O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy Name's sake.

Lord, have mercy. (3 times.)

Glory to the Father, and to the Son and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy Name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one.

For Thine is the kingdom, the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

### **The Troparia to the Holy Trinity**

As we rise from sleep we worship Thee, O good and powerful Lord, and to Thee we sing the Angel's hymn: Holy, Holy, Holy art Thou, O God; through the Mother of God, have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind, and open my heart and lips to praise Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God; through the Mother of God, have mercy on us.

Now and ever, and to the ages of ages. Amen.

Suddenly the Judge will come, and the deeds of each will be laid bare; but at midnight let us cry with fear: Holy, Holy, Holy art Thou, O God; through the Mother of God, have mercy on us.

Lord, have mercy. (*12 times.*)

### **Prayer of St. Basil the Great to the Most Holy Trinity**

As I rise from sleep I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou wast not angered with me, an idler and sinner, nor hast Thou destroyed me in my sins, but hast shown Thy usual love for men, and when I was prostrate in despair, Thou hast raised me to keep the morning watch and glorify Thy power. And now enlighten my mind's eye and open my mouth to study Thy words and understand Thy commandments and do Thy will and sing to Thee in heartfelt adoration and praise Thy Most Holy Name of Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

O come let us worship God our King.

O come let us worship and fall down before Christ our King and our God.

O come let us worship and fall down before Christ Himself, our King and our God.

### **Psalm 50**

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgression. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I realize my iniquity, and my sin is before me continually. Against Thee only have I sinned I and done evil in Thy sight, that Thou mayest be justified in Thy words and win when Thou art judged. For, behold, I was conceived in iniquities, and in sins did my mother desire me. For, lo, Thou lovest truth; the unknown and secret things of Thy wisdom Thou hast made known to me. Thou shalt sprinkle me with hyssop, and I shall be cleansed; Thou shalt wash me, and I shall become whiter than snow. Thou shalt make me hear joy and gladness; the bones that have been humbled will rejoice. Turn Thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Thy face, I and take not Thy Holy Spirit from me. Restore to me the joy of Thy salvation, and confirm me with a princely spirit. I shall teach Thy ways to the lawless and the godless will return to Thee. Deliver me from blood, O God - O God of my salvation - and my tongue shall extol Thy justice. O Lord, Thou wilt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I would have given it; but burnt offerings do not please Thee. The sacrifice for God is a contrite spirit; a contrite and humble heart God will not despise. Gladden Sion, O Lord, with Thy good will; and let the walls of Jerusalem be built. Then Thou wilt be pleased with the sacrifice of righteousness, the oblation and burnt offerings; then they will offer calves on Thine altar.

### **The Creed (Symbol of Faith)**

I believe in one God, Father, Almighty, Maker of heaven and earth, and of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God; begotten of the Father before all ages; Light from Light, True God from True God, begotten, not made, of One Essence with the Father, through Whom all things were made: Who for us men, and for our salvation, came down from Heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became Man: And was crucified for us under Pontius Pilate, and suffered and was buried: And He rose on the third day according to the Scriptures: And ascended into Heaven, and sits at the right hand of the Father: And He is coming again with glory to judge the living and the dead; And His Kingdom will have no end: And in the Holy Spirit, the Lord, the Giver of the Life, Who proceeds from the Father, Who with the Father and the Son is equally worshipped and glorified, Who spoke by the Prophets: And in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the remission of sins. I look for the Resurrection of the Dead; And the life of the Age to come. Amen.

#### **First Prayer of St. Macarius the Great**

O God, cleanse me, a sinner, for I have never done anything good in I Thy sight; deliver me from the evil I one, and may Thy will be in me, that I may open my unworthy mouth without condemnation, and praise Thy holy Name of Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

#### **Second Prayer of St. Macarius the Great**

Having risen from sleep, I offer Thee, O Saviour, the midnight song, and I fall down and cry unto Thee: grant me not to fall asleep in the death of sin, but have compassion on me, O Thou Who wast voluntarily crucified, and hasten to raise me who am prostrate in idleness, and save me in prayer and intercession, and after the night's sleep, bless me with a sinless day O Christ, our God, and save me.

#### **Third Prayer of St. Macarius the Great**

Having risen from sleep I hasten to Thee, O Lord, Lover of men, and by Thy loving-kindness I strive to do Thy work, and I pray to Thee: help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into Thine eternal Kingdom. For Thou art my Creator, the Giver and Provider of everything good, and all my hope is in Thee, and to Thee I send up glory, now and ever, and to the ages of ages. Amen.

#### **Fourth Prayer of St. Macarius the Great**

O Lord, Who in Thy abundant goodness and Thy great compassion hast granted me, Thy servant, to pass the time of this night without the temptation of any opposing evil, Lord and Creator of all, by Thy true light and with an enlightened heart grant me to do Thy will, now and ever, and to the ages of ages. Amen.

### **Fifth Prayer of St. Macarius the Great**

Almighty Lord God, Who dost receive from Thy Heavenly Powers the thrice-holy hymn, receive also from me, Thy unworthy servant, this song of the night, and grant me every year of my life and at every hour to send up glory to Thee, Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

### **First Prayer of St. Basil the Great**

Almighty Lord, God of the Powers and of all flesh, Who livest in the highest and carest for the humble, Who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and everliving Light, in Whom is no change nor shadow of variation; O Immortal King, receive our prayers which at the present time we offer to Thee from unclean lips, trusting in the multitude of Thy mercies. Forgive all sins committed by us in thought, word or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of Thy only-begotten Son, our Lord and God and Saviour, Jesus Christ, when the Judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany Him into the joy and divine palace of His glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of Thy Face. For Thou art the true Light that enlightens and sanctifies all, and all creation sings to Thee throughout the ages. Amen.

### **Second Prayer of St. Basil the Great**

We bless Thee, O most high God and Lord of mercy, Who art ever doing numberless great and inscrutable things with us, glorious and wonderful; Who grantest to us sleep for rest from our infirmities, and repose from the burdens of our much toiling flesh. We thank Thee that Thou hast not destroyed us with our sins, but hast loved us as ever, and though we are sunk in despair, Thou hast raised us up to glorify Thy power. Therefore we implore Thy incomparable goodness, enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence; open our mouth and fill it with Thy praise, that we may be able undistracted to sing and confess Thee, Who art God glorified in all and by all, the eternal Father, with Thy only-begotten Son, and Thy all-holy and good and life-giving Spirit, now and ever, and to the ages of ages. Amen.

### **Midnight Song to the Most Holy Mother of God**

I sing thy grace, O Sovereign Lady, and pray to thee to grace my mind. Teach me to step right in the way of Christ's commandments. Strengthen me to keep awake in song and dispel the dream of despondency. Release me, bound with bonds of sin, O bride of God, by thy prayers. Guard me by night and also by day, and drive away my foes who defeat me. O Bearer of God, the Giver of Life, enliven me who am deadened by passions. O

bearer of the unfailing Light, enlighten my blinded soul. O Marvellous Palace of the Master, make me a house of the Divine Spirit. O Mother of the Healer, heal the perennial passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire, from wicked war and from hell. Expose me guilty as I am of many sins. Renew me, grown old from senseless sins, O most Immaculate One. Present me untouched by all torments, and pray for me to the Lord of all. Grant me to receive the joys of Heaven with all the Saints. O most holy Virgin, hear the voice of thy unprofitable servant. Grant me torrents of tears, O most Pure One, to cleanse my soul from impurity. I offer the groans of my heart to Thee unceasingly. Strive for me, O Sovereign Lady. Accept my service of supplication and offer it to compassionate God. O thou who art above the Angels, raise me above this world's confusion. O Light-bearing heavenly Tabernacle, direct the grace of the Spirit in me. I raise my hands and lips in thy praise, defiled as they are by impurity, O All-Immaculate One. Deliver me from soul-corrupting evils, and fervently intercede to Christ to Whom is due honour with adoration, now and ever, and to the ages of ages. Amen.

### **Prayer to our Lord Jesus Christ**

My most merciful and all-merciful God, Lord Jesus Christ, through Thy great love Thou didst come down and take flesh to save all. And again, O Saviour, save me by Thy grace, I pray Thee, for if Thou shouldst save me for my works, this would not be grace or a gift, but rather a duty. Indeed, in Thy infinite compassion and unspeakable mercy, Thou O my Christ hast said: Whoever believes in Me shall live and never see death. If faith in Thee saves the desperate, save me, for Thou art my God and Creator. Impute my faith instead of deeds, O my God, for Thou wilt find no deeds which could justify me, but may my faith suffice for all my deeds. May it answer for and acquit me, and may it make me a partaker of Thy eternal glory. And may satan not seize me, O Word, and boast that he has torn me from Thy hand and fold. O Christ, my Saviour, whether I will or not, save me. Make haste, quick, quick, for I perish. Thou art my God from my mother's womb. Grant me, O Lord, to love Thee now as once I loved sin, and also to work for Thee without idleness, as I worked before for deceptive satan. But supremely shall I work for Thee, my Lord and God, Jesus Christ, all the days of my life, now and ever, and to the ages of ages. Amen.

### **Prayer to the Guardian Angel of Human Life**

O Holy Angel, interceding for my wretched soul and my passionate life, forsake me not, a sinner, nor shrink from me for my intemperance. Give no place for the subtle demon to master me through the violence of my mortal body. Strengthen my poor and feeble hand, and guide me in the way of salvation. O holy Angel of God, guardian and protector of my wretched body and soul, forgive me for all the insults I have given thee every day of my life, and for whatever sins I may have committed during the past night. Protect me during the present day, and guard me from every temptation of the enemy, that I may not anger God by any sin. And pray to the Lord for me, that He may strengthen me in His fear, and make me, His slave, worthy of His goodness. Amen.

### **Prayer to the Most Holy Mother of God**

My most holy Lady, Mother of God, by thy holy and all-powerful prayers banish from me, thy humble, wretched servant, despondency, forgetfulness, folly, carelessness, and all impure, evil and blasphemous thoughts out of my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and deliver me from my many cruel memories and deeds, and free me from all their bad effects; for blessed art thou by all generations, and glorified is thy most honorable name to the ages of ages. Amen.

### **Prayers to the Mother of God**

Virgin Mother of God, rejoice, Mary full of grace; the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Saviour of our souls.

Under thy tender compassion we run, O Mother of God, reject not our prayer in our trouble, but deliver us from harm, only pure, only blessed one.

Most glorious Ever-Virgin, Mother of Christ our God, present our prayer to thy Son and our God and pray that through thee He may save our souls.

### **Prayer for Intercession to the Angelic Hosts**

O Heavenly Hosts of holy Angels and Archangels, pray for us sinners.

### **Prayer for Intercession to all Saints**

O glorious Apostles, Prophets and Martyrs, and all Saints, pray for us sinners.

### **Prayerful Invocation to the Saint whose Name we bear**

Pray for me Saint.... (name), for with fervour I come to thee, speedy helper and intercessor for my soul.

### **The Troparion to the Cross**

O Lord, save Thy people and bless Thine inheritance. Grant victory over all enemies to Orthodox Christians and protect Thy people with Thy Cross.

It is truly meet and right to bless thee, the Ever-Blessed and Most Pure Virgin and Mother of our God. More honourable than the Cherubim, and incomparably more glorious than the Seraphim, thou who in virginity didst bear God the Word, thee, true Mother of God, we magnify.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (*3 times*)

God be gracious to us and bless us, and shine Thy countenance upon us and have mercy upon us.

This is the day which the Lord has made; let us rejoice and be glad in it.

### **INTERCESSION Commemoration of the Living and Departed**

Remember, O Lord Jesus Christ our God, Thy mercies and bounties which are from all eternity, and through which Thou didst become man and didst will to suffer crucifixion and death for the salvation of those who rightly believe in Thee, and having risen from the dead didst ascend into heaven, and sittest at the right hand of God the Father and regardest the humble entreaties of those who call upon Thee with all their heart: incline Thy ear, and hear the humble prayer of me, Thy worthless servant, as the fragrance of spiritual incense, which I offer to Thee for all people. And first remember Thy Holy Catholic and Apostolic Church, which Thou hast provided through Thy Precious Blood. Confirm, strengthen, extend, and increase her, and keep her in peace, and for ever proof against the power of hell. Calm the dissensions of the Churches, and foil the plans of the powers of darkness, dispel the prejudice of the nations, and quickly ruin and root out the risings of heresy, and frustrate them by the power of the Holy Spirit. *Bow.*

Save, O Lord, and have mercy on our president and all in authority throughout the world, commanders-in-chief of armies and navies and airfleets, governors of provinces and cities, and all the Christ-loving navies, armies and police; protect their power with peace, and subdue under their feet every enemy and foe, and speak peace and blessing in their hearts for Thy Holy Church, and for all Thy people, and grant that in their calm we too may lead a quiet and peaceful life in true belief, in all piety and honesty. *Bow.*

Save, O Lord, and have mercy on Orthodox Patriarchs, Metropolitans, Archbishops and Bishops, the Priests and Deacons, and all who serve in the Church, and whom Thou hast ordained to feed Thy spiritual flock; and by their prayers, have mercy on me, a sinner. *Bow.*

Save, O Lord, and have mercy on our father (parish priest or abbot of monastery), with all his brethren in Christ, and by their prayers have mercy on me, wretch that I am. *Bow.*

Save, O Lord, and have mercy on my Spiritual Father (*name*) and by his prayers forgive me my sins. *Bow.*

Save, O Lord, and have mercy on all workers in this holy community, our brethren and all manual workers, and lay-workers, and farm labourers of this monastery, and all Christians. *Bow.*

Save, O Lord, and have mercy on my parents (*names*), my brothers and sisters and all my relatives, and the neighbours of my family, and friends - and grant them Thy worldly and spiritual goods. *Bow.*



Save, O Lord, and have mercy according to the multitude of Thy bounties, on all priests, monks and nuns, and on all living in virginity, devotion and fasting, in monasteries, in deserts, in caves, on mountains, on pillars, in hermitages, in the clefts of rocks, and right faith in every place of Thy dominion, and devoutly serving Thee, and praying to Thee. Lighten their burden, console them in their afflictions, and grant them strength, power and perseverance in their struggle, and by their prayers grant me remission of sins. *Bow.*

Save, O Lord, and have mercy on the old and the young, the poor and destitute, the orphans and widows, the leper colonies, epileptics and spastics, and those in sickness and sorrow, misfortune and tribulation, captives and exiles, in mines and prisons and reformatories, and especially on those of Thy servants suffering persecution for Thy sake and for the Orthodox Faith from godless peoples, apostates and heretics. Visit, strengthen, comfort, and heal them, and by Thy power quickly grant them relief, freedom and deliverance. *Bow.*

Save, O Lord, and have mercy on our benefactors, who have mercy on us and feed us, and relieve us of anxiety by giving us alms, and entrust us, unworthy as we are, to pray for them; and give them Thy grace, and grant them all their requests which conduce to salvation, and the attainment of eternal joy. *Bow.*

Save, O Lord, and have mercy on the Fathers and Sisters, and our Brotherhood, and on all Orthodox Christians who are messengers and missionaries in Thy service, and are travelling. *Bow.*

Save, O Lord, and have mercy on those whom I have offended or scandalized by my madness or inadvertence, and whom I have turned from the way of salvation, and whom I have led into evil and harmful deeds. By Thy divine providence restore them again to the way of salvation. *Bow.*

Save, O Lord, and have mercy on those who hate and offend me, and do me harm, and let them not perish through me, a sinner. *Bow.*

Illumine with the light of grace all apostates from the Orthodox Faith, and those blinded by pernicious heresies, and draw them to Thyself, and unite them to Thy Holy, Apostolic, Catholic Church. *Bow.*

### **For Those Departed in Sleep**

Remember, O Lord, those who have departed from this life, Orthodox kings and queens, princes and princesses, Orthodox Patriarchs, Metropolitans, Archbishops and Bishops, Priests and Deacons and those who have served Thee in the Monastic State, and the laity of the Church, and the blessed founders of all Churches and monasteries, and grant them rest with the Saints in Thy eternal dwellings. *Bow.*

### **Prayer of Remembrance for Parents Departed in Sleep**

Remember, O Lord, the souls of Thy servants who have departed in sleep, my parents (*names*), and all my relatives according to the flesh; forgive them every transgression, voluntary and involuntary; grant them the Kingdom and a part in Thy eternal joys, and the delight of Thy blessed and everlasting life. *Bow.*

### **Prayer for Monastery Brotherhood**

Remember, O Lord, also all Fathers and Sisters and members of our Brotherhood who have departed in sleep with the hope of resurrection and eternal life, and all Orthodox Christians who lie here and in all the world, and with Thy Saints give them repose where the light of Thy Face shines and have mercy on us, for Thou art good and the Lover of men. Amen. *Bow.*

*At the end, say three times:*

Grant, O Lord, remission of all sins to our Fathers, Brothers and Sisters departed in the faith and hope of resurrection, and grant them memory eternal.

**PRAYERS DURING THE DAY**  
**At the Commencement of Any Work.**

Bless, O Lord. *or*:

O Lord Jesus Christ, Only-begotten Son of Thy Eternal Father, Thou hast said with Thy most holy lips: "Without Me, you can do nothing." My Lord and my God, in faith I embrace Thy words with my heart and soul, and bow before Thy goodness; help me, a sinner, to do in union with Thee this work which I am about to begin, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

**After the Completion of Any Work.**

Glory to Thee, O Lord.*or*:

Thou, O my Christ, art the sum and fullness of all that is good; fill my soul with joy and gladness, and save me, for Thou alone art all-merciful. Amen.

**Before Lessons.**

Most gracious Lord! Send down upon us the grace of Thy Holy Spirit to grant us intelligence and strengthen the powers of our soul, that we may attend to the instruction given us, and grow up to glorify Thee, our Creator, to gladden our parents, and to serve the Church and our people.

**After Lessons.**

We thank Thee, our Creator, that Thou hast granted us Thy grace to attend to this instruction. Bless our parents and teachers who are leading us to knowledge of good, and grant us energy and strength to persevere in our studies.

**Before Breakfast.**

Most Holy Trinity, have mercy on us. O Lord, wash away our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy Names sake.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Christ God, bless the food and drink of Thy servants, for Thou art holy, always, now and ever, and to the ages of ages. Amen.

**After Breakfast**

It is meet and right to bless thee, the ever-blessed and all-pure Virgin and Mother of our God. More honourable than the Cherubim, and incomparably more glorious than the

Seraphim, thou who in virginity didst bear God the Word, thee, true Mother of God, we magnify.

**Before the Noon Meal.**

Our Father . . .

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Lord, have mercy. (*Thrice*)

Christ God . . . (*See Prayers before Breakfast*)

**After the Noon Meal.**

We thank Thee, O Christ our God, that Thou hast satisfied us with Thy earthly gifts; deprive us not of Thy heavenly kingdom, but as Thou earnest among Thy disciples, O Saviour, and gavest them peace, come to us and save us.

Lord, have mercy. (*Thrice*)

Glory . . . now . . .

**Before the Evening Meal.**

The poor shall eat and be satisfied, and those who seek the Lord shall praise Him; their hearts shall live for ever.

Glory . . . now . . .

Lord, have mercy. (*Thrice*)

Christ God . . .

**After the Evening Meal.**

Glory . . . now . . .

Lord, have mercy. (*Thrice*)

God is with us by His grace and love for man, always, now and ever, and the ages of ages. Amen.

## PRAYERS BEFORE SLEEP

In the Name of the Father, the Son and the Holy Spirit. Amen.

Lord Jesus Christ, Son of God, by the prayers of Thy most pure Mother and of our holy and God-bearing fathers and of all the Saints, have mercy on us. Amen.

Glory to Thee our God, glory to Thee.

Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good gifts and Giver of Life, come and abide in us, and cleanse us of all impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the -ages of ages. Amen.

Most Holy Trinity, have mercy on us. O Lord, wash away our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy Name's sake.

Lord, have mercy. (*3 times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we forgive our debtors. And lead us not into temptation; but deliver us from the evil one.

For Thine is the kingdom, the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and to the ages of ages. Amen.

O come let us worship God our King.

O come let us worship and fall down before Christ, our King and God.

O come let us worship and fall down before Christ Himself, our King and God.

### **Troparia.**

Have mercy on us, O Lord, have mercy on us. For at a loss for any plea we sinners offer to Thee, our Master, this supplication: have mercy on us.

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

Lord, have mercy on us, for our trust is in Thee. Be not very angry with us, remember not our sins; but even now regard us, in Thy tender compassion, and deliver us from our

enemies. For Thou art our God, and we are Thy people; we are all the work of Thy Hands, and we call on Thy Name.

Now and ever, and to the ages of ages. Amen.

Open the door of thy loving-kindness, O blessed Mother of God, that we who put our hope in thee may not perish. Through thee, may we be delivered from adversities, for thou art the salvation of Christian people.

Lord, have mercy. (*12 times*)

*Then the following prayers in order, with attention and compunction.*

**Prayer of St. Macarius the Great  
to God the Father**

O Eternal God and King of all creation, Who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For Thine is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

**Prayer of St. Antioch  
to our Lord Jesus Christ**

O All-Ruler, Word of the Father, Jesus Christ, Thou Who art perfect, never in Thy great mercy leave me, but ever abide in me, Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not to the revolt of the serpent and leave me not to the will of satan, for the seed of corruption is in me. Lord, adorable God, Holy King, Jesus Christ, guard me asleep by the unwaning light, Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant me, Thy unworthy servant, Thy salvation on my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel. Enlighten my soul with the love of Thy Cross. Enlighten my heart with the purity of Thy Word. Enlighten my body with Thy passionless Passion. Keep my thoughts in Thy humility. And rouse me in good time to glorify Thee, for Thou art supremely glorified, with Thy eternal Father, and Thy most Holy Spirit forever. Amen.

**Prayer of St. Ephrem the Syrian  
to the Most Holy Spirit**

O Lord, Heavenly King, Comforter, Spirit of Truth, have compassion and mercy on Thy sinful servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast - my voluntary sins,

known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have sworn by Thy Name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have got angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarrelled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if I have had depraved thoughts or have overeaten, or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember - for I have done all this and much more - have mercy, my Lord and Creator, on me Thy wretched and unworthy servant, and absolve and forgive and deliver me in Thy goodness and love for men, so that, lustful, sinful and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise and glorify Thy most honourable Name, with the Father and His only-begotten Son, now and ever, and for all ages. Amen.

#### **Prayer**

O Lord, our God, in Thy goodness and love for men forgive me all the sins I have committed today in word, deed or thought. Grant me peaceful and undisturbed sleep. Send Thy Guardian Angel to guard and protect me from all evil. For Thou art the guardian of our souls and bodies, and to Thee we ascribe glory, to the Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen.

#### **Prayer**

O Lord our God, in Whom we believe and Whose Name we invoke above every name, grant us preparing for sleep relaxation of soul and body, and keep us from all temptations and dark pleasures. Stop the rushing of passions, and quench the burning of bodily tensions. Grant us to live chastely in word and act, that we may live a life of heroic virtue and not fall away from Thy promised blessings. For Thou art blessed for ever. Amen.

#### **Prayer of St. John Chrysostom**

*(Supplicatory prayers corresponding to 24 hours of the day.)*

#### **Day**

Lord, deprive me not of Thy heavenly joys. Lord, deliver me from eternal torments. Lord, if I have sinned in mind or thought, in word or deed, forgive me. Lord, deliver me from all ignorance, forgetfulness, cowardice and stony insensibility. Lord, deliver me from every temptation. Lord, enlighten my heart which evil desires have darkened. Lord, I being human have sinned, but Thou being the generous God, have mercy on me, knowing the sickness of my soul. Lord, send Thy grace to my help, that I may glorify Thy holy Name.

Lord Jesus Christ, write me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good start. Lord, sprinkle into my heart the dew of Thy grace. Lord of heaven and earth remember me, Thy sinful servant, shameful and unclean, in Thy Kingdom. Amen.

### **Night**

O Lord, accept me in penitence. O Lord, leave me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears and remembrance of death and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, courage and meekness. O Lord, plant in me the root of all blessings, the fear of Thee in my heart. O Lord, grant me to love Thee with all my mind and soul, and always to do Thy will. O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing. O Lord, Thou knowest that Thou actest as Thou wilt; may Thy will be also in me, a sinner, for blessed art Thou for ever. Amen.

### **Prayer our Lord Jesus Christ**

O Lord Jesus Christ, Son of God, for the sake of Thy most honourable Mother, Thy fleshless Angels, Thy Prophet and Forerunner and Baptizer, all the God-inspired Apostles, the radiant and victorious Martyrs, the holy and God-bearing Fathers, and by the prayers of all Saints, deliver me from the besetting presence of the devil. My Lord and Creator, Who desirest not the death of the sinner, but that he should be converted and live, grant also conversion to me, wretched and unworthy, snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to hell alive. My Lord, my Comfort, Who wast clothed in corruptible flesh for my miserable sake, deliver me from misery and grant comfort to my miserable soul. Implant in my heart to fulfil Thy commandments, and forsake my evil deeds, and to receive Thy joys. Save me, for I hope in Thee, O Lord. Amen.

### **Prayer of Intercession to the Most Holy Mother of God**

O good Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of thy Son and our God on my passionate soul and guide me in good works by thy prayers, that I may pass the rest of my life without defilement, and find paradise through thee, O Virgin Mother of God, who alone art pure and blessed.

### **Prayer of Intercession to the holy Guardian Angel**

O Angel of Christ, my holy Guardian and Protector of my soul and body, forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God



by any sin. Pray for me, sinful and unworthy servant, that thou mayest present me worthy of the kindness and mercy of the All-holy Trinity and the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

(Here one says a prayer to one's Patron Saint.)

Queen of the Heavenly Host, Defender of our souls, we thy servants offer to thee songs of victory and thanksgiving, for thou, O Mother of God, hast delivered us from dangers. But as thou hast invincible power, free us from conflicts of all kinds that we may cry to thee: Rejoice, unwedded Bride.

Most glorious, Ever-Virgin, blessed, Mother of Christ our God, present our prayer to thy Son and our God, and pray that through thee He may save our souls.

I put all my hope in thee, O Mother of God. Guard me under thy protection. O Virgin Mother of God, despise not me, a sinner, needing thy help and protection, and have mercy on me, for my soul hopes in thee.

### **Prayer**

*(Lacking the opportunity of asking pardon of each person.)*

O God, absolve, remit, and pardon our voluntary and involuntary sins, in word and deed, known and unknown, by day and by night, in mind and thought; forgive us all, in Thy goodness and love for men.

### **Prayer of Intercession**

O Lord, Lover of men, forgive those who hate and wrong us. Do good to those who do good. Grant our brothers and relatives their saving petitions and eternal life. Visit the sick and grant them healing. Guide those at sea. Travel with travellers. Struggle alongside the Orthodox. To those who serve and are kind to us, grant remission of sins. On those who have charged us, unworthy as we are, to pray for them, have mercy according to Thy great mercy. Remember, O Lord, our fathers and brothers who have fallen asleep, and grant them rest where the light of Thy countenance shines. Remember, O Lord, those who bear fruit and do good works in Thy holy churches and grant them their saving petitions and eternal life. Remember also, O Lord, us Thy humble, sinful and unworthy servants, and enlighten our minds with the light of knowledge of Thyself, and guide us in the way of Thy commandments, by the prayers of our immaculate Lady, Mother of God, and Ever-Virgin Mary, and of all Thy Saints, for Thou art blessed to the ages of ages. Amen.

### **Daily Confession of Sins**

I confess to Thee, my Lord, God and Creator, to the One glorified and worshipped in Holy Trinity, to the Father, Son and Holy Spirit, all my sins which I have committed all the days of my life, at every hour, in the present and in the past, day and night, in thought, word

and deed; by gluttony, drunkenness, secret eating, idle talking, despondency, indolence, contradiction, neglect, aggressiveness, self love, hoarding, stealing, lying, dishonesty, curiosity, jealousy, envy, anger, resentment, and remembering wrongs, hatred, mercenariness; and by all my senses: sight, hearing, smell, taste, touch; and all other sins, spiritual and bodily, through which I have angered Thee, my God and Creator, and caused injustice to my neighbours. Sorrowing for this, but determined to repent, I stand guilty before Thee, my God. Only help me, my Lord and God, I humbly pray Thee with tears. Forgive my past sins by Thy mercy, and absolve me from all I have confessed in Thy presence, for Thou art good and the Lover of men. Amen.

**Prayer of St. John of Damascus.**

*(To be said pointing at the bed.)*

O Lord, Lover of men, is this bed to be my coffin, or wilt Thou enlighten my wretched soul with another day? Here the coffin lies before me, and here death confronts me. I fear, O Lord, Thy Judgment and the endless torments, yet I cease not to do evil. My Lord God, I continually anger Thee, and Thy immaculate Mother, and all the Heavenly Powers, and my holy Guardian Angel. I know, O Lord, that I am unworthy of Thy love, but deserve condemnation and every torment. But, whether I want it or not, save me, O Lord. For to save a good man is no great thing, and to have mercy on the pure is nothing wonderful, for they are worthy of Thy mercy. But show the wonder of Thy mercy on me, a sinner. In this reveal Thy love for men, lest my wickedness prevail over Thy unutterable goodness and mercy. And order my life as Thou wilt.

*(As sleep is the image of death, at night we pray for the departed.)*

With the Saints give rest, O Christ, to the souls of Thy servants where there is no pain, no sorrow, no sighing, but life everlasting.

*(When about to lie down in bed, say:)*

Lighten my eyes, O Christ God, lest I sleep in death, and lest my enemy say: I have prevailed over him.

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

Be my soul's Defender, O God, for I step over many snares. Deliver me from them and save me, O Good One, in Thy love for men.

Now and ever, and to the ages of ages. Amen.

Let us not silently hymn the most glorious Mother of God, holiest of holy Angels, but confess her with heart and mouth to be the Mother of God, for she truly bore God incarnate for us, and prays without ceasing for our souls. Amen.

*Kiss your cross, and make the sign of the Cross from head to foot of the bed and from two sides, and then say:*

### **Prayer to the Venerable Cross**

Let God arise, and let His enemies be scattered; and let those who hate Him flee from His presence. As smoke vanishes, let them vanish; and as wax melts from the presence of fire, so let the demons perish from the presence of those who love God and who sign themselves with the Sign of the Cross and say in gladness: Hail, most precious and life-giving Cross of the Lord, for Thou drivest away the demons by the power of our Lord Jesus Christ crucified on thee, Who went down to hell and trampled on the power of the devil, and gave us thee, His venerable Cross, for driving away all enemies. O most precious and life-giving Cross of the Lord, help me with our holy Lady, the Virgin Mother of God, and with all the Saints throughout the ages. Amen.

*(Just before getting into bed, say:)*

Guard me, O Lord, by the power of Thy holy and life-giving Cross, and keep me from all evil.

*(Just before yielding yourself up to sleep, say:)*

Into Thy hands, O Lord Jesus Christ, my God, I surrender my spirit and body; bless me, save me, and grant me eternal life. Amen.

*Before retiring (or if one prefers, before beginning prayers) go through all the points suggested below in your mind and memory.*

1. Give thanks to Almighty God for granting you during the past day, by His grace, His gifts of life and health.
2. Examine your conscience by going through each hour of the day, beginning from the time you rose from your bed, and recall to memory: where you went, how you acted and reacted towards all persons and other creatures, and what you talked about. Recall and consider with all care your thoughts, words and deeds from morning till evening.
3. If you have done any good, do not ascribe it to yourself but to God Who gives us all the good things and thank Him. Pray that He may confirm you in this good and enable you to do other good things.
4. But if you have done anything evil, admit that this comes from yourself and your own weakness, from bad habits or weak will. Repent and pray to the Lover of men that He may forgive you, and promise Him firmly never to do this evil again.

5. Implore your Creator with tears to grant you a quiet, undisturbed, pure and sinless night, and to enable you on the coming day to devote yourself wholly to the glory of His holy Name.

6. If you find a soft pillow, leave it, and put a stone in its place for Christ's sake. If you sleep in winter, bear it, saying: Some did not sleep at all.

## SELECTIONS FROM VESPERS

### Verses from Psalm 103

*(Sung at Vigil Service)*

Bless the Lord, O my soul. Blessed art Thou, O Lord. O Lord my God, Thou art very great. Blessed art Thou, O Lord. Thou art clothed with praise and splendour. Blessed art Thou, O Lord. On the mountains waters stand. How marvellous are Thy works, O Lord! The waters flow between the mountains. How marvellous are Thy works, O Lord! Thou hast made all things in wisdom. Glory to Thee, O Lord, Who hast made them all.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Glory to Thee, O Lord, Who hast made them all.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *(Thrice)*

### Verses from the 1st Kathisma

Blessed is the man who has not walked by the counsel of the ungodly. Alleluia *(Thrice)*. For the Lord knows the way of the righteous, and the way of the ungodly shall perish. Alleluia *(Thrice)*.

Serve the Lord with fear, and rejoice in Him with trembling. Alleluia *(Thrice)*.

Blessed are all who put their trust in Him. Alleluia *(Thrice)*.

Arise, O Lord: save me, O my God. Alleluia *(Thrice)*.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God *(Thrice)*.

### Verses from Psalms 140 and 141

Lord, I have cried to Thee, hear me. Hear me, O Lord. Lord, I have cried to Thee, hear me. Attend to the voice of my prayer, when I cry to Thee. Hear me, O Lord. Let my prayer go straight to Thee like incense, and let the lifting up of my hands be an evening sacrifice. Hear me, O Lord.

### Vesper Song to the Son of God

Glad Light of the holy glory of the immortal, heavenly, holy and blessed Father, Jesus Christ. Now that we have come to the setting of the sun and have seen the evening light, we praise God: Father, Son and Holy Spirit. It is meet at all times to praise Thee with happy voices, O Son of God and Giver of Life. Therefore the world glorifies Thee.

### Prayer at the Approach of Sundown

Vouchsafe, O Lord, to keep us this evening without sin. Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name for ever. Amen. May Thy mercy, O Lord, be upon us, as our trust is in Thee. Blessed art Thou, O Lord; teach me Thy rights. Blessed art Thou, O Master; grant me to understand Thy rights. Blessed art Thou, O Holy One; enlighten me by Thy rights. Thy mercy, O Lord, is eternal. Despise not the works of Thy hands. To Thee belongs praise, to Thee belongs song, to Thee glory belongs, to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

### **Prayer of Saint Symeon**

Now lettest Thou Thy servant depart in peace, O Lord, according to Thy word. For my eyes have seen Thy salvation, which Thou hast prepared in the sight of all peoples, the light of revelation for the Gentiles, and the glory of Thy people Israel.

Virgin Mother of God, rejoice! Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, For thou hast borne the Saviour of our souls. (*Bow*)

*In Lent, also these Troparia:*

Glory: O Baptizer of Christ, remember us all, that we may be delivered from our sins, for to thee grace has been given to intercede for us. (*Bow*)

Now and ever: Holy Apostles and all Saints, pray for us, that we may be delivered from dangers, sorrows and afflictions; for we have obtained you as fervent intercessors with the Saviour. (*Bow*)

Under thy tender compassion we run, O Mother of God. Reject not our prayer in our trouble, but deliver us from harm, O only pure, only blessed one. (*Twice*).

## SELECTIONS FROM MATINS

### The Six Psalms

Glory to God in the Heights, and on earth peace, goodwill among men. (*Thrice*)

O Lord, Thou wilt open my lips, and my mouth shall declare Thy praise. (*Twice*)

#### Psalm 3.

Lord, how those who trouble me have increased! Many are rising up against me. Many say to my soul: There is no salvation for him in his God. But thou, O Lord, art my Protector, my glory, and the lifter up of my head. I cried to the Lord with my voice, and He heard me from His holy mountain. I lay down and slept; I awoke, for the Lord sustains me. I will not be afraid of the myriads of people set in a circle against me. Arise, O Lord, save me, O my God. For Thou hast struck all who without cause are my enemies; Thou hast broken the teeth of the sinners. Salvation is of the Lord, and Thy blessing is upon Thy people.

(*And again*)

I lay down and slept; I awoke, for the Lord sustains me.

#### Psalm 37.

O Lord, rebuke me not in Thine anger, neither chasten me in Thy wrath. For Thy arrows have stuck fast in me, and Thy hand has been heavy upon me. There is no cure in my flesh because of Thy wrath; there is no peace in my bones because of my sins. For my sins have gone over my head; as a heavy burden they have weighed upon me. My wounds stink and fester through my foolishness. I am miserable and utterly dejected; I go mourning all day long. For my loins are filled with mockings; and there is no cure in my flesh. I am afflicted and humbled exceedingly; I roar from the groaning of my heart. Lord, Thou knowest all my desire; and my groaning is not hidden from Thee. My heart flutters, my strength fails me; and the very light of mine eyes is no longer with me. My friends and neighbours draw near and confront me; and my nearest stand afar off. Those also who seek my life take to violence; and those who seek to do me evil discuss intrigues, and imagine deceit all the day long. But I am like a deaf man and do not hear, and like one who is dumb and does not open his mouth, I have become like a man who cannot hear, and in his mouth has no reproofs. For in Thee, O Lord, I have put my trust; Thou wilt answer me, O Lord my God. For I said: Lest my enemies rejoice over me, and when my feet slip they exult over me. For I am ready for scourges; and my pain is before me continually. For I confess my wickedness, and am concerned about my sin. But my enemies live, and have got possession of me; and those who hate me wrongfully have multiplied. Those who repay me evil for good have slandered me, because I pursue goodness. Forsake me not, O Lord; O my God, be not far from me. Come to my help, O Lord of my salvation.

*(And again)*

Forsake me not, O Lord; O my God, be not far from me. Come to my help, O Lord of my salvation.

### **Psalm 62.**

O God, my God, I rise early to pray to Thee. My soul thirsts for Thee, and in how many ways my flesh longs for Thee, in a desolate land, trackless and waterless. Thus have I appeared before Thee in the sanctuary, to see Thy power and Thy glory. For Thy love is better than life; my lips shall praise Thee. Thus will I bless Thee as long as I live, and lift up my hands in Thy Name. My soul is satisfied as with marrow and fatness, and my mouth praises Thee with joyful lips: When I remember Thee on my bed, and meditate on Thee in the morning. For Thou hast been my Helper, and in the shelter of Thy wings I rejoice. My soul cleaveth unto Thee; and Thy right hand holds me tight. But those who falsely seek my soul shall go into the depths of the earth. They shall be delivered to the edge of the sword, they shall be morsels for foxes. But the king shall rejoice in God; all who swear by Him shall be praised, for the mouth of those who tell lies shall be stopped.

*(And again)*

I meditate on Thee in the morning. For Thou hast been my Helper, and in the shelter of Thy wings I rejoice. My soul cleaveth unto Thee; and Thy right hand holds me tight.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God (*Thrice*).

Lord, have mercy (*Thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

### **Psalm 87.**

O Lord, God of my salvation, I have cried day and night before Thee. O let my prayer enter into Thy presence, incline Thine ear to my petition. For my soul is full of trouble; and my life has drawn near to hell. I am counted with those who go down into the pit; I have become as a man without help, free among the dead. Like those who are wounded and lie in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. Thou hast laid me in the lowest pit, in the places of darkness and in the shadow of death. Thy wrath presses upon me, and all Thy waves Thou hast brought upon me. Thou hast put away my acquaintances far from me, and made me an abomination to them. I was delivered up and could not get out; my eyes failed from poverty. Lord, I have cried all day to Thee, I have stretched out my hands to Thee. Wilt Thou work wonders among the dead, or will physicians rise up and praise Thee? Will anyone in the grave tell of Thy mercy, and Thy truth in destruction? Will Thy wonders be known in the dark, and Thy justice in the land of oblivion? But to Thee have I cried, O Lord; and early shall my prayer come before Thee. Lord, why dost Thou reject my soul, and turn Thy face from me? I am poor and in



trouble from my youth; but having been exalted, I have been humbled and perplexed. Thy wrath has gone over me, and Thy terrors have disquieted me. They came round me like water all day long, and at once overwhelmed me. Thou hast put far from me friend and neighbour, and my acquaintances because of my misery.

*(And again)*

O Lord, God of my salvation, I have cried day and night before Thee. O let my prayer enter into Thy presence, incline Thine ear to my petition.

#### **Psalm 102.**

Bless the Lord, O my soul, and all that is within me bless His holy Name. Bless the Lord, O my soul, and forget not all His benefits: Who forgives all thy sins, Who heals all thy diseases; Who redeems thy life from destruction, Who crowns thee with mercy and compassion; Who satisfies thy desire with good things; thy youth will be renewed like an eagle's. The Lord offers mercy and judgment to all who are wronged. He made known His ways to Moses; His will to the children of Israel. The Lord is compassionate and merciful, long-suffering and of great mercy. He will not always be angry, nor will He threaten for ever. He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For according to the height of heaven from the earth, has the Lord confirmed His mercy toward those who fear Him. As far as the East is from the West, so far has He set our sins from us. As a father has compassion on his children, so the Lord has compassion on those who fear Him. For He knows our mold, He remembers that we are but dust. The days of man are as grass; he flourishes as a flower of the field. Once the spirit in him has passed, he will not exist; and he will know his place no more. But the mercy of the Lord is from all eternity, and continues for ever toward those who fear Him. And His justice is upon their children's children, upon those who keep His covenant and remember His commandments and do them. The Lord has prepared His throne in heaven, and His kingdom embraces all. Bless the Lord, all Angels of His, who are mighty in strength, who do His word and listen to the voice of His orders. Bless the Lord, all His Hosts, you servants of His who do His will. Bless the Lord, all His works, in every place of His dominion. Bless the Lord, O my soul.

*(And again)*

In every place of His dominion. Bless the Lord, O my soul.

#### **Psalm 142.**

Lord, hear my prayer; give ear to my petition in Thy truth. Hear me in Thy justice. And enter not into judgment with Thy slave, for in Thy sight no living soul will be justified. For the enemy has persecuted my soul, he has humbled my life to the earth; he has made me dwell in darkness, like the dead of old. And my spirit desponds within me, and my heart within me is troubled. I remember the days of old, I meditate on all Thy works, I meditate on the works of Thy hands. I stretch out my hands to Thee; my soul like parched earth thirsts for Thee. Hear me speedily, O Lord; my spirit grows faint. Hide not Thy face from

me lest I be like those who go down to the pit. Make me hear Thy mercy in the morning, for in Thee I have hoped. Make known to me the way I should go, O Lord, for I lift up my soul to Thee. Deliver me, O Lord, from my enemies; to Thee I have fled. Teach me to do Thy will, for Thou art my God; Thy good Spirit will guide me to the right land. Thou wilt quicken me, O Lord, for the glory of Thy Name. In Thy justice Thou wilt bring my soul out of trouble. And in Thy mercy Thou wilt slay my enemies, and destroy all who afflict my soul, for I am Thy slave.

*(And again)*

Hear me, O Lord, in Thy justice, and enter not into judgment with Thy slave. Thy good spirit will guide me to the right land.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *(Thrice)*.

The Lord is God and has appeared to us. Blessed is he who comes in the Name of the Lord.

*Here are sung the Troparion of the Sunday, Feast or Saint and its Theotokion, as appointed.*

#### **POLYELAION**

Praise the name of the Lord. Alleluia. Praise the Lord, you servants of His. Alleluia. *(Trice)*

You who stand in the house of the Lord, in the courts of the house of our God. Alleluia.

*(Thrice)*

O Lord, Thy name is for ever, and Thy memorial from generation to generation. Alleluia.

*(Thrice)*

Blessed is the Lord from Sion, Who dwells in Jerusalem. Alleluia. *(Thrice)*

Give thanks to the Lord, He is good. Alleluia. His mercy never fails. Alleluia. *(Twice)*

To Him Who poised the earth on the waters. Alleluia. For His mercy never fails. Alleluia.

*(Twice.)*

With a strong hand and a high arm. Alleluia. *(Twice)*

#### **Troparia of the Resurrection, tone 5:**

*Refrain:* Blessed art Thou, O Lord, teach me Thy rights.

The assembly of the Angels was amazed to behold Thee, O Saviour, numbered among the dead, Thou Who didst raise Adam with Thyself, and didst deliver all from hell. R.

Why do you pitifully mingle myrrh with your tears, O women disciples? cried the radiant Angel in the tomb to the Myrrhbearers. Behold the grave and rejoice, that the Saviour has risen from the tomb. R.

From early in the morning, the Myrrhbearers ran lamenting to Thy tomb. But an Angel floated towards them and said: The time for lamentation has come to an end. Weep not, but announce the Resurrection to the Apostles. R.

The Myrrhbearing Women came with myrrh to Thy tomb, O Saviour, and mourned. But an Angel said to them distinctly: Why number the living among the dead? For as God He has risen from the tomb.

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

We adore the Father and His Son and the Holy Spirit, the Holy Trinity in one essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.

Now and ever, and to the ages of ages. Amen.

Thou, O Virgin, who didst give birth to the Lifesaver, hast redeemed Adam from his sins, and in place of grief hast granted joy to Eve. He Who was incarnate of thee, both God and Man, has restored to life those who had fallen from it.

Alleluia, alleluia, alleluia. Glory to Thee, O God. (*Thrice*)

#### **Graduals of the First Antiphon Tone 4:**

From my youth many passions have warred against me. But help and save me, my Saviour. You who hate Sion will put to shame by the Lord; like grass in the fire you will be withered up.

Glory to the Father, and to the Son, and to the Holy Spirit, Now and ever, and to the ages of ages. Amen.

Through the Holy Spirit every soul is quickened and through purification is exalted, and is illumined by the Triunal Unity in a holy mystery.

#### **Song of the Resurrection**

*(After the Gospel)*

Having beheld the Resurrection of Christ, let us adore the Holy Lord Jesus, the only sinless One. We worship Thy Cross, O Christ, and Thy holy Resurrection we praise and glorify; for Thou art our God, and we know no other than Thee. We call on Thy Name. O come, all you faithful, let us worship Christ's holy Resurrection. For behold, through the Cross, joy has come to all the world. Ever blessing the Lord, let us praise His Resurrection. By enduring the Cross for us He destroyed death by death.

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

Through the prayers of the Apostles, O Merciful One, blot out the multitude of our transgressions.

Now and ever, and to the ages of ages. Amen.

Through the prayers of the Mother of God, O Merciful One, blot out the multitude of our transgressions.

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgression.

Jesus, having risen from the grave as He foretold, has given us eternal life and great mercy.

### **Song of the Most Holy Mother of God**

My soul magnifies the Lord, and my spirit rejoices in God my Saviour.

*Refrain:* More honourable than the Cherubim, and incomparably more glorious than the Seraphim, thou who in virginity didst bear God the Word; thee, true Mother of God, we magnify.

For He has regarded the humility of His handmaid. For behold, henceforth all generations will call me blessed. R.

For He Who is mighty and Whose Name is holy has done wonders for me. And His mercy is on those who fear Him from generation to generation. R.

He has shown His strength with His arm, He has scattered the proud in the imagination of their hearts. R.

He has put down princes from their thrones and has exalted the humble. He has filled the hungry with good things, and the rich He has sent empty away. R.

He has taken Israel as His child in remembrance of His mercy, as He promised our fathers, Abraham and his sons forever. R.

### **Verses for the Praises from Psalm 148**

Let every breath praise the Lord.

Praise the Lord in Heaven, praise Him in the Heights. To Thee, O God, is due a song. Praise Him, all you Angels of His; praise Him, all His Hosts. To Thee, O God, is due a song.

### **Theotokion**

*(Sung on Sundays)*

Most blessed art Thou, O Virgin Mother of God. For through Him Who became incarnate of thee is hell led captive, Adam recalled, the curse annulled, Eve set free, death slain, and we are given life. Therefore we sing and shout: Blessed is Christ our God, Whose pleasure it was. Glory to Thee.

### Great Doxology

Glory to God in the Heights, and on earth peace, goodwill among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord God, heavenly King, Father Almighty; O Lord, only-begotten Son, Jesus Christ, and Holy Spirit. O Lord God, Lamb of God, Son of the Father, Who takest away the sin of the world, have mercy on us. Thou Who takest away the sins of the world, receive our prayer. Thou Who sittest at the right hand of the Father, and have mercy on us. For Thou only art holy, Thou only art the Lord, Jesus Christ, in the glory of God the Father. Amen. Every day I will bless Thee, and praise Thy name for ever and ever. Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, God of our fathers, and praised and glorified is Thy Name for ever. Amen. May Thy mercy, O Lord, be upon us, as our trust is in Thee. Blessed art Thou, O Lord: teach me Thy rights. Blessed art Thou, O Master: grant me to understand Thy rights. Blessed art Thou, O Holy One: enlighten me by Thy rights. Lord, Thou hast been our refuge from generation to generation. I said: Lord, have mercy on me; heal my soul, for I have sinned against Thee. Lord, I flee to Thee. Teach me to do Thy will, for Thou art my God. For with Thee is the source of life, and in Thy light we shall see light. Continue Thy mercy to those who know Thee.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, Now and ever, and to the ages of ages. Amen.

Holy Immortal One, have mercy on us.

Holy God, Holy Mighty, Holy Immortal One, have mercy on us.

*Immediately after the Doxology :*

#### **Troparia of the Resurrection**

(Tones 1, 3, 5, and 7)

Today salvation has come to the world. Let us sing praises to Him Who rose from the grave, the Author of our life. For having destroyed death by death, He has given us the victory and His great mercy.

(Tones 2, 4, 6, and 8)

Having risen from the tomb, and burst the bonds of hell, Thou didst annul the sentence of death, O Lord, redeeming all men from the snares of the enemy. When Thou hadst revealed Thyself to Thine Apostles, Thou didst send them out to proclaim Thee. And through them Thou hast granted Thy peace to the world, O Thou Who alone art most merciful.

## Daily Troparia and Kontakia

### MONDAY

*Commemoration of the Holy Angels.*

**Troparion:** Supreme Leaders of the Heavenly Hosts, we implore you that by your prayers you will encircle us, unworthy as we are, with the protection of the wings of your immaterial glory, and guard us who fall down I before you and fervently cry: Deliver us from dangers, for you are the commanders of the Powers above.

**Kontakion:** Supreme Leaders of God's armies and ministers of the divine glory, princes of the bodiless Angels and guides of men, ask what is good for us and great mercy, as Supreme Leaders of the Bodiless Hosts.

### TUESDAY

*Commemoration of St. John the Baptist.*

**Troparion:** The memory of the just is celebrated with hymns of praise, but the Lord's testimony is enough for thee, O Forerunner, for thou wast shown to be more wonderful than the Prophets since thou wast granted to baptize in the running waters Him Whom thou didst proclaim. Then having endured great suffering for the Truth, thou didst rejoice to bring, even to those in hell, the good tidings that God Who had appeared in the flesh takes away the sin of the world and grants us the great mercy.

**Kontakion:** O Prophet of God and Forerunner of Grace, having obtained thy head from the earth as a most sacred rose, we are always receiving healings; for still as of old in the world thou preachest repentance.

### WEDNESDAY AND FRIDAY

*Commemoration of the Cross and Passion of our Lord Jesus Christ.*

**Troparion:** O Lord, save Thy people and bless Thine inheritance. Grant victory over their enemies to Orthodox Christians, and protect Thy people with Thy Cross.

**Kontakion:** O Christ our God, Who wast voluntarily lifted up on the Cross, grant Thy mercies to Thy new people named after Thee. Gladden with Thy power Orthodox Christians and give them victory over their enemies. May they have as an ally that invincible trophy, Thy weapon of peace.

### THURSDAY

*Commemoration of the Holy Apostles and St. Nicholas.*

**Troparion:** Holy Apostles, intercede with our merciful God, that He may grant to our souls the forgiveness of our sins.

**Kontakion to St. Nicholas:** The truth of things revealed thee to thy flock as a rule of faith, a model of meekness, and a teacher of temperance. Therefore thou hast won the heights by humility, riches by poverty. Holy Father Nicholas, intercede with Christ our God that our souls may be saved.

**Koniakion to the Holy Apostles:** Thou hast taken the firm and divinely inspired Preachers, O Lord, the top Apostles, for the enjoyment of Thy blessings and for repose. For Thou hast accepted their labours and death as above every burnt offering, O Thou Who alone knowest the secrets of our hearts.

## SATURDAY

*Commemoration of the Mother of God, all Saints, the Faithful Departed.*

**Troparion for all Saints:** Apostles, Martyrs, and Prophets, holy Hierarchs, Saints and Righteous, having fought the good fight and kept the faith you have boldness towards the Saviour. Intercede for us with Him, for He is good, we pray, that He may save our souls.

**Troparion for the Faithful Departed:** Remember the souls of Thy servants, O Lord, for Thou art good, and insofar as they sinned in this life, forgive them; for no one is sinless but Thee, Who canst also give rest to the departed.

**Kontakion for the Faithful Departed:** With the Saints, give rest, O Christ, to the souls of Thy servants, where there is no pain, no sorrow, no sighing, but life everlasting.

**Konlaktion for Martyrs:** The world offers to Thee, O Lord, as the Father of creation, the God-bearing Martyrs as the first-fruits of nature. By their prayers through the Mother of God keep Thy Church in deep peace, O Most Merciful One.

## Sunday Troparia and Kontakia

### TONE 1:

**Troparion:** When the stone had been sealed by the Jews and when the soldiers were guarding Thy pure Body, O Saviour, Thou didst rise on the third day and give life to the world. Therefore, the Powers of Heaven cried to Thee, O Giver of life: Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy Providence, O only Lover of men!

**Kontakion:** Thou didst rise as God from the tomb with glory and with Thyself didst raise the world, and the nature of men sings to Thee as God, and death has vanished, and Adam dances for joy, O Lord, and Eve, now freed from her fetters rejoices, crying: Thou, O Christ, art He Who givest to all resurrection.

### TONE 2:

**Troparion:** When Thou, the Deathless Life, didst go down to death, then didst Thou slay hell by the lightning flash of Thy divinity. And when Thou didst raise the dead from the lower world, all the Powers of Heaven cried aloud: Christ our God, Giver of life, glory to Thee.

**Kontakion:** Thou didst rise from the tomb, all-powerful Saviour, and seeing the miracle, hell was terrified, and the dead rose, whilst creation at the sight of it rejoices with Thee, and Adam exults, and the world, O my Saviour, ever sings to Thee.

### TONE 3:

**Troparion:** Let the Heavens rejoice and let the earth be glad, for the Lord has done a mighty act with His arm. He has trampled death by death and become the First-born of the dead, He has delivered us from the depths of hell, and has granted the world His great mercy.

**Kontakion:** Thou didst rise today from the grave, O Merciful One, and hast led us out of the gates of death. Today Adam dances for joy and Eve rejoices, and with them the Prophets and Patriarchs unceasingly sing of the divine triumph of Thy power.

### TONE 4:

**Troparion:** When the women disciples of the Lord learned from the Angel the glad tidings of the Resurrection and cast off the ancestral curse, they exultingly told the Apostles: Death is despoiled, Christ our God has risen and is giving the world the great mercy.

**Kontakion:** My Saviour and Deliverer from the grave, as God, raised the earth-born from their chains, and shattered the gates of hell; and He rose as Lord on the third day.



#### TONE 5:

**Troparion:** Let us, the faithful, praise and adore the Word, co-eternal with the Father and the Spirit, Who for our salvation was born of a Virgin. For He was pleased to ascend the Cross in the flesh, and to endure death, and to raise the dead by His glorious Resurrection.

**Kontakion:** Thou didst descend into hell, my Saviour, and having shattered its gates, as All Powerful, Thou didst raise the dead with Thyself, as Creator, and didst deliver Adam from the curse, O Lover of men. Therefore, we all cry to Thee: Save us, O Lord.

#### TONE 6:

**Troparion:** The Angelic Hosts were before Thy tomb, the guards became as dead men, and Mary stood in the sepulchre looking for Thy pure Body. Thou didst despoil hell, for Thou wast not tempted by it. Thou didst come and meet the Virgin to give life. O Lord, Who didst rise from the dead, glory to Thee.

**Kontakion:** Having raised all the dead from the valleys of darkness by His life-giving hand, Christ our God granted resurrection to the human dough. For He is the Saviour of all, the Resurrection and Life and God of all.

#### TONE 7:

**Troparion:** Thou hast destroyed death by Thy Cross, Thou hast opened Paradise to the thief. Thou hast changed the lamentation of the Myrrbearers into joy, and Thou hast commanded Thine Apostles to proclaim that Thou, O Christ our God, hast risen and grantest the world the great mercy.

**Kontakion:** No longer can the dominion of death hold mortals, for Christ has come down and has shattered and broken its power. Hell is bound, and the Prophets rejoice with one voice, saying: The Saviour has appeared to those who have faith. Come out, you faithful, for the Resurrection.

#### TONE 8:

**Troparion:** Thou didst come down from on high, Merciful Saviour, and accept burial for three days, that Thou mightest free us from our passions. O Lord, our Life and Resurrection, glory to Thee.

**Kontakion:** Having risen from the tomb, Thou didst raise the dead and resurrect Adam, and Eve dances with joy at Thy Resurrection. And all the ends of the earth keep festival at Thy Rising from the dead, O Most Merciful One.

## Troparia and Kontakia of the Feasts of the Lord and the Mother of God

### SEPTEMBER

8th

The Nativity of our Most Holy Lady,  
Mother of God, and Ever-Virgin Mary.

**Troparion, tone 4:** Thy birth, O Mother of God, has brought joy to all the world; for from thee arose the Sun of Righteousness, Christ our God, Who, having dissolved the curse, has given His blessing, and having abolished death, has granted us life eternal.

**Kontakion, tone 4:** Joakim and Anna were freed from the reproach of childlessness and Adam and Eve from the corruption of death, O Immaculate One, by thy holy nativity. And thy people, redeemed from the guilt of sin, celebrate thy birth by crying to thee: The barren woman gives birth to the Mother of God and the nurse of our life.

14th

The Elevation of the Precious  
and Life-giving Cross.

**Troparion, tone 1:** O Lord, save Thy people and bless Thine inheritance. Grant victory over their enemies to Orthodox Christians, and protect Thy people with Thy Cross.

**Kontakion, tone 4:** O Christ our God, Who wast voluntarily lifted up on the Cross, grant Thy mercies to Thy new people named after Thee. Gladden with Thy power Orthodox Christians and give them victory over their enemies. May they have as an ally that invincible trophy, Thy weapon of peace.

### NOVEMBER

21st

The Presentation in the Temple of our  
Most Holy Lady, Mother of God  
and Ever-Virgin Mary.

**Troparion, tone 4:** Today is the prelude of God's good-will and the prophecy of the salvation of men. The Virgin appears openly in the temple of God and fortells Christ to all. So let us cry to her with loud voices: Rejoice, thou who art the fulfilment of the Creator's providence.

**Kontakion, tone 4:** The most pure Temple of the Saviour, the most precious bridal-chamber and Virgin, the sacred treasury of the glory of God, today enters into the house of the Lord, bringing with her the grace that is in the Divine Spirit. And the Angels of God sing of her: This is the heavenly tabernacle.

### DECEMBER

25th

The Nativity of our Lord and God  
and Saviour Jesus Christ.

**Troparion, tone 4:** Thy birth, O Christ our God, rose upon the world as the light of knowledge; for through it those who worshipped the stars were taught by a star to adore Thee, the Sun of Righteousness, and to know Thee, the Sunrise from on high. O Lord, glory to Thee.

**Kontakion, tone 3:** The Virgin today gives birth to the Transcendent One, and the earth offers a cave to the Unapproachable One. Angels and shepherds glorify Him, and wise men journey with a star. For a young Child is born for us, Who is the eternal God.

**JANUARY**

**6th**

The Holy Theophany, Epiphany,  
or Baptism of our Lord and God  
and Saviour Jesus Christ.

**Troparion, tone 1:** When Thou wast baptised in the Jordan, O Lord, the worship of the Trinity made its appearance. For the voice of the Father bore witness to Thee, when He called Thee His beloved Son. And the Spirit in the form of a dove confirmed the truth of the word. O Christ our God Who hast appeared and hast enlightened the world, glory to Thee!

**Kontakion, tone 4:** Thou hast appeared today to the world, and Thy light, O Lord, has been signed upon us who with full knowledge sing to Thee. Thou hast come, Thou hast appeared, O Unapproachable Light.

**FEBRUARY**

**2nd**

The Meeting or Presentation of our  
Lord Jesus Christ.

**Troparion, tone 1:** Rejoice, thou who art full of grace, Mother of God and Virgin, for from thee arose the Sun of Righteousness, Christ our God, to give light to those in darkness. Rejoice thou also, righteous elder, who didst take in thy arms the Redeemer of our souls who also gives us the grace of resurrection.

**Kontaldon, tone 1:** Thou Who didst sanctify the Virgin's womb by Thy birth and bless Simeon's hands as was fitting, hast now come to us and saved us, O Christ our God. But grant peace in the midst of wars to Thy community, and strengthen the Church which Thou hast loved, O only Lover of men.

**MARCH**

**25th**

The Annunciation of our Most Holy

Lady, the Mother of God.

**Troparion, tone 4:** Today is the beginning of our salvation and the manifestation of the mystery which is from eternity. The Son of God becomes the Son of the Virgin, and Gabriel announces grace. So with him let us also cry to the Mother of God: Rejoice, thou who art full of grace! The Lord is with thee.

**Kontakion, tone 8:** Queen of the Heavenly Host, Defender of our souls, we thy servants offer to thee songs of victory and thanksgiving, for thou, O Mother of God, hast delivered us from dangers. But as thou hast invincible power, free us from conflicts of all kinds that we may cry to thee: Rejoice, unwedded Bride!

## AUGUST

6th

The Transfiguration of our Lord  
Jesus Christ.

**Troparion, tone 7:** When Thou wast transfigured on the mountain, O Christ our God, Thou didst show Thy glory to Thy disciples as far as they could bear it. Let Thy everlasting light illumine also us sinners through the intercessions of the Mother of God. Giver of Light, glory to Thee.

**Kontakion, tone 7:** Thou wast transfigured on the mountain, O Christ our God, and Thy disciples beheld Thy glory as far as they were capable, that when they should see Thee crucified, they might know that Thy suffering was voluntary and might proclaim to the world that Thou art indeed the reflection of the Father.

15th

Dormition or Assumption of the  
Most Holy Mother of God.

**Troparion, tone 1:** In giving birth thou didst keep thy virginity, and in thy assumption thou didst not forsake the world, O Mother of God. Thou didst pass on to life, since thou art the Mother of Life, and by thy intercessions thou redeemest our souls from death.

**Kontakion, tone 2:** The grave and death could not hold the Mother of God, who is sleepless in her intercessions and an unchanging hope in her meditations. For as the Mother of Life she was transferred to life by Him Who dwelt in her ever-virgin womb.

## Troparia, Kontakia, Prayers and Stichiras from the Lenten Triodion

### PUBLICAN AND PHARISEE

*After Matin Gospel, Troparion, tone 8:* Open to me the doors of repentance, O Life-giver. For my spirit rises early to pray towards Thy holy temple, bearing the temple of my body all defiled. But in Thy compassion, purify me by the loving kindness of Thy mercy.

**Theotokion:** Make straight for me the paths of salvation, O Mother of God. For I have profaned my soul with shameful sins, and have wasted my whole life in easy-going indifference. But by thy intercessions deliver me from all uncleanness.

**Tone 6:** Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgression. When I think of the multitude of ghastly things I have done, wretch that I am, I tremble at the fearful day of Judgment. But trusting in the mercy of Thy loving kindness; like David I cry to Thee: Have mercy on me, O God, according to Thy great mercy.

*(Note: These penitential songs are sung on Sundays during the Great Fast from the Sunday of the Publican and Pharisee to the fifth week.)*

**Kontakion, tone 4:** Let us avoid the proud speaking of the Pharisee and learn humility from the groans of the Publican, and let us cry in penitence: O Saviour of the world, be merciful to Thy servants.

### THE PRODIGAL SON

**Kontakion, tone 3:** Having foolishly abandoned Thy paternal glory, I have squandered on vices the wealth Thou gavest me. Therefore I cry to Thee, O compassionate Father, receive me who repent, and treat me as one of Thy hired servants.

### MEAT FARE OR RELATIVES' SATURDAY

**Troparion, tone 8:** O Thou Who with wisdom profound orderest all things with love, and Who givest to all what is needful, O only Creator, give rest, O Lord, to the souls of Thy servants, for on Thee they have set their hope, our Maker and Builder, and our God.

**Kontakion, tone 8:** With the Saints give rest, O Christ, to the souls of Thy servants, where there is no pain, no sorrow, no sighing, but life everlasting.

### MEAT FARE OR JUDGMENT SUNDAY

**Kontakion, tone 1:** When Thou comest to earth with glory, O God, and all things tremble, then a river of fire will flow before Thy Judgment Seat, and the books will be opened, and the hidden things made public. Then deliver me from the unquenchable fire and grant me to stand at Thy right hand, O most just Judge.

## SATURDAY OF CHEESE FARE

**Troparion, tone 4:** O God of our Fathers, ever dealing with us according to Thy gentleness, take not Thy mercy from us, but by their prayers guide our life in peace.

**Kontakion, tone 8:** Thou hast made the company of our God-bearing Fathers illustrious as preachers of piety and silencers of impiety, O Lord, and they light up the world. By their intercessions keep in perfect peace those who magnify and glorify Thee, that they may praise Thee and sing to Thee: Alleluia.

## CHEESE FARE OR FORGIVENESS SUNDAY

**Kontakion, tone 6:** O Lord, Who art the guide to wisdom, the bestower of prudence, the instructor of the thoughtless, and the protector of the poor, strengthen and enlighten my heart. Give me the gift of expression, O Thou Who art the Word of the Father; for behold I will not prevent my lips from crying to Thee: O Merciful Lord, have mercy on me who have fallen.

### The Prayer of St. Ephraim the Syrian:

O Lord and Master of my life, give me not a spirit of idleness, despondency, ambition or vain talking. *Prostration.*

But rather a spirit of purity, humility, patience and love, bestow on me Thy servant. *Prostration.*

Yea, O Lord and King, grant me to see my own faults and not to judge my brother, for blessed art Thou to the ages of ages. Amen. *Prostration.*

O God, cleanse me, a sinner. (*12 times, with a bow made for each*)  
*Then the entire prayer:*

O Lord and Master of my life . . . *with one prostration made at the end.*

(Note: *This prayer is read in the Hours of Wednesday and Friday of Cheese Fare Week and in all services of the Great Fast, except those of Saturday and Sunday.*)

## FIRST WEEK OF THE GREAT FAST

**Kontakion, tone 6:** My soul, my soul, arise! Why are you sleeping? The end is drawing near, and you will be confounded. Awake, then, and be watchful, that Christ our God may spare you, Who is everywhere present and fills all things.

## FIRST SATURDAY OF THE GREAT FAST

- *Great Martyr St. Theodore the Tyrian* -

**Troparion, tone 2:** Great are the triumphs of faith! In a fountain of flame the holy martyr Theodore rejoiced as in refreshing water. For having been made a whole burnt offering by

fire, he was offered as sweet bread to the Trinity. By his prayers, O Christ our God, save our souls.

**Kontakion, tone 8:** Having received the faith of Christ in thy heart as an inner shield, thou didst overcome all the opposing forces, O great champion, and thou hast been crowned with a heavenly crown, O Theodore, for thou art eternally invincible.

### FIRST SUNDAY OF THE GREAT FAST

*- Sunday of Orthodoxy -*

**Troparion, tone 2:** We worship Thy immaculate Image, O Good One, and ask forgiveness of our sins, O Christ God; for of Thy own will Thou wast pleased to ascend the Cross in the flesh, to deliver from slavery to the enemy those whom Thou hadst created. Therefore we thankfully cry to Thee: Thou hast filled all things with joy, O our Saviour, by coming to save the world.

**Kontakion, tone 8:** The illimitable Word of the Father accepted limitations by incarnation from thee, O Mother of God; and He transformed our defiled image to its original state and transfused it with the divine beauty. But we confess and give thanks for our salvation, and we proclaim it by deed and word.

### SECOND SUNDAY

*- St. Gregory Palamas -*

**Troparion, tone 8:** Light of Orthodoxy, pillar and doctor of the Church, adornment of monks, invincible champion of theologians, O Gregory the wonderworker, praise of Thessalonica, preacher of grace, ever pray that our souls may be saved.

**Kontakion, tone 2:** Organ of wisdom, holy and divine, bright clarion of theology, we praise thee in harmony, O divine speaker Gregory: But as a mind standing before the First Mind, direct our mind to Him, father, that we may cry: Rejoice, preacher of grace!

**Kontakion of the Sunday, tone 4:** Now is the time for action, judgment is at our doors. So let us rise and fast, and let us offer tears of compunction with almsgiving, crying: We have sinned more than the sand of the sea. But forgive us all, O Creator, that we may receive incorruptible crowns.

### THIRD SUNDAY

*- Sunday of the Cross -*

**Troparion, tone 1:** O Lord, save Thy people and bless Thine inheritance. Grant victory over their enemies to Orthodox Christians, and protect Thy people with Thy Cross.

**Kontakion, tone 4:** O Christ our God, Who wast voluntarily lifted up on the Cross, grant Thy mercies to Thy new people named after Thee. Gladden with Thy power Orthodox

Christians and give them victory over their enemies. May they have as an ally that invincible trophy, Thy weapon of peace.

**Another Kontakion, tone 7:** No longer does the flaming sword guard the gate of Eden, for a glorious extinction has come upon it, the wood of the Cross. The sting has been drawn from death and the victory from hell. And Thou, my Saviour, didst come and shout to those in hell: Enter Paradise again.

#### **FOURTH SUNDAY**

*- St. John of the Ladder -*

**Troparion, tone 1:** Thou didst prove to be a freeman of the desert, an angel in a body, and a wonder-worker, O our God - bearing Father John. By fasting, vigil and prayer thou didst obtain heavenly gifts, and thou healest the sick and the souls of those who have recourse to thee with faith. Glory to Him Who gave thee strength, glory to Him Who crowned thee, glory to Him Who works through thee healings for all.

**Kontakion, tone 1:** Offering ever-blossoming fruits of learning from thy book, O wise one, thou delightest the hearts of those who study it seriously, O blessed one. For it is a ladder which leads up from the earth to the heavenly and abiding glory souls who with faith honour thee.

#### **THURSDAY OF THE FIFTH WEEK**

*- The Great Canon of St. Andrew of Crete -*

**Kontakion, tone 6:** My soul, my soul, arise! . . . (See First Week of the Great Fast)

#### **SATURDAY OF THE FIFTH WEEK**

*- The Mother of God -*

**Troparion, tone 8:** Having mystically received knowledge of the divine order, the Bodiless One flew with haste and stopped at the house of Joseph, and said to the Virgin: Lo, He Who bowed the heavens by His descent is contained wholly and unchanged in thee. And as I beheld Him in thy womb taking the form of a servant, I marvel and cry to thee: Rejoice, unwedded Bride.

**Kontakion, tone 8:** Queen of the Heavenly Host, defender of our souls, we thy servants offer to thee songs of victory and thanksgiving, for thou, O Mother of God, hast delivered us from terrors. But as thou hast invincible power, free us from conflicts of all kinds that we may cry to thee: Rejoice, unwedded Bride!

#### **FIFTH SUNDAY**

*- St. Mary of Egypt -*

**Troparion, tone 8:** In thee, O Mother, was carefully preserved what is according to the Image. For thou didst take the Cross and follow Christ. By so doing thou didst teach us to



disregard the flesh, for it passes away, but to care for the soul as an immortal thing. Therefore, St. Mary, thy spirit rejoices with the Angels.

**Kontakion, tone 4:** Having escaped the fog of sin, and having illumined thy heart with the light of penitence, O glorious one, thou didst come to Christ and didst offer to Him His immaculate and holy Mother as a merciful intercessor. Hence thou hast found remission for transgressions, and with the angels thou ever rejoicest.

#### LAZARUS SATURDAY

**Troparion, tone 1:** Thou didst give a pledge of the general resurrection before Thy Passion, O Christ our God, by raising Lazarus from the dead. Therefore, we too, like the children, carry the symbols of victory and cry to Thee, the Vanquisher of death: Hosanna in the Heights! Blessed is He Who comes in the Name of the Lord.

**Kontakion, tone 2:** Christ, the joy of all, the truth, the light, the life, the resurrection of the world, in His goodness appeared to those on earth, and He became an image of the Resurrection and grants to all divine forgiveness.

#### ENTRY OF THE LORD INTO JERUSALEM - PALM SUNDAY

**Troparion, tone 1:** Thou didst give a pledge. . . (*See Lazarus Saturday*)

**Another Troparion, tone 4:** As by Baptism we were buried with Thee, O Christ our God, so by Thy Resurrection we were granted immortal life, and praising Thee, we cry: Hosanna in the Heights! Blessed is He Who comes in the Name of the Lord.

**Kontakion, tone 6:** On the throne in heaven and riding a colt on earth, O Christ our God, Thou didst receive the praise of Angels and the chorus of the children who cried to Thee: Blessed art Thou Who comest to recall Adam.

## Passion Week Troparia

### HOLY AND GREAT MONDAY

**Troparion, tone 8:** Behold, the Bridegroom is coming in the middle of the night, and blessed is the servant whom He shall find awake and watching, but unworthy is he whom He shall find idle and careless. Beware, then, my soul, lest thou be weighed down with sleep, lest thou be given up to death and shut out of the Kingdom. But awake and cry: Holy, Holy, Holy, art Thou, O God: through the intercessions of the Bodiless Ones, save us. (*Sung three times; however, the ending the third time is: through the Mother of God, have mercy on us.*)

**Kontakion, tone 8:** Jacob lamented the loss of Joseph, but his noble son was sitting in a chariot and honoured as a king. For when he refused to be enslaved by the pleasures of the Egyptian woman, he was glorified by Him Who sees the hearts of men and bestows an incorruptible crown.

### HOLY AND GREAT TUESDAY

**Troparion, tone 8:** Behold, the Bridegroom ... (*as Monday with the ending the first two times: through the intercessions of the Forerunner, save us. The third ending is: through the Mother of God, have mercy on us.*)

**Kontakion, tone 2:** Realizing the hour of reckoning, O my soul, and fearing the cutting down of the fig tree, work diligently with the talent that has been given thee O wretched one. Watch and pray that we may not remain outside the bride chamber of Christ.

### HOLY AND GREAT WEDNESDAY

**Troparion, tone 8:** Behold, the Bridegroom... (*as Monday with the ending the first two times: by the power of Thy Cross, save us. The third ending is: through the Mother of God, have mercy on us.*)

**Kontakion, tone 4:** I have sinned more than the harlot, O Good One, and I come to Thee with none of her showers of tears. But praying in silence, I fall down before Thee and lovingly embrace Thy immaculate feet, that as the Lord Thou mayest grant me forgiveness of sins as I cry to Thee, O Saviour: Deliver me from the mire of my evil deeds.

### HOLY AND GREAT THURSDAY

**Troparion, tone 8:** When Thy glorious Disciples were enlightened at the supper by the feet washing, then the impious Judas was darkened with the disease of avarice, and he delivered Thee, the Just Judge, to the lawless judges. See, O lover of money, this man through money came to hang himself. Flee the insatiable desire which dared to do such things to the Master. O Lord, Who art good towards all, glory to Thee.

**Konlaktion, tone 2:** Having taken bread in his hand, the traitor secretly stretches it out, and takes a price for Him Who with His own hands made man. And Judas remained an incorrigible slave and liar.

### HOLY AND GREAT FRIDAY

**Troparion, tone 4:** Thou hast redeemed us from the curse of the Law by Thy precious Blood. By being nailed to the Cross and pierced with the Spear, Thou hast poured immortality on mankind. O our Saviour, glory to Thee.

**Kontakion, tone 8:** Come, let us all praise Him Who was crucified for us. For Him it was Whom Mary beheld on the Tree, and said: Even though Thou endurest the cross, Thou art my Son and my God.

**Troparia, tone 2:**

*(Vespers and Saturday Matins)*

Noble Joseph took Thy immaculate Body down from the tree, wrapped It in a clean shroud and spices, and having embalmed It, laid It in a new sepulchre. But on the third day Thou didst rise, O Lord, granting to the world great mercy.

The Angel stood by the tomb and cried to the Myrrh-bearing women: Myrrh is fitting for the dead, but Christ has shown Himself free from corruption.

### HOLY AND GREAT SATURDAY

**Troparia, tone 2:** Noble Joseph ... When Thou, the Deathless Life, didst go down to death, then didst Thou slay hell by the lightning flash of Thy Divinity. And when Thou didst raise the dead from the lower world, all the Powers of Heaven cried aloud: Christ our God, Giver of Life, glory to Thee. The Angel...

**Kontakion, tone 2:** He Who closed the abyss is seen as dead and wrapped in a shroud and spices; He, the Immortal, as mortal is laid in the tomb; women came to anoint Him, and they wept bitterly and exclaimed: This is the ever-blessed Sabbath on which Christ, Who fell asleep, shall rise on the third day.

## PASCHA

### **Processional Hymn:**

The Angels in Heaven, O Christ our Saviour, sing of Thy Resurrection; enable also us on earth with pure hearts to glorify Thee.

### **Troparion:**

Christ is risen from the dead, trampling on death by death, and on those in the tombs bestowing life.

### **Canon, tone 1:**

#### **Song 1.**

**Eirmos:** It is the Day of Resurrection! Let us be radiant, O people! It is the Passover, the Passover of the Lord! From death to life, and from earth to heaven Christ our God has passed us who sing the hymn of victory!

**Refrain:** Christ is risen from the dead.

Let us purify our senses and we shall behold Christ, radiant with the inaccessible light of the Resurrection, and shall hear Him saying clearly, Rejoice! as we sing the hymn of victory! R.

Let the heavens rejoice in a worthy manner and let the earth be glad, and let the whole world, visible and invisible, keep festival. For Christ our eternal joy is risen!

**Katabasia:** It is the Day of Resurrection ! . . .

#### **Song 3.**

**Eirmos:** Come, let us drink a new beverage, not miraculously drawn from a barren rock, but the Fountain of Incorruption springing from the tomb of Christ, in Whom we are strengthened.

**Refrain:** Christ is risen from the dead.

Now all things are filled with light: heaven and earth, and the nether regions. So let all creation then celebrate the Resurrection of Christ, by which it is strengthened. R.

Yesterday, O Christ, I was buried with Thee, and today I rise with Thy arising. Yesterday I was crucified with Thee. Glorify me, O Saviour, with Thee in Thy Kingdom.

**Katabasia:** Come, let us drink . . .

**Hypakoe, tone 4:** Forestalling the dawn, the women with Mary came and found the stone rolled away from the sepulchre, and heard from the Angel: Why seek among the dead, as if He were a man, Him Who lives in everlasting light? Behold the grave-clothes. Run and tell the world that the Lord is risen, and has slain death. For He is the Son of God Who saves mankind.

#### **Song 4.**

**Eirmos:** May divinely speaking Habakkuk now stand with us on divine watch, and bring to light a shining Angel saying thrillingly: Today salvation has come to the world; for Christ is risen as Almighty.

**Refrain:** Christ is risen from the dead.

Christ was seen to be of the male sex when He opened the Virgin's womb, and as man He is called the Lamb. Without blemish, also, is our Passover, for He tasted no defilement; and as true God He is called perfect. R.

Christ, our blessed Crown, like a yearling Lamb, of His own will was sacrificed for all, as a Passover of purification; and as the glorious Sun of Righteousness, He has shone upon us again from the grave. R.

David, the father of our Divine Lord, leapt and danced before the symbolical Ark. Let us also, the holy people of God, beholding the fulfilment of the symbols, be divinely glad; for Christ has risen, as Almighty.

**Kalabasia:** May divinely speaking Habakkuk . . .

#### **Song 5.**

**Eirmos:** Let us arise in the deep dawn and, instead of myrrh, offer a hymn to the Lord, and we shall behold Christ, the Sun of Righteousness, Who causes life to dawn on all.

**Refrain:** Christ is risen from the dead.

When they who were held by the chains of hell beheld Thy boundless compassion, O Christ, they hastened to the light with joyful feet, clapping the eternal Passover. R.

Carrying lamps, let us approach Christ, Who comes forth from the tomb like a bridegroom. And with the feast-loving orders of Angels, let us celebrate the redeeming Passover of God.

**Katabasia:** Let us arise . . .

#### **Song 6.**

**Eirmos:** Thou didst descend into the nether regions of the earth, O Christ, and didst shatter the eternal bars which held the prisoners captive; and like Jonah from the sea-monster, after three days Thou didst rise from the grave.

**Refrain:** Christ is risen from the dead.

Having kept the seals intact, Thou didst rise from the grave, O Christ, Who didst not violate the Virgin's womb by Thy birth, and Thou hast opened to us the gates of Paradise.  
R.

O my Saviour, while as God Thou didst voluntarily offer Thyself to the Father as an unslain and living sacrifice, Thou didst raise up Adam, the father of our race, when Thou didst rise from the grave.

**Katabasia:** Thou didst descend . . .

**Kontakion, tone 8:** Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of hell, and didst rise again as Conqueror, O Christ our God, saying to the myrrhbearing women, Rejoice! and giving peace to Thine Apostles, and offering to the fallen resurrection.

**Oikos:** The myrrhbearing maidens anticipated the dawn and sought, as those who seek the day, their Sun, Who was before the sun and Who had once set in the grave. And they cried to each other: Friends, come, let us anoint with spices His life-giving and buried body - the Flesh Which raised up fallen Adam, and Which now lies in the tomb. Let us go, let us hasten, and like the Magi, let us worship; and let us bring myrrh as a gift to Him, Who is wrapped, not now in swaddling clothes, but in a shroud. And let us weep and cry: Arise, O Lord, Who offers to the fallen resurrection.

Having beheld the Resurrection of Christ, let us adore the Holy Lord Jesus, the only sinless One. We worship Thy Cross, O Christ, and Thy holy Resurrection we praise and glorify; for Thou art our God, and we know no other than Thee; we call on Thy Name. O come all you faithful, let us worship Christ's holy Resurrection. For behold, through the Cross joy has come to all the world. Ever blessing the Lord, let us praise His Resurrection. By enduring the Cross for us He destroyed death by death. (*Thrice*)

Jesus, having risen from the grave as He foretold, has given us eternal life and great mercy. (*Thrice*)

### Song 7.

**Eirmos:** He Who delivered the Children from the furnace, and became man and suffers as mortal, and through suffering clothes mortality with the beauty of incorruption, is the only blessed and most glorious God of our fathers.

**Refrain:** Christ is risen from the dead.

The godly-minded women ran after Thee with myrrh. But Him Whom they sought with tears as mortal, they joyfully adored as the living God. And they told to Thy disciples, O Christ, the glad tidings of the mystical Passover. R.

We celebrate the death of death, the destruction of hell, the beginning of another eternal life. And leaping for joy, we hymn the Cause, the only blessed and most glorious God of our fathers. R.

For truly holy and worthy of all triumphant celebration is this redeeming and radiant night, the harbinger of the bright day of Resurrection, on which the Eternal Light shone bodily from the grave upon all.

**Katabasia:** He Who delivered . . .

### Song 8.

**Eirmos:** This is the chosen and holy Day, the first of Sabbaths, the Sovereign and Queen, the Feast of Feasts, and Triumph of Triumphs, on which let us bless Christ for ever.

**Refrain:** Christ is risen from the dead.

O come, let us partake of the fruit of the new vine of divine joy on the auspicious Day of the Resurrection and Kingdom of Christ, praising Him as God for ever. R.

Lift up thine eyes about thee, O Zion, and see! For lo! Thy children come to thee from the West and from the North and from the Sea and from the East, as to a beacon lighted by God, blessing Christ in thee for ever.

Refrain: O Most Holy Trinity, our God, glory to Thee.

Father, All-Sovereign, and Word, and Spirit, united Nature in three Persons, transcendent and supremely divine! Into Thee we have been baptized, and Thee we shall bless throughout all ages.

**Katabasia:** This is the chosen . . .

### Song 9.

**Refrain 1:** Magnify, O my soul, Christ the Lifegiver, Who rose from the grave on the third day.

**Eirmos:** Shine, shine, O New Jerusalem, for the glory of the Lord has risen upon thee. Now dance for joy and be glad, O Zion! And thou, pure Mother of God, rejoice in the rising of thy Child.

**Refrain 2:** Magnify, O my soul, Christ the Lifegiver, Who willingly suffered and was buried, and rose from the grave on the third day.

Again: Shine, shine . . .

**Refrain 3:** Christ is the New Passover, the living Sacrifice, the Lamb of God Who takes away the sin of the world.

**Troparion:** O divine, O dear, O sweetest Voice! For Thou, O Christ, hast faithfully promised to be with us to the end of the world. And holding fast this promise as an anchor of hope, we faithful rejoice.

**Refrain 4:** The Angel cried to her who is full of grace: Rejoice, pure Virgin! and again I say, Rejoice! Thy Son has risen on the third day from the grave, and has raised the dead. Rejoice, you people!

Again: O divine, O dear, . . .

**Refrain 5:** Roaring royally, as the Lion of Judah, Thou hast slept, and Thou hast awakened the dead of all ages.

Again: O divine, O dear, . . .

**Refrain 6:** Mary Magdalene ran to the sepulchre, and she saw the Christ, and spoke to Him as to the gardener.

**Troparion:** O great and holiest Passover, Christ! O Wisdom, Word and Power of God! Grant that we may more perfectly partake of Thee in the unending Day of Thy Kingdom.

**Refrain 7:** The radiant Angel cried to the women: Stop your tears, for Christ has risen.

**Refrain 8:** You people, rejoice, for Christ has risen, trampling down death and raising the dead.

**Refrain 9:** Today all creation is glad and rejoices, for Christ has risen and hell has been spoiled.

**Refrain 10:** Today the Master spoiled hell and raised the prisoners from all the ages whom it had held in bitter bondage.

**Refrain 11:** Magnify, O my soul, the might of the Tripersonal and Undivided Godhead.

**Refrain 12:** Rejoice, O Virgin, rejoice! Rejoice, O blessed one! Rejoice, O glorious one! For thy Son has risen from the grave on the third day.

**Katabasia:** Shine, shine . . .



**Exaposeilarion:** Having slept in the flesh as a mortal, O King and Lord, Thou didst rise on the third day. Thou didst raise up Adam from corruption and abolish death, O Passover of incorruption, Salvation of the world!

### **The Praises of the Resurrection, tone 1:**

Let every breath praise the Lord.

**Verse:** Praise Him for His mighty acts, praise Him for the greatness of His majesty.

We praise, O Christ, Thy saving Passion, and glorify Thy Resurrection.

**Verse:** Praise Him with the sound of the trumpet, praise Him with psaltery and harp.

O Thou Who didst endure the Cross, abolish death, and rise from the dead, give us peace in our life, O Lord, for Thou alone art all-powerful.

**Verse:** Praise Him with timbrel and dance, praise Him with strings and pipe.

O Thou Who spoiled hell and raised up man by Thy Resurrection, O Christ, make us worthy with pure hearts to praise and glorify Thee.

**Verse:** Praise Him with tuneful cymbals, praise Him with cymbals of victory. Let every breath praise the Lord.

We glorify Thy divine condescension, and praise Thee, O Christ. Thou wast born from the Virgin and didst remain inseparably with the Father. Thou didst suffer as man, and didst voluntarily endure the Cross. Thou didst rise from the grave, coming forth from it as from a bridal chamber, in order to save the world. O Lord, glory to Thee.

### **The Paschal Chants, tone 5:**

**Verse:** Let God arise, and let His enemies be scattered, and let those who hate Him flee from His presence.

**Stichera:** A sacred Passover has today been shown to us, a new and holy Passover, a mystic Passover, an all-venerable Passover, a Passover which is Christ the Redeemer, a spotless Passover, a great Passover, Passover of the faithful, a Passover which has opened to us the gates of Paradise, a Passover that sanctifies all the faithful.

**Verse:** As smoke vanishes, let them vanish, as wax melts from the presence of fire.

**Slichera:** Come from that scene, O women, bearers of good tidings, and say to Zion: Receive from us the glad tidings of joy of the Resurrection of Christ. Exult, rejoice and be glad, O Jerusalem, beholding Christ the King as a Bridegroom come forth from the tomb.

**Verse:** So let sinners perish from the presence of God, but let the righteous rejoice.

**Stichera:** The myrrhbearing women at deep dawn went to the tomb of the Lifegiver, and they found an Angel sitting on the stone, and he spoke to them and said: Why seek the Living among the dead? Why mourn the Incorruptible amid corruption? Go and tell His disciples.

**Verse:** This is the day which the Lord has made; let us rejoice and be glad in it.

**Stichera:** The Passover of delight, the Passover of the Lord, the Passover, the all-venerable Passover has dawned upon us, the Passover on which let us embrace one another with joy! O Passover, ransom from sorrow! For today Christ shone forth from the tomb as from a bridal chamber and filled the women with joy, saying: Tell the Apostles.

Glory . . . Now . . .

It is the Day of Resurrection, so let us be radiant for the festival, and let us embrace one another. Let us speak, brothers and sisters, also to those who hate us, and in the Resurrection let us forgive everything, and so let us cry:

Christ is risen from the dead, trampling on death by death, and on those in the tomb bestowing life. (*Thrice*)

## PASCHAL HOURS

*The following is also sung during the entire Easter or Bright Week in place of Compline, Midnight Prayer Service and Morning and Evening Prayers.*

*Priest:* Blessed is the Kingdom . . . Christ is risen from the dead, trampling on death by death, and on those in the tombs bestowing life. (*Thrice*)

Having beheld the Resurrection of Christ, let us adore the Holy Lord Jesus, the only sinless One. We worship Thy Cross, O Christ, and Thy holy Resurrection we praise and glorify; for Thou art our God, and we know no other than Thee; we call on Thy Name. O come all you faithful, let us worship Christ's holy Resurrection. For behold, through the Cross joy has come to all the world. Ever blessing the Lord, let us praise His Resurrection. By enduring the Cross for us He destroyed death by death. (*Thrice*)

**Hypakoe:** Forestalling the dawn, the women with Mary came and found the stone rolled away from the sepulchre, and heard from the Angel: Why seek among the dead, as if He were a man, Him Who lives in everlasting light? Behold the grave-clothes. Run and tell the world that the Lord is risen, and has slain death. For He is the Son of God Who saves mankind.

### **Kontakion:**

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of hell, and didst rise again as Conqueror, O Christ our God, saying to the

myrrbearing women, Rejoice! And giving peace to Thine Apostles, and offering to the fallen resurrection.

**Troparia:**

In the grave bodily, in hell with the soul as God, in Paradise with the thief, and on the throne with the Father and the Spirit wast Thou Who fillest all things, O Christ the Infinite.

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

How life-giving, how much more beautiful than Paradise, and truly more resplendent than any royal palace, proved Thy Tomb, O Christ, the Source of our resurrection.

Now and ever, and to the ages of ages. Amen.

Rejoice! Sacred and divine abode of the Most High. For through thee, O Mother of God, joy is given to those who cry: Blessed art thou among women, O spotless Lady.

Lord, have mercy. (*40 times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

More honourable than the Cherubim, and incomparably more glorious than the Seraphim; thou who in virginity didst bear God the Word; thee, true Mother of God, we magnify.

In the Name of the Lord, bless, father.

*Priest:* Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

*Choir:* Amen.

Christ is risen from the dead . . .  
(*Thrice*)

Glory . . . Now . . .

Lord, have mercy. (*Thrice*)  
Bless, father.

*Priest:* May He Who rose from the dead, Christ our true God, through the prayers of His immaculate Mother, of our holy and God-bearing fathers, and of all the Saints, have mercy on us and save us, for He is good and the Lover of men.

*Choir:* Amen.

## Troparia and Kontakia for Easter Period and Pentecostarion

### ST. THOMAS' SUNDAY

**Troparion, tone 7:** When the tomb was sealed, Thou, the Life, O Christ our God, didst rise up from the grave; and when the doors were closed, Thou, the Resurrection of all, didst stand among the disciples, and through them renew a right spirit in us, according to Thy mercy.

**Kontakion, tone 8:** With his inquisitive right hand, Thomas probed Thy life-giving side, O Christ our God. For when Thou didst enter, the doors being shut, with the rest of the Apostles he cried to Thee: Thou art my Lord and my God.

### SUNDAY OF THE MYRRHBEARERS

#### **Troparia, tone 2:**

When Thou, the Deathless Life, didst go down to death, then didst Thou slay hell by the lightning flash of Thy Divinity. And when Thou didst raise the dead from the lower world, all the Powers of Heaven cried aloud: Christ our God, Giver of Life, glory to Thee.

Noble Joseph took Thy immaculate Body down from the Tree, wrapped It in a clean shroud and spices, and having embalmed It laid It in a new sepulchre. But on the third day Thou didst rise, O Lord, granting to the world great mercy.

To the myrrbearing women at the sepulchre an Angel appeared and cried: Myrrh is fit for the dead, but Christ has shown Himself a Stranger to corruption. So cry: The Lord has risen, granting to the world great mercy.

**Kontakion, tone 2:** Thou didst command the Myrrbearers to rejoice, O Christ our God, Thou didst dry the tears of our first mother Eve by Thy Resurrection, and Thou didst command the Apostles to preach: The Saviour has risen from the tomb.

### SUNDAY OF THE PARALYTIC

**Kontakion, tone 3:** By Thy divine presence, O Lord, raise my soul which is terribly paralyzed by all kinds of sins and misguided actions, as of old Thou didst raise the paralytic, that saved I may cry to Thee: O compassionate Christ, glory to Thy power.

### MID - PENTECOST

**Troparion, tone 8:** Having come to the middle of the Feast, refresh my thirsty soul with the streams of piety; for Thou, O Saviour, didst cry to all: Let him who thirsts come to Me and drink. O Christ our God, Source of Life, glory to Thee.

**Kontakion, tone 4:** When the Feast of the law was half over, O Lord and Creator of all, Thou didst say to the bystanders, O Christ our God: Come and draw the water of immortality. Therefore we fall down before Thee and cry with faith: Grant us Thy bounties, for Thou art the Source of our Life.

### SUNDAY OF THE SAMARITAN WOMAN

**Kontakion, tone 8:** Having come to the well by faith, the Samaritan woman beheld Thee, the Water of Wisdom, of which she drank lavishly, and inherited the kingdom on high, where her praises are sung eternally.

### SUNDAY OF THE BLIND MAN

**Kontakion, tone 4:** Having the eyes of my soul blinded, I come to Thee, O Christ, like the man blind from birth, and with repentance I cry to Thee: Thou art the bright Light of those in darkness.

### ASCENSION

**Troparion, tone 4:** Thou didst ascend into glory, O Christ our God, having gladdened Thy disciples by the promise of the Holy Spirit. And this blessing convinced them that Thou art the Son of God, the Redeemer of the world.

**Kontakion, tone 6:** Having accomplished for us Thy mission and united things on earth with things in heaven, Thou didst ascend into glory, O Christ our God, being nowhere separated from those who love Thee, but remaining everpresent with us and calling: I am with you and no one is against you.

### HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL

**Troparion, tone 8:** Most glorious art Thou, O Christ our God, Who didst establish our fathers, as torch-bearers on earth and through them didst guide us all to the true faith. Most Compassionate One, glory to Thee.

**Kontakion, tone 8:** The preaching of the Apostles, and the dogmas of the fathers, confirmed the one faith of the Church. And wearing the garment of truth, woven from heavenly theology, she rightly dispenses and glorifies the great mystery of piety.

### PENTECOST

**Troparion, tone 8:** Blessed art Thou, Christ our God, Who didst make the fishermen wise by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. Lover of men, glory to Thee.

**Koniakion, tone 8:** When the Most High came down and confused the tongues, He divided the nations, but when He distributed the tongues of fire, He called all to unity. And with one accord we glorify the All-Holy Spirit.

#### ALL SAINTS

**Troparion, tone 4:** In all the world, O Christ our God, Thy Church is adorned with the blood of Thy martyrs as with purple and fine linen. Through them she cries to Thee: Send down Thy compassion to Thy people, grant peace to Thy community, and to our souls the great mercy.

**Kontaldon, tone 8:** The universe offers to Thee, O Lord, as the Planter of Creation, the God-bearing martyrs as the first-fruits of nature. By their prayers, O Most Merciful One, through the Mother of God keep Thy Church, Thy estate, in deep peace.

#### ALL SAINTS OF RUSSIA

**Troparion, tone 8:** As a beautiful fruit of the sowing of Thy salvation, the land of Russia offers to Thee, O Lord, all the Saints that have shone in it. By their prayers keep the Church and our land in deep peace, through the Mother of God, O Most Merciful One.

**Kontakion, tone 3:** Today the choir of the Saints who pleased God in our land stands before us in Church and invisibly prays for us to God. With them the Angels glorify Him, and all the Saints of the Church of Christ keep festival with them; and they all pray together for us to the eternal God.

**CANON**  
**To our Lord Jesus Christ.**

**Tone 2**

**Song 1.**

**Eirmos:** In the deep of old the infinite Power overwhelmed Pharoah's whole army. But the Incarnate Word annihilated pernicious sin. Exceedingly glorious is the Lord, for gloriously has He been glorified.

*Sweetest Jesus, save us.*

**Troparia:**

Sweetest Jesus Christ, longsuffering Jesus, heal the wounds of my soul, Jesus, and make sweet my heart, O Most Merciful One, I ask Thee, Jesus my Saviour, that being saved by Thee, I may glorify Thee.

*Sweetest Jesus, save us.*

Sweetest Jesus Christ, Jesus, open to me the door of repentance, O Jesus, Lover of men, and accept me as I throw myself at Thy feet, Jesus, my Saviour, and fervently implore the forgiveness of my sins.

*Sweetest Jesus, save us.*

Sweetest Jesus Christ, Jesus, snatch me from the hand of deceitful satan, O Jesus, and make me stand on the Right of Thy glory, O Jesus my Saviour; from the Left deliver me.

*Most Holy Mother of God save us.*

**Theotokion:** O Lady who bore Jesus our God, pray for us worthless slaves, that by thy prayers, O immaculate one, we who are defiled may be delivered from torment, O spotless one, and enjoy everlasting glory.

**Song 3.**

**Eirmos :** By establishing me on the rock of faith, Thou hast given me power over my enemies, and my spirit rejoices when I sing: There is none holy as our God and none righteous but Thee, O Lord.

*Sweetest Jesus, save us.*

**Troparia:**

O my Jesus, Lover of men, hear Thy slave calling with compunction; and deliver me, Jesus, from condemnation and punishment, O only Patient One, sweetest and most merciful Jesus.

*Sweetest Jesus, save us.*

Receive Thy slave, O my Jesus, who prostrates himself with tears, my Jesus, and deliver me, O Lord, from hell, sweetest and most merciful Jesus.

*Sweetest Jesus, save us.*

O my Jesus, the time Thou gavest me I have squandered in passions, O my Jesus. Reject me not, O my Jesus, but call me, I pray, O Lord, O Sweetest Jesus, and save me!

*Most Holy Mother of God save us.*

**Theotokion:** O Virgin who gavest birth to my Jesus, implore Him to save me from hell. Thou art the only patroness of the afflicted, O thou who art full of divine grace. And make me worthy of the life that is free from old age, O all-innocent one.

Lord, have mercy (*thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Sedalion** (Sitting hymn): O Jesus my Saviour, Thou didst save the prodigal. Jesus my Saviour, Thou didst accept the harlot. And now have mercy on me, most merciful Jesus; have compassion and save me, O Jesus my Benefactor, as Thou hadst compassion on Manasseh, my Jesus, only Lover of men.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Theotokion:** Having thy intercession, O most pure one, and delivered by thy prayers, and protected by the Cross of thy Son, we duly devoutly magnify thee.

#### **Song 4.**

**Eirmos:** From a virgin didst Thou come, not as an ambassador, nor as an Angel, but the very Lord Himself incarnate, and didst save me, the whole man. Therefore I cry to Thee: Glory to Thy Power, O Lord.

*Sweetest Jesus, save us.*

**Troparia:**



O my Jesus, heal the wounds of my soul, my Jesus, I pray, and snatch me from the hand of soul-corrupting satan, my gracious Jesus, and save me.

*Sweetest Jesus, save us.*

O my sweetest Jesus, I have sinned. My compassionate Jesus, save me who run to Thy protection, and make me worthy of Thy Kingdom, O most patient Jesus.

*Sweetest Jesus, save us.*

No one has sinned as I have sinned, O my Jesus, wretched as I am; but now I bow down and pray: Save me, O my Jesus, and bequeath me, my Jesus, life.

*Most Holy Mother of God save us.*

**Theotokion:** O all-hymned Virgin who bore the Lord Jesus, implore Him to deliver from torment all who sing to thee and call thee supremely Mother of God.

### Song 5.

**Eirmos:** O Thou Who art the Light of those lying in darkness, and the salvation of the hopeless, O Christ my Saviour, I rise early to pray to Thee, O King of Peace. Enlighten me with Thy radiance, for I know no other God than Thee.

*Sweetest Jesus, save us.*

### Troparia:

O my Jesus, Thou art the light of my mind and the salvation of my despairing soul, my Jesus, my Saviour! Deliver me who cry to Thee, from torment and hell. Save me, O Christ, my Jesus, wretched as I am.

*Sweetest Jesus, save us.*

Completely cast down to shameful passions, my Jesus, I now cry: Stretch down to me, my Jesus, a helping hand, and pluck me out as I cry: save me, O Christ, my Jesus, wretched as I am.

*Sweetest Jesus, save us.*

Carrying about a mind defiled, I call to Thee, O Jesus: cleanse me from the dirt of sin, and redeem me who slipped down to the depths of vice through ignorance, and save me, O Saviour, my Jesus, I pray.

*Most Holy Mother of God save us.*

**Theotokion:** O Maiden Mother of God who bore Jesus, implore Him to save all Orthodox monks and people, and to deliver from hell those who cry: We know no stronger intercession than thine.

### Song 6.

**Eirmos :** Whirled about in the abyss of sin, I appeal to the unfathomable abyss of Thy compassion: Raise me up from corruption, O God.

*Sweetest Jesus, save us.*

**Troparia:**

O most merciful Christ, my Jesus, accept me who confess my sins, O Lord, and save me, O Jesus, and snatch me, O Jesus, from corruption.

*Sweetest Jesus, save us.*

O my Jesus, no one else has been so dissolute as I, wretched as I am, O Jesus Lover of men, but save me, O Jesus.

*Sweetest Jesus, save us.*

O my Jesus, I have surpassed with my passions the harlot and the prodigal, Manasseh and the publican, O my Jesus, and the robber and the Ninevites, O Jesus.

*Most Holy Mother of God save us.*

**Theotokion:** O thou who conceivedst my Jesus Christ, O only undefiled and immaculate Virgin, cleanse me defiled as I am, even now by hyssop of thy prayers.

Lord have mercy (*thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Kontakion:** Sweetest Jesus, Light of the world, enlighten the eyes of my soul, O Son of God, with the divine vision of Thy splendour, that I may praise Thee, the unwaning Light.

### Song 7.

**Eirmos:** When the golden idol was worshipped in the plain of Dura, Thy three children despised the godless order. Thrown into the fire, they were bedewed and sang: Blessed art Thou, O God of our fathers.

*Sweetest Jesus, save us.*

**Troparia:**

*Orthodox Prayer Book*

*Page 106 of 106*

O Christ Jesus, no one on earth has ever sinned as I have sinned, O my Jesus, wretched and dissolute as I am. But I cry to Thee, my Jesus, have compassion on me as I sing:  
Blessed art Thou, O God of our fathers.

*Sweetest Jesus, save us.*

O Christ Jesus, nail me down with the fear of Thee, I pray, O my Jesus, and guide me to Thy calm haven, O my compassionate Jesus, that saved by Thee I may sing to Thee:  
Blessed art Thou, O God of our fathers.

*Sweetest Jesus, save us.*

O Christ Jesus, ten thousand times I promised Thee repentance, my Jesus, but wretch that I am, I deceived Thee. Therefore I cry to Thee, my Jesus: Enlighten my still unfeeling soul, O Christ, who art the God of our fathers.

*Most Holy Mother of God save us.*

**Theotokion:** O thou who gavest birth to Jesus Christ wondrously and above nature, O all-innocent one, implore Him, O Maiden, to forgive me all the sins that I have committed against my nature, that saved I may cry: Blessed art thou who didst conceive God in the flesh.

### Song 8.

**Eirmos:** Sing of the acts of God Who descended into the fiery furnace with the Hebrew children and changed the flame into dew, and exalt Him as Lord throughout all ages.

*Sweetest Jesus, save us.*

### Troparia:

I implore Thee, O my Jesus: as Thou didst redeem the harlot from many sins, likewise redeem me, O Christ my Jesus, and cleanse my foul soul, O my Jesus.

*Sweetest Jesus, save us.*

O Jesus, having yielded to dumb and irrational pleasures, I have become dumb and irrational, O my Jesus, and wretch that I am, I have truly become pitifully like the animals, O Saviour. Therefore, O Jesus, deliver me from dumbness and animality.

*Sweetest Jesus, save us.*

O Jesus, I fell into the hands of soul-corrupting thieves who have now stripped me of my divinely woven garment, O my Jesus, and I am lying all bruised and wounded. O my Christ, pour on me oil and wine.

*Most Holy Mother of God save us.*

**Theotokion:** O Mary, Mother of God, who ineffably bore the Christ, my Jesus and God, implore Him always to save from dangers thy servants and thy singers, O chaste Virgin!

### **Song 9.**

**Eirmos:** God the Word, God of God, Who by ineffable wisdom came to create Adam anew after his grievous fall to corruption through eating and Who took flesh beyond all telling from the Holy Virgin for our sake - Him we faithful with one accord magnify in song.

*Sweetest Jesus, save us.*

#### **Troparia:**

I have surpassed, O my Jesus, Manasseh and the publican, the harlot and the prodigal, O compassionate Jesus, and the robber, O my Jesus, through all my shameful and perverse deeds, O Jesus, but outwit me, my Jesus, and save me!

*Sweetest Jesus, save us.*

My Jesus, I have outdone by my pitiful passions, wretched as I am, all Who have sinned from Adam, O Jesus, before the Law and in the Law, my Jesus, and after the Law and Grace; but save me by Thy judgments, my Jesus.

*Sweetest Jesus, save us.*

Let me not be divorced from Thy ineffable glory, my Jesus, and let me not be assigned to the Left Hand, sweetest Jesus; but set me on the Right Hand with Thy sheep and give me rest, O Christ my Jesus, in Thy divine compassion.

*Most Holy Mother of God save us.*

**Theotokion:** O Mother of God who bore Jesus, only Immaculate Virgin Mary, invoke Him, O pure one, as thy Son and Creator, to deliver all who resort to thee from temptations, dangers and future fire.

**Exapostelaron:** O Jesus, Giver of Wisdom and Understanding, Feeder of beggars, Protector of Orphans, Healer of the sick, heal and illumine my heart, O Jesus, covered with the wounds of sin and corruption of passions, and save me. O Jesus!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Theotokion:** Enlighten my mind and transfigure my heart, O Virgin, with the radiance of the Light which shone through thee, dispelling the darkness of sin and dissolving the gloom of my indolence.

### **Prayer to Jesus Christ.**

O Lord and Master, Jesus Christ, my God, through Thy ineffable love for men Thou wast wrapped in flesh, at the end of the ages, from the EverVirgin Mary. We glorify Thy saving providence and care for us, Thy servants, O Lord. We praise Thee through Whom we have learned to know the Father. We bless Thee through Whom the Holy Spirit came into the world. We bow to Thy most Holy Mother who served for the dread mystery of Thy Incarnation. We praise the Angelic Choir as the servants and singers of Thy Majesty. We beatify Saint John the Forerunner who baptized Thee, O Lord. We honour also the Prophets who announced Thee. We glorify Thy Holy Apostles. We celebrate the Martyrs. We praise Thy Priests. We venerate Thy Saints and sing to all the Just. We, Thy servants, offer to Thee, our all-generous God, this countless and unutterable Divine Choir as intercessors, and pray: Grant us the forgiveness of our sins for the sake of all Thy Saints, but especially for the sake of Thy holy generosity, for Thou art blessed for ever. Amen.

**CANON**  
**To the Most Holy Mother of God**

**Troparia, tone 4:** Let us, sinful and humbled, now earnestly run to the Mother of God, and let us fall down in repentance, crying from the depth of our soul: O Lady, help, have compassion on us! Make haste, we are perishing from the multitude of our sins. Turn not Thy servants empty away, for we have thee as our only hope.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Never, O Mother of God, will we cease to speak of thy powers, unworthy as we are. For if thou didst not intercede in prayer, who would have delivered us from so many dangers? Who would have kept us free until now? Let us never forsake thee, our Lady, for thou ever savest thy servants from all perils.

**Canon, tone 8:**  
**Song 1.**

**Eirmos:** When Israel passed through the water as dry land, and had escaped the malice of the Egyptians, they cried: Let us sing to our Redeemer and our God.

*Most Holy Mother of God, save us.*

**Troparia:**

Distressed by many temptations, I fly for refuge to thee, seeking salvation. O Mother of the Word, and Virgin, bring me safely through dangers and difficulties.

*Most Holy Mother of God, save us.*

Outbursts of passion trouble me and fill my soul with great despondency. Calm it, O Maiden, by the peace of thy Son and God, O all-innocent one.

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

I implore thee who gavest birth to our Saviour and God, O Virgin, to deliver me from perils. For to thee I now run, lifting up my mind and soul.

Now and ever, and to the ages of ages. Amen.

Sick in body and soul, make me worthy of the divine visitation, and of thy care, O only Mother of God, for thou art good and the bearer of the Good One.

**Song 3.**

**Eirmos:** O Lord, Creator of the vault of Heaven and Builder of the Church, strengthen me in Thy love, O Summit of desire, O Support of the faithful, O only Lover of men.

*Most Holy Mother of God, save us.*

**Troparia:**

I have chosen thee to be the protection and intercession of my life, O Virgin, Mother of God. Guide me to thy haven, O cause of all blessings, O support of the faithful, O only praise of all.

*Most Holy Mother of God, save us.*

I pray thee, O Virgin, to dispel the tumult of my soul and the storm of my grief; for thou, O Bride of God, didst bear Christ, the Prince of Peace, O only immaculate one.

*Most Holy Mother of God, save us.*

O thou who didst bear the Benefactor and Author of good things, pour on all the riches of well-doing and good conduct; all is possible to thee, for thou gavest birth to Christ, mighty in power, O divinely blessed one.

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

Keep thy servants from conflicts, O Mother of God, for we all fly for refuge to thee after God, as an impregnable wall and protection.

Now and ever, and to the ages of ages. Amen.

I am tortured by grievous sicknesses and morbid passions: O Virgin, help me! For I know thee to be the inexhaustible, unfailing treasury of healings, O all-blameless one.

Lord, have mercy (*thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Sedalion, Tone 2:** O fervent prayer and invincible wall, O fountain of mercy and refuge for mankind, we earnestly cry to thee: O Mother of God, O Sovereign Lady, forestall and deliver us from dangers, O only speedy intercessor.

**Song 4.**

**Eirmos:** I have heard, O Lord, the mystery of Thy plan. I contemplate Thy works and glorify Thy divine nature.

*Most Holy Mother of God, save us.*

**Troparia:**

O thou who didst bear the Lord Pilot, still the storm of my sins, and the turmoil of my passions, O Bride of God.

*Most Holy Mother of God, save us.*

I call upon the abyss of thy compassion - grant it me, for thou didst bear the kind-hearted One and Saviour of all who sing to thee.

*Most Holy Mother of God, save us.*

Enjoying thy gifts, O all-pure one, we sing a song of thanksgiving to thee, knowing thee to be the Mother of God.

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

As I lie on the bed of my pain and sickness, help me, for thou art a lover of goodness and the only Ever-Virgin Mother of God.

Now and ever, and to the ages of ages. Amen.

Having thee, O all-hymned one, as our hope and support and unshakable wall of salvation, we are delivered from every difficulty.

**Song 5.**

**Eirmos:** Enlighten us by Thy commandments, O Lord, and by Thy uplifted arm grant us Thy peace, O Lover of men.

*Most Holy Mother of God, save us.*

**Troparia:**

Fill my heart with gladness, O pure one, by giving me thy pure joy, O thou who didst bear the Cause of gladness.

*Most Holy Mother of God, save us.*

Deliver us from conflicts, O pure Mother of God, who didst bear our Eternal Redemption and the Peace that passes all understanding.

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

Dispel the darkness of my sins, O Bride of God, by the radiance of thy splendour, for thou hast borne the Divine and Eternal Light.



Now and ever, and to the ages of ages. Amen.

Heal, O pure one, the disease of my passions, when thou hast made me worthy of thy visitation, and grant me health by thy intercession.

### Song 6.

**Eirmos:** I will pour out my prayer to the Lord, and to Him I will confess my grief; for my soul is full of evil and my life has drawn near to hell, and like Jonah I will pray: Raise me up from corruption, O God.

*Most Holy Mother of God, save us.*

### Troparia:

O Virgin, implore thy Son and Lord Who from death and corruption has saved my nature, captured by corruption and death, by giving Himself to death, to deliver me from my enemies' evil actions.

*Most Holy Mother of God, save us.*

I know thee as the intercessor and safest guardian of my life, O Virgin, who puttest a stop to the swarm of temptations and drivest off the insolent onsets of devils; and I pray continually: Deliver me from the corruption of my passions.

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

We have thee as a wall of refuge and the perfect salvation of our souls and release from our afflictions, O Maiden, and we ever rejoice in thy light. O Sovereign Lady keep us safe now from passions and conflicts.

Now and ever, and to the ages of ages. Amen.

Now I lie on a bed of infirmities, and there is no healing for my flesh; but I pray to thee, O gracious Lady, who didst bear God and the Saviour of the world and the Healer of sicknesses: Raise me up from the corruption of disease.

Lord, have mercy (*thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Kontakion, tone 6:** O unfailing intercessor of Christians, O constant mediatrix before the Creator, despise not the cry of prayer of us sinners; but, of thy goodness, come speedily to the help of us who in faith call upon thee. Hasten to offer swift intercession and prayer (for us), O Mother of God, who ever intercedest for those who honour thee.

**Another Kontakion, tone 6:** We have no other help, we have no other hope, but thee, O pure Mother of God - help us! In thee we hope, and of thee we boast, for we are thy slaves. Let us not be put to shame.

### Song 7.

**Eirmos:** Having arrived in Babylon from Judea, the Children of old by their faith in the Trinity trod down the flame of the furnace, singing: O God of our fathers, blessed art Thou.

*Most Holy Mother of God, save us.*

#### **Troparia:**

Wishing to accomplish our salvation, Thou didst dwell in the womb of the Virgin, O Saviour, and didst reveal her to the world as the mediatrix: O God of our fathers, blessed art Thou.

*Most Holy Mother of God, save us.*

O pure mother who didst bear the Lover of Mercy, implore Him to deliver from sins and from defilements of the soul those who with faith cry: O God of our fathers, blessed art Thou.

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

Thou hast shown her who gave birth to Thee to be a treasury of salvation, fountain of incorruption, tower of safety, and door of repentance to those who cry: O God of our fathers, blessed art Thou.

Now and ever, and to the ages of ages. Amen.

O Mother of God, grant healing for the weakness of our bodies and for the sickness of our souls to those who with love appeal to Thy divine protection, O Virgin, who for us didst bear Christ the Saviour.

### Song 8.

**Eirmos:** The King of Heaven Whom hosts of Angels praise, let us praise and exalt throughout all ages.

*Most Holy Mother of God, save us.*

#### **Troparia:**

Disregard not, O Virgin, those who need thy help and who sing and exalt thee, O Maiden, throughout the ages.

*Most Holy Mother of God, save us.*

Thou healest the pains of my body and the infirmities of my soul, O Virgin, that I may praise thee, O pure one, for ever.

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

Thou pourest a wealth of healing, O Virgin, on those who with faith sing to thee and extol thy ineffable childbearing.

Now and ever, and to the ages of ages. Amen.

Thou drivest away the assaults of temptations and the attacks of passions, O Virgin; therefore we sing to thee in all ages.

### **Song 9.**

**Eirmos:** Saved by thee, O pure Virgin, we confess thee to be supremely the Mother of God, and with the bodiless Choirs we magnify thee.

*Most Holy Mother of God, save us.*

#### **Troparia:**

Turn not away from the torrent of my tears, O Virgin, who didst bear Christ Who dried all tears from every face.

*Most Holy Mother of God, save us.*

Fill my heart with joy, O Virgin, who didst receive the Fulness of Joy and banish the grief of sin.

*Most Holy Mother of God, save us.*

Be the haven and mediation and the unshakable wall, the refuge and the protection and the gladness, O Virgin, of all who fly to thee for refuge.

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

With the rays of thy light, O Virgin, enlighten those who with true faith confess thee to be the Mother of God, and banish the darkness of ignorance.

Now and ever, and to the ages of ages. Amen.

In the place of suffering, O Virgin, heal me, humbled by infirmity, and transform me from sickness to health.

### **Prayer to the Most Holy Mother of God.**

Accept from us thy unworthy servants, O all-powerful for good, immaculate, Sovereign Lady, Mother of God, these honorable gifts, which can be offered only to thee, who art the one chosen out of all generations, and who hast become higher than all creation, heavenly and earthly. For through thee the Lord of Powers was with us, and through thee we came to know the Son of God, and were granted His holy Body and most pure Blood. Therefore thou art blessed by all generations, the Favourite of God, more radiant than the Cherubim, and more honorable than the Seraphim. And now, O all-hymned, most holy Mother of God, cease not to pray for us, thy unworthy servants, to be delivered from every snare of the subtle one, and from all besetting sins, and preserve us unharmed from every poisonous temptation of the devil. But preserve us to the end uncondemned by thy prayers; for saved by thy help and protection, we send up glory, praise, thanksgiving and adoration for all, to the One God, in Trinity and Creator of all, now and ever, and to the ages of ages. Amen.

**CANON**  
**To the Guardian Angel**

**Troparion:** O Angel of God, my holy Guardian, keep my life in the fear of Christ God, strengthen my mind in the true way and wound my soul with heavenly love, so that guided by Thee, I may obtain the great mercy of Christ God.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Theotokion:** O holy Lady, Mother of our God, thou didst amazingly bear the Creator of all: with my Guardian Angel always pray His kindness to save my soul inhibited and bound by passions, and grant me remission of sins.

**Canon, tone 8.**  
**Song 1.**

**Eirmos:** Let us sing to the Lord Who led His people through the Red Sea, for He alone has triumphed gloriously.

*Jesus, Son of God, have mercy on us.*

**Troparia:**

Grant me, Thy servant, O Saviour, worthily to sing a song and to praise the fleshless Angel, my Guide and Guardian.

*Holy Angel, my Guardian, pray for me.*

I lay alone in folly and idleness, O my Guide and Guardian; forsake not me who am perishing.

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

Guide my mind by thy prayer to fulfil the commandments of God, and to receive from God remission of sins, and teach me to hate all wickedness, I pray thee.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** With my Guardian Angel, O Virgin, pray for me thy servant to the Bountiful One, and teach me to fulfill the commandments of thy Son and my Creator.

**Song 3.**

**Eirmos:** Thou art the strengthening of all who come to Thee, O Lord, Thou art the Light of those in darkness, and my spirit sings of Thee.

*Holy Angel, my Guardian, pray for me.*

**Troparia:**

All my thoughts and my soul I have committed to thee, O my Guardian; deliver me from all attacks of the enemy.

*Holy Angel, my Guardian, pray for me.*

The enemy troubles and tramples on me, and teaches me to follow my own desires; but, O my Guide, forsake not the dying.

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

Grant me to sing with thanksgiving and fervour to my Creator and God, and to thee my good Angel Guardian: O my deliverer, rescue me from foes that trouble me.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Heal, O immaculate one, the most painful wounds of my soul, and drive away the enemies ever fighting against me.

Lord, have mercy (*thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Sedalion:** From the love of my soul I cry to thee, O Guardian of my soul, my most holy Angel! Protect and guard me always from the hunting of the evil one, and guide me to the heavenly life; teach me and enlighten me and strengthen me.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Theotokion:** Immaculate Virgin, Mother of God, who gavest birth without seed to the Lord of all, pray Him with my Guardian Angel to deliver me from all doubt, and to give to my soul feeling and light, and to cleanse me from sin, for thou alone art a quick defender.

**Song 4.**

**Eirmos:** I have heard, O Lord, the mystery of Thy plan. I contemplate Thy works, and glorify Thy divine nature.

*Holy Angel, my Guardian, pray for me.*

**Troparia:**

Pray to God the Lover of men, and leave me not, O my Guardian, but ever keep my life in peace, and grant me the invincible salvation.

*Holy Angel, my Guardian, pray for me.*

As the defender and guardian of my life I received thee from God, O Angel. I pray thee, O holy one, free me from all harm.

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

Cleanse my foulness by thy holiness, O my Guardian, and may I be drawn from the left side by thy prayers, and become a partaker of glory.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Perplexity confronts me through the evil surrounding me, O immaculate one, but deliver me from it speedily, for I run only to thee.

### Song 5.

**Eirmos:** Rising early we cry to Thee, O Lord; save us, for Thou art our God, and other than Thee we know none.

*Holy Angel, my Guardian, pray for me.*

### Troparia:

As thou hast boldness towards God, my holy Guardian, pray Him to deliver me from the evils which offend me.

*Holy Angel, my Guardian, pray for me.*

O radiant light, make radiant my soul, my Guide and Guardian Angel, given me by God.

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

Keep me awake who sleep from the burden of my sins, O Angel of God, and by thy prayers raise me up to glorify Him.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** O Lady Mary, Virgin Mother of God, O hope of the faithful, subdue the attacks of the enemy, and to those who sing to thee give joy.

### Song 6.

**Eirmos:** Grant me a garment of Light, O Thou Who wrappest Thyself in Light for a garment, most merciful Christ our God.

*Holy Angel, my Guardian, pray for me.*

**Troparia:**

Deliver me from every misfortune and accident and save me from sorrow, I pray, O holy Angel, given to me as my good Guardian by God.

*Holy Angel, my Guardian, pray for me.*

Enlighten my mind, O good one, and illumine me, I pray thee, O holy Angel, and teach me to think always positively and profitably.

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

Calm my heart from present disturbance, and strengthen me to be awake to the good, O my Guardian, and guide me miraculously in quietness of life.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** The Word of God dwelt in thee, O Mother of God, and showed thee to men as the heavenly ladder. For by thee the Most High descended to us.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Kontakion:** Have compassion on me, O holy Angel of the Lord, my Guardian, and leave me not, impure as I am, but irradiate me with the Divine Light, and make me worthy of the Heavenly Kingdom.

**Oekos:** Grant my soul, humiliated by many temptations, the ineffable Heavenly Glory, O holy intercessor and singer with the Choirs of fleshless Powers of God. Have mercy and keep me, and illumine my soul with good thoughts, that I may be enriched by thy glory, O my Angel; subdue my foes who wish me evil, and make me worthy of the Heavenly Kingdom.

**Song 7.**

**Eirmos:** Having arrived in Babylon from Judea, the children of old by their faith in the Trinity trod down the flame of the furnace singing: O God of our fathers, blessed art Thou.

*Holy Angel, my Guardian, pray for me.*



**Troparia:**

Have mercy and pray for me, O Angel of the Lord, for I have thee as my defender for the whole of my life, the Guide and Guardian, given me by God forever.

*Holy Angel, my Guardian, pray for me.*

Let not my sinful pilgrim soul, given thee chaste by God, be murdered by robbers, O Holy Angel, but lead it to the way of repentance.

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

My whole soul is disgraced by evil thoughts and acts, but make haste, O my Guide, and grant me healing with good thoughts, that I may always follow the right way.

Now and ever, and to the ages of ages. Amen.

**To Jesus:** Fill with wisdom and divine strength all who cry with faith, through the Mother of God, to Thee, O Personal Wisdom of the Highest: O God of our fathers, blessed art Thou.

**Song 8.**

**Eirmos:** The King of Heaven, Whom Hosts of Angels praise, let us praise and exalt throughout all ages.

*Holy Angel, my Guardian, pray for me.*

**Troparia:**

Strengthen the life of thy servant and never leave me, O gracious Angel, sent by God.

*Holy Angel, my Guardian, pray for me.*

I ever hymn thee, O Good Angel, Guide and Guardian of my soul, most blessed spirit.

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

Be my Veil and Visor in the Judgment Day of all men, when all deeds, good and evil, will be tried by fire.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Be the help and peace of thy servant, O Ever-Virgin Mother of God, and leave me not bereft of thy protection.

**Song 9.**

**Eirmos:** Saved by thee, O pure Virgin, we confess thee to be supremely the Mother of God, and with Fleshless Choir we magnify thee.

*O Jesus, Son of God, have mercy on us.*

**Troparia:**

Have mercy on me, O my only Saviour, for Thou art merciful and kind-hearted, and make me a member of the Choirs of the Righteous.

*Holy Angel, my Guardian, pray for me.*

Grant me ever to think and do only what is useful, O Angel of the Lord, that I may be undefiled and strong in infirmity.

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

Having boldness towards the Heavenly King, pray Him, with the other Angels, to have mercy on me, wretched as I am.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** O Virgin, who hast great boldness towards Him Who took flesh of thee, deliver me from attachments and grant me forgiveness and salvation by thy prayers.

**Prayer to the Holy Guardian Angel**

Holy Angel of Christ, I fall down and pray to thee, my holy Guardian, given me from holy Baptism for the protection of my sinful body and soul. By my laziness and bad habits, I have angered thy most pure light, and have driven thee away from me by all my shameful deeds, lies, slanders, envy, condemnation, scorn, disobedience, brotherly-hatred, grudges, love of money, adultery, anger, meanness, greed, excess, talkativeness, negative and evil thoughts, proud ways, dissolute madness, having self-will in all the desires of the flesh. O my evil will, which even the dumb animals do not follow! How canst thou look at me or approach me who am like a stinking dog? With what eyes, O Angel of Christ, wilt thou look at me so badly snared in evil deeds? How can I ask forgiveness for my bitter, evil and wicked deeds, into which I fall every day and night, and every hour? But I fall down and pray, O my holy Guardian: pity me, thy sinful and unworthy servant (*Name*). Be my helper and protector against my wicked enemy, by thy holy prayers, and make me a partaker of the Kingdom of God with all the Saints, always, now and ever, and to the ages of ages. Amen.

**CANON OF REPENTANCE**  
**To our Lord Jesus Christ**

**Song 1. Tone 6.**

**Eirmos:** When Israel walked on foot in the sea as on dry land, on seeing their pursuer Pharaoh drowned, they cried: Let us sing to God a song of victory.

*Have mercy on me, O God, have mercy on me.*

**Troparia:**

Now I, a burdened sinner, approach Thee, my Lord and God. But I dare not raise my eyes to Heaven. I only pray, saying: Give me, O Lord, the sense to weep bitterly over my deeds.

*Have mercy on me, O God, have mercy on me.*

O woe is me, a sinner! Wretched am I above all men. There is no penitence in me. Give me, O Lord, tears to weep bitterly over my deeds.

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

Foolish, wretched man, you are wasting your time in idleness! Think of your life and turn to the Lord God, and weep bitterly over your deeds.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Most pure Mother of God, look upon me, a sinner, and deliver me from the snares of the devil, and guide me to the way of repentance, that I may weep bitterly over my deeds.

**Song 3.**

**Eirmos:** There is none holy as Thou, O Lord my God, Who hast exalted the power of Thy faithful, O Good One, and strengthened us on the rock of Thy confession.

*Have mercy on me, O God, have mercy on me.*

**Troparia:**

When the thrones are set at the dread judgment, then the deeds of all men will be exposed. Then alas for the sinners sent to torment! And knowing that, my soul, repent of your evil deeds.

*Have mercy on me, O God, have mercy on me.*

The righteous will rejoice, but the sinners will weep. Then no one will be able to help us, but our deeds will condemn us. Therefore, before the end dawns, repent of your evil deeds.

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

Woe is me, a great sinner, who have defiled myself by my deeds and thoughts. Not a tear-drop do I have, because of my hard-heartedness. Now raise yourself from the earth, my soul, and repent of your evil deeds.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Lo, thy Son calls, O Lady, and teaches us what is good. But, sinful as I am, I always flee from the good. But do thou, O merciful one, have mercy on me, that I may repent of my evil deeds.

Lord, have mercy. (*Thrice*).

**Sedalion, tone 6:** I think of the awful day and weep over my evil deeds. How shall I answer the Immortal King? How shall I, a prodigal, dare to look at the Judge? O gracious Father, Only-Begotten Son, and Holy Spirit, have mercy on me.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Theotokion:** Bound now with many chains of sins, and inhibited by cruel passions, I have recourse to thee, my salvation, and cry: Help me, O Virgin, Mother of God.

#### Song 4.

**Eirmos:** Christ is my power, my God and my Lord, the holy Church divinely sings, crying with a pure mind, keeping festival in the Lord.

*Have mercy on me, O God, have mercy on me.*

#### Troparia:

Broad is the way here and conducive to indulging in pleasures, but how bitter it will be on the last day when the soul is separated from the body! Beware of pleasures, man, for the sake of the Kingdom of God.

*Have mercy on me, O God, have mercy on me.*

Why do you wrong the poor? Why do you withhold the wage of the hired servant? Why do you not love your brother? Why do you run after pride and lust? And so, stop these things, my soul, and repent for the sake of the Kingdom of God.

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

O thoughtless man! How long will you busy yourself like a bee, accumulating your fortune? For it will perish like dust and ashes soon. But seek rather the Kingdom of God.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** O Lady, Mother of God, have mercy on me, a sinner. Strengthen me in the virtues and keep me safe, lest sudden death take me by surprise. And bring me, O Virgin, to the Kingdom of God.

### Song 5.

**Eirmos:** Illumine with Thy divine light, I pray, O Good One, the souls of those who with love rise early to pray to Thee, that they may know Thee, O Word of God, as the true God, Who recalls us from the darkness of sin.

*Have mercy on me, O God, have mercy on me.*

### Troparia:

Remember, wretched man, how you are enslaved to lies, calumnies, theft, infirmities, wild beasts and fears, on account of your sins. O my sinful soul, is that what you have desired?

*Have mercy on me, O God, have mercy on me.*

My members tremble, for with all of them I have sinned: with my eyes in looking, with my ears in hearing, with my tongue in speaking evil, and by surrendering the whole of myself to hell. O my sinful soul, is that what you have desired?

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

Thou didst receive the prodigal and the robber who repented, O Saviour, and I alone have succumbed to sinful sloth and have become enslaved to evil deeds. O my sinful soul, is this what you have desired?

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Wonderful and speedy helper of all men, help me. Mother of God, unworthy as I am, for my sinful soul desires that.

### Song 6.

**Eirmos:** Beholding the sea of life surging the flood of temptations, I run to calm haven, and cry to Thee: Raise up my life from corruption, O Most Merciful One.

*Have mercy on me, O God, have mercy on me.*

### Troparia:

I have lived my life wantonly on earth and have delivered my soul to darkness. But now I implore Thee, O merciful Lord, free me from this work of the enemy and give me the knowledge to do Thy will.

*Have mercy on me, O God, have mercy on me.*

Who does such things as I do? For just like a swine lying in the mud, so I serve sin. But do Thou, O Lord, pull me out of this vileness and give me the heart to do Thy commandments.

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

Rise, wretched man, to God and, remembering your sins, fall down before your Creator, weeping and groaning, for He is merciful and will grant you to know His will.

Now and ever, and to the ages of ages. Amen.

Virgin Mother of God, protect me from evil visible and invisible, O immaculate one, and accept my prayers and convey them to thy Son, that He may grant me the sense to do His will.

Lord, have mercy. (*Thrice*).

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

**Kontakion:** O my soul, why do you become rich in sins? Why do you do the will of the devil? On what do you set your hope? Stop these things and turn to God with tears, and cry: O Merciful Lord, have mercy on me, a sinner.

**Oekos:** Think, my soul, of the bitter hour of death and the awful judgment of your God and Creator. For terrible Angels will seize you, my soul, and will lead you into the eternal fire. And so, before your death, repent and cry: O Lord, have mercy on me, a sinner.

### Song 7.

**Eirmos:** An Angel made the furnace throw dew on the holy Children. But the command of God consumed the Chaldeans and prevailed upon the tyrant to cry: Blessed art Thou, O God of our fathers.

*Have mercy on me, O God, have mercy on me.*

### Troparia:

Do not hope, my soul, for corruptible wealth, and for what is unjustly collected. For you do not know to whom you will leave it all. But cry: O Christ our God, have mercy on me, who am unworthy.

*Have mercy on me, O God, have mercy on me.*

Do not trust, my soul, in your physical health, and in your quickly-passing beauty. For you see that the strong and the young die. But say: O Christ our God, have mercy on me, who am unworthy.

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

Remember, my soul, eternal life and the Heavenly Kingdom prepared for the saints, and the outer darkness and the wrath of God for the evil, and cry: O Christ our God, have mercy on me, who am unworthy.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Fall down, my soul, before the Mother of God, and pray to her; for she is quick to help those who repent. She prays to Christ, her Son and our God, and has mercy on me who am unworthy.

### **Song 8.**

**Eirmos:** Thou didst make flame sprinkle the Saints with dew, and didst burn the sacrifice of a righteous man with water. For Thou alone, O Christ, dost do all as Thou willest. Thee we exalt throughout all ages.

*Have mercy on me, O God, have mercy on me.*

### **Troparia:**

How can I not weep when I think of death? For I have seen my brother lying in his coffin, inglorious and hideous. What, then, do I expect? And what do I hope for? Only grant me, O Lord, repentance before my end. (2)

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

I believe that Thou wilt come to judge the living and the dead, and all will stand in order, old and young, lords and princes, priests and virgins. Where shall I find myself? Therefore I cry: grant me, O Lord, repentance before my end.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** Most pure Mother of God, accept my unworthy prayer and preserve me from sudden death; and grant me repentance before my end.

### **Song 9.**

**Eirmos:** It is impossible for men to see God, upon Whom the orders of Angels dare not gaze. But through thee, O all-pure one, did the Word incarnate appear to men, and with the Heavenly Hosts we magnify Him, and thee we call blessed.

*Have mercy on me, O God, have mercy on me.*

**Troparia:**

I now have recourse to you, holy Angels, Archangels, and all the Heavenly Hosts who stand at the throne of God: pray to your Creator that He may save my soul from eternal torment.

*Have mercy on me, O God, have mercy on me.*

Now I turn to you with tears, holy patriarchs, kings and prophets, apostles and holy prelates, and all Christ's elect: help me at the judgment, that He may save my soul from the power of the enemy.

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

Now I lift my hands to you, holy martyrs, hermits, virgins, righteous and all the saints, who pray to the Lord for the whole world, that He may have mercy on me at the hour of my death.

Now and ever, and to the ages of ages. Amen.

**Theotokion:** O Mother of God, help me who have strong hope in thee; implore thy Son that He may place me on His right hand, unworthy as I am, when He sits to judge the living and the dead. Amen.

**Prayer after the Canon**

Lord Christ our God, Who hast healed my passions through Thy Passion, and hast cured my wounds through Thy wounds, grant me who have sinned greatly against Thee tears of compunction. Transform my body with the fragrance of Thy life-giving Body, and sweeten my soul with Thy Holy Blood from the bitterness with which the foe has fed me. Lift up my downward looking mind to Thee, and take it out of the pit of perdition, for I have no repentance, I have no compunction, I have no consoling tears, which uplift children to their heritage. My mind has been darkened through earthly passions, I cannot look up to Thee in pain. I cannot warm myself with tears of love for Thee. But, O Lord Jesus Christ, Treasury of good gifts, give me thorough repentance and a diligent heart to seek Thee; grant me Thy grace, and renew in me the lineaments of Thy image. I have forsaken Thee - do not forsake me! Come out to seek me; lead me up to Thy pasturage and number me among the lambs of Thy chosen flock. Nourish me with them on the grass of Thy Holy Mysteries, by the prayers of Thy Most Pure Mother and all Thy saints. Amen.



## THE TALE OF THE FIVE PRAYERS

From the times of the Apostles, Christians of all ages, when entering upon a task, began it with prayer, and the end of it they also hallowed with prayerful thanksgiving to the Lord, in Whom we live and move and have our being. And let us do the same, beloved reader. But not having the gift of effectual prayer, let us recall and commit to memory what once was offered to the Lord by the grace of the Holy Spirit out of the inspired heart of the great Russian man of prayer, our father among the Saints, Dimitri, Metropolitan of Rostov and Yaroslav.

I am sure that for you, as for me, in offering to your attention "The Tale of The Five Prayers" the work of the great Bishop, it will be both welcome and useful, especially in the view of the wonderful promises which it contains. So hear this tale, my beloved reader. You will not blame me for offering you in this Tale something new - it is not mine, and not new, but only fundamentally and completely forgotten, forgive me that I have disturbed the dust of ages: but this dust is holy ...

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One of the holy fathers, standing in prayer and being in ecstasy, heard the voice of our Lord Jesus Christ speaking to the Immaculate and Holy Mother of God, His Mother, saying to her: "Tell me, My Mother, which were the greatest of your sufferings, when you lived in the world, which you suffered for My sake?" The Immaculate One replied: "My Son and God, five times I have endured my greatest suffering for you: First, when I heard from the Prophet Simeon that you were to be killed; Second, when I looked for you in Jerusalem, and did not see you for three days; Third, when I heard that you were seized and bound by the Jews; Fourth, when I saw you on the Cross crucified between the robbers; Fifth, when I saw you placed in the Tomb." And the Lord said to her: "I tell you. My Mother, whoever reads every day each of your sufferings with My prayer, i.e. 'Our Father,' for the first suffering I will give the knowledge of his sins and sorrow for them; for the second, I will give the forgiveness of all his sins; for the third, I will restore to him the virtues lost through sin; for the fourth, I will refresh him at death with my Divine Body and Blood; for the fifth, I will appear to him Myself at his death, and receive his soul into eternal life. Amen."

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After this vision of the Holy Father, the following prayers were added by St. Dimitri:

*At the beginning of the five prayers:*

"Glory to Thee, Christ my God, that Thou hast not destroyed me a sinner, with my sins, but even till now hast borne -with my sin."

*Bow*

Vouchsafe, O Lord, to keep me this day without sin. Grant, O Lord, that I may not anger Thee, my Creator, in thought, word or deed, but that all my actions, counsels and thoughts may be to the glory of Thy Holy Name."

*Bow*

"God be merciful to me, a sinner, throughout my whole life. In my passing and after death, forsake me not."

*Bow*

*Falling low on the earth, say:*

"Lord, Jesus Christ, Son of God, accept me, dead in mind and soul, accept me, a sinful prodigal, impure in soul and body. Take from me all shameless enmity and resistance, and turn not Thy Face from me, O Lord, nor say: I know not who thou art. But hear the voice of my prayer: save me, for Thou hast a wealth of compassion and desirest not the death of a sinner. I will never leave Thee nor depart from Thee, my Creator, till Thou hearest me and givest me forgiveness of all my sins, through the prayers of Thy Most Pure Mother, the intercession of the honourable Bodiless Powers of Heaven, of my holy and glorious Guardian Angel, of Thy Forerunner and Prophet, the Baptist John, of the God-speaking Apostles, of the holy and victorious martyrs, of our Reverend and God-fearing fathers, and all Thy Saints, have mercy and save me, a sinner."

Heavenly King, Comforter,...  
Holy God, Holy Mighty,...  
Our Father...

Virgin Mother of God, rejoice, Mary full of grace; the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Saviour of our souls.

### **First Prayer**

"O merciful Mother, Virgin Mary, I thy sinful and unprofitable servant, remembering thy suffering on hearing from the Prophet Simeon of the merciless murder of thy Son, our Lord Jesus Christ, offer thee this prayer and the Angelic Salutation. Accept it in honour and memory of thy suffering, and pray thy Son, our Lord Jesus Christ, to grant me the knowledge of my sins and sorrow for them."

*Bow*

### **Second Prayer**

Our Father ...  
Virgin Mother ...

"O Divinely-blessed and Immaculate Maiden, Mother and Virgin, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering when thou didst lose thy Son our Lord Jesus Christ, in the Temple, and for three days didst not see Him. Pray and beg of Him the forgiveness and remission of all my sins, O only Blessed One."

*Bow*

### **Third Prayer**

Our Father . . .  
Virgin Mother ...

"O Mother of Light, most blessed Virgin Mother of God, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering on hearing that thy Son, our Lord Jesus Christ, had been seized and bound. Pray Him to restore to me the virtues lost through sin, that I may magnify thee, O Most Pure One, for ever."

*Bow*

### **Fourth Prayer**

Our Father ...  
Virgin Mother ...

"O Fountain of Mercy, Virgin Mother of God, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering when thou didst see thy GOD, our Lord Jesus Christ, on the Cross between the robbers. Pray Him, O Lady, to grant me the gift of His mercy in the hour of my death, and to refresh me with His Divine Body and Blood, that I may glorify thee, my Defender, for ever."

*Bow*

### **Fifth Prayer**

Our Father . . .  
Virgin Mother . . .

"O my Hope, Most Pure Virgin, Mother of God, accept from me, thy sinful and unprofitable servant, this prayer and the Angelic Salutation, in honour and memory of thy suffering when thou didst see thy Son, our Lord Jesus Christ, placed in the Tomb. Pray Him, O Lady, to appear to me in the hour of my death, and to receive my soul into eternal life. Amen."

*Bow*

## THE ORDER FOR READING CANONS AND AKATHISTS WHEN ALONE

Before commencing any rule of prayer, and at its completion, the following reverences are made (prostrations or bows), called "The Seven Bow Beginning."

O God, be merciful to me, a sinner. (bow)

O God, cleanse me, a sinner, and have mercy on me. (bow)

Having created me, O Lord, have mercy on me. (bow)

I have sinned immeasurably, O Lord, forgive me. (bow)

My sovereign, most holy Mother of God, save me, a sinner, (bow)

O Angel, my holy Guardian, protect me from all evil. (bow)

Holy Apostle (or martyr, or holy father Name) pray to God for me. (bow)

Then: Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Glory to Thee, our God, glory to Thee.

Heavenly King... to Our Father... (See Morning Prayers)

Lord, have mercy. (12)

Glory... Now ...

O come, let us worship ...

Psalm 50.

The Symbol of Faith.

Then the Canons and Akathists are read as follows:

A) If one Canon or Akathist is to be read it is read straight through.

B) If more than one Canon is to be read, the first Song of the first Canon is read. If the Refrain before the final or last two Troparia is Glory... Now ... , it is replaced by the Refrain of the Canon and "Most Holy Mother of God, save us" (the latter comes before a Troparion to the Virgin). The first Song of the second Canon is read, beginning with the Refrain (the Eirmios of the first Canon only is read), etc. Glory... and Now... are used only as Refrains before the last two Troparia (or last Troparion) of the final Canon to be read. Then the third Song of the first Canon, beginning with the Eirmos, etc. After the third Song: Lord

have mercy (3), Glory... Now... Sedalions. When there are more than one Canon, the Kontakion(s) of the second and any additional ones are read after the Sedalions. Glory... Now... is read before the final verses. Then Songs 4, 5 and 6 are read. After Song 6: Lord, have mercy. (3), Glory... Now ... Kontakion of the first Canon. Then Songs 7, 8 and 9 are read.

C) If an Akathist is read with the Canon (s), it is included after Song 6. All Kontakions of the Canon (s) are read after Song 3 in this case.

After Song 9:

It is meet and right... (See p. 36)

Trisagion to Our Father ...

Have mercy on us... and the rest of the Prayers Before Sleep.

If no other prayers are to be read, the closing is as follows:

It is meet and right...

Prayer(s) following the Canon (s).

Trisagion to Our Father...

Lord, have mercy. (3)

Glory... Now...

More Honourable than the Cherubim...

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us.  
Amen.

Those who are preparing for Holy Communion are obliged to read three Canons and one Akathist the evening before. Usually read are the Canons to the Saviour, the Mother of God, and the Guardian Angel (in that order), and either an Akathist to the Saviour or to the Mother of God. Those who desire to carry out this evening rule of prayer daily receive great spiritual benefit from doing so.

## CONCERNING THE JESUS PRAYER

In the First Epistle to the Thessalonians the Apostle Paul says: "Pray without ceasing." How then, is one to pray unceasingly? By often repeating the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me." By becoming accustomed to this appeal, great consolation and the need to continually make this petition will be felt within, and it will be carried on, as if of itself, within one.

Although in the beginning the enemy of the human race will offer hindrances to this, by causing great weariness, indolence, boredom and overcoming sleep, having withstood all these with the help of God, one will receive peace of soul, spiritual joy, a benevolent disposition towards people, purification of thought, and gratitude towards God. In the very Name of Jesus a great and graceful power is present. Many holy and righteous people advise repeating the Jesus Prayer as frequently as possible; without interruption. It is necessary for everyone, whether eating, drinking, sitting, serving, travelling, or in doing anything, to ceaselessly lament: "Lord Jesus Christ, Son of God, have mercy on me" in order that the Name of the Lord Jesus Christ, in descending into the depths of our hearts, may humble the serpent of destruction, and save and enlighten the soul.

St. Seraphim of Sarov: " 'Lord Jesus Christ, Son of God, have mercy on me, a sinner.' Let your attention and instruction be centered on this. Walking, eating, standing in church before the beginning of the service, continue with the prayer; on entering and departing keep this prayer on your lips and within your heart. In such a manner, with the invocation of the Name of God you will find peace, you will attain to purity of spirit and body; and the Holy Spirit, the Origin of all good, will make for Himself a dwelling within you and will guide you in all piety and purity."

Bishop Theophanes the Recluse: "To more conveniently become accustomed to remembering God, the fervent Christian has a special means, namely, to repeat ceaselessly a brief prayer of two or three words. Mostly this is 'Lord, have mercy.' or 'Lord Jesus Christ, Son of God, have mercy on me, a sinner.' If you have not yet heard of this, then hear it now, and if you have not done it, then begin from this hour to do it."

Those who have truly decided to serve the Lord God must train themselves in the remembrance of God and in unceasing prayer to Jesus Christ, saying mentally: "Lord Jesus Christ, Son of God, have mercy on me, a sinner."

Through such activity, and by guarding oneself from distraction, and with the preservation of peace in one's conscience, it is possible to draw near to God and to be united with Him. For, according to the words of St. Isaac the Syrian, "Except for unceasing prayer we cannot draw near to God" (St. Seraphim of Sarov).

Fr. John of Kronstadt also counselled frequently the use of the Prayer of Jesus.