



CONTENTS

ANTHOLOGION

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Saint Ignatius Orthodox Press
Zeeland, Michigan 49464

www.ignatius.cc
ISBN 979-8-9865301-3-0

Third Printing, 2024

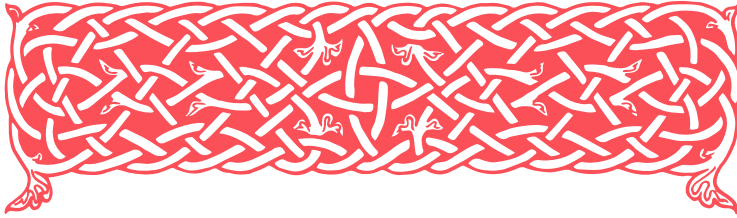
Printed in an edition of two thousand copies

Portions translated by Archimandrite Ephrem Lash. Portions translated by Dr. Nicolas Orloff. Portions from other public domain sources. Old Testament scriptures from *The Prophetologion*; Saint Ignatius Orthodox Press; 2020. Psalms from *The Holy Psalter*; Saint Ignatius Orthodox Press; 2022. New Testament scriptures from the *Eastern/Greek Orthodox Bible (EOB)*; Archpriest Laurent Cleenerck, editor; 2011; used by permission. Edited for style and uniformity and adapted for use as reader services by Reader John Dykstra. Project overseen by David DeJonge. Texts as edited © Saint Ignatius Orthodox Press. Printed in China.

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INTRODUCTION

“A time could come when, whether we want it or not, we’ll have to live without churches, just as Christians lived without them in the first three centuries. May God preserve us from living to that time! But our task right now, for modern Orthodox Christians, is to think through and work out a form of life in the Church under any conditions, even when they take our churches away from us. After all, this could happen, sooner or later.”

—Archbishop Theodosius (Snigirev) of Boyarka

THERE is a common misconception that the services of the Orthodox Church cannot be offered without the presence of a priest. While this is certainly true for the Divine Liturgy and other sacramental services, the daily office (the Hours, with Matins and Vespers) can be offered by the laity, with minor adjustments.

This practice has been known and encouraged throughout history for Orthodox who live in non-Orthodox countries, in places where no parish church is available; for travelers, for the sick and homebound, and

for groups and individual pious laymen who desire to partake of the Church’s worship daily.

As noted by Fr. Sergei Shukin, reading the daily office at home accomplishes five things: It teaches us to honor the Feasts and Saints, it acquaints us with the Church’s services and their profound words, it safeguards us against heterodox influence, it helps children and youth to acquire an Orthodox mindset, and it unites the Orthodox dispersed throughout the world in our common worship.

For the first time in English, this ANTHOLOGION brings to-

gether the Orthodox daily office with a significant selection of fundamental hymns and prayers from the Church’s cycles of worship. Our goal was to provide the ordinary Christian at home with a form of the rich prayers of the Church in a single pocket-sized book (much as the *Breviary* does for Western Christians), so the daily cycle of prayers can be maintained with only a single book.

Few parish churches today offer anything close to a daily cycle of services, and few laymen can afford the full set of books required to follow the *Typicon* perfectly; but with this ANTHOLOGION, the pious layman could take up the commendable effort of making the Church’s cycle of prayers a part of daily life, as pious laymen have throughout history. We have strived to present the services in an accessible and flexible manner, so the Church’s liturgical riches can shine, while maintaining the firm structures so that the common prayer of the Church is not fractured into a multitude of self-guided paths.

The COVID-19 pandemic led us to undertake this monumental effort. When we saw the churches closing to the faith-

ful, we were shaken with the realization that life can quickly change in drastic ways. Many of our hierarchs and clergy have worked to bring the services to us during this time, whether through Internet broadcasts—or, more preferably, by providing resources for prayer at home. This has sustained us during our long separation from the Lord’s holy temple.

But as Archbishop Theodosy notes above, in these unthinkable times, we must dare to imagine even more unthinkable scenarios. What if a worse pandemic were to occur? What if we could no longer access Internet-based worship resources? What if civil unrest or conflict forced us to remain in our homes, or even flee from them? Perhaps these things are not happening where we live, but they are happening, and eventually such things may take place in our land as well. Indeed, nothing can be dismissed as “unimaginable” or “impossible” anymore.

And while we may imagine and prepare for such events, in truth, we ought to be planning and fighting for our spiritual survival every day of our lives. The enemy of our salvation, the devil, does not only use

earth-shattering catastrophes to draw us away, but also—and much more often—the most mundane aspects of life.

The daily cycle of worship is designed to give order to our lives, framing every hour of the day with spiritual significance. The commendable desire to undertake this at home might be dismissed as not suitable for people living in the world—“Join a monastery if you want to pray so much!” But to borrow an idea from Saint John Chrysostom, it is the *laity* who must struggle harder to order their lives around a disciplined cycle of prayer, more so than ascetics, who have entered into the rigid monastic life for that very purpose.

Indeed, the idea of the laity observing the Church’s daily cycle of prayer was so conventional in previous times, that in the eleventh century, the Byzantine author Kekaumenos warned in his *Strategicon*, a handbook for the proper management of household and military affairs popular in contemporary Constantinople:

“Do not neglect the office of the Psalms that the Orthodox laity fulfills, namely, Matins and the four Hours, and also

Vespers and Compline. For these serve to sustain our life. By these acts of worship we are identified as true servants of God. And if you can, pray the Midnight Office as well, even if you can only say a single Psalm; and when you have prayed, you can take your rest. For this is not labor, but rather pleasure, to converse privately with God. . . . As I urge you to be zealous in worldly matters, so too be zealous in spiritual ones. Be most excellent in all your duties.”

Kekaumenos wrote these things not to monks or clergy, but to the *laity*, who led busy lives as we do today; yet, he frames the daily office of prayer as a duty, equal to one’s duties to the family, household, and soldiers under charge. And it is not merely a duty or obligation, but a “pleasure, to converse privately with God.”

How far we have fallen from such heights, filling our lives with trivial activities that keep us from such life-sustaining pleasures as these. May God have mercy on us and give us strength! Certainly any effort towards that end, gradually entered upon with realistic

expectations but a consistent gentle drive, is worthy and will be blessed.

Before you begin using this book in earnest, we recommend that you become familiar with the structures of the offices and identify how and where variables are inserted. Study the variable sections and instructions, learning how things fit together. Everything is arranged as reader’s services for lay use, but the priestly prayers are also given in their own section, if they are needed.

The “Little Hours” (First, Third, Sixth, Ninth, and Compline) are simpler than Matins and Vespers. These are a good place to begin, as they are brief services, about ten minutes each, with few variables. As you learn to navigate the different sections of this book, add Vespers and Matins to your prayers. Refer to the comprehensive introduction beginning on page xvi for more detailed information about each service.

It will require a concerted effort to learn how the services come together, but it is a worthy and worthwhile endeavor. Understanding the structure and patterns of the divine services brings a deep appre-

ciation for the prayers of the Church and adds a tremendous depth to one’s private prayers, as well as to one’s participation in public worship.

Our basic desire was to enable the ordinary Christian to carry on the Church’s prayers with only a single small book. We think we have accomplished this, with God’s help. We pray this ANTHOLOGION proves to be a blessing to those who use it. Please forgive us for any errors which we in our human frailty have failed to correct.

THE THIRD EDITION

SINCE the original publication of the ANTHOLOGION, we have been humbled to hear from so many readers, clergy and laity alike, for whom this book has come to mean so much. What began as a response to a crisis has developed into an important resource for many. We have heard about lives of prisoners transformed by the power of Christ manifested in the prayers of the Church. And most unexpectedly, the utility of this book in the missionary field has come to light.

In many places around the world, thousands are coming to faith in Christ in the Ortho-

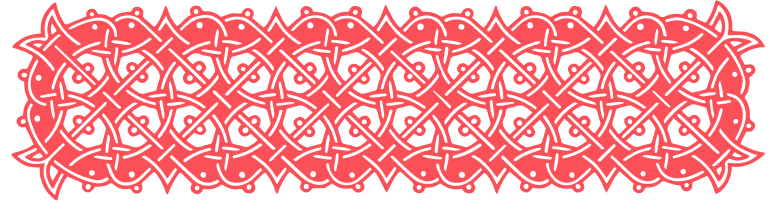
dox Church without the ability to live a normal liturgical life, whether due to lack of clergy, lack of liturgical resources, or both. The ANTHOLOGION has been recognized a critical resource in this setting, and in many ways this represents the ANTHOLOGION “coming home” to its original historic purpose. We are currently working with the Orthodox Christian Mission Center (OCMC) and Orthodox hierarchs in missionary lands to help bring this book to new places and in new languages so the faithful around the world can all have the opportunity to experience as full a liturgical life as possible. Your prayers sustain us in these efforts.

We are grateful for this opportunity of the Third Edition to improve the text: through increased consistency of the text within the book as well as with our other titles, improved organization of the book’s contents, and—in light of the ANTHOLOGION’s use in the missionary field—the improvement of references for clergy use, while maintaining the reader service overall orientation of the text.

Over the years, a few readers have contacted us with concerns over details of Archimandrite Ephrem’s translation

of the Trisagion Prayers, in particular the phrase *Agios Ischyros* as “Holy Strong.” While we continue to believe this is a valid translation—and, in consultation with other translators, perhaps a technically superior one—after careful consideration of the feedback we have received, we have changed it herein to “Holy Mighty,” which will be more familiar to English-speaking Orthodox Christians, at least in America. We have also adjusted Fr. Ephrem’s translation in the title for the Holy Spirit, *Paraclete*, to the more familiar “Comforter.” In any case, we note that the private reader is free to substitute whatever memorized portions he is accustomed to saying if he so desires.

In this edition, we have also added the full text of the Psalter, so the daily readings therefrom can be done more easily, and we have updated all the Psalms throughout the book to the Saint Ignatius Orthodox Press’s *Holy Psalter* translation. The proper festal services of all twelve Great Feasts are also included, and we have improved the Calendar and Detailed Guides sections for better accuracy and more information.



ACKNOWLEDGEMENTS

WE again thank the 211 backers from around the world who shared our vision for this project and enabled us to bring the original edition to print, in which edition their names are all listed. Your enthusiasm was an inspiration to us, and we cannot adequately express our heartfelt gratitude to each of you.

We also acknowledge the Archimandrite Ephrem Lash of blessed memory, who originally translated many of the texts herein. We hope that he would be pleased with this ANTHOLOGION, as he so zealously worked to explain and freely share the treasures of Orthodox liturgy with the world through the Internet, to the benefit of all.

All human efforts are prone to error, and we are grateful for the opportunity to improve this ANTHOLOGION in its second printing. We extend a special

thanks to all those who with kindness noted typographical errors and made constructive suggestions for the improvement of this book.

Reader John wishes to dedicate his contributions to the memory of the Archpriest John Winfrey, who received him into the Orthodox Faith, introduced him to the Church’s liturgical life, and inspired him to pursue excellence in liturgical typesetting. May his memory be eternal!

David dedicates his contributions to the Archpriest Daniel Daly, thanking him for his spiritual guidance and commitment to the Holy Orthodox Church—and for Fr. Dan’s patience in waiting for him to return calls!

Finally, we wish to thank Legacy Icons for their outstanding support and assistance in helping us bring this book to print.

INTRODUCTION TO THE LITURGICAL BOOKS

HOROLOGION

THE present book includes the full daily offices from the *Horologion* (“Book of Hours”), with their different forms, as applicable: Festal, Weekday, Lenten, Paschal, etc.

These are the basic frameworks of all the services. To these unchanging texts, the daily variable parts are added.

OCTOECHOS

The *Octoechos* (“Book of Eight Tones”), also known as the *Parakletike*, is the foundation of our body of liturgical hymns. Fr. Ephrem Lash calls it “the bread and butter book.” It is possible to observe a full (albeit simplified) cycle of prayer with only the daily offices from the *Horologion* and the basic variables from the *Octoechos*.

GENERAL MENAION

The *Menaion* (“Book of Months”) is a 12-volume text containing the proper services for every day of the year. To reproduce the *Menaion* in a single small volume such as the present book would be impossible. Instead, we have opted to

employ the time-tested *General Menaion*, a smaller text that provides generic services for various categories of Saints.

Though rarely used today, the *General Menaion* was widely used in earlier times. Many small churches and monasteries might only have this single book, which was used to celebrate feasts throughout the year. It fell out of use when printing replaced hand-copied books, making the full 12-volume *Menaion* more affordable.

The services of the *General Menaion* are beautiful in their own right, and we believe the compromise in using it herein will not leave the reader lacking.

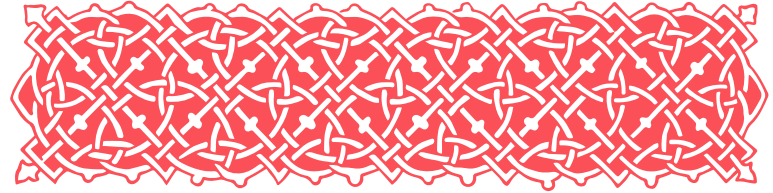
LENTEN TRIODION

The *Triodion* (“Book of Three Odes”) includes the service variables for the entire ten-week season of Great Lent.

In the present book, we include variables for the Saturdays and Sundays of the season. On weekdays, the reader will use the *Octoechos*.

PENTECOSTARION

The *Pentecostarion* (“Book of Pentecost”) includes the service variables for the entire eight-week season from Pascha until the Sunday of All Saints.



FESTAL CALENDAR

FESTAL RANKINGS

TO assess the class of a day’s Saint or Commemoration, it is necessary to look up the service in the *Menaion*. This table gives the basic ranks and the major indicators of each.

CLASS	INDICATION
⊕ GREAT FEAST OF THE MASTER CLASS I	By definition this includes: his Nativity, his Epiphany, Palm Sunday, his Ascension, Pentecost and his Transfiguration.
⊕ GREAT FEAST OF THE MOTHER OF GOD CLASS II	By definition this includes: her Nativity, her Entrance Into the Temple, the Meeting of the Lord, her Annunciation and her Dormition.
⊕ VIGIL RANK CLASS III	Indicated if Small Vespers is provided in the <i>Menaion</i> service. (Note: Every Sunday is Vigil Rank.)
+ POLYELEOS RANK CLASS III	Indicated if the Polyeleos is appointed at Matins, but there is no Small Vespers.
⊕ Doxology Rank Class IV	Indicated if the Great Doxology is appointed at Matins, but not the Polyeleos.
⊕ Senary Rank Class V	Indicated if six Stichera are appointed at <i>O Lord, I Have Cried</i> at Vespers, but not the Great Doxology at Matins.
Simple Rank Class V	Indicated if only three Stichera (or six for a double commemoration) are appointed at <i>O Lord, I Have Cried</i> at Vespers, and no Great Doxology at Matins.

CALENDAR OF FEASTS & COMMEMORATIONS

FOR the purposes of this ANTHOLOGION, it is assumed that the Menaion is not available. Below we offer a calendar that broadly represents of the Orthodox Church's daily commemorations for use with the General Menaion. Other saints or commemorations of local significance may be celebrated on their appointed days with the applicable General Menaion service.

September

- 1 + **BEGINNING OF THE INDICTION.** S. SYMEON, M. Ascetic. *Double.*
- 2 S. Mamas, M. Martyr. S. John, M. Ascetic. *Double.*
- 3 S. Anthimus, Hierarch. S. Theoctistus, M. Ascetic. *Double. Sung Lauds.*
- 4 S. Babylas, Hierarch.
- or ☩ **Ss. Moses & Aaron, Prophets.**
- 5 ☩ S. Zacharias, father of the Forerunner. *2 Glories.*
- 6 ☩ **Miracle of S. Michael at Colossae, Angel.**
- 7 Forefeast, Mother of God. S. Sozon, M. Martyr.
- 8 + **NATIVITY OF THE MOTHER OF GOD.**
- 9 ☩ **Afterfeast. Ss. Joachim & Anna, ancestors of God.**
- 10 Afterfeast. Ss. Menodora, Metrodora & Nymphodora, F. Martyrs.
- 11 Afterfeast. S. Theodora, F. Ascetic. *Double.*
- 12 ☩ **Leavetaking.**
- 13 ☩ **Forefeast, Cross. Church of the Resurrection, Master.**
- 14 + **EXALTATION OF THE CROSS.**
- 15 Afterfeast. S. Nicetas, M. Martyr.
- 16 Afterfeast. S. Euphemia, F. Martyr. *Sung Lauds.*
- 17 Afterfeast. Ss. Sophia, Faith, Hope & Love, F. Martyrs.
- 18 Afterfeast. S. Eumenius, Hierarch.
- 19 Afterfeast. Ss. Trophimus, Sabbatius & Dorymedon, M. Martyrs.
- 20 Afterfeast. S. Eustathius, M. Martyr. *Sung Lauds.*
- 21 ☩ **Leavetaking.**
- 22 S. Phocas, Hieromartyr. S. Quadratus, Apostle. *Double.*
- or S. Jonah, Prophet.

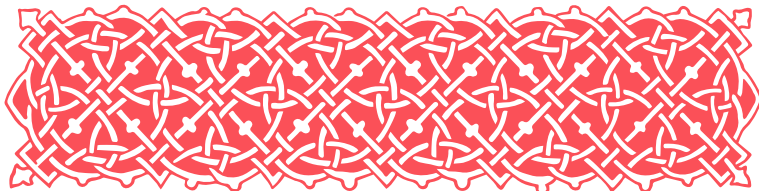
- 23 ☩ **Conception of S. John the Forerunner.**
- 24 ☩ S. Thecla, F. Martyr. *2 Glories. Sung Lauds.*
- 25 S. Euphrosyne, F. Ascetic.
- 26 + **S. JOHN THE THEOLOGIAN, Apostle.**
- 27 S. Callistratus & others, M. Martyrs.
- 28 ☩ **S. Chariton, Confessor.**
- 29 ☩ S. Cyriacus, M. Ascetic. *2 Glories.*
- 30 ☩ S. Gregory, Hieromartyr. *2 Glories.*

October

- 1 S. Ananias, Apostle. S. Romanus, M. Ascetic. *Double.*
- or + **PROTECTION OF THE MOTHER OF GOD.†**
- 2 ☩ S. Cyprian, Hieromartyr. *2 Glories.*
- 3 ☩ S. Dionysius, Hieromartyr. *2 Glories.*
- 4 S. Hierotheus, Hierarch.
- 5 S. Charitina, F. Martyr.
- 6 ☩ **S. Thomas, Apostle.**
- 7 ☩ Ss. Sergius & Bacchus, M. Martyrs. *2 Glories. Sung Lauds.*
- 8 ☩ S. Pelagia, F. Ascetic. *2 Glories.*
- 9 ☩ **S. James Alphaeus, Apostle. S. Andronicus, M. Ascetic. Double.**
- 10 ☩ Ss. Eulampius & Eulampia, M. Martyrs. *2 Glories.*
- **SUNDAY OF THE FATHERS.**
- 11 S. Philip, Apostle. S. Theophanes, Confessor. *Double.*
- 12 ☩ Ss. Probus, Tarachus & Andronicus, M. Martyrs. *2 Glories.*
- or + **S. SYMEON THE NEW THEOLOGIAN, M. Ascetic.**
- 13 Ss. Carpus & Pappylus, M. Martyrs.
- 14 Ss. Nazarius, Gervasius, Protasius & Celsus, M. Martyrs. S. Cosmas, M. Ascetic. *Double.*
- 15 S. Lucian, M. Martyr.

† In the ancient tradition, this feast commemorating the appearance of the Mother of God at Blachernae in 911 is celebrated on October 1. This order is still followed by the Slavic Churches today.

In the Byzantine Churches, the feast was moved to October 28 in 1952 after it had come to be associated with the Greco-Italian War (1940-41).



DETAILED GUIDES

THE following pages contain detailed, slightly simplified liturgical guides adapted from the *Parish Typicon* by Bishop Basil of Wichita, giving instructions for the various classes (ranks) of feast days and how to assemble the services properly.

First of all, it is necessary to determine the following:

- Day of the week
- Festal class of the day
- Tone of the week
- If it is a liturgical season

Festal Class of the Day

There are five basic classes (ranks). Each local Orthodox Church maintains its own calendar of feasts, so classes will vary, but a basic and fairly universal calendar of commemorations can be found on page xxv.

The festal class, with the day of the week, determines which form of Vespers and Matins is used and which variables are inserted.

For beginners and those wanting a simple system, the Simple options can be used on any day.

Tone of the Week

See the Liturgical Cycles section (page xxi) for information about calculating the tone of the week, if it is not known.

Liturgical Seasons

The days of Festal seasons (Forefeasts and Afterfeasts) for the fixed calendar (annual sequence) are listed in the calendar on page xxv.

The important dates of Great Lent and the Paschal season can be found on page xlv. These are based on the date of Pascha.

Guidance Charts

When the basic information listed above is known, the following charts can be used to assemble the services properly. With dedicated practice, these processes can be learned and eventually done without reference.

DETAILED GUIDE FOR VESPERS†

VESPERS in the evening begins the new liturgical day; the variables for the “following” day, not the current day (i.e., on a Saturday evening of Tone 2, advance to Sunday of Tone 3; on the evening before a feast, use the variables for the feast).

Table 1: Vespers on Weekdays with Great Feasts & Major Commemorations

CLASS PART	⊕ CLASS I ALL DAYS	⊕ CLASS II WEEKDAYS	CLASS III WEEKDAYS
Small Vespers & Vigil	If desired	If desired	⊕ Vigil: If desired ⊕ Polyeleos: No
O Lord, I Have Cried	In the Tone of the Stichera	In the Tone of the Stichera	In the Tone of the Stichera
↳ Stichera	6, 8 or 10 for the Feast	6 or 8 for the Feast	3 for the Comm., each sung twice DOUBLE: 3 for 1st Comm., 3 for 2nd Comm.
↳ Doxasticon	<i>Glory, Both now; for the Feast</i>	<i>Glory, Both now; for the Feast</i>	<i>Glory; for the Commemoration</i> DOUBLE: <i>Glory; for the 1st Comm.</i>
↳ Theotokion	<i>(or Both now; 2nd Doxasticon for the Feast)</i>	<i>(or Both now; 2nd Doxasticon for the Feast)</i>	<i>Both now; Dogmaticon in the same tone‡</i>
O Joyful Light	Sung	Sung	Sung

† Throughout the charts in this chapter, For the Day is the service from the *Octoechos* (page 422) in the tone of the week. For the Feast is the appointed service from the *Festal Menaion* (page 846). For the Comm. is the appointed service of the Commemoration from the *Festal Menaion* (page 846), *General Menaion* (page 711), *Lenten Triodion* (page 964), or *Pentecostarion* (page 1124).

‡ If it is a Friday evening, the Dogmaticon in the tone of the week.

CLASS PART	⊕ CLASS I ALL DAYS	⊕ CLASS II WEEKDAYS	CLASS III WEEKDAYS
Evening Prokeimenon	For the day of the week; but none on the eves of certain Feasts	For the day of the week	For the day of the week
Vespers Readings	For the Feast	For the Feast	For the Comm.
Aposticha	For the Feast	For the Feast	For the Comm.
↳ Doxasticon	<i>Glory, Both now; for the Feast</i>	<i>Glory, Both now; for the Feast</i>	<i>Glory; for the Commemoration</i> DOUBLE: <i>Glory; for the 2nd Comm.</i>
↳ Theotokion†	<i>(or Both now; 2nd Doxasticon for the Feast)</i>	<i>(or Both now; 2nd Doxasticon for the Feast)</i>	<i>Both now; Resurrection Aposticha Theotokion in the same tone</i>
Song of Symeon	Sung	Sung	Sung
Apolytikia	For the Feast (3)	For the Feast (3)	Comm.; <i>Glory, Both now; Resurrection Theotokion in the same tone</i> DOUBLE: 1st Comm.; <i>Glory;</i> 2nd Comm.; <i>Both now;</i> Resurrection Theotokion in the same tone MASTER, MOTHER OF GOD, CROSS: Comm. (3)

Table 2: Vespers on Weekdays With Minor Commemorations

CLASS PART	⊕ CLASS IV (DOXOLOGY) WEEKDAYS	⊕ CLASS V (SENARY) WEEKDAYS	CLASS V (SIMPLE) WEEKDAYS
O Lord, I Have Cried	In the Tone of the Stichera	In the Tone of the Stichera	In the Tone of the Week
↳ Stichera	3 for the Comm., each sung twice DOUBLE: 3 for 1st Comm., 3 for 2nd Comm.	3 for the Comm., each sung twice	3 for the Day 3 for the Comm. DOUBLE: 3 for 1st Comm., 3 for 2nd Comm.
↳ Doxasticon	<i>Glory; for the Commemoration</i> DOUBLE: <i>Glory; for the 1st Comm.</i>	<i>Glory; for the Commemoration</i>	<i>Glory; for the Commemoration</i> DOUBLE: <i>Glory; for the 1st Comm.</i>
↳ Theotokion†	<i>Both now; Theotokion of the Day from the Octoechos in the tone of the Doxasticon</i>	<i>Both now; Theotokion of the Day from the Octoechos in the tone of the Doxasticon</i>	<i>Both now; Theotokion of the Day from the Octoechos in the tone of the Doxasticon</i>
O Joyful Light	Read	Read	Read
Evening Prokeimenon	For the day of the week	For the day of the week	For the day of the week
Vespers Readings	—	—	—
Aposticha	For the Comm.	For the Comm.	For the Day
↳ Doxasticon	<i>Glory; for the Commemoration</i> DOUBLE: <i>Glory; for the 2nd Comm.</i>	<i>Glory; for the Commemoration</i>	— 2 GLORIES: <i>Glory; for the Commemoration</i>

† If it is a Friday evening, regardless of rank we sing the Dogmaticon in the tone of the week.

Week 5 of Great Lent with the Annunciation on Thursday

DAY	MATINS	1 st	3 rd	6 th	9 th	VESPERS
4 th Sun.	2, 3	—	—	—	—	—
5 th Mon.	4, 5, 6	7	8	9	10	11
5 th Tue.	12	—	13	14	15	16
5 th Wed.	19, 20, 1	2	3	4	5	—
5 th Thu. (Mar. 25)	6, 7, 8†	9	10	11	12	—
5 th Fri.	13, 14, 15	—	19	20	—	18
5 th Sat.	16, 17	—	—	—	—	1

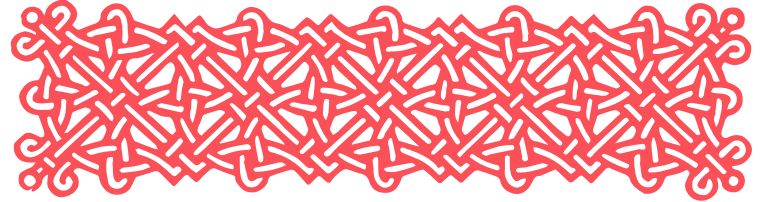
† At Matins on the feast of the Annunciation, the *Antipolyeleos* (“In place of the Polyeleos”) of the Mother of God, Psalm 44 with its refrains (page 721), is sung at the third Kathisma.

Holy Week

DAY	MATINS	1 st	3 rd	6 th	9 th	VESPERS
Palm Sun.	2, 3	—	—	—	—	—
Holy Mon.	4, 5, 6	—	7	8	—	18
Holy Tue.	9, 10, 11	—	12	13	—	18
Holy Wed.	14, 15, 16	—	19	20	—	18
Holy Thu.	—	—	—	—	—	—
Holy Fri.	—	—	—	—	—	—
Holy Sat.	17, with sung verses	—	—	—	—	—

Bright Week

The Psalter Kathismata are not read during Bright Week, the week of Pascha. The readings resume with Kathisma 1 at Vespers on the Saturday evening after Pascha, the eve of Antipascha.



SCRIPTURE LECTIONARY

WHAT follows are the Scripture readings assigned to the Divine Liturgy each day, which may be read instead at the office of Typica.

WEEKS AFTER PASCHA

WEEK	DAY	APOSTLE	GOSPEL
Holy Pascha	Sun.	Acts 1:1-8	John 1:1-17
1st after Pascha	Mon.	Acts 1:12-17, 21-26	John 1:18-28
	Tue.	Acts 2:14-21	Luke 24:12-35
	Wed.	Acts 2:22-38	John 1:35-51
	Thu.	Acts 2:38-43	John 3:1-15
	Fri.	Acts 3:1-8	John 2:12-22
	Sat.	Acts 3:11-16	John 3:22-33
Antipascha	Sun.	Acts 5:12-20	John 20:19-31
2nd after Pascha	Mon.	Acts 3:19-26	John 2:1-11
	Tue.	Acts 4:1-10	John 3:16-21
	Wed.	Acts 4:13-22	John 5:17-24
	Thu.	Acts 4:23-31	John 5:24-30
	Fri.	Acts 5:1-11	John 5:30-6:2
	Sat.	Acts 5:21-33	John 6:14-27
Myrrh-bearers	Sun.	Acts 6:1-7	Mark 15:43-16:8
3rd after Pascha	Mon.	Acts 6:8-7:5, 47-60	John 4:46-54
	Tue.	Acts 8:5-17	John 6:27-33
	Wed.	Acts 8:18-25	John 6:35-39
	Thu.	Acts 8:26-39	John 6:40-44
	Fri.	Acts 8:40-9:19	John 6:48-54
	Sat.	Acts 9:19-31	John 6:14-27
Paralyzed Man	Sun.	Acts 9:32-42	John 5:1-15

WEEK	DAY	APOSTLE	GOSPEL
4 th after Pascha	Mon.	Acts 10:1-16	John 6:56-69
	Tue.	Acts 10:21-33	John 7:1-13
Mid-Pentecost	Wed.	Acts 14:6-18	John 7:14-30
	Thu.	Acts 10:34-43	John 8:12-20
	Fri.	Acts 10:44-11:10	John 8:21-30
	Sat.	Acts 12:1-11	John 8:31-42a
Samaritan Wom.	Sun.	Acts 11:19-30	John 4:5-42
5 th after Pascha	Mon.	Acts 12:12-17	John 8:42-51
	Tue.	Acts 12:25-13:2	John 8:51-59
	Wed.	Acts 13:13-24	John 6:5-14
	Thu.	Acts 14:20-15:4	John 9:39-10:9
	Fri.	Acts 15:5-34	John 10:17-28
	Sat.	Acts 15:35-41	John 10:27-38
Blind Man	Sun.	Acts 16:16-34	John 9:1-38
6 th after Pascha	Mon.	Acts 17:1-15	John 11:47-57
	Tue.	Acts 17:19-28	John 12:19-36
Leavetaking Ascension	Wed.	Acts 18:22-28	John 12:36-47
	Thu.	Acts 1:1-12	Luke 24:36-53
	Fri.	Acts 19:1-8	John 14:1-11
	Sat.	Acts 20:7-12	John 14:10-21
1 st Ecu. Council	Sun.	Acts 20:16-18, 28-36	John 17:1-13
7 th after Pascha	Mon.	Acts 21:8-14	John 14:27-15:7
	Tue.	Acts 21:26-32	John 16:2-13
	Wed.	Acts 23:1-11	John 16:15-23
	Thu.	Acts 25:13-19	John 16:23-33
	Fri.	Acts 27:1-28:1	John 17:18-26
	Sat.	Acts 18:22-28	John 21:15-25 and 5:24-30
Soul Saturday			
Pentecost	Sun.	Acts 2:1-11	John 7:37-52; 8:12



WEEKS AFTER PENTECOST			WEEKS OF MATTHEW		
A. P.	D.	APOSTLE	MATT.	D.	GOSPEL
1 st	M.	Eph. 5:8-19	1 st	M.	Mt. 18:10-20
	T.	Rom. 1:1-7, 13-17		T.	Mt. 4:25-5:13
	W.	Acts 2:22-38		W.	Mt. 5:20-26
	Th.	Acts 2:38-43		Th.	Mt. 5:27-32
	F.	Acts 3:1-8		F.	Mt. 5:33-41
	Sa.	Acts 3:11-16		Sa.	Mt. 5:42-48
All Ss.	Su.	Acts 5:12-20	All Ss.	Su.	Mt. 10:32-33, 37-38; 19:27-30
2 nd	M.	Rom. 2:28-3:18	2 nd	M.	Mt. 6:31-34; 7:9-11
	T.	Rom. 4:4-12		T.	Mt. 7:15-21
	W.	Rom. 4:13-25		W.	Mt. 7:21-23
	Th.	Rom. 5:10-16		Th.	Mt. 8:23-27
	F.	Rom. 5:17-6:2		F.	Mt. 9:14-17
	Sa.	Rom. 3:19-26		Sa.	Mt. 7:1-8
Su.	Rom. 2:10-16	Su.	Mt. 4:18-23		
3 rd	M.	Rom. 7:1-13	3 rd	M.	Mt. 9:36-10:8
	T.	Rom. 7:14-8:2		T.	Mt. 10:9-15
	W.	Rom. 8:2-13		W.	Mt. 10:16-22
	Th.	Rom. 8:22-27		Th.	Mt. 10:23-31
	F.	Rom. 9:6-19		F.	Mt. 10:32-11:1
	Sa.	Rom. 3:28-4:3		Sa.	Mt. 7:24-8:4
Su.	Rom. 5:1-10	Su.	Mt. 6:22-33		
4 th	M.	Rom. 9:18-33	4 th	M.	Mt. 11:2-15
	T.	Rom. 10:11-11:2		T.	Mt. 11:16-20
	W.	Rom. 11:2-12		W.	Mt. 11:20-26
	Th.	Rom. 11:13-24		Th.	Mt. 11:27-30
	F.	Rom. 11:25-36		F.	Mt. 12:1-8
	Sa.	Rom. 6:11-17		Sa.	Mt. 8:14-23
Su.	Rom. 6:18-23	Su.	Mt. 8:5-13		
5 th	M.	Rom. 12:4-5, 15-21	5 th	M.	Mt. 12:9-13
	T.	Rom. 14:9-18		T.	Mt. 12:14-16, 22-30
	W.	Rom. 15:7-16		W.	Mt. 12:38-45
	Th.	Rom. 15:17-29		Th.	Mt. 12:46-13:3
	F.	Rom. 16:1-16		F.	Mt. 13:3-9
	Sa.	Rom. 8:14-21		Sa.	Mt. 9:9-13
Su.	Rom. 10:1-10	Su.	Mt. 8:28-9:1		



PRAYERS AT WAKING

¶ *Rising from sleep and getting out of bed, stand with devotion and fear of God and say:*

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

The Trisagion Prayers

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

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

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your Name's sake.

Lord, have mercy. (3)

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

Our Father in heaven, may your Name be hallowed, your Kingdom come, your will be done on earth as in heaven. Give us today our daily bread.

And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Hymns to the Trinity

On rising from sleep, we fall down before you, O Good One, and we cry to you with the Angels' hymn, O Mighty One: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

¶ *Glory to the Father and to the Son and to the Holy Spirit.*

You have roused me, O Lord, from my bed and from sleep; enlighten my mind and open my heart and my lips to sing your praise, O Holy Trinity: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

¶ *Both now and forever, and to the ages of ages. Amen.*

The Judge will come suddenly, and the deeds of each will be laid bare; but with fear, let us cry to you in the middle of the night: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

Lord, have mercy. (12)

Prayer of Thanksgiving with Intercession

HAVING risen from sleep, I thank you, O Holy Trinity; because through your great goodness and patience you have not been angry with me, an idler and a sinner, nor have you destroyed me in my iniquities, but you have shown your customary love for mankind and roused me, as I lay in despair, to rise before dawn and to glorify your might. And now, enlighten the eyes of my mind and open my mouth to meditate on your words, to understand your commandments and to do your will, and to sing to you with confession of heart and to hymn your all-holy Name of the Father and of the

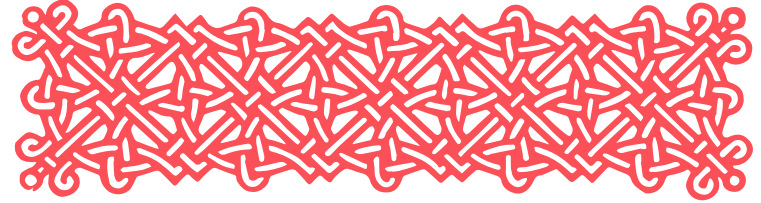
Son and of the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Another Prayer

GLORY to you, O King, Almighty God, because in your divine providence and love for mankind, you have permitted me, a sinner and unworthy, to rise from sleep and to gain entrance to your holy house. Accept also, O Lord, the voice of my supplication, as you accept that of your holy and spiritual Powers; and be well-pleased for praise to be offered to you with a pure heart and a spirit of humility from my sordid lips, that I too may become a companion of the wise virgins with the shining lamp of my soul and may glorify you, O God the Word, glorified with the Father and the Spirit. Amen.

¶ Now begin the Midnight Office proper to the day of the week.

¶ Additional Morning Prayers from the traditional rule can be found beginning on page 1172.



THE MIDNIGHT OFFICE

ON WEEKDAYS

¶ Blessed is our God. Page 259.

THROUGH the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Glory to you, our God, glory to you.

O Heavenly King, Comforter, Spirit of Truth, present everywhere, filling all things, Treasury of blessings and Giver of life, come and dwell in us, cleanse us from every stain, and, O Good One, save our souls.†

The Trisagion Prayers

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

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

now and forever, and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your Name's sake.

Lord, have mercy. (3)

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

Our Father in heaven, may your Name be hallowed, your Kingdom come, your will be done on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

† The prayer O Heavenly King is not said from Pascha until Pentecost. From Pascha through its Leavetaking, say Christ is risen from the dead... three times.

¶ For yours is the kingdom. Page 259.

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy

on us. Amen.

Lord, have mercy. (12)

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

Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ, the King, our God.

Come, let us worship and fall down before him, Christ the King and our God.

Psalm 50

HAVE mercy on me, O God, in your great mercy; according to the fullness of your compassion, blot out my offense.

Wash me thoroughly from my wickedness, and cleanse me from my sin.

For I acknowledge my wickedness, and my sin is ever before me.

Against you only have I sinned and done what is evil in your sight,

That you may be justified in your words, and prevail when you are judged.

For behold, in wickedness I was conceived, and in sin my mother bore me.

For behold, you have loved truth: you have shown me the

hidden and secret things of your wisdom.

You will sprinkle me with hyssop, and I shall be cleansed; you will wash me, and I shall be made whiter than snow.

You will make me hear of joy and gladness; the bones which have been humbled will rejoice.

Turn away your face from my sins, and blot out all my iniquities.

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

Do not cast me out from your presence, and do not take your Holy Spirit from me.

Give me back the joy of your salvation, and establish me with a sovereign Spirit.

I will teach transgressors your ways, and sinners will turn to you again.

O God, the God of my salvation, deliver me from bloodshed, and my tongue will rejoice at your righteousness.

O Lord, you will open my lips, and my mouth will declare your praise.

For if you had wanted a sacrifice, I would have given it; you will not take pleasure in burnt offerings.

A sacrifice to God is a broken spirit; a broken and a humbled heart God will not despise.

Do good to Zion, O Lord, in your good pleasure, and let the walls of Jerusalem be rebuilt.

Then you will be well-pleased with a sacrifice of righteousness, oblation and whole burnt offerings.

Then they will offer calves upon your altar.

Kathisma 17

¶ Read Psalm 118, page 399. Then:

Lord, have mercy. (3)

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

The Symbol of Faith

IBELIEVE in one God, Father Almighty, Maker of heaven and earth, of all things visible and invisible.

And in one Lord Jesus Christ, the Only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made; for our sake and for our salvation he came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary and became man; he was crucified also for us under Pontius

Pilate, and suffered and was buried; he rose again on the third day, in accordance with the Scriptures, and ascended into heaven and is seated at the right hand of the Father; he is coming again in 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, together with Father and Son is worshiped and together glorified; who spoke through the Prophets. In one, Holy, Catholic and Apostolic Church; I confess one Baptism for the forgiveness of sins. I await the Resurrection of the dead and the life of the age to come. Amen.

The Trisagion Prayers

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

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

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your Name's sake.

Lord, have mercy. (3)

Glory to the Father and to the Son and to the Holy Spirit, both now and forever, and to the

ages of ages. Amen.

Our Father in heaven, may your Name be hallowed, your Kingdom come, your will be done on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

✠ *For yours is the kingdom. Page 259.*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Apolytikia. Tone 8

Behold, the Bridegroom is coming in the middle of the night; and blessed is the servant whom he finds watching; but unworthy is the one whom he finds idle. Take care then, O my soul, not to be overcome with sleep, lest you be given up to death and shut outside the Kingdom; but stay wakeful and cry: Holy, holy, holy are you, O God. Through the Mother of God, have mercy on us.

✠ *Glory to the Father and to the Son and to the Holy Spirit.*

Consider that dread day, O my soul, and keep watch, lighting your lamp, and bright with oil; for you do not know when the voice will come to

you which says: Behold, the Bridegroom. Take care then, O my soul, lest you doze and stay outside, knocking like the five virgins; but persevere, unsleeping, that you may meet Christ God with rich oil, and that he may give you the divine bridal chamber of his glory.

✠ *Both now and forever, and to the ages of ages. Amen.*

We beg you, O Virgin Mother of God, unassailable wall and fortress of salvation: scatter the counsels of the enemy, turn your people's grief to joy, restore your world, strengthen the devout, intercede for the peace of the world; for you, O Mother of God, are our hope.

¶ *But during the season of a Great Feast, read the Apolytikion of the Feast instead. Then at all times, continue:*

Lord, have mercy. (40)

The Prayer of the Hours

At every time and at every hour, in heaven and on earth worshiped and glorified, O Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the blessings to come; O Lord, accept our entreaties at this hour and direct our lives to

your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas and deliver us from every distress, evil and pain. Wall us about with your holy angels, that protected and guided by their host, we may reach the unity of the Faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen.

Lord, have mercy (3)

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

Greater in honor than the Cherubim and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you.

*In the Name of the Lord, Father, bless.
✠ May God take pity on us. Page 259.*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

¶ *During Lent and on "Alleluia" days during other fasting seasons, add the Prayer of Saint Ephrem:*

The Prayer of Saint Ephrem the Syrian

O LORD and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power and useless chatter. (Prostration)

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love. (Prostration)

Yes, O Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen. (Prostration)

¶ *Then 12 bows, and say the whole prayer of Saint Ephrem again, with a fourth prostration.*

¶ *Then at all times, continue:*

Prayer of Saint Mardarius

O GOD and Master, Father Almighty, O Lord, Only-begotten Son, Jesus Christ, and O Holy Spirit, one God-head, one Power, have mercy on me, a sinner; and by the judgments which you know, save me, your unworthy servant; for you are blessed to the ages of ages. Amen.

¶ *And from September 22 until Palm Sunday, add the following prayers:*

done on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

✠ *For yours is the kingdom. Page 258.*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Troparia. Tone 8

The Thief, seeing the Prince of life hanging on the Cross, said: If he who is crucified with us were not God incarnate, the sun would not have hidden its rays, nor would the shaken earth be quaking. But in that you bear all things, remember me, O Lord, in your Kingdom.

✠ *Glory to the Father and to the Son and to the Holy Spirit.*

Between two thieves, your Cross became the scales of justice: the one was dragged down to Hades by the weight of his blasphemy; but the other, lightened of his faults, was raised to the knowledge of the things of God. O Christ God, glory to you.

✠ *Both now and forever, and to the ages of ages. Amen.*

Seeing the Lamb and Shepherd and Savior of the world on the Cross, she who bore him

said, weeping: The world rejoices, for it receives redemption; but my inward parts burn as I see your crucifixion, which you endure for all mankind, O my Son and my God.

Lord, have mercy. (40)

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

Greater in honor than the Cherubim and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you.

*In the Name of the Lord, Father, bless.
✠ May God take pity on us. Page 258.*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

The Prayer of Saint Ephrem the Syrian

O LORD and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power and useless chatter. (Prostration)

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love. (Prostration)

Yes, O Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen. (Prostration)

¶ Then 12 bows, and repeat the prayer (or, in some traditions, only the last section), with a fourth prostration at the end.

¶ During Great Lent, continue with Lenten Typica, below.†

But if it is the Nativity Fast or the Apostles Fast (refer to page xxiii), immediately continue with the Mid-Hour of the Ninth Hour (page 220).

LENTEN TYPICA

The Beatitudes. Tone 8

✠ *In your Kingdom remember us, O Lord, when you come in your Kingdom. Blessed are the poor in spirit, for theirs is the Kingdom of heaven.*

℣ Remember us, O Lord, when you come in your Kingdom. (Bow)

✠ *Blessed are those who mourn, for they shall be comforted.* —℣

✠ *Blessed are the meek, for they shall inherit the earth.* —℣

† In some traditions the Ninth Hour Prayer of Saint Basil, O Master, Lord Jesus Christ (page 219) is said here rather than at the end of Typica.

✠ *Blessed are those who hunger and thirst after righteousness, for they shall be filled.* —℣

✠ *Blessed are the merciful, for they shall obtain mercy.* —℣

✠ *Blessed are the pure in heart, for they shall see God.* ℣

✠ *Blessed are the peacemakers, for they shall be called children of God.* —℣

✠ *Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of heaven.* —℣

✠ *Blessed are you when people revile you, persecute you, and say all kinds of evil against you falsely for my sake.* —℣

✠ *Rejoice and be extremely glad, for great is your reward in heaven.* —℣

✠ *Glory to the Father and to the Son and to the Holy Spirit.* ℣

✠ *Both now and forever, and to the ages of ages. Amen.* —℣

¶ And singing more slowly:

Remember us, O Lord, when you come in your Kingdom.

Remember us, O Master, when you come in your Kingdom.

Remember us, O Holy One, when you come in your Kingdom.

Troparia

The heavenly choir hymns you and says: Holy, holy, holy,

Lord Sabaoth; heaven and earth are full of your glory.

✠ Come to him and be enlightened, and your faces shall not be ashamed.

The heavenly choir hymns you and says: Holy, holy, holy, Lord Sabaoth; heaven and earth are full of your glory.

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

The choir of holy Angels and Archangels with all the heavenly Powers hymns you and says: Holy, holy, holy, Lord Sabaoth, heaven and earth are full of your glory.

✠ Both now and forever, and to the ages of ages. Amen.

The Symbol of Faith

I BELIEVE in one God, Father Almighty, Maker of heaven and earth, of all things visible and invisible.

And in one Lord Jesus Christ, the Only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made; for our sake and for our salvation he came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary and became man; he was cruci-

fied also for us under Pontius Pilate, and suffered and was buried; he rose again on the third day, in accordance with the Scriptures, and ascended into heaven and is seated at the right hand of the Father; he is coming again in 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, together with Father and Son is worshiped and together glorified; who spoke through the Prophets. In one, Holy, Catholic and Apostolic Church; I confess one Baptism for the forgiveness of sins. I await the Resurrection of the dead and the life of the age to come. Amen.

Prayer of Repentance

REMIT, forgive, pardon, O God, our offenses, willing and unwilling, in deed and in word, in knowledge and in ignorance, of the day and of the night, in mind and in thought; pardon them all, as you are good and love mankind.

The Lord's Prayer

OUR Father in heaven, may your Name be hallowed, your Kingdom come, your will be done on earth as in heaven.

Give us today our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

✠ For yours is the kingdom. Page 258.

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Apolytikia. Tone 7

You were transfigured on the mountain, O Christ God, and your Disciples saw your glory, as far as they were able; so that when they saw you crucified, they might understand that your Passion was voluntary, and proclaim to the world that you are truly the brightness of the Father.

✠ Insert the Kontakion of the day.

Tone 8

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

With the Saints give rest, O Christ, to the souls of your servants, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

Tone 2

✠ Both now and forever, and to the ages of ages. Amen.

O Protection of Christians that cannot be put to shame, O unfailing mediation with the Maker, do not despise the voices of us sinners as we pray; but, in your love, be quick to help us who cry to you with faith: Hasten to intercede, make speed to entreat, O Mother of God, for you ever protect those who honor you.

Lord, have mercy. (40)

The Prayer of the Hours

AT every time and at every hour, in heaven and on earth worshiped and glorified, O Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the blessings to come; O Lord, accept our entreaties at this hour and direct our lives to your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas and deliver us from every distress, evil and pain. Wall us about with your holy angels, that protected and guided by their host, we may reach the unity of the Faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen.

Lord, have mercy. (3)

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

Greater in honor than the Cherubim and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you.

In the Name of the Lord, Father, bless.

✠ *May God take pity on us. Page 258.*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

The Prayer of Saint Ephrem the Syrian

O LORD and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power and useless chatter. (Prostration)

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love. (Prostration)

Yes, O Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen. (Prostration)

¶ *Then 12 bows, and repeat the prayer (or, in some traditions, only the last section), with a fourth prostration at the end. Then:*

The Trisagion Prayers

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

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

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your Name's sake.

Lord, have mercy. (3)

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

Our Father in heaven, may your Name be hallowed, your Kingdom come, your will be done on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

✠ *For yours is the kingdom. Page 258.*

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen.

Lord, have mercy. (12)

Prayer of Saint Basil the Great†

O MASTER, Lord Jesus Christ, our God, who have long endured our transgressions, and brought us to this hour, in which, hanging on the life-giving Tree, you showed the good Thief the way into Paradise and destroyed death by death, have mercy also on us sinners and your unworthy servants. For we have sinned and transgressed, and are not worthy to raise our eyes and look on the height of heaven, because we have abandoned the way of your justice and walked in the will of our hearts. But we implore your unbounded goodness: Spare us, O Lord, according to the multitude of your mercy, and save us, for your holy Name's sake, for our days have been wasted in vanity. Rescue us from the hand of our opponent, forgive us our sins, slay our carnal will, so that we, having put off the old man, may put on the new, and live for you, our Master and Benefactor; and that, thus following your precepts, we may reach eternal rest, where those who rejoice have their dwelling. For you

† *If this prayer was said earlier, the prayer O all-Holy Trinity (page 100) is said here instead.*

are the true joy and gladness of those who love you, O Christ our God, and to you we give glory, together with your Father who has no beginning, and your All-holy, good and life-giving Spirit, both now and forever, and to the ages of ages. Amen.

¶ *Vespers begins immediately with Come, let us worship and Psalm 103. But if not:*

Dismissal

✠ *Glory to you, O Christ God. And the rest; page 258. But in some traditions the Great Dismissal is said.*

¶ *If there is no Priest, the Reader concludes as follows:*

[It is truly right to call you blessed, who gave birth to God, ever blessed and most pure and the Mother of our God. Greater in honor than the Cherubim and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you.]

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

Lord, have mercy. (3)

Through the prayers of our holy fathers, O Lord Jesus Christ, our God, have mercy on us. Amen. †

world, which shall not be shaken.

Your throne is prepared from of old; you are from everlasting.

The rivers have lifted up, O Lord, the rivers have lifted up their voice.

The rivers will raise their waves at the voice of many waters.

Wonderful are the waves of the sea; wonderful is the Lord on high.

Your testimonies are very sure; holiness befits your house, O Lord, unto length of days.

Psalm 93

THE Lord is a God of vengeance; the God of vengeance has boldly declared himself.

Be exalted, O Judge of the earth, and give the proud their just reward.

How long shall sinners, O Lord, how long shall sinners boast?

How long shall they utter and speak unrighteousness; how long shall the lawless speak?

They have humbled your people, O Lord, and injured your inheritance.

They have slain the widow and fatherless, and murdered the stranger.

They said: The Lord will not see, nor will the God of Jacob understand.

Understand now, you fools among the people; you stupid ones, for once be wise!

He who planted the ear, does he not hear? He who formed the eye, does he not see?

He who subdues the nations, will he not punish? He who teaches knowledge?

The Lord knows every human thought, that they are vain.

Blessed is the one whom you discipline, O Lord, and teach him out of your law;

To give him rest from evil days, until a hole is dug for the sinner.

For the Lord will not abandon his people, nor will he forsake his inheritance,

Until righteousness becomes judgment, and all the upright in heart cling to it.

Who will rise up for me against the transgressors? Or who will stand up with me against the lawless?

If the Lord had not helped me, my soul would nearly have stayed in Hades.

If I said: My foot has slipped; your mercy, O Lord, helped me.

According to the great many sorrows in my heart, your consolations have gladdened my soul.

Surely the throne of iniquity shall not have fellowship with

you, which makes mischief by law?

They will hunt down the soul of the righteous, and condemn innocent blood.

But the Lord has become my refuge, and my God my helper for whom I had hoped.

He will repay them for their lawlessness, and according to their wickedness the Lord our God will utterly destroy them.

Glory. Both now. Alleluia.

Psalm 94

COME, let us rejoice in the Lord; let us make a joyful noise to God our Savior.

Let us come before his face with thanksgiving, and make a joyful noise to him with psalms.

For the Lord is a great God, and a great King over all the earth.

For the ends of the earth are in his hands, and the heights of the mountains are his.

For the sea is his, and he made it, and his hands have formed the dry land.

Come, let us worship and fall down before him, and let us weep before the Lord who made us.

For he is our God, and we are the people of his pasture and the sheep of his hand.

Today, if you will hear his

voice, do not harden your hearts, as in the rebellion, as in the day of the trial in the wilderness,

Where your fathers tested me by proving me, and saw my works for forty years.

Therefore, I was displeased with that generation and said: They always go astray in their heart,

And they did not know my ways; as I swore in my wrath: They shall not enter into my rest.

Psalm 95

SING to the Lord a new song; sing to the Lord, all the earth.

Sing to the Lord, bless his Name; proclaim his salvation from day to day.

Declare his glory among the nations, his marvelous works among all peoples.

For the Lord is great, and greatly to be praised; he is to be feared above all gods.

For all the gods of the nations are demons, but the Lord made the heavens.

Thanksgiving and beauty are before him, holiness and majesty are in his sanctuary.

Bring to the Lord, you families of the nations, bring to the Lord glory and honor; bring to the Lord glory worthy of his Name.

Take offerings and enter into his courts; worship the Lord in his holy court.

Let all the earth tremble before his face; tell it among the nations: The Lord is King.

For he has established the whole world, which shall not be shaken; he will judge the people in justice.

Let everything in heaven rejoice, let everything on earth be glad.

Let the sea be shaken, and everything in it; the plains will rejoice, and everything in them.

Then shall all the trees of the forest rejoice before the presence of the Lord, for he is coming, he is coming to judge the earth.

He will judge the world with righteousness, and the peoples with his truth.

Psalm 96

THE Lord is King, let the earth be glad; let the many islands rejoice.

Circles and darkness are around him; righteousness and judgment are the foundation of his throne.

Fire will go before him, and burn up his enemies all around.

His lightnings appeared to the world; the earth saw it and trembled.

The mountains melted like wax before the face of the Lord, before the face of the Lord of all the earth.

The heavens declared his righteousness, and all the people have seen his glory.

Let all who worship graven things be ashamed, those who boast in their idols.

Worship him, all you his angels! Zion heard it and was glad;

And the daughters of Judea rejoiced because of your judgments, O Lord.

For you are Lord Most High over all the earth; you are exalted far above all the gods.

If you love the Lord, you must also hate evil. The Lord preserves the souls of his saints; he will rescue them from the hands of sinners.

Light has dawned for the righteous, and gladness for the upright of heart.

Rejoice in the Lord, you righteous, and give thanks for the remembrance of his holiness.

Glory. Both now. Alleluia.

Psalm 97

SING to the Lord a new song; for the Lord has done wonderful things.

His right hand and his holy arm have worked salvation for

him.

The Lord has revealed his salvation, he has revealed his righteousness in the sight of all nations.

He has remembered his mercy to Jacob, and his truth to the house of Israel.

All the ends of the earth have seen the salvation of our God.

Shout with joy to God, all the earth; sing and be glad and chant psalms.

Chant to the Lord with a harp, with the harp and the voice of a psalm; with trumpets of metal, and with the sound of a trumpet of horn.

Make a joyful noise to the Lord, our King; let the sea be shaken, and everything in it; the world and all who dwell in it.

The rivers will clap their hands together; the mountains will rejoice, for the Lord has come; he has come to judge the earth.

He will judge the world with righteousness, and the peoples with uprightness.

Psalm 98

THE Lord is King, let the peoples rage; he is seated upon the Cherubim, let the earth be shaken.

The Lord is great in Zion, and he is high over all the peoples.

Let them give thanks to your

great Name, for it is terrible and holy.

The King's honor loves justice; you have prepared uprightness, you have worked judgment and righteousness in Jacob.

Exalt the Lord our God; worship at his footstool, for he is holy.

Moses and Aaron are among his priests, and Samuel with those who call on his Name.

They called on the Lord, and he hearkened to them; he spoke to them in a pillar of cloud.

They kept his testimonies and the ordinances that he gave them.

O Lord our God, you hearkened to them; O God, you dealt favorably with them, though you took vengeance on all their practices.

Exalt the Lord our God; worship at his holy mountain, for the Lord our God is holy.

Psalm 99

SHOUT with joy to the Lord, all the earth.

Serve the Lord with gladness; come into his presence with joy.

Know that the Lord, he is God. It is he who made us, and not we ourselves; we are his people, and the sheep of his pasture.

Enter into his gates with

thanksgiving, into his courts with hymns; give thanks to him.

Praise his Name, for the Lord is good; his mercy endures forever, and his truth to generation and generation.

Psalm 100

I WILL sing to you of mercy and judgment, O Lord; I will chant and think on a blameless way; when will you come to me?

I have walked in the midst of my house in the innocence of my heart.

I have set no lawless deed before my eyes; I have hated those who commit transgressions.

No twisted heart has been attached to me; the evil man who avoids me, I have not acknowledged.

One who secretly slanders his neighbor have I driven away from me.

With a man of proud looks and insatiate heart have I not eaten.

My eyes are upon the faithful in the land, for them to dwell with me; the man who walks on a blameless way, he has ministered to me.

The man who acts proudly has not dwelt in my house; the man who speaks calumnies has not prospered before me.

Morning by morning, I slew all the sinners in the land, to purge from the Lord's city all workers of iniquity.

Glory. Both now. Alleluia. †

14TH KATHISMA

Psalm 101

O LORD, hear my prayer, and let my cry come to you.

Do not turn your face from me in the day I am in tribulation. Incline your ear to me; in the day I call upon you, be swift to hear me.

For my days have vanished like smoke, and my bones have been burnt up like brushwood.

I have been smitten like grass, and my heart has been dried up, so that I have forgotten to eat my bread.

My bones have stuck to my flesh, from the sound of my groaning.

I have become like a pelican of the desert; like an owl among ruins.

I have kept vigil, and become like a sparrow, alone upon a house-top.

All day my enemies have reviled me, and those who praised me have sworn an oath against me.

I have eaten ashes as my bread, and mixed my drink with weeping.

From the face of your wrath and your anger; for having lifted me up, you have cast me down.

My days have declined like a shadow, and I have been dried up like grass.

But you, O Lord, abide forever, and your memorial to generation and generation.

You will arise and have mercy on Zion, for it is time to have mercy on her, for the time has come.

For your servants have been well-pleased with her stones, and they will have mercy on her dust.

And the nations will fear your Name, O Lord, and all the kings of the earth your glory.

For the Lord will build up Zion, and appear in his glory.

He has looked on the prayer of the humble, and has not despised their supplication.

Let this be written for another generation, and a people that is being created will praise the Lord.

For the Lord has leaned down from his holy height, he has looked from heaven upon the earth.

To hear the groaning of those in fetters, to free the children

of the slain.

To announce the Name of the Lord in Zion, and his praise in Jerusalem.

When peoples are gathered together, and kings to serve the Lord.

He answered him in the way of his strength. Tell me the fewness of my days.

Do not lead me away halfway through my days. Your years are for generations of generations.

In the beginning it was you, O Lord, who laid the foundations of the earth, and the heavens are the works of your hands.

They will perish, but you endure; they will all grow old as a garment;

As a mantle you will roll them up, and they will be changed; but you are the same, and your years will not fail.

Your servants' children shall have their dwelling, and their seed shall be guided forever.

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 none of his benefits.

He forgives all your iniquities; he heals all your diseases;

He redeems your life from corruption, and crowns you

and the gate truly sealed. Hail, through whom the Savior of all, Christ the Giver of life and God, budded for us. O pure Sovereign Lady, cast down our tyrannous and godless enemies by your power, O hope of Christians.

MONDAY MORNING AT MATINS

First Poetic Kathisma

I think of the fearful day and weep over my filthy deeds. What answer shall I give to the immortal King? And how shall I, the prodigal, have boldness to look upon the Judge? Have mercy upon me, O compassionate Father, Only-begotten Son, and Holy Spirit.

✠ O Lord, do not rebuke me in your anger, nor chastise me in your wrath.

When you shall sit in just judgment, O Merciful, in the valley of tears, in the place you devised, do not make public my secret acts. Do not put me to shame before the Angels, but spare me and have mercy on me, O God.

✠ Glory ... Both now ...

O hope and protection and shelter for those who run to you, O gentle Virgin who brought forth God, intercessor

for the world. As the only blessed one, join with the bodiless Powers and pray earnestly to the God and Lover of mankind, whom you bore, that he may deliver our souls from all that threatens them.

Second Poetic Kathisma

Have mercy on us, O Lord, have mercy on us; for we sinners, lacking all defense, offer you, as our Master, this supplication: Have mercy on us.

✠ O Lord, do not rebuke me in your anger, nor chastise me in your wrath.

O Lord, have mercy on us, for in you we have put our trust. Do not be very angry with us, nor remember our iniquities. But look on us now, as you are compassionate, and rescue us from our enemies. For you are our God, and we are your people; we are all the work of your hands, and we have called on your Name.

✠ Glory ... Both now ...

Gabriel's message to the Virgin became the beginning of salvation, for she attended to the greeting and did not flee the salutation. She did not doubt like Sarah in the tent, but said: Behold, the handmaiden of the Lord. May it be unto me according to your word.

Third Poetic Kathisma

Spending your whole life in slothfulness, O my soul, you take no thought for the dread day of judgment. Come back to your senses and choose repentance for yourself. Turn back to Christ and call unto him: In the hour of condemnation, O merciful Lord, do not remember our many sins.

✠ God is wonderful in his saints, the God of Israel.

At all times you are Light for the righteous; for being enlightened in you, the Saints ever shine as lights, quenching the lamp of the godless. By their prayers, O Lord, make my lamp shine and save me.

✠ Glory ... Both now ...

With never-silent hearts and mouths, we praise the exceeding glorious Mother of God. More holy than the Angels, we confess her to be in truth the Mother of God who gave birth to God in the flesh, who intercedes ceaselessly in behalf of our souls.

Aposticha

Heal, O Savior, the sores of my heart that arise from my many sins. O Physician of souls and bodies, who pardon the faults of those who ask, grant me tears of repentance and

give me remission of my debts, O Lord, and have mercy on me.

✠ We have been filled...

The enemy, who found me stripped of virtues, wounded me with the arrow of sin. But, O Physician of souls and bodies, heal the sores of my soul and have mercy on me, O God.

✠ And let the brightness...

All creation keeps feast; heaven with its Angels rejoices greatly, and the earth with all mankind makes glad in the memorial of your Saints, O Lord. By their invocations, have mercy on us.

✠ Glory ... Both now ...

You have welcomed the word of the Angel and have been revealed as the throne of the Cherubim and have lifted up in your arms, O Mother of God, the Hope of our souls.

MONDAY EVENING AT VESPERS

O Lord, I Have Cried TO THE LORD

From my youth, I have been wholly enslaved to the pleasures of the flesh, and have become a lodging of passions of the soul that tyrannize over me; while, with total lack of reason, O Savior, I have despised your commandments. But,

O my Fashioner, who knows our weakness, who alone are without sin, give me pardon, O Compassionate, for the sins I have committed in ignorance and knowledge, in body and in mind from my youth, O only loving and most merciful.

Who will deliver me from the death of my miserable flesh and keep my soul from hurt and from temptation? For, living in enjoyment, the flesh holds sway with tyrannical force and rises in rebellion against the soul, and it afflicts it again and grows weak. Ah, wretch that I am! Therefore, O my Savior, I am unable to hold out against its weakness. But, O my Maker, do not let my spirit be conquered by dust, that spirit which you breathed into me as you were well-pleased.

When you wish to separate me from the bonds of the flesh by your command, then spare my soul, O Immortal, sending out a gentle Angel, looking like one bringing gladness, to take me up and save me from the rulers of darkness, easily empowering me to take a fair ascent in the air and to reach the worship of your dread throne uncondemned, O God supremely good.

TO THE FORERUNNER

Condemned by my prodigal life, I fall down before you, who are glorified beyond all accounting, and I implore you from the depth of my heart: See the affliction of my soul, in that you outshone joy. See the sores of my heart, O Herald of repentance, and grant me salvation through your godly intercession, O Forerunner, as you entreat the Lord.

Wholly condemned by wickedness, wholly drowned by despair, I am utterly evil and dark. I am wholly and utterly marked by unseemly pleasures; wholly and terribly ruined and ill-treated. I fall at your footprints, O blessed John. Do not cast me away, but save me, O friend and Forerunner of the Lord.

Deliver my soul from the bitter death of sin and faults, O Forerunner, and make me live by the godly works of Christ's commandments by the power of your intercessions. Put an end to wars that are invisibly waged against me, and guide me by the straight paths of saving and eternal rest by your entreaties to God.

THEOTOKION

Remembrance of wrongs is a sign of anger, and temper is a manifestation of anger. Through

them, absurdities of insults shamelessly leap up from the wretched mouth, making the one who is activated by them liable to Gehenna's fire, as it written. Therefore, O my soul, keep watch; flee bitter temper, anger, wrath and insolence, and every foul-smelling excess as you cry out to the Mother of God: O my Lady, save me!

Aposticha

I have not acquired repentance, nor, yet again, tears. Therefore, O Savior, I implore you: Before the end, turn and grant me repentance, that I may be delivered from damnation.

✠ To you have I lifted...

At your dread coming, O Christ, do not let us hear the words: I do not know you; for we have put our hope in you, the Savior, even though we have not done your commands through our indifference: but spare our souls, we beg.

✠ Have mercy on us...

The Martyrs, who bore witness for your sake, O Christ, endured many torments and received the perfect crown in heaven, that they may intercede for our souls.

✠ Glory ... Both now ...

For the afflicted, transformation and liberation for the ail-

ing are you, O Mother of God, most pure Virgin: save your City, save us all. To all those embattled, you are peace, you are calm to those tossed by the tempest the one protection of the faithful.

TUESDAY MORNING AT MATINS

First Poetic Kathisma

I think of the fearful day, and weep over my filthy deeds. What answer shall I give to the immortal King? And how shall I, the prodigal, have boldness to look upon the Judge? Have mercy upon me, O compassionate Father, Only-begotten Son, and Holy Spirit.

✠ O Lord, do not rebuke me in your anger, nor chastise me in your wrath.

When you shall sit in just judgment, O Merciful, in the valley of tears, in the place you devised, do not make public my secret acts. Do not put me to shame before the Angels, but spare me and have mercy on me, O God.

✠ Glory ... Both now ...

The Son and Word of God, begotten of the Father before the ages without a mother, came forth from you in the latter times, incarnate of your

pure blood, O Mother of God. Entreat him to grant us, before the end, remission of our sins.

Second Poetic Kathisma

Why do you despair? Why do you enslave yourself to sin? Being sick, why do you not go to the Physician? From now on, turn away from the evil you have done and cry to the Lord: O Savior, Hope of the hopeless, Life of those in despair, raise me up and save me.

✠ O Lord, do not rebuke me in your anger, nor chastise me in your wrath.

Give me, O Lord, the watchfulness of the wise virgins, and light the lamp of my soul with the oil of your compassion, that I may sing to you the angelic song: Alleluia!

✠ Glory ... Both now ...

O gentle Mother of God and Virgin, hope of the world, we ask for your fearful and mighty intercession. Have compassion for the defenseless people. As the only blessed one, entreat the merciful God to save our souls from all that threatens them.

Third Poetic Kathisma

You have guided the people in the ways of life, O John, crying: Direct your hearts unto the

Lord. Likewise, preserve my soul, which is abounding in sin. Smite with contrition our blind and hardened thoughts, and by your prayers, O Forerunner, deliver us from the Gehenna to come.

✠ God is wonderful in his saints, the God of Israel.

Theirs were contests of resistance to suffering at the time of trial, and wounds at the hands of the torturers during their martyrdom; and the choirs of Angels stood by, holding the prizes of victory. Confounding tyrants and kings, the Martyrs, by their open confession of Christ, brought low the devil. Glory to you, O Lord, who have made them strong.

✠ Glory ... Both now ...

Exceedingly great, O Mother of God, is the multitude of my transgressions. I have fled unto you, the pure one, entreating salvation. Visit my feeble soul and pray to your Son, our God, that he will pardon my terrible deeds, O only blessed one.

Aposticha

Heal, O Savior, the sores of my heart that arise from my many sins. O Physician of souls and bodies, who pardon the faults of those who ask, grant me tears of repentance and

give me remission of my debts, O Lord, and have mercy on me.

✠ We have been filled...

The enemy, who found me stripped of virtues, wounded me with the arrow of sin. But, O Physician of souls and bodies, heal the sores of my soul and have mercy on me, O God.

✠ And let the brightness...

If we did not have your Saints to pray for us, O Lord, and your goodness that empathizes with us, how could we dare to praise you, O Savior, whom the Angels praise without ceasing? Spare our souls, as you know the hearts of all.

✠ Glory ... Both now ...

No one who flees to you returns in shame, O pure Virgin Mother of God, but all receive what they ask, insofar as it is suitable for them.

TUESDAY EVENING AT VESPERS

O Lord, I Have Cried

TO THE LORD

O God, in that you desire that all should be saved, look upon and see my prayer, and do not reject my tears as vain. For who has ever approached you, falling down before you, and was not immediately saved? Who has ever cried out fervently to

you, and was not immediately heard? For you, O Master and Lord, are found swift to save all those who ask you, through your great mercy.

In your love for mankind, O Compassionate, raise me up, who have been swallowed down by sins and torn in pieces by love of pleasures. Do not let me become an object of malignant joy to demons. Do not dismiss me as unworthy of your dread Mysteries. But accept me, as you are merciful, before the groans and tears of my departure, and free me from the passions.

Lament, O my soul, before your departure; fall down before the Creator in repentance; offer tears from your whole heart; cry out to Christ in compunction: I have sinned against you, O Word; do not despise me, do not reject me, O just Judge, nor send me away to fire, O Long-suffering, through your great mercy.

TO THE MOTHER OF GOD

The marriage feast of the heavenly Bridegroom has been prepared! cry the heralds. Why do you willingly delay, O my black soul? Truly everything about you is filthy; your garments are those of sensuality; and so, how, O wretch, are

Let the most wise Teachers of the universe be magnified today, for they have glorified God by word and deed on earth, and have proclaimed salvation to all.

Doxasticon. Tone 6

O good and faithful servants, tireless workers in the vineyard of Christ who have endured the day's burden, you have increased the talent given you without begrudging those who followed you. Therefore, heav-

en's gate was opened to you, and having entered into the joy of Christ the Master, pray for us, O holy Hierarchs.

Theotokion. Tone 6

O Mother of God, you are the true vine who gave bud to the Fruit of life. We implore you: Intercede, O Sovereign Lady, with the Hierarchs and all the Saints, that he have mercy on our souls.

¶ *The Great Doxology.*

TO A MALE ASCETIC

AT VESPERS

O Lord, I Have Cried. Tone 4

Bridling every pleasure, you denied the body, O wise in God. By deeds of self-mastery and harshness and endurance of trials, you embittered your senses. In exchange for all these, you receive unending delight, perpetual pleasure and unspeakable joy.

Through self-mastery and brief supplication, you made the passions of the body wither, and you suffocated the crafty serpent with showers of tears, O blessed and inspired Father (**Name**), and you were

exceedingly well-pleasing to God. Therefore, Jesus, the Lover of mankind and Savior of our souls, adorned you with heavenly gifts of grace.

You finished the course of your ascetic life without swerving and you kept the faith, therefore, you were adorned with a crown of justice, which Christ, who apportions prizes as is right and gives awards, had prepared for you, and the reward of your toils. Beseech him to furnish us now also with these, O God-bearing Father (**Name**).

Doxasticon. Tone 6

Having preserved the image of God, and set your mind as master over the passions through fasting, you have ascended to that which is in the likeness of God. Having manfully constrained your nature, you have striven to subdue the lower to the higher, and to make your flesh a slave to the spirit. Thus you have become an instructor of ascetics, a teacher of good living, a most certain rule of virtue. And now in the heavens, no longer seeing through a dark glass, you behold the Trinity clearly, O Father (**Name**), and you pray for those who honor you in faith and love.

Dogmaticon. Tone 6

Who will not call you blessed, O all-holy Virgin? Who will not hymn your childbirth without labor? For the Only-begotten Son, who shone from the Father beyond time, came forth from you, O pure Maiden, ineffably incarnate. By nature he is God, by nature he became man for our sakes, not divided in a duality of persons, but known without confusion in a duality of natures. O honored and All-blessed, implore him to have mercy on our souls.

Readings

¶ *The same readings as for a Prophet, page 752.*

Aposticha. Tone 1

Your festival, O God-bearer, has become brighter than the sun, enlightening those who come to you in faith, pouring out healings with the sweet aroma of immortality, O holy Father (**Name**), intercessor for our souls.

¶ *Precious in the sight of the Lord is the death of his saints.*

Through the furrows of abstinence, you have triumphed over the sensual passions of the flesh, and having shown angelic zeal you have subdued all bodily desires to the spirit, O wonder-working Father (**Name**). Now in the heavenly mansions, pray for our souls.

¶ *One who fears the Lord is blessed; he will greatly delight in his commandments.*

Having laid the foundation of virtue, O Father (**Name**), you put off the old man with his armies and have put on Christ. By this you put to shame the demonic ranks and became an instructor of ascetics. Pray that our souls may be saved.

Doxasticon. Tone 8

We honor you, O Father (**Name**), as a teacher of ascetics, for we have truly learned to walk straight in your path. You are blessed, having labored for Christ and laid bare the might of the enemy. O friend of Angels and companion of the holy and righteous, together with them, pray to the Lord that he may save our souls.

Theotokion. Tone 8

O Virgin without bridegroom, who ineffably conceived God, accept the supplications of your servants, O all-spotless Mother of God Most High, who grant to all cleansing from faults, now receive our entreaties and beg that we may all be saved.

Apolytikion. Tone 8

In you, O Father (**Name**), was preserved unimpaired that which is according to the image, for you took up the Cross, and you followed Christ; and by your deeds you have taught us to despise the flesh, for it passes away; but to care for the soul, which is a thing immortal; and therefore your spirit rejoices with the Angels.

Theotokion. Tone 8

You were born for us from a Virgin and endured crucifixion, O loving Lord; by your death you despoiled Death and revealed resurrection as God; do not despise those whom you fashioned with your own hand; show us your compassion, O Merciful; accept the Mother of God who bore you as she intercedes for us, and save, O our Savior, a people in despair.

AT MATINS

First Poetic Kathisma. Tone 4

As you followed the Master's call, O blessed Father (**Name**), you forsook the world and all its allure, and chose instead the hardships of the monastic life, manfully driving off the armies of the demons; in faith we glorify your memory.

Ψ Glory ... Both now ...

O pure one, by your childbirth you have renewed the mortal nature of mankind, ruined by passions, and have raised all from death to incorruptible life; thus, we bless you, O most glorious Virgin, as you foretold.

Second Poetic Kathisma. Tone 5

Let us praise in song the Ascetic of the Lord, for by abstinence and patience, he ex-

tinguished all the assaults of passions, putting to shame the prideful adversary. O Father (**Name**), pray to the Lord that our souls may be saved.

Ψ Glory ... Both now ...

The awesome wonder of conception and indescribable childbirth that came through you, O Ever-virgin, frighten my spirit and excite my mind with wonder. Your glory, O Mother of God, has reached everywhere to the salvation of our souls.

Third Poetic Kathisma. Tone 1

By mortifying your flesh, O sacred Father (**Name**), you have buried the risings of passions, and after your departure you have gained eternal life. Therefore, the Church of Christ celebrates your wondrous memory, the jewel of ascetics.

Ψ Glory ... Both now ...

Lead us in the way of repentance, for we constantly wander into hedonism and promiscuity, angering the most-kind Lord. O most blessed Mary, who has not tried marriage, you are our refuge in despair as the dwelling place of God.

Prokeimenon Before the Gospel. Tone 4

℞ Precious in the sight of the Lord is the death of his saints.

Ψ What shall I give the Lord in return for all his gifts to me?

Gospel

The Holy Gospel according to Matthew. (**11:27-30; §43**)

After Psalm 50. Tone 2

Ψ Glory to the Father...

℞ Through the prayers of the Saint, O Merciful One, blot out the multitude of my transgression.

Ψ Both now and forever...

℞ Through the prayers of the Mother of God, O Merciful One, blot out the multitude of my transgression.

Ψ Have mercy on me, O God, according to your great mercy. According to the fullness of your compassion, blot out my offenses.

Tone 6

O Holy Father (**Name**), the word of your labors has gone into all the earth, and you have found your reward in heaven. You destroyed the armies of demons and reached the rank of Angels, whom you imitated perfectly in your life. Having boldness with Christ God, obtain peace for our souls, we pray.

Kontakion. Tone 2

Having divinely armed yourself with the purity of your soul; grasping ceaseless prayers firmly like a spear, you have pierced the armies of the demons. O Father (**Name**), never cease to pray for us all.

Ikos

Having formed a loving attachment to the divine commandments of Christ, and a hatred for the delights of this world, you have achieved your end, becoming a lamp enlightening the ends with the noetic luster. Falling down before you, I implore you: Enlighten my noetic eyes to praise your deeds of fasting, watchfulness, shedding of tears, labors and disregard for the body, all for the sake of the blissful future life, which you now enjoy. O Father (**Name**), never cease to pray for us all!

Katavasiae

¶ Sing the Seasonal Katavasiae as directed on pages lxxi-lxxii.

Exapostilarion. Tone 3

You have flourished as David's palm and appeared as the Spirit's abode, for he made you known in all the world. O holy

Father (**Name**), pray for us who honor in faith your memory.

Theotokion. Tone 3

We praise you unceasingly in songs and hymns, O Virgin, for you bore One of the Trinity, in your arms cradling God the Word, who is changeless and immutable, O holy Mother of God.

Lauds. Tone 6

O God-bearing Father most blessed, you have subjected your flesh to your spirit, strengthened with the pains of fasting; purified as gold in the furnace, you have become a brightly-shining vessel of the Most Holy Spirit. Having instructed multitudes of monks, you became a ladder to heaven, raising them to the height of virtues. Remember us who honor your sacred memory, and intercede that our souls may be saved. (2)

Your celebrated memorial shines for us today, O most glorious Father (**Name**); the festival calls together the multitudes of ascetics and choirs of monastics, the angelic Ranks and all mankind, to praise Christ God, worshiped in the Trinity. Approaching the shrine of your relics, we receive abun-

dant gifts of healing and glorify Christ, the Savior of our souls, who crowned you.

As the Prophet of old, you flooded the earth with your tears, never giving sleep to your eyes, nor rest to your eyelids; for your heart yearned after Christ, your only love, O God-bearing, O most blessed Father (**Name**)! You are a model for ascetics, having gained every virtue, and we bless you, magnifying him who glorified you.

Doxasticon. Tone 2

From youth you diligently studied virtue, becoming an instrument of the Holy Spirit; and having obtained from him the power to work miracles, you taught the people to shun the sweet things of life. As you now shine with the divine Light, enlighten also our minds, O Father (**Name**).

Theotokion. Tone 2

All my hope I place in you, O Mother of God. Guard me under your protection.

¶ The Great Doxology.

TO SEVERAL MALE ASCETICS**AT VESPERS****O Lord, I Have Cried. Tone 8**

O holy Fathers, wise in God! You give light to the blind, healing to the sick, and health to the lame. In mercy you draw near to those who approach you in faith and implore your help. We have found you to be sure protectors and intercessors, and for this we praise you.

O holy Fathers, most honorable! You have entered the chariot with your virtues, ascending to God to receive the honors of your victory. But you

have left us your relics, placed in the graves, as a favor, to pour out healings and to drive out demons. For this we bless you, O most-praised ones.

You were united to the choirs of Ascetics, having been adorned with the life of fasting. Now, O blessed ones, you joyfully dwell in the heavenly mansions where Angels rejoice, and you are truly deified with the divine light. Remember us who bless you with love and celebrate your holy festival.

THE TRANSFIGURATION OF OUR LORD, GOD & SAVIOR JESUS CHRIST

AUGUST 5 AT VESPERS

¶ If August 6 falls on a Sunday, none of the hymns for the Resurrection from the Octoechos are sung, but only those of the Feast.

O Lord, I Have Cried

¶ Sing to eight verses, with four Stichera, all sung twice.

Tone 4

Before your crucifixion, O Lord, the mountain came to be like heaven, and the cloud was spread out like a tabernacle. You were transfigured, and the Father bore witness to you. Peter with James and John were there, for they would also be with you at your betrayal; so that, by seeing your wonders, they might not be afraid at your sufferings. Grant that we may worship your sufferings in peace, by your great mercy. (2)

Before your crucifixion, O Lord, you took your Disciples to a high mountain, to be transfigured before them. You illumined them with the rays of your strength, showing them, in your love for mankind and in

your authority, the radiance of your Resurrection. Grant this to us also in peace, O God, for you are merciful and the Lover of mankind. (2)

When you were transfigured on a high mountain, O Savior, having with you the foremost of your Disciples, you shone forth with glory. By this, you taught that those who achieve the height of virtue will also be made worthy of divine glory. Moses and Elijah spoke with Christ, showing that he is Lord of the living and the dead, and that he is the God who of old spoke in the Law and the Prophets. And of him, the voice of the Father bore witness from the radiant cloud, saying: Listen to him! For by the Cross, he took Hades captive and granted to the dead eternal life. (2)

The mountain of old was dark and gloomy with smoke, but now it is honorable and holy, for your feet stood upon it, O Lord. The mystery hidden from the ages is now revealed, in your awesome Transfiguration, to Peter, John and James. They could not bear the radiance of

your face, nor the splendor of your garments, so they fell on their faces, bowing low to the ground. And, seized with terror, they marveled to behold Moses and Elijah speaking with you about the things that were going to happen to you. Then the voice of the Father bore witness, saying: This is my beloved Son, in whom I am well pleased. Listen to him! For he grants to the world the great mercy. (2)

Doxasticon. Tone 6

¶ Glory ... Both now ...

Prefiguring your Resurrection, O Christ God, you took your three Disciples, Peter and James and John, and you went up Mount Tabor. As you were transfigured, O Savior, Mount Tabor was covered with light. Your Disciples, O Word, threw themselves down to the ground, unable to bear the sight of your unseeable form. Angels served with fear and trembling, the heavens shuddered and the earth quaked, seeing upon the earth the glory of the Lord.

¶ The Hymn of Thanksgiving and the Evening Prokeimenon of the day, followed by three readings:

† Exodus 33:11-23; 34:4-6, 8.

‡ III Kings 19:3-9, 11-13, 15-16.

1. Exodus (24:12-18)
2. Exodus (Composite 15†)
3. III Kings (Composite 23‡)

Aposticha. Tone 1

Of old, he spoke to Moses on Mount Sinai through symbols, saying: I am HE WHO IS; today, he is transfigured on Mount Tabor before his Disciples, showing them the original beauty of the image, haven taken on human nature. He presented Moses and Elijah as witnesses of this grace, making them partakers of gladness, prefiguring the glory that would come through the Cross and the saving Resurrection.

¶ The heavens are yours, and the earth is yours; you founded the world and the fullness of it.

David, the ancestor of God, foresaw in the Spirit your coming to mankind in the flesh, O only-begotten Son, and he called on all creation to rejoice, saying prophetically: Tabor and Hermon will rejoice in your Name. Now, O Savior, having gone up that very mountain with your Disciples, you were transfigured, causing the darkened nature to shine again, changing it into the glory and splendor of your divinity. Therefore, we cry out to you: O Maker of all, O Lord, glory to you!

✠ *Tabor and Hermon will rejoice in your Name.*

Your foremost Apostles, when they saw your unbearable splendor and your unapproachable divinity, O beginningless Christ, were overtaken by divine ecstasy. And when they were covered with a radiant cloud, they heard the Father's voice confirming the mystery of your incarnation, that, having become man, you remain the only-begotten Son and Savior of the world.

Doxasticon. Tone 6

✠ *Glory ... Both now ...*

To Peter and James and John, your foremost Disciples, O Lord, you have revealed the glory of your divine appearance today on Mount Tabor. They saw your garments illumined as with light, and your face shining brighter than the sun. And unable to bear your overwhelming radiance, they fell to the ground, lacking strength to look any longer. Then a voice bearing witness was heard from above: This is my beloved Son, who has come into the world to save mankind.

Apolytikion. Tone 7

You were transfigured on the mountain, O Christ our God, re-

vealing your glory to your Disciples insomuch as each could bear it. Shine forth your everlasting light on us sinners, too, through the intercessions of the Mother of God. O Giver of Light, glory to you.

**AUGUST 6
AT MIDNIGHT**

¶ *The Sunday order of the Midnight Office is used, with the Liti hymns being chanted in place of the Canon to the Trinity:*

Hymns at the Liti. Tone 2

With your light, you sanctified the whole world; on a high mountain, you were transfigured, O Good One; to your Disciples, you revealed your power, that you might deliver the world from transgression. Therefore, we cry out to you: O compassionate Lord, save our souls!

○ Christ our God, transfigured on Mount Tabor in glory, and showing your Disciples the glory of your Godhead, illumine us also with the light of your knowledge, and guide us in the path of your commandments, as you alone are good and love mankind.

Christ, the Light from before the sun, went upon the earth in the flesh; and before the Cross, he fulfilled all things in his di-

vine economy. Today on Mount Tabor, he mystically reveals the image of the Trinity. Taking his three chosen Disciples, Peter and James and John, he led them up with himself. And for a moment, he hid the flesh he had taken, and he was transfigured before them, revealing the majesty of his original beauty, though not completely. While allowing enough to inform them, as much as their bodily eyes could bear, he spared them, lest the full vision take away their life. And you summoned the foremost of the Prophets, Moses and Elijah, who bore witness to your divinity, that he is the true radiance of the Father's Essence, the Lord of the living and the dead. Then a cloud came upon them like a tabernacle, and the voice of the Father above came from the cloud, audibly bearing witness and saying: This is he, whom I incorruptibly begat from the womb before the morning star, my beloved Son, whom I sent to save those who are baptized in the Name of the Father and the Son and the Holy Spirit, and who confess with faith that the one dominion of the Godhead is undivided. Listen to him! O Lover of mankind, Christ our God, we

pray: Illumine us with the light of your unapproachable glory, and show us to be worthy heirs of your everlasting kingdom, as you are supremely good.

Doxastica. Tone 5

✠ *Glory to the Father...*

○ come, let us go up to the mountain of the Lord, and to the house of our God, and let us contemplate the glory of his Transfiguration, glory as of the Only-begotten of the Father. By light let us receive light; and let us, borne aloft in spirit, hymn the consubstantial Trinity to the ages.

✠ *Both now and forever...*

Seeing you in the cloud, O Christ, Moses the God-seer and Elias the fiery charioteer and traveler to heaven unconsumed by fire, bore witness at your Transfiguration to you as maker and fulfiller of Law and Prophets. With them, O Master, count us also worthy of your illumination, to sing your praise to the ages.

**AUGUST 6
AT MATINS**

First Poetic Kathisma. Tone 4

Revealing the transformation of mankind that will happen at your awesome Second Com-

ing, O Savior, you were transfigured on Mount Tabor. Elijah and Moses conversed with you, and the three chosen Disciples were summoned to behold your glory, O Master, and they were dazzled at your radiance. As you shone forth your light upon them, so also illumine our souls.

Second Poetic Kathisma. Tone 4

You were transfigured on Mount Tabor, O Jesus, and a radiant cloud spread out like a tabernacle, covering the Apostles with your glory. They fell down to the ground, unable to bear the sight of your face's unapproachable glory, O beginningless Savior, Christ our God. As you shone forth your light upon them, so also illumine our souls.

¶ *The Polyeleos, with the selected festal verses from the Psalter.*

Third Poetic Kathisma. Tone 4

You ascended the mountain with your Disciples, and you shone forth with the glory of the Father, with Moses and Elijah present with you. For the Law and the Prophets serve you as God, and the Father, declaring Christ's natural Sonship, called him his Son, whom we glorify, together with you and the Spirit.

¶ *The Festal Anavathmi, From my youth, and the Prokeimenon:*

Prokeimenon. Tone 4

℞ Tabor and Hermon will rejoice in your Name.

℣ *The heavens are yours, and the earth is yours; you founded the world and the fullness of it.*

Festal Gospel

The Holy Gospel according to Luke. (9:28-36; §45)

¶ *But in some traditions, the account from Mark is read at Matins:*

The Holy Gospel according to Mark. (9:2-9; §38)

After Psalm 50. Tone 2

℣ *Glory to the Father...*

℞ Through the prayers of the Apostles, O Merciful One, blot out the multitude of my transgression.†

℣ *Both now and forever...*

℞ Through the prayers of the Mother of God, O Merciful One, blot out the multitude of my transgression.†

℣ *Have mercy on me...*

With your light, you sanctified the whole world; on a high mountain, you were transfig-

† *But in some traditions:* All things are filled with joy today, for Christ is transfigured before his disciples.

ured, O Good One; to your Disciples, you revealed your power, that you deliver the world from transgression. Therefore, we cry out to you: O compassionate Lord, save our souls!

Kontakion. Tone 7

You were transfigured on the mountain, O Christ God, and your Disciples saw your glory, as far as they were able; so that when they saw you crucified, they might understand that your Passion was voluntary, and proclaim to the world that you are truly the brightness of the Father.

Ikos

Awake, O my lazy soul; do not lie forever on the ground! And you thoughts of mine that drag my soul down to the earth, arise and go up to the summit of the divine ascent! Let us run to join Peter and the sons of Zebedee, and go up with them to Mount Tabor, that we may also see the glory of our God and hear the voice which they heard from heaven; and they proclaimed to the world that you are truly the brightness of the Father.

¶ *The Katavasiae of the Cross (page 699). And in place of the Song of the Mother of God, the Ninth Ode:*

Ninth Ode

First Canon. Tone 4

Your childbirth was shown to be without corruption; God came forth from your womb, incarnate, dwelling on earth among men, O Mother of God; therefore we all magnify you.

℣ *Glory to you, our God, glory to you.†*

Your childbirth was shown to be without corruption; God came forth from your womb, incarnate, dwelling on earth among men, O Mother of God; therefore we all magnify you.

℣ *Glory to you, our God, glory to you.*

A sound thundered from the cloud: the voice of God confirming the wonder. For the Father of Lights cried out to the Apostles: This is my beloved Son. Listen to him!

℣ *Glory to you, our God, glory to you.*

Having seen strange and marvelous wonders, and having heard the voice of the Father on Tabor, the servants of the Word cried out: This is the Imprint of the Prototype; this is our Savior!

† *But in some traditions the magnification:* Magnify, O my soul, the Lord who was transfigured on Mount Tabor is sung before each Troparion.

Blessed are you, O Savior! Have mercy on us.

Martha and Mary said to the Savior: If you had been here, O Lord, then Lazarus would not have died. But Christ, the Resurrection of those fallen asleep, raised him from the dead after four days. O come, all you faithful, let us worship him who is coming in glory to save our souls.

You granted signs of your divinity to your Disciples, O Christ, but you humbled yourself among the crowds, desiring to conceal it. Knowing all things as God, you foretold the death of Lazarus to your Apostles. But in Bethany, you stood among the people and asked in your humanity where your friend's tomb was, and you raised up the man four days after death, manifesting to all your power as God. O Almighty Lord, glory to you.

Tone 4

You raised your friend after four days, O Christ, ending the lamentation of Martha and Mary. You demonstrated to all that you fill all things by your divine sovereignty and your own free will. The Cherubim cry out ceaselessly: Hosanna in the highest! Blessed are you, the God of all. Glory to you!

Martha cried to Mary: Come, for the Teacher is here, and he is calling for you. She ran to the Lord, fell down, and worshiped him; and kissing his immaculate feet, she said: O Lord, if you had been here, our brother would not have died.

Tone 8

Four days after his death, you raised up Lazarus in Bethany; for coming to the tomb, the sound of your voice became life to the dead man. Hades groaned in fear and released him. Great is this wonder! O merciful Lord, glory to you.

O Lord, you said to Martha: I am the Resurrection; and you fulfilled your words by your deeds, calling Lazarus out of Hades. Raise me also, for I am dead in passions, I pray, O compassionate Lover of mankind.

Doxasticon. Tone 2

Today a great and marvelous miracle has come to pass. For Christ has called out to a corpse, four days dead, and raised his friend from the tomb. Let us glorify him, for he is most glorious, that by the prayers of righteous Lazarus, he may save our souls.

¶ *The Sunday Theotokion*, You are most blessed, and *The Great Doxology*.



HOLY WEEK

PALM SUNDAY

SATURDAY EVENING AT VESPERS

O Lord, I Have Cried. Tone 6

¶ *Sing to ten verses.*

Today the grace of the Holy Spirit has gathered us together, and taking up the Cross, we all say: Blessed is he who comes in the Name of the Lord. Hosanna in the highest! (2)

He who has heaven as his throne and earth his footstool, the Word and co-eternal Son of God the Father, having come to Bethany, showed his humility today on the colt of a dumb animal. Therefore, the children of the Hebrews, holding branches in their hands, sang his praise and cried: Hosanna in the highest! Blessed is he who comes, the King of Israel. (2)

Let us also, all the new Israel, the Church from the nations, come today, and let us cry out:

Rejoice greatly, O daughter of Zion. Proclaim it, O daughter of Jerusalem. For see, your King is coming to you, meek and bringing salvation, and mounted on the colt of an ass, offspring of a beast of burden. Celebrate with the children. Holding branches in your hands, shout his praise: Hosanna in the highest! Blessed is he who comes, the King of Israel. (2)

Prefiguring for us your holy Resurrection, O loving Lord, you raised a dead man from the grave by your command: Lazarus, your lifeless friend, who by the fourth day had begun to stink. So also, as a symbol, you mounted the colt, O Savior, borne as on a chariot and giving a sign to the nations. So also, Israel, your beloved, offers you praise from mouths of sucklings and innocent babes, as they see you coming to the Holy City, O Christ, six days before the Passover. (2)

Six days before the Passover, Jesus came to Bethany and his Disciples approached him, saying: O Lord, where do you wish us to prepare for you to eat the Passover? But he sent them, saying: Go to the village opposite, and you will find a man carrying a pitcher of water. Follow him and say to the master of the household: The Teacher says: I am celebrating Passover with you along with my Disciples. (2)

Doxastica. Tone 6

✠ Glory to the Father...

Today the grace of the Holy Spirit has gathered us together, and taking up the Cross, we all say: Blessed is he who comes in the Name of the Lord. Hosanna in the highest!

✠ Both now and forever...

Today the grace of the Holy Spirit has gathered us together, and taking up the Cross, we all say: Blessed is he who comes in the Name of the Lord. Hosanna in the highest!

¶ *The usual Saturday Evening Prokeimenon. Then:*

Readings

Genesis 49:1-2, 8-12

Jacob called his sons and said to them, "Gather around, that I may tell you what will happen

to you in the last days. Assemble together and hear me, sons of Jacob; hear Israel, hear your father.

"Judah, your brothers will praise you, and your hands will be on the backs of your enemies; your father's sons will bow down before you.

"Judah is a lion's cub. From a tender shoot, my son, you have gone up. He crouches down, he stretches out like a lion, like a cub. Who will wake him?

"A ruler will not be lacking from Judah, nor a leader from his thighs, until the things prepared for him have come. He is the expectation of the nations.

"Binding his foal to the vine, and his donkey's colt to the branch, he will wash his robe in wine, and his cloak in the blood of the grape. His eyes are more cheering than wine, and his teeth are whiter than milk."

Zephaniah 3:14-19

The Lord says: Rejoice, O daughter of Zion! Proclaim, O daughter of Jerusalem! Be glad, and exult with your whole heart, O daughter of Jerusalem! The Lord has taken away your sins; he has ransomed you from the hand of your enemies. The Lord, the King of Israel, is among you. You will not see evil

anymore. Then the Lord will say to Jerusalem: Be of good courage, O Zion! Do not let your hands grow weak. The Lord your God is among you; the Mighty One will save you. He will bring you joy, and will refresh you with his love. He will rejoice over you with delight as on a feast day. And I will gather your afflicted ones. Alas! Who has taken up a reproach against you? Behold, I will work in you for your sake at that time, and I will save the oppressed, and receive the rejected. I will make them praised and honored in all the earth.

Zechariah 9:9-15

Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you in justice, bringing salvation. He is meek and riding on a donkey, on a young foal. He will destroy the chariots out of Ephrem, and the war horse out of Jerusalem, and the bow of war will be utterly destroyed. Peace will abound among the nations. He will rule over the waters as far as the sea, and the rivers to the ends of the earth.

And as for you, by the blood of my covenant with you, I will free your prisoners from the

waterless pit. You will dwell in fortresses, you prisoners of the congregation. For each day of your exile, I will repay you double. I have bent you, O Judah, as a bow for myself. I have filled Ephrem, and I will raise up your children, O Zion, against the children of the Greeks; I will handle you like a warrior's sword. Then the Lord will appear over them, and his arrow will fly as lightning. The Lord Almighty will blow the trumpet, and will proceed with the roar of his threatening. The Lord Almighty will protect them.

Aposticha. Tone 8

Rejoice and be glad, O city of Zion; exult and be joyful, O Church of God. For see, your King has come with justice, seated upon a colt, praised by children: Hosanna in the highest! Blessed are you, who have great compassion. Have mercy on us.

✠ From the mouth of babes and sucklings you have perfected praise.

Today the Savior came to the city of Jerusalem to fulfill the Scripture. And all took palms in their hands, spread their garments before him, knowing that he is our God, to whom the Cherubim cry without ceasing: Hosanna in the highest! Bless-

ed are you, who have great compassion. Have mercy on us.

✠ O Lord, our Lord, how wonderful is your Name in all the earth!

You, who ride on the Cherubim and are praised by the Seraphim, mounted like David on a colt, O loving Lord. And children sang your praise in a manner fitting God. Jews unlawfully blasphemed you. Your sitting on a colt prefigured how the untamed nations were being changed from unbelief to faith. Glory to you, O Christ, who alone are merciful and love mankind.

Doxastica. Tone 6

✠ Glory to the Father...

Today the grace of the Holy Spirit has gathered us together, and taking up the Cross, we all say: Blessed is he who comes in the Name of the Lord. Hosanna in the highest!

✠ Both now and forever...

Today the grace of the Holy Spirit has gathered us together, and taking up the Cross, we all say: Blessed is he who comes in the Name of the Lord. Hosanna in the highest!

Apolytikion. Tone 1

Assuring us before your Passion of the general Resurrec-

tion, you raised Lazarus from the dead, O Christ God. Therefore, like the children, we also carry tokens of victory, and we cry to you, the Conqueror of death: Hosanna in the highest! Blessed is he who comes in the Name of the Lord.

Another Apolytikion. Tone 4

Buried with you through Baptism, O Christ our God, we have been granted immortal life by your Resurrection, and we sing your praises, crying: Hosanna in the highest! Blessed is he who comes in the Name of the Lord.

SUNDAY AT MIDNIGHT

¶ *The Liti hymns are chanted in place of the Canon to the Trinity:*

Hymns at the Liti. Tone 1

The All-holy Spirit, who taught the Apostles to speak in other strange tongues, himself inspires the innocent children of the Hebrews to cry out: Hosanna in the highest! Blessed is he who comes, the King of Israel.

The Son and Word of the Father, like him without beginning and co-eternal, came today to the city of Jerusalem, seated on the colt of a dumb animal. The One whom the Cheru-

bim cannot gaze upon with fear Children praise with palms and branches, as mystically they raise the song: Hosanna in the highest to him who has come to save our whole race from error.

Six days before the Passover your voice was heard, O Lord, in the depths of Hades. From it you raised Lazarus, dead for four days, while the children of the Hebrews cried out: Hosanna! O our God, glory to you!

Tone 2

As you entered the Holy City, O Lord, seated on the colt, you were hastening to your Passion, that you might fulfil the Law and the Prophets, while the Children of the Hebrews, foreshadowing the victory of your Resurrection, met you with branches and palms, saying: Blessed are you, O Savior. Have mercy on us.

Glory to you, O Christ, who are seated on the throne in the highest and are now awaited with your precious Cross. And so the daughter of Zion is glad, the nations of the earth rejoice. Children hold branches, the Disciples tunics; and the whole inhabited world was taught to cry out to you: Blessed are you, O Savior. Have mercy on us.

Doxasticon. Tone 3

Six days before the Passover was to take place, Jesus came to Bethany to call back Lazarus who had been dead for four days and to proclaim beforehand the Resurrection. Women also came to meet him, Martha and Mary, the sisters of Lazarus, crying out to him: O Lord, if you had been here, our brother would not have died. Then he said to them: Did I not tell you before, one who believes in me, even though they die, will live? Show me where you have laid him. And the Creator of all things cried to him: Lazarus, come forth!

SUNDAY MORNING AT FESTAL MATINS

¶ *Use the order of Festal Matins. At The Lord is God, sing the first Apolytikion, Assuring us before your Passion, twice; and the second, Buried with you, once.*

First Poetic Kathisma. Tone 4

Cleansed in soul, let us, like the children, with branches spiritually praise Christ with faith, as we cry with a loud voice to the Master: Blessed are you, O Savior, who came into the world to save Adam from the ancient curse, becoming spiritually a new Adam, O Lover of mankind, as you were well

with the Father, and equal in honor with me, whom you see being taken up and riding upon a cloud of light.

✠ *Angels, seeing the Ascent of the Master, were amazed at how he was raised with glory from earth to things above.*

The majesty of him who became poor in the flesh has been raised above the heavens and our fallen nature has been honored by sitting with the Father. Let us keep festival and all cry aloud with one accord, and gladly clap our hands.

THEOTOKION

✠ *Angels, seeing the Ascent of the Master, were amazed at how he was raised with glory from earth to things above.*

The Light which shone from Light dawned from you, dispelled all the blackness of atheism and led to the light those who slept in night; and so, as is fitting, to the ages we ever call you blessed.

Katavasia. Tone 4

Hail, O Queen, glorious virgin mother; for every fluent, every eloquent mouth with oratory has not the strength to sing you worthily; but every mind is dizzy when it seeks to understand your giving birth; therefore with one accord we glorify you.

Exapostilarion. Tone 2

With your Disciples watching you, O Christ, you were taken up to the Father to take your seat with Him. Angels ran forward, crying out: Lift up the gates, lift up, for the King has gone up to the glory, Source of light. (3)

Lauds. Tone 1

☩ Sing to four verses.

Let us in the world keep festival like the Angels, for God who is borne upon a throne of glory, as we cry aloud the hymn: Holy are you, O heavenly Father; holy are you, O co-eternal Son; holy are you, O All-holy Spirit. (2)

The princes of the Angels, O Savior, as they saw the strangeness of your ascent, were perplexed and said to one another: What is this sight? Human he seems in form, yet as God, he ascends with a body far above the heavens.

The men of Galilee, seeing you, O Word, taken up from the Mount of Olives with a body, heard Angels crying out to them: Why do you stand gazing? He will come again in the flesh in the same way that you have seen him.

Doxasticon. Tone 2

You were born, as you yourself willed; you appeared, as you yourself wished; you suffered in the flesh, O our God; you rose from the dead, having trampled on death; you were taken up in glory, who fill the universe, and you sent us the divine Spirit, that we might hymn and glorify your God-head.

☩ The Great Doxology.

6TH SUNDAY AFTER PASCHA: THE HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL

☩ Use the Sunday Resurrection service in Tone 6, combined with the General Service to the Holy Fathers (page 746) as a Class III Sunday.

7TH WEEK AFTER PASCHA

☩ The Apolytikion and Kontakion of the Ascension are used at the services every day, through Friday.

On Friday, we take leave of the Feast of the Ascension. Use the regular Weekday Offices and the Festal service (pages 1148, ff.) as a Class IV commemoration. (The Readings at Vespers are omitted; at Matins there is no Polyeleos, Anavathmi, or Gospel reading.)

7TH SATURDAY AFTER PASCHA: SATURDAY OF SOULS

☩ Use the ordinary Saturday variables from the Octoechos in the tone of the week, and the order of Saturday Matins with the hymns and prayers for the departed.

THE SUNDAY OF PENTECOST

SATURDAY EVENING AT VESPERS

O Lord, I Have Cried. Tone 1

☩ Sing to ten verses.

We celebrate Pentecost and the coming of the Spirit, the appointed time of the promise and the fulfillment of hope. How great is the Mystery? Great indeed and revered! And so, we cry out to you: O Creator of all, Lord, glory to you! (2)

With tongues of foreigners, O Christ, you renewed your Disciples, that, through them, they might proclaim you, the immortal Word and God, who grant our souls your great mercy.

The Holy Spirit gives all things: makes prophecies flow, perfects priests, taught the unlettered wisdom, revealed fish-

ermen to be theologians, welds together the whole institution of the Church. Consubstantial and equal in majesty with the Father and the Son, O our Advocate, glory to you.

Tone 2

We have seen the true Light; we have received the heavenly Spirit; we have found the true Faith, as we worship the undivided Trinity; for the Trinity has saved us. (2)

In the Prophets, you announced to us the way of salvation, our Savior; and in the Apostles, shone the grace of your Spirit; you are God, first of all and in the future; and to the ages you are our God.

In your courts, I will sing your praise as the Savior of the world, and bending the knee, I will worship your invincible power, at evening and morning and midday, and at every moment, I will bless you, O Lord.

In your courts, O Lord, bending the knee of soul and body, we the faithful praise you, the Father without beginning, and the Son, likewise without beginning, and the co-eternal and All-holy Spirit, who enlightens and hallows our souls.

Let us sing the praise of the consubstantial Trinity, Father

and Son with the Holy Spirit; for thus, all the Prophets proclaimed, and the Apostles with the Martyrs.

Doxasticon. Tone 8

Come, O you peoples, let us worship the Godhead in three persons: the Son in the Father, with the Holy Spirit; for the Father timelessly begot the Son, co-eternal and co-reigning, and the Holy Spirit was in the Father, glorified with the Son; one Power, one Essence, one Godhead, whom we all worship as we say: Holy God, who created all things through the Son, with the co-operation of the Holy Spirit. Holy Mighty, through whom we have come to know the Father, and through whom the Holy Spirit came into the world. Holy Immortal, the Advocate Spirit, who proceeds from the Father and rests in the Son. O Holy Trinity, glory to you.

¶ *The usual Sunday Evening Prokeimenon, The Lord is King.*

Readings

Numbers 11:16-17, 24-29

The Spirit of God came upon Balaam, and he spoke in parables:

“How fair are your houses, O Jacob, and your tents, O Israel! Like shady groves, and like gardens by the riverside, like tents planted by the Lord, like cedars beside the waters.

“A man will come from his seed, and he will rule over many nations; his kingdom will be exalted, and his kingdom will increase. God led him out of Egypt; his glory is like that of a unicorn; he will consume the nations of his enemies, and he will suck the marrow from their bones. He will pierce his enemies with his arrows. He lay down, he rested like a lion, like a young lion; who will wake him? Those who bless you are blessed, and those who curse you are cursed.

“A star will rise out of Jacob, a man will spring out of Israel; he will crush the princes of Moab, and plunder all the sons of Seth. Edom will be an inheritance, and Esau his enemy will be an inheritance, and Israel did valiantly.”

Joel

2:23-32

The Lord says: Rejoice and be glad in the Lord, O children of Zion, for he has given you food fully, and he will send his rain, with the early and latter rains, as before. The threshing

floors will be full of wheat, and the presses will overflow with wine and oil.

I will repay you for the years which the locust, and the caterpillar, and the palmerworm, and the cankerworm have eaten, and my great army which I sent against you. You will have plenty to eat, and will be satisfied. You will praise the Name of the Lord you God for the things he has done to you, and my people will no longer be ashamed.

And you will know that I am among the people of Israel, and that I am the Lord your God, and that there is no one else beside me. My people will never be ashamed again. And after this, I will pour out my Spirit on all flesh. Your sons and your daughters will prophesy, and your old men will dream dreams, and your young men will see visions. In those days, I will pour out my Spirit on my servants and on my handmaidens.

I will show wonders in heaven and on the earth; blood, and fire, and vapor of smoke. The sun will turn into darkness, and the moon into blood, before the great and glorious day of the Lord comes. Whoever calls on the Name of the Lord

will be saved. In Mount Zion and in Jerusalem will be salvation, as the Lord has said, and those who hear the preaching of the good news, whom the Lord has called.

Ezekiel 36:24-28

The Lord says: I will take you from among the nations, and gather you from all the lands, and bring you into your own land. I will sprinkle clean water on you, and you will be purified from all your impurities, and from all your idols, and I will purify you. I will give you a new heart, and I will put a new spirit in you. I will take your heart of stone out from you, and I will give you a heart of flesh. I will put my Spirit in you, and lead you in my laws and keep my judgments, and do them. You will dwell in the land which I gave to your fathers, and you will be my people, and I will be your God.

Aposticha. Tone 6

The nations, O Lord, not knowing the power of the All-holy Spirit which had come to the Apostles, thought the change of tongues was drunkenness; but we, established by them, unceasingly say: Do not take your Holy Spirit from us,

we implore, O Lover of mankind.

✠ Create a clean heart in me, O God, and renew a right Spirit within me.

The coming of the Holy Spirit, O Lord, filled your Apostles and made them ready to speak in other tongues; therefore, the marvel was thought by the unbelieving to be drunkenness, but by believers, to be the agent of salvation; make us also worthy of its illumination, we implore, O Lover of mankind.

✠ Do not cast me out from your presence, and do not take your Holy Spirit from me.

O Heavenly King, Comforter, Spirit of Truth, present everywhere, filling all things, Treasury of blessings and Giver of life; come and dwell in us, cleanse us from every stain, and, O Good One, save our souls.

Doxasticon. Tone 8

Once, tongues were confused through the presumption of building the tower; but now, tongues have been made wise through the glory of the knowledge of God. There, God condemned the impious for their offense; here, Christ has enlightened the Fishermen with the Spirit. Then, discord was

wrought for punishment; now, concord is renewed for the salvation of our souls.

Apolytikion. Tone 8

Blessed are you, O Christ our God, who revealed the Fishermen to be most wise by sending down to them the Holy Spirit, and so, through them, catching the whole world in a net: O Lover of mankind, glory to you!

**SUNDAY
AT MIDNIGHT**

¶ *The Liti hymns are chanted in place of the Canon to the Trinity:*

Hymns at the Liti. Tone 2

In the Prophets you announced to us the way of salvation, O our Savior, and in the Apostles shone the grace of your Spirit; you are God first of all, and in the future; and to the ages you are our God.

In your courts I will sing your praise as the Savior of the world, and bending the knee I will worship your invincible power, at evening and morning and midday, and at every moment I will bless you, O Lord.

In your courts, O Lord, bending the knee of soul and body we the faithful praise you, the Father without beginning, and

the Son, likewise without beginning, and the co-eternal and All-holy Spirit, who enlighten and hallows our soul.

Doxasticon. Tone 8

✠ Glory ... Both now ...

When you sent down your Spirit, O Lord, to the Apostles as they were sitting, then the children of the Hebrews saw it and were beside themselves with amazement; for they were hearing them speaking in other, strange tongues, as the Spirit gave them; for though simple men, they had been made wise; and having caught the nations for the faith, were preaching things divine; and we also cry out to you: You appeared on earth and saved us, O Lord, glory to you.

**AT MATINS ON
SUNDAY MORNING**

¶ *Use the order of Festal Matins. No hymns for the Resurrection are sung.*

First Poetic Kathisma. Tone 4

O believers, let us radiantly celebrate the last of the Feasts and the final Feast; for this is Pentecost, fulfillment of the promise and the appointed time; for on this day, the fire of the Advocate came down

marvelous Palace of the Master, make me a dwelling of the Holy Spirit. O Mother of God, heal the ever-present 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 Gehenna. Expose me, as I am guilty of many sins; and renew me, O Most-pure one, as I have grown old in my senseless sins. Present me unscathed by all torments, and pray for me to the Lord of all. Grant that I may receive the joys of heaven with all the Saints. O most-holy Virgin, hear the voice of your worthless slave. Grant me floods of tears, O Most-pure one, to wash away the impurity of my soul. I offer you the unceasing groans of my heart. Strive for me, O Sovereign Lady; accept my prayer and offer it to Compassionate God. As you are higher than the Angels, raise me above this world's confusion. As you are the heavenly Tabernacle that bears the Light, guide the Spirit's grace within me. I raise my defiled, filthy hands to you, the All-pure one. Deliver me from the evils which corrupt my soul, and intercede fervently with Christ, to whom is due all honor and worship, both

now and forever, and to the ages of ages. Amen.

Prayer to Our Lord Jesus Christ

O MY most-merciful, all-merciful God, Lord Jesus Christ, in your great love you came down to take on our flesh and save all. Again, O Savior, save me by your grace, I pray; for if you saved me for my works, this would not be grace or a gift, but rather a duty. Indeed, O my Christ, in your infinite compassion and unspeakable mercy, you have said: Whoever believes in me will live and never see death. If faith in you saves those who are desperate, save me, O my Lord and Maker! O God, you will not find any deeds which could justify me, so accept my faith instead. Let my faith be enough for all my deeds; may it answer for me, may it acquit me, and may it enable me to partake of your eternal glory. Do not let Satan seize me, O Word, and boast that he has torn me out of your hand and sheepfold. O Christ my Savior, whether I desire it or not, save me. Hurry, come quickly, quickly, for I am perishing! You are my God from my mother's womb. Grant that I may love you, O Lord, now as much as

I once loved sin, and to work diligently for you, as much as I once worked for that deceiver, Satan. Above all, I will work for you, O my Lord and God, Jesus Christ, all the days of my life, both now and forever, and to the ages of ages. Amen.

Prayer to the Guardian Angel

O HOLY Angel, overseer of my wretched soul and miserable life, do not abandon me, a sinner; do not desert me because of my inconstancy; leave no place for the evil demon to obtain dominion over me by gaining control of this mortal body; strengthen my wretched and feeble hand, and guide me into the way of salvation. Yes, O Holy Angel of God, guardian and protector of my wretched soul and body, pardon me all the things by which I have distressed you all the days of my life, and whatever sins I have committed during the past night; shelter me in the coming day and protect me from every abuse of the adversary, that I may not anger my God by any sin; and intercede for me to the Lord, to strengthen me in his fear, and show me to be a worthy servant of his goodness. Amen.

Prayer to the Mother of God

O MY most holy Lady, Mother of God, by your holy and all-powerful prayers, banish from me, your humble and pitiful servant, all despair, forgetfulness, foolishness, carelessness, and all impure and evil and blasphemous thoughts from my miserable heart and darkened mind. And quench the flame of my passions, for I am poor and downtrodden, and deliver me from my many cruel memories and deeds, and set me free from all their ill effects. For you are blessed by all generations, and your honorable name is glorified to the ages of ages. Amen.

Prayer of the Optina Elders

O LORD, grant that I may face the coming day, with all it brings, in peace of mind. In all things, grant that I may rely completely on your holy will. In every hour of this day, teach and support me in all things. Whatever comes my way today, teach me to accept it in peace, with the knowledge that all things work out to the fulfillment of your holy will. Rule over my thoughts and feelings, in all I do and say. In unforeseen events, cause me to remember that all things come from you.

Teach me to act sincerely and wisely toward everyone, that I may bring confusion and sorrow to none. Strengthen me, O Lord, to endure the fatigue of the day, and to bear my part in all its passing events. Direct my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen.

Prayer of Saint Patrick

I BIND unto myself today the mighty power in calling upon the Trinity, the Faith of the Trinity in Unity, the Maker of the Universe.

I bind unto myself today the might of the Incarnation of Christ with that of his Baptism, the might of his Crucifixion with that of his Burial, the might of his Resurrection with that of his Ascension, the might of his Coming on the day of judgment.

I bind unto myself today the power in the love of the Seraphim, in the obedience of the Angels, in the ministry of the Archangels, in the hope of resurrection unto reward, in the prayers of the Patriarchs, in the predictions of the Prophets, in the preaching of the Apostles, in the faith of the Confessors, in the purity of the holy Virgins, in the deeds of righteous

men.

I bind unto myself today the power of Heaven, the brightness of the sun, the whiteness of snow, the splendor of fire, the speed of lightening, the swiftness of wind, the depth of the sea, the stability of the earth, the firmness of rocks.

I bind unto myself today God's power to steer me, God's might to uphold me, God's wisdom to teach me, God's eye to watch over me, God's ear to hear me, God's word to give me speech, God's hand to guide me, God's way to lie before me, God's shield to shelter me, God's host to secure me; against the snares of demons, against the attraction of sin, against the lusts of nature, against everyone who plots harm against me, whether far or near, whether few or with many.

I call today upon all these virtues against every hostile, merciless power which may attack my body and my soul, against the incantations of false prophets, against the black laws of heathenism, against the false laws of heresy, against the deceits of idolatry, against the spells of witches, and smiths, and druids, against every knowledge that blinds the soul of man. O Christ, protect me

today against poison, against burning, against drowning, against wounding, that I may receive abundant reward.

Christ with me, Christ before me, Christ behind me, Christ within me, Christ below me, Christ above me, Christ at my right, Christ at my left, Christ in lying down, Christ in sitting, Christ in rising up. Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks to me, Christ in every eye that sees me, Christ in every ear that hears me.

I bind unto myself today the mighty power in calling upon the Trinity, the Faith of the Trinity in Unity, the Maker of the Universe.

Salvation is of the Lord; salvation is of the Lord; salvation is of Christ. May your salvation, O Lord, be with us forever. Amen.

Hymn of Saint Ambrose

WE praise you, O God; we acknowledge you to be the Lord.

All the earth magnifies you, the eternal Father.

All the Angels, the heavens and all the Hosts.

The Cherubim and Seraphim, without ceasing cry out to you: Holy, holy, holy O Lord God of

Powers;

Heaven and earth are full of your glory.

The glorious choir of the Apostles praise you.

The praiseworthy company of the Prophets praise you.

The radiant army of the Martyrs praise you.

The holy Church throughout all the world acknowledges you:

The Father of incomprehensible majesty,

Your worshipful, true, and Only-begotten Son,

And the Holy Spirit, the Comforter.

You are the King of glory, O Christ.

You are the eternal Son of the Father.

Taking upon yourself the redemption of mankind, you did not reject the Virgin's womb.

Overcoming the sting of death, you opened the Kingdom of heaven to believers.

You sit at God's right hand in the Father's glory.

We believe that you will come to be our Judge.

And so we pray: Help your servants, whom you have redeemed with your precious blood.

Grant that they may reign with your Saints in eternal glory.

O Lord, save your people, and bless your inheritance.

Guide them and raise them up forever.

Every day I will bless you, and praise your Name forever and to the ages of ages.

Grant, O Lord, this day to keep us without sin.

Have mercy on us, O Lord, have mercy on us.

May your mercy be upon us, O Lord, as we have put our hope in you.

O Lord, our hope is in you; may we not be ashamed in the age to come. Amen.

PRAYERS AT THE TABLE

BEFORE MEALS

OUR Father in heaven, may your Name be hallowed, your Kingdom come, your will be done on earth as in heaven. Give us today our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one.

Glory ... Both now ...
Lord, have mercy. (3)

¶ Add one of the following prayers:

CHRIST our God, bless the food and drink of your servants, for you are holy always; both now and forever, and to the ages of ages. Amen.

THE poor shall eat and be filled, those who seek the Lord shall praise him; their hearts shall live forever, and to the ages of ages. Amen.

LORD, bless us and these gifts of which we are about to partake, for you are blessed and glorified; both now and forever, and to the ages of ages. Amen.

AFTER MEALS

CHRIST our God, we thank you that you have satisfied us with your earthly gifts. Do not deprive us of your heavenly kingdom; but as you entered among your disciples and gave them peace, O Savior, enter among us and save us.

Glory ... Both now ...
Lord, have mercy. (3)

¶ Add one of the following prayers:

GOD is with us, who in his mercy nourishes us by his grace and love for mankind; both now and forever, and to the ages of ages. Amen.

YOU have made us glad by your works, O Lord, and we have rejoiced in the works of your hands. The light of your countenance has been marked upon us, O Lord; you have given

joy to our hearts. From the fruit of their wheat, wine and oil they have been multiplied. We will lie down in peace and sleep at once. For you, O Lord, alone have made us dwell in hope. Amen.

BLESSED is our God, who is merciful to us and provides for us from our birth and gives good things to all flesh. May he fill our hearts with joy and gladness, so that as we earn our daily bread, we may increase in every good deed, blessing his holy Name of the Father, and the Son, and the Holy Spirit; both now and forever, and to the ages of ages. Amen.

GLORY to you, O Lord. Glory to you, O Holy One. Glory to you, O King, for you have granted us food for nourishment. Now fill us also with your Holy Spirit, that we may be found acceptable in your sight and stand assured in the judgment when you reward each one according to his deeds. Amen.

EVENING PRAYERS

Prayer of Saint Macarius to God the Father

ETERNAL God and King of all creation, you have

granted me to pass through this day and arrive at this hour. Forgive me the sins that I have committed today in word, deed, and thought. O Lord, cleanse my humble soul from all defilement of flesh and spirit. And, O Lord, grant me to pass through my sleep tonight in peace, that I may rise from my bed again to please your most-holy Name all the days of my life, and to conquer my flesh and the bodiless enemies who fight against me. O Lord, deliver me from all vain and frivolous thoughts, and from evil desires which defile me. For yours is the Kingdom and the power and glory of the Father, Son, and Holy Spirit, both now and forever, and to the ages of ages. Amen.

Prayer of Saint Antiochus to Our Lord Jesus Christ

RULER of all, Word of the Father, Jesus Christ, the Perfect One, in your great mercy never leave me, but rather dwell in me always, for I am your servant. O Jesus, Good Shepherd of your sheep, do not hand me over to the serpent's rebellion, nor abandon me to Satan's will, for the seed of corruption is in me. O Lord, worshipful God, holy King, Jesus Christ, while I sleep, guard