

THE FIRST WEEK
Service Book for the First Week of Great Lent

VOLUME V

FRIDAY

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In Memory of Father John Campbell



Fr. John Campbell (known previously as Fr. Lawrence Cambell) reposed peacefully in the Lord on Monday November 3, 2014. He spent much of his life preparing English language texts of the Divine Services and private prayers, most notably the 4th edition of the Jordanville Prayer Book, the Unabbreviated Horologion, and Orthodox Life. For all the years that he was member of the Holy Trinity Monastery Brotherhood, Fr. John was active in the publication department. We are pleased to offer these PDFs of his translation of the services for the first five days of Great Lent in his memory.

May the Lord grant rest to his soul!

The First Week
(Service Book for the First Week of Great Lent) 2nd Edition
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<p>THE MIDNIGHT OFFICE ON FRIDAY OF THE FIRST WEEK</p>
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The Priest saith: Blessed is our God, always, now and ever, and unto the ages of ages.

Reader: Amen. Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

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

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

Reader: Amen. *And the following Troparia, First Tone:*

Having risen from sleep, we fall down before Thee, O Good One, and the angelical hymn we cry aloud to Thee, O Mighty One: Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

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

From bed and sleep hast Thou raised me up, O Lord: enlighten my mind and heart, and open my lips that I may hymn Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God; through the Theotokos, have mercy on us.

Both now and ever, and unto the ages of ages. Amen.

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

Lord, have mercy. *Twelve times. And this prayer:*

As I rise from sleep, I thank Thee, O Holy Trinity, for through Thy great goodness and patience Thou wast not angry with me, an idler and sinner, nor hast Thou destroyed me with mine iniquities, but hast shown Thy usual love for mankind; and when I was prostrate in despair, Thou hast raised me up to keep the morning watch and glorify Thy power. And now enlighten my mind's eye, and open my mouth that I

may meditate on Thy words, and understand Thy commandments, and do Thy will, and hymn Thee in heartfelt confession, and sing praises to Thine all-holy name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Another prayer:

Glory to Thee, O King, Almighty God, Who through Thy Divine and man-loving providence hast vouchsafed me, a sinner and an unworthy one, to rise from sleep and obtain entry into Thy holy house. Receive, O Lord, the voice of my supplication even as Thou dost accept that of Thy holy and noetic hosts, and deign that through my defiled lips, but from a pure heart and humble spirit, praise may be offered to Thee, so that I also, with the bright lamp of my soul, may become a companion of the wise virgins and glorify Thee, O God the Word, Who art glorified in the Father and the Spirit. Amen.

O come let us worship God our King.

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

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

PSALM 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever

before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall

they offer bullocks upon Thine altar.

Then, Prayer I, of St. Macarius the Great:

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

Prayer II, of the same saint:

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

Prayer III, of the same saint:

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

Prayer IV, of the same St. Macarius:

O Lord, Who in Thine abundant goodness and Thy great compassion hast granted me, Thy servant, to go through the time of the night that is past without attack from any opposing evil: Do Thou Thyself, O Master, Creator of all things, vouchsafe me by Thy true light and with an enlightened heart to do Thy will, now and ever, and unto the ages of ages. Amen.

Prayer V, of St. Basil the Great:

O Lord Almighty, God of hosts and of all flesh, Who dwellest on high and lookest down on things that are lowly, Who searchest the heart and innermost being, and clearly foreknowest the secrets of men; O unoriginate and everlasting Light, with Whom is no variableness, neither shadow of turning: Do Thou, O Immortal King, receive our supplications which we, daring because of the multitude of Thy compassions, offer Thee at the present time from defiled lips; and forgive us our sins, in deed, word, and thought, whether committed by us knowingly or in ignorance, and cleanse us from every defilement of flesh and spirit. And grant us to pass through the night of the whole present life with watchful heart and sober thought, ever expecting the coming of the bright and appointed day of Thine Only-begotten Son, our Lord and God and Saviour, Jesus Christ, whereon the Judge of all shall come with glory to reward each according to his deeds. May we not be found fallen and idle, but watching, and upright in activity, ready to accompany Him into the

joy and divine palace of His glory, where there is the ceaseless sound of those that keep festival, and the unspeakable delight of those that behold the ineffable beauty of Thy countenance. For Thou art the true Light that enlightenest and sanctifiest all, and all creation doth hymn Thee unto the ages of ages. Amen.

Prayer VI, likewise by St. Basil:

We bless Thee, O Most High God and Lord of mercy, Who ever doest with us things both great and inscrutable, both glorious and awesome, of which there is no measure; Who grantest to us sleep for rest from our infirmities, and relaxation from the labours of our much-toiling flesh. We thank Thee that Thou hast not destroyed us with our iniquities, but hast shown Thy loving-kindness to man as usual, and while we were lying in despair upon our beds, Thou hast raised us up that we might glorify Thy dominion. Wherefore, we implore Thy boundless goodness: Enlighten the eyes of our understanding and raise up our mind from the heavy sleep of indolence; open our mouth and fill it with Thy praise, that we may be able steadily to hymn and confess Thee, Who art God glorified in all and by all, the unoriginate Father, with Thine Only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

Prayer VII, Midnight Hymn to the Most Holy Theotokos.

I sing of thy grace, O Sovereign Lady, and I pray thee to grace my mind. Teach me to step aright in the way of Christ's commandments. Strengthen me to

keep awake in song, and drive away the sleep of despondency. O Bride of God, by thy prayers release me, bound with the bonds of sin. Guard me by night and by day, and deliver me from foes that defeat me. O bearer of God the Life-giver, enliven me who am deadened by passions. O bearer of the unwaning Light, enlighten my blinded soul. O marvellous palace of the Master, make me to be a house of the Divine Spirit. O bearer of the Healer, heal the perennial passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire, and from evil worms, and from Tartarus. Let me not be exposed to the rejoicing of demons, guilty as I am of many sins. Renew me, grown old from senseless sins, O most immaculate one. Present me untouched by all torments, and pray for me to the Master of all. Vouchsafe me to find the joys of heaven with all the saints. O most holy Virgin, hearken unto the voice of thine unprofitable servant. Grant me torrents of tears, O most pure one, to cleanse my soul from impurity. I offer the groans of my heart to thee unceasingly, strive for me, O Sovereign Lady. Accept my service of supplication and offer it to compassionate God. O thou who art above the angels, raise me above this world's confusion. O Light-bearing heavenly tabernacle, direct the grace of the Spirit in me. I raise my hands and lips in thy praise, defiled as they are by impurity, O all-immaculate one. Deliver me from soul-corrupting evils, and fervently intercede with Christ, to Whom is

due honour and worship, now and ever, and unto the ages of ages. Amen.

Prayer VIII, to our Lord Jesus Christ:

O my plenteously-merciful and all-merciful God, Lord Jesus Christ, through Thy great love Thou didst come down and become incarnate so that Thou mightest save all. And again, O Saviour, save me by Thy grace, I pray Thee. For if Thou shouldst save me for my works, this would not be grace or a gift, but rather a duty; yea, Thou Who art great in compassion and ineffable in mercy. For he that believeth in Me, Thou hast said, O my Christ, shall live and never see death. If, then, faith in Thee saveth the desperate, behold, I believe, save me, for Thou art my God and Creator. Let faith instead of works be imputed to me, O my God, for Thou wilt find no works which could justify me. But may my faith suffice instead of all works, may it answer for, may it acquit me, may it make me a partaker of Thine eternal glory. And let Satan not seize me and boast, O Word, that he hath torn me from Thy hand and fold. But whether I desire it or not, save me, O Christ my Saviour, forestall me quickly, quickly, for I perish. Thou art my God from my mother's womb. Vouchsafe me, O Lord, to love Thee now as fervently as I once loved sin itself, and also to work for Thee without idleness, diligently, as I worked before for deceptive Satan. But supremely shall I work for Thee, my Lord and God, Jesus Christ, all the days of my life, now and ever, and unto the ages

of ages. Amen.

Prayer IX, to the Guardian Angel of Human Life:

O holy angel that standeth by my wretched soul and my passionate life, forsake not me a sinner, nor shrink from me because of mine intemperance. Give no place for the cunning demon to master me through the violence of my mortal body, strengthen my poor and feeble hand, and guide me in the way of salvation. Yea, O holy angel of God, guardian and protector of my wretched soul and body, forgive me all wherein I have offended thee all the days of my life; and if I have sinned during the past night, protect me during the present day, and guard me from every temptation of the enemy, that I may not anger God by any sin. And pray to the Lord for me, that He may establish me in His fear, and show me, His servant, to be worthy of His goodness. Amen.

The Final Morning Prayer, to the Most Holy Theotokos:

O my most holy lady Theotokos, through thy holy and all-powerful prayers, banish from me, thy lowly and wretched servant, despondency, forgetfulness, folly, carelessness, and all filthy, evil, and blasphemous thoughts from my wretched heart and my darkened mind. And quench the flame of my passions, for I am poor and wretched, and deliver me from many and cruel memories and deeds, and free me from all their evil effects. For blessed art thou by all generations, and glorified is thy most honourable name unto the ages of ages. Amen.

THE SEVENTEENTH KATHISMA

PSALM 118

Blessed are the blameless in the way, who walk in the law of the Lord. Blessed are they that search out His testimonies; with their whole heart shall they seek after Him. For they that work iniquity have not walked in His ways. Thou hast enjoined Thy commandments, that we should keep them most diligently. Would that my ways were directed to keep Thy statutes. Then shall I not be ashamed, when I look on all Thy commandments. I will confess Thee with uprightness of heart, when I have learned the judgments of Thy righteousness. I will keep Thy statutes; do not utterly forsake me. Wherewithal shall a young man correct his way? By keeping Thy words. With my whole heart have I sought after Thee, cast me not away from Thy commandments. In my heart have I hid Thy sayings that I might not sin against Thee. Blessed art Thou, O Lord, teach me Thy statutes. With my lips have I declared all the judgments of Thy mouth. In the way of Thy testimonies have I found delight, as much as in all riches. On Thy commandments will I ponder, and I will understand Thy ways. On Thy statutes will I meditate; I will not forget Thy words. Give reward unto Thy servant, quicken me and I will keep Thy words. O unveil mine eyes, and I shall perceive wondrous things out of Thy law. I am a sojourner on the earth, hide not from me Thy commandments. My soul hath longed to desire Thy judgments at all times. Thou

hast rebuked the proud; cursed are they that decline from Thy commandments. Remove from me reproach and contempt, for after Thy testimonies have I sought. For princes sat and they spake against me, but Thy servant pondered on Thy statutes. For Thy testimonies are my meditation, and Thy statutes are my counselors. My soul hath cleaved unto the earth; quicken me according to Thy word. My ways have I declared, and Thou hast heard me; teach me Thy statutes. Make me to understand the ways of Thy statutes, and I will ponder on Thy wondrous works. My soul hath slumbered from despondency, strengthen me with Thy words. Remove from me the way of unrighteousness, and with Thy law have mercy on me. I have chosen the way of truth, and Thy judgments have I not forgotten. I have cleaved to Thy testimonies, O Lord; put me not to shame. The way of Thy commandments have I run, when Thou didst enlarge my heart. Set before me for a law, O Lord, the way of Thy statutes, and I will seek after it continually. Give me understanding, and I will search out Thy law, and I will keep it with my whole heart. Guide me in the path of Thy commandments, for I have desired it. Incline my heart unto Thy testimonies, and not unto covetousness. Turn away mine eyes that I may not see vanity, quicken Thou me in Thy way. Establish for Thy servant Thine oracle unto fear of Thee. Remove my reproach which I have feared, for Thy judgments are good. Behold, I have longed after Thy commandments; in Thy righteousness

quicken me. Let Thy mercy come also upon me, O Lord, even Thy salvation according to Thy word. So shall I give an answer to them that reproach me, for I have hoped in Thy words. And take not utterly out of my mouth the word of truth, for in Thy judgments have I hoped. So shall I keep Thy law continually, for ever, and unto the ages of ages. And I walked in spaciousness, for after Thy commandments have I sought. And I spake of Thy testimonies before kings, and I was not ashamed. And I meditated on Thy commandments which I have greatly loved. And I lifted up my hands to Thy commandments, which I have loved, and I pondered on Thy statutes. Remember Thy words to Thy servant, wherein Thou hast made me to hope. This hath comforted me in my humiliation, for Thine oracle hath quickened me. The proud have transgressed exceedingly, but from Thy law have I not declined. I remembered Thy judgments of old, O Lord, and was comforted. Despondency took hold upon me because of the sinners who forsake Thy law. Thy statutes were my songs in the place of my sojourning. I remembered Thy name in the night, O Lord, and I kept Thy law. This hath happened unto me because I sought after Thy statutes. Thou art my portion, O Lord; I said that I would keep Thy law. I entreated Thy countenance with my whole heart: Have mercy on me according to Thy word. I have thought on Thy ways, and I have turned my feet back to Thy testimonies. I made ready, and I was not troubled, that I might keep Thy com-

mandments. The cords of sinners have entangled me, but Thy law have I not forgotten. At midnight I arose to give thanks unto Thee for the judgments of Thy righteousness. I am a partaker with all them that fear Thee, and with them that keep Thy commandments. The earth, O Lord, is full of Thy mercy; teach me Thy statutes. Thou hast dealt graciously with Thy servant, O Lord, according to Thy word. Goodness and discipline and knowledge teach Thou me, for in Thy commandments have I believed. Before I was humbled, I transgressed; therefore Thy saying have I kept. Thou art good, O Lord, and in Thy goodness teach me Thy statutes. Multiplied against me hath been the unrighteousness of the proud; but as for me, with my whole heart will I search out Thy commandments. Curdled like milk is their heart; but as for me, in Thy law have I meditated. It is good for me that Thou hast humbled me, that I might learn Thy statutes. The law of Thy mouth is better to me than thousands of gold and silver.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

Glory..., Both now....

Second Stasis

Thy hands have made me and fashioned me; give me understanding and I will learn Thy commandments. They that fear Thee shall see me and be glad,

for on Thy words have I set my hope. I have known, O Lord, that Thy judgments are righteousness, and with truth hast Thou humbled me. Let now Thy mercy be my comfort, according to Thy saying unto Thy servant. Let Thy compassions come upon me and I shall live, for Thy law is my meditation. Let the proud be put to shame, for unjustly have they transgressed against me; but as for me, I will ponder on Thy commandments. Let those that fear Thee return unto me, and those that know Thy testimonies. Let my heart be blameless in Thy statutes, that I may not be put to shame. My soul fainteth for Thy salvation; on Thy words have I set my hope. Mine eyes are grown dim with waiting for Thine oracle; they say: When wilt Thou comfort me? For I am become like a wineskin in the frost; yet Thy statutes have I not forgotten. How many are the days of Thy servant? When wilt Thou execute judgment for me on them that persecute me? Transgressors have told me fables, but they are not like Thy law, O Lord. All Thy commandments are truth. Without a cause have men persecuted me; do Thou help me. They well nigh made an end of me on the earth; but as for me, I forsook not Thy commandments. According to Thy mercy quicken me, and I will keep the testimonies of Thy mouth. For ever, O Lord, Thy word abideth in heaven. Unto generation and generation is Thy truth; Thou hast laid the foundation of the earth, and it abideth. By Thine ordinance doth the day abide, for all things are Thy servants. If Thy law had

not been my meditation, then should I have perished in my humiliation. I will never forget Thy statutes, for in them hast Thou quickened me.

Middle

I am Thine, save me; for after Thy statutes have I sought. Sinners have waited for me to destroy me, but Thy testimonies have I understood. Of all perfection have I seen the outcome; exceeding spacious is Thy commandment. O how I have loved Thy law, O Lord! the whole day long it is my meditation. Above mine enemies hast Thou made me wise in Thy commandment, for it is mine for ever. Above all that teach me have I gained understanding, for Thy testimonies are my meditation. Above mine elders have I received understanding, for after Thy commandments have I sought. From every way that is evil have I restrained my feet that I might keep Thy words. From Thy judgments have I not declined, for Thou hast set a law for me. How sweet to my palate are Thy sayings! more sweet than honey to my mouth. From Thy commandments have I gained understanding; therefore have I hated every way of unrighteousness. Thy law is a lamp unto my feet and a light unto my paths. I have sworn and resolved that I will keep the judgments of Thy righteousness. I was humbled exceedingly; O Lord, quicken me according to Thy word. The free-will offerings of my mouth be Thou now pleased to receive, O Lord, and teach me Thy judgments. My soul is in Thy hands continually, and Thy law have I not forgotten. Sinners

have set a snare for me, yet from Thy commandment have I not strayed. I have inherited Thy testimonies for ever, for they are the rejoicing of my heart. I have inclined my heart to perform Thy statutes for ever for a recompense. Transgressors have I hated, but Thy law have I loved. My helper and my protector art Thou; on Thy words have I set my hope. Depart from me, ye evil-doers, and I will search out the commandments of my God. Uphold me according to Thy saying and quicken me, and turn me not away in shame from mine expectation. Help me, and I shall be saved; and I will meditate on Thy statutes continually. Thou hast set at nought all that depart from Thy statutes, for unrighteous is their inward thought. I have reckoned as transgressors all the sinners of the earth, therefore have I loved Thy testimonies. Nail down my flesh with the fear of Thee, for of Thy judgments am I afraid. I have wrought judgment and righteousness; O give me not up to them that wrong me. Receive Thy servant unto good, let not the proud falsely accuse me. Mine eyes have failed with waiting for Thy salvation, and for the word of Thy righteousness. Deal with Thy servant according to Thy mercy, and teach me Thy statutes. I am Thy servant; give me understanding, and I shall know Thy testimonies. It is time for the Lord to act; for they have dispersed Thy law. Therefore have I loved Thy commandments more than gold and topaz. Therefore I directed myself according to all Thy commandments; every way that is unrighteous have I

hated. Wonderful are Thy testimonies; therefore hath my soul searched them out. The unfolding of Thy words will give light and understanding unto babes. I opened my mouth and drew in my breath, for I longed for Thy commandments.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

Glory..., Both now....

Third Stasis

Look upon me and have mercy on me, according to the judgment of them that love Thy name. My steps do Thou direct according to Thy saying, and let no iniquity have dominion over me. Deliver me from the false accusation of men, and I will keep Thy commandments. Make Thy face to shine upon Thy servant, and teach me Thy statutes. Mine eyes have poured forth streams of waters, because I kept not Thy law. Righteous art Thou, O Lord, and upright are Thy judgments. Thou hast ordained as Thy testimonies exceeding righteousness and truth. My zeal for Thee hath made me to pine away, because mine enemies have forgotten Thy words. Thine oracle is tried with fire to the uttermost, and Thy servant hath loved it. I am young and accounted as nothing, yet Thy statutes have I not forgotten. Thy righteousness is an everlasting righteousness, and Thy law is truth. Tribulations

and necessities have found me, Thy commandments are my meditation. Thy testimonies are righteousness for ever; give me understanding and I shall live. I have cried with my whole heart; hear me, O Lord, and I will seek after Thy statutes. I have cried unto Thee; save me, and I will keep Thy testimonies. I arose in the dead of night and I cried; on Thy words have I set my hope. Mine eyes woke before the morning that I might meditate on Thy sayings. Hear my voice, O Lord, according to Thy mercy; according to Thy judgment, quicken me. They have drawn nigh that lawlessly persecute me, but from Thy law are they far removed. Near art Thou, O Lord, and all Thy ways are truth. From the beginning I have known from Thy testimonies that Thou hast founded them for ever. Behold my humiliation and rescue me, for Thy law have I not forgotten. Judge my cause and redeem me; for Thy word's sake quicken me. Far from sinners is salvation, for they have not sought after Thy statutes. Thy compassions are many, O Lord: according to Thy judgment quicken me. Many are they that persecute me and afflict me; from Thy testimonies have I not declined. I beheld men acting foolishly and I pined away, because they kept not Thy sayings. Behold, how I have loved Thy commandments; O Lord, in Thy mercy, quicken me. The beginning of Thy words is truth, and all the judgments of Thy righteousness endure for ever. Princes have persecuted me without a cause, and because of Thy words my heart hath been afraid. I will

rejoice in Thy sayings as one that findeth great spoil. Unrighteousness have I hated and abhorred, but Thy law have I loved. Seven times a day have I praised Thee for the judgments of Thy righteousness. Much peace have they that love Thy law, and for them there is no stumbling-block. I awaited Thy salvation, O Lord, and Thy commandments have I loved. My soul hath kept Thy testimonies and hath loved them exceedingly. I have kept Thy commandments and Thy testimonies, for all my ways are before Thee, O Lord. Let my supplication draw nigh before Thee, O Lord; according to Thine oracle give me understanding. Let my petition come before Thee, O Lord; according to Thine oracle deliver me. My lips shall pour forth a hymn when Thou hast taught me Thy statutes. My tongue shall speak of Thy sayings, for all Thy commandments are righteousness. Let Thy hand be for saving me, for I have chosen Thy commandments. I have longed for Thy salvation, O Lord, and Thy law is my meditation. My soul shall live and praise Thee, and Thy judgments will help me. I have gone astray like a sheep that is lost; O seek Thy servant, for I have not forgotten Thy commandments.

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

The Symbol of Faith

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invis-

ible. And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light; true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made; Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, and suffered, and was buried; And arose again on the third day according to the Scriptures; And ascended into the heavens, and sitteth at the right hand of the Father; And shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life; Who proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the prophets. In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, And the life of the age to come. Amen.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

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

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

Reader: Amen. *Then these troparia, Eighth Tone:*

Behold, the Bridegroom cometh at midnight, and blessed is that servant whom He shall find watching; but unworthy is he whom He shall find heedless. Beware, therefore, O my soul, lest thou be weighed down with sleep; lest thou be given up to death, and be shut out from the kingdom. But rouse thyself and cry: Holy, Holy, Holy art Thou, O God; through the Theotokos have mercy on us.

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

Meditating on that terrible day, O my soul, watch, keeping thy lamp alight and filled with oil; for thou knowest not when unto thee shall come the voice saying: Behold the Bridegroom! Beware, therefore, my soul, lest thou fall into slumber and be left outside, knocking, as were the five virgins; but wakefully watch, that thou mayest come to meet Christ with good oil,

and He shall bestow upon thee the divine chamber of His glory.

Both now and ever, and unto the ages of ages. Amen.

Theotokion: Thee, the unassailable wall, confirmation of salvation, O Virgin Theotokos, do we supplicate, to destroy the counsels of the enemies, to change the sorrows of thy people into joy, to protect thy city, to ensure victory for pious rulers, and to pray for the peace of the world; for thou, O Theotokos, art our hope.

Then: Lord, have mercy. *Forty times.* And this Prayer:

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith, and the knowledge of Thine unapproachable glory: for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy. *Thrice.*

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

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master), bless.

The priest saith: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us. *Reader:* Amen.

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

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Then twelve reverences (bows from the waist, with the sign of the Cross). With each one we say: O God, cleanse me a sinner. *And then finally the entire prayer:*

O Lord and Master of my, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. *Prostration.*

Reader: Amen. *Then this Prayer of St. Mardarius:*

O Master, God the Father Almighty, O Lord, the Only-begotten Son, Jesus Christ, and O Holy Spirit, one Godhead, one Power: Have mercy on me a sinner, and by the judgments which Thou knowest, save me, Thine unworthy servant; for blessed art Thou unto the ages of ages. Amen.

Then: O come let us worship God our King.

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

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

PSALM 120

I have lifted up mine eyes to the mountains, from whence cometh my help. My help cometh from the Lord, Who hath made heaven and the earth. Give not Thy foot unto moving, and may He not slumber that keepeth thee. Behold, He shall not slumber nor shall He sleep, He that keepeth Israel. The Lord shall keep thee; the Lord is thy shelter at thy right hand. The sun shall not burn thee by day, nor the moon by night. The Lord shall keep thee from all evil, the Lord shall guard thy soul. The Lord shall keep thy coming in and thy going out, from henceforth and for evermore.

PSALM 133

Behold now, bless ye the Lord, all ye servants of the Lord. Ye that stand in the house of the Lord, in the courts of the house of our God, in the nights lift up your hands unto the holies, and bless the Lord. The Lord bless thee out of Sion, He that made heaven and

the earth.

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

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

Glory..., Both now....

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

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

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

Reader: Amen. *And these troparia, Second Tone:*

Remember, O Lord, for Thou art good, Thy servants and forgive them whatsoever sins they have committed in life; for none is sinless but Thee Who art able to give repose unto them that are departed.

O Thou Who by the depth of Thy Wisdom dost provide all things out of love for mankind, and grantest

unto all that which is profitable, O only Creator: Grant rest, O Lord, to the souls of Thy servants; for in Thee have they placed their hope, O our Creator and Fashioner and God.

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

Kontakion: With the saints give rest, O Christ, to the souls of Thy servants, where there is neither sickness, nor sorrow, nor sighing, but life everlasting.

Both now and ever, and unto the ages of ages. Amen.

Theotokion: In all generations we call thee blessed, O Virgin Theotokos, for in thee the uncontainable Christ our God was pleased to be contained. Blessed are we also, having thee as mediatrix; for day and night pleadest thou for us, and the sceptres of kingdoms are strengthened by thine intercessions. Wherefore in hymns we cry unto thee: Rejoice! O thou who art full of grace, the Lord is with thee.

Lord, have mercy. *Twelve times. And this Prayer:*

Remember, O Lord, our fathers and brethren who fell asleep in the hope of resurrection unto life eternal, and all those who ended this life in piety and faith, and pardon them every transgression which they have willfully or unwillingly, in word or deed or thought committed, and settle them in a place of light, a place of refreshment, a place of repose, wherefrom every sickness, sorrow and sighing are banished, and wherein from eternity the light of Thy countenance shineth and gladdeneth all Thy saints. Grant unto

them and unto us Thy kingdom, and participation in Thine ineffable blessings, and the enjoyment of Thine endless and blessed life. For Thou art the life, and the resurrection, and the repose of Thy departed servants, O Christ our God, and to Thee we send up glory, with Thine unoriginate Father, and Thy Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

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

My hope is the Father, my refuge is the Son, my protection is the Holy Spirit: O Holy Trinity, glory to Thee.

And these troparia, Sixth Tone:

Have mercy on us, O Lord, have mercy on us;* for at a loss for any defence,* this prayer do we sinners offer unto Thee as Master: have mercy on us.

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

Lord, have mercy on us,* for we have hoped in Thee, be not angry with us greatly,* neither remember our iniquities;* but look upon us now as Thou art compassionate,* and deliver us from our enemies;* for Thou art our God, and we, Thy people;* all are the works of Thy hands, and we call upon Thy name.

Both now and ever, and unto the ages of ages. Amen.

Theotokion: The door of compassion open unto us,* O blessed Theotokos,* for, hoping in thee, let us

not perish;* through thee may we be delivered from adversities,* for thou art the salvation of the Christian race.

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

Chanters: Lord, have mercy. *Thrice.*

Priest: Again we pray that this sacred monastery (*or* city), and every monastery, city, town, and every country be preserved from famine, pestilence, earthquake, flood, fire, the sword, the invasion of aliens, and civil war; that our good and man-loving God may be gracious and favourable, that He may turn away all the wrath stirred up against us, and deliver us from His righteous threatening which hangeth over us, and have mercy on us.

Chanters: Lord, have mercy. *Forty times.*

Priest: Hearken unto us, O God our Saviour, Thou hope of all the ends of the earth and of them that be far off at sea; and be merciful, be merciful, O Master, regarding our sins, and have mercy on us; for a merciful God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

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

Chanters: Glory to the Father, and to the Son, and

to the Holy Spirit, both now and ever, and unto the ages of ages. Amen.

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

Priest: May Christ our true God, through the intercessions of His most pure Mother, of (*the patron saint of the temple*), and of all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Chanters: Amen.

Then the priest maketh a prostration to the (bishop/superior and to the) brethren (sisters)(congregation), saying:

Bless, (holy master and) holy fathers (mothers) and brethren (sisters), and forgive me a sinner all wherein I have sinned this day in deed, word, and thought, and by all my senses.

And the brethren (sisterhood)(congregation) reply:

May God forgive and have mercy on thee, holy father. *And they make a prostration, asking this forgiveness:*

Bless me, holy father, and forgive all wherein I have sinned this day in deed, word, and thought, and in all my senses, and pray for me a sinner.

The priest saith: Through His grace may God forgive and have mercy on us all.

And he saith this Ectenia:

Let us pray for the Orthodox episcopate of the Church of Russia; for our lord the Very Most Reverend Metropolitan *N.*, First Hierarchy of the Russian Church Abroad; for our lord the Most Reverend (Archbishop or Bishop *N.*, *whose diocese it is*), and all our brethren in Christ.

Chanters: Lord, have mercy. *Quietly, slowly, repeatedly, until petitions are ended.*

For the suffering Russian land and its Orthodox people both in the homeland and in the diaspora, and for their salvation; for this land, its authorities and armed forces.

For them that hate us and them that love us.

For them that are kind to us and them that serve us.

For them that have asked us unworthy ones to pray for them.

For the deliverance of the imprisoned.

For our fathers and brethren that are away.

For them that sail upon the sea.

For them that are bedridden in infirmities.

Let us pray for the abundance of the fruits of the earth.

And for every Orthodox Christian soul.

Let us bless pious kings (rulers).

Orthodox hierarchs, and the founders of this sacred habitation.

Our parents, and all that have passed on before us, our fathers and brethren, and the Orthodox here and everywhere laid to rest.

Let us say also for ourselves.

Chanters: Lord, have mercy. *Thrice.*

Priest: For the sake of the intercessions of Thy most pure Mother, of (*the patron saint of the temple*), and of all the saints, O Lord Jesus Christ our God, have mercy on us.

Chanters: Amen.

And the priest entereth the altar to begin the Matins.

THE END OF THE MIDNIGHT OFFICE



<p>THE ORDER OF MATINS ON FRIDAY OF THE FIRST WEEK</p>
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Priest: Blessed is our God, always, now and ever,
and unto the ages of ages.

Reader: Amen. (*If Matins immediately follow the Mid-
night Office, then after Amen the reader saith:* Holy God.)

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who
art everywhere present and fillest all things,
Treasury of good things and Giver of life: Come and
dwell in us, and cleanse us of all impurity, and save our
souls, O Good One.

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

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

O Most Holy Trinity, have mercy on us. O Lord,
blot out our sins. O Master, pardon our iniquities. O
Holy One, visit and heal our infirmities for Thy name's
sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

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

from the evil one.

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

Reader: Amen. Lord, have mercy. *Twelve times.*

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

O come let us worship God our King.

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

O come let us worship and fall down before Christ Himself, Our King and God. *And three reverences. And Psalms 19 and 20. In monasteries these Psalms are said slowly, while the priest censeth all the people.*

PSALM 19

The Lord hear thee in the day of affliction; the name of the God of Jacob defend thee. Let Him send forth unto thee help from His sanctuary, and out of Sion let Him help thee. Let Him remember every sacrifice of thine, and thy whole-burnt offering let Him fatten. The Lord grant thee according to thy heart, and fulfill all thy purposes. We will rejoice in Thy salvation, and in the name of the Lord our God shall we be magnified. The Lord fulfill all thy requests. Now have I known that the Lord hath saved His anointed one; He will hearken unto him out of His holy heaven; in mighty deeds is the salvation of His right hand. Some trust in chariots, and some in horses, but we will call

upon the name of the Lord our God. They have been fettered and have fallen, but we are risen and are set upright. O Lord, save the king, and hearken unto us in the day when we call upon Thee.

PSALM 20

O Lord, in Thy strength the king shall be glad, and in Thy salvation shall he rejoice exceedingly. The desire of his heart hast Thou granted unto him, and hast not denied him the requests of his lips. Thou wentest before him with the blessings of goodness, Thou hast set upon his head a crown of precious stone. He asked life of Thee, and Thou gavest him length of days unto ages of ages. Great is his glory in Thy salvation; glory and majesty shalt Thou lay upon him. For Thou shalt give him blessing for ever and ever, Thou shalt gladden him in joy with Thy countenance. For the king hopeth in the Lord, and through the mercy of the Most High shall he not be shaken. Let Thy hand be found on all Thine enemies; let Thy right hand find all that hate Thee. For Thou wilt make them as an oven of fire in the time of Thy presence; the Lord in His wrath will trouble them sorely and fire shall devour them. Their fruit wilt Thou destroy from the earth, and their seed from the sons of men. For they have intended evil against Thee, they have devised counsels which they shall not be able to establish. For Thou shalt make them turn their backs; among those that are Thy remnant, Thou shalt make ready their countenance. Be Thou exalted, O Lord, in Thy strength; we will sing and

chant of Thy mighty acts.

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

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

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

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

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

Reader: Amen. *And these troparia:*

Save, O Lord, Thy people, and bless Thine inheritance; grant Thou unto Orthodox Christians victory

over enemies; and by the power of Thy Cross do Thou preserve Thy commonwealth.

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

O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new community named after Thee, O Christ God; gladden with Thy power the Orthodox Christians, granting them victory over enemies; may they have as Thy help the weapon of peace, the invincible trophy.

Both now and ever, and unto the ages of ages. Amen.

O awesome intercession that cannot be put to shame, O good one, disdain not our prayer; O all-hymned Theotokos, establish the common-wealth of the Orthodox, save the Orthodox Christians, and grant unto them victory from heaven, for thou didst bring forth God, O thou only blessed one.

Priest: Have mercy on us, O God, according to Thy great mercy, we pray Thee, hearken and have mercy.

Chanters: Lord, have mercy. *Thrice.*

Priest: Again let us pray for the Orthodox episcopate of the Church of Russia; for our lord the Very Most Reverend Metropolitan N., First Hierarch of the Russian Church Abroad; for our lord the Most Reverend (Archbishop or Bishop N., *whose diocese it is*).

Chanters: Lord, have mercy. *Thrice.*

Priest: Again we pray for all the brethren and for

all Christians.

Chanters: Lord, have mercy. *Thrice.*

Priest: For a merciful God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen. In the name of the Lord, father (master) bless.

Priest: Glory to the holy, and consubstantial, and life-creating, and indivisible Trinity, always, now and ever, and unto the ages of ages.

Chanters: Amen. *And we begin the Six Psalms, with each one listening with silence and compunction. And the brother (sister) who readeth with reverence and fear of God, saith:*

Glory to God in the highest, and on earth peace, good will among men. *Thrice.*

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

PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord,

save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbours drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a

deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory, For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips of rejoicing shall my mouth praise Thee. If I remembered Thee on my

bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee, Thy right hand hath been quick to help me.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

(And the priest cometh out of the altar, and saith the morning prayers secretly, i.e., silently, while standing with uncovered head before the holy doors.)

PSALM 87

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplica-

tion. For filled with evils is my soul, and my life unto hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together.

Thou hast removed afar from me friend and neighbour, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we

are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

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

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul

thirsteth after Thee like a waterless land. Quickly hear me, O Lord, my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

Hearken unto me, O Lord, in Thy righteousness, and enter not into judgment with Thy servant.

Hearken unto me, O Lord, in Thy righteousness, and enter not into judgment with Thy servant.

Thy good Spirit shall lead me in the land of uprightness.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Then the Great Ectenia:

Priest: In peace let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For this holy temple, and for them that with faith, reverence, and the fear of God enter therein, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For the Orthodox episcopate of the Church of Russia; for our Lord the Very Most Reverend Metropolitan *N.*, First Hierarch of the Russian Church Abroad; for our Lord the Most Reverend (Archbishop or Bishop *N.*, whose diocese it is); for the honourable priesthood, the diaconate in Christ, for all the clergy and people, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For the suffering Russian Land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For this land, its authorities and armed forces, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: That He may deliver His people from enemies visible and invisible, and confirm in us oneness of mind, brotherly love, and piety, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For this city (or town or holy monastery), every city and country, and the faithful that dwell

therein, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For seasonable weather, abundance of the fruits of the earth, and peaceful times, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: For travelers by sea, land, and air, for the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

Chanters: Lord, have mercy.

Priest: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Priest: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: For unto Thee is due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Priest: Alleluia, in the ___ Tone.

Stichos 1: Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light upon the earth.

Chanters: Alleluia, alleluia, alleluia.

Stichos 2: Learn righteousness, ye that dwell upon the earth.

Chanters: Alleluia, alleluia, alleluia.

Stichos 3: Zeal shall lay hold upon an uninstructed people.

Chanters: Alleluia, alleluia, alleluia.

Stichos 4: Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth.

Chanters: Alleluia, alleluia, alleluia.

And after Alleluia the Triadicon (Hymn to the Trinity) of the Tone is read, and we chant the ending (in boldface) of each verse once.

The TRIADICA

Hymns to the Trinity, First Tone:

By bodily forms of the Bodiless Hosts raised to the noetic and immaterial Mind, and receiving the radiance of the Tri-personal Divinity through the thrice-holy hymn, let us like the Cherubim cry to the one God: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

With all the Heavenly Hosts let us like the Cherubim cry to Him that dwelleth in the highest, sending up thrice-holy praise: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

Having risen from sleep, we fall down before Thee,

O Good One, and the angelical hymn we cry aloud to Thee, O Mighty One: Holy, Holy, Holy art Thou, O God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Second Tone:

Imitating on earth the hosts on high, we offer Thee, O Good One, the triumphant song: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

O Thou Who art by nature Uncreated, the Fashioner of all, do Thou open our lips that we may proclaim Thy praise while we cry: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

From bed and sleep hast Thou raised me up, O Lord; enlighten my mind and heart, and open my lips that I may hymn Thee, O Holy Trinity: Holy, Holy, Holy art Thou, O God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Third Tone:

O consubstantial and indivisible Trinity, tri-personed and co-ever-existent Unity, to Thee as God we cry the angelical hymn: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

Glory to the Father, and to the Son, and to the

Holy Spirit.

The unoriginate Father, the co-unoriginate Son, the co-ever-existent Spirit, one Divinity, daring like the Cherubim to glorify, we say: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

Suddenly the Judge shall come, and the deeds of each shall be laid bare; but with fear do we cry at midnight: Holy, Holy, Holy art Thou, O God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Fourth Tone:

Daring to offer the hymn of Thy noetic ministers, we mortals say: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

Like the ranks of angels in heaven, yet standing in fear as men upon earth, we offer a victorious hymn unto Thee, O Good One: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

To Thine unoriginate Father, and to Thee, O Christ God, and to Thy Most-holy Spirit, daring like the Cherubim to glorify, we say: Holy, Holy, Holy art

Thou, our God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Fifth Tone:

It is the time of chanting, and the hour of prayer; fervently we cry to the one God: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

Daring to represent Thy noetic warriors, O unoriginate Trinity, with unworthy lips we cry: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

O Thou Who wast contained within the Virgin's womb and wast not separated from the bosom of the Father, accept us, O Christ God, crying with the Angels unto Thee: Holy, Holy, Holy art Thou, our God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Sixth Tone:

Before Thee stand the Cherubim with fear, and the Seraphim trembling with awe, offering with resounding voice the hymn thrice-holy, with whom we sinners also cry: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

With bodiless mouth, with resounding doxologies,

the six-winged ones cry to Thee the thrice-holy hymn, O our God, and we who are upon earth with unworthy lips send up praise to Thee: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

Let us glorify the Triune Divinity in uncommingled Unity, and chant the hymn of the angels: Holy, Holy, Holy art Thou, our God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Seventh Tone:

O Thou Who in highest power art hymned by Cherubim, and in divine glory art worshipped by angels, accept also us upon the earth who with unworthy lips send up praise unto Thee: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

Having put aside sloth from our soul as sleep, let us while praising show amendment to the Judge, and cry in fear: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

Offering the thrice-holy praise of the Seraphim to the Unapproachable Divinity in the oneness of the

Trinity, in fear let us cry: Holy, Holy, Holy art Thou, our God; **through the Theotokos have mercy on us.**

Hymns to the Trinity, Eighth Tone:

Having our hearts in heaven, we imitate the ranks of angels, and fall down in fear before the Judge, crying aloud the victorious praise: Holy, Holy, Holy art Thou, our God; **through the power of Thy Cross preserve us, O Lord.**

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

Not daring to look upon Thee, the Cherubim, while flying, with jubilation cry the divine hymn of thrice-holy sound, with whom we also chant unto Thee: Holy, Holy, Holy art Thou, our God; **through the intercessions of all Thy saints have mercy on us.**

Both now and ever, and unto the ages of ages. Amen.

Downcast because of the multitude of our offences, and not daring to look unto the heavenly heights, bowing down our souls and bodies, with the angels we cry to Thee the hymn: Holy, Holy, Holy art Thou, our God; **through the Theotokos have mercy on us.**

Then, the Chanters: Lord, have mercy. *Thrice.* Glory to the Father, and to the Son, and to the Holy Spirit.

Reader: Both now... *And he readeth the Thirteenth Kathisma.*

PSALM 91

It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, To proclaim in the

morning Thy mercy, and Thy truth by night, on a psaltery of ten strings, with an ode upon the harp. For Thou hast gladdened me, O Lord, by Thy deeds, and in the works of Thy hands will I rejoice. How great are Thy works, O Lord, exceeding deep are Thy thoughts. A mindless man shall not know it, nor shall a stupid man understand it. When the sinners spring up like grass, and all that work iniquity look loftily down, It is that they may be utterly destroyed unto ages of ages; but Thou art Most High for ever, O Lord. For lo, Thine enemies, O Lord, for lo, Thine enemies shall perish; and scattered shall be all they that work iniquity. And lifted high as that of a unicorn shall be my horn, and mine old age shall be strengthened with rich oil. And mine eye hath looked down upon mine enemies, and mine ear shall hear concerning the wicked that rise up against me. The righteous man shall flourish like a palm tree, and like a cedar in Lebanon shall he be multiplied. They that are planted in the house of the Lord, in the courts of our God they shall blossom forth. They shall still increase in a ripe old age, and happy shall they be to proclaim that upright is the Lord our God, and there is no unrighteousness in Him.

PSALM 92

The Lord is King, He is clothed with majesty; the Lord is clothed with strength and He hath girt Himself. For He established the world which shall not be shaken. Thy throne is prepared of old; Thou art from everlasting. The rivers have lifted, O Lord, the

rivers have lifted up their voices. The rivers will lift up their waves, at the voices of many waters. Wonderful are the surgings of the sea, wonderful on high is the Lord. Thy testimonies are made very sure. Holiness becometh Thy house, O Lord, unto length of days.

PSALM 93

The Lord is the God of vengeance; the God of vengeance hath spoken openly. Be Thou exalted, O Thou that judgest the earth; render the proud their due. How long shall sinners, O Lord, how long shall sinners boast? How long shall they utter and speak unrighteousness, how long shall they speak, all they that work iniquity? Thy people, O Lord, have they brought low, and to Thine inheritance have they done hurt. Widow and orphan have they slain, and the proselyte have they murdered. And they said: The Lord shall not see it, nor will the God of Jacob perceive it. Understand then, ye mindless ones among the people; and ye fools, at length be wise. He that planted the ear, shall He not hear? Or He that formed the eye, doth He not perceive? He that chasteneth the heathen, shall He not rebuke? He that teacheth man knowledge? The Lord knoweth the thoughts of men, that they are vain. Blessed is the man whom Thou shalt chasten, O Lord; and out of Thy law shalt Thou instruct him, That Thou mayest give him rest from evil days, until a pit be dug for the sinner. For the Lord will not cast off His people, nor will He forsake His inheritance, Until righteousness return unto judgment, and all that are upright

of heart be nigh thereto. Who will rise up for me against the evildoers? Or who will stand up with me against the workers of iniquity? Unless the Lord had brought me help, my soul had well nigh sojourned in hades. Whenever I said: My foot hath slipped; Thy mercy, O Lord, brought help unto me. According to the multitude of my sorrows in my heart, Thy consolations brought gladness unto my soul. Let not the throne of iniquity have fellowship with Thee, which maketh mischief in the name of the law. They shall hunt down the soul of the righteous man, and the innocent blood shall they condemn. Yea, the Lord is become my refuge, and my God the helper of my hope. And the Lord shall give back to them their own iniquity, and according to their wickedness the Lord God shall make them to be seen no more.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 94

Come let us rejoice in the Lord, let us shout with jubilation unto God our Saviour. Let us come

before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him. For the Lord is a great God and a great king over all the earth. For in His hand are the ends of the earth, and the heights of the mountains are His. For the sea is His, and He made it; and the dry land His hands have fashioned. O 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 ye will hear His voice, harden not your hearts, as in the provocation, in the day of temptation in the wilderness. For your fathers tempted Me, they proved Me and saw My works. Forty years long was I grieved with that generation, and I said: They do always err in their hearts. And they have not known My ways; so I swear in Mine anger: They shall not enter into My rest.

PSALM 95

O sing unto the Lord a new song, sing unto the Lord all the earth. Sing unto the Lord, bless His name; proclaim from day to day the good tidings of His salvation. Declare among the nations His glory, and among all peoples His wonders. For great is the Lord, 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. Praise and beauty are before Him, holiness and majesty are in His sanctuary. Bring to the Lord, ye kindreds of the nations, bring to the Lord glory and honour; bring to the Lord the glory

due unto His name. Bring sacrifices, and go into His courts; worship the Lord in His holy court. Let the earth be shaken at His presence; say among the nations that the Lord is king. For He hath established the world which shall not be shaken; He shall judge the people in uprightness. Let the heavens be glad and let the earth rejoice; let the sea be shaken, and the fullness thereof. The plains shall be joyful, and all the things therein. Then shall all the trees of the forest rejoice at the presence of the Lord, for He cometh, for He cometh to judge the earth. He shall judge the world with righteousness, and the peoples with His truth.

PSALM 96

The Lord is king, let the earth rejoice; let the many islands be glad. Clouds and darkness are round about Him; righteousness and judgment are the establishment of His throne. Fire shall go before Him, and shall burn up His enemies round about. His lightnings have shone forth throughout the world; the earth saw it and was shaken. The mountains melted like wax at the presence of the Lord, at the presence of the Lord of all the earth. The heavens declared His righteousness, and all the peoples saw His glory. Let all be put to shame that worship graven things, that boast themselves of their idols. Worship Him, all ye His angels; Sion heard and was glad, And the daughters of Judea rejoiced because of Thy judgments, O Lord. For Thou art Lord Most High over all the earth, Thou art exalted far above all the gods. Ye that love the Lord, see to it that

ye hate evil. The Lord preserveth the souls of His saints; from the hand of the sinner shall He deliver them. A light hath dawned forth for the righteous man, and gladness for the upright of heart. Be glad in the Lord, O ye righteous, and give thanks for the remembrance of His holiness.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now....

PSALM 97

O sing unto the Lord a new song, for the Lord hath wrought wondrous things. His right hand and His holy arm have wrought salvation for Him. The Lord hath made known His salvation, in the sight of the nations hath He revealed His righteousness. He hath 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 jubilation unto the Lord, all the earth; sing and rejoice and chant psalms. Chant ye unto the Lord with a harp, with the harp and with the voice of a psalm, with trumpets of metal, and with a voice of a trumpet of horn. Shout with jubilation before the Lord our King; let the sea be

shaken and the fullness thereof, the world and all that dwell therein. The rivers shall clap their hands together; the mountains shall rejoice at the presence of the Lord, for He cometh; yea, He is 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 sitteth on the cherubim, let the earth be shaken. The Lord is great in Sion, and He is high above all peoples. Let them confess Thy great name, for it is terrible and holy; and the king's honour loveth judgment. Thou hast prepared uprightness; judgment and righteousness in Jacob hast Thou wrought. Exalt ye the Lord our God, and worship the footstool of His feet; for He is holy. Moses and Aaron among His priests, and Samuel among them that call upon His name. They called upon the Lord, and He hearkened unto them; in a pillar of cloud He spake unto them. For they kept His testimonies and His ordinances which He gave them. O Lord our God, Thou didst hearken unto them; O God, Thou wast fain to be entreated for them, and yet tookest vengeance on all their devices. Exalt ye the Lord our God, and worship at His holy mountain; for holy is the Lord our God.

PSALM 99

Shout with jubilation unto God, all the earth; serve the Lord with gladness. Come before His presence with rejoicing. Know ye that the Lord Himself is

our God; it is He that hath 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 unto Him. Praise His name, for the Lord is good; His mercy endureth for ever, and His truth unto generation and generation.

PSALM 100

Of mercy and judgment will I sing unto Thee, O Lord; I will chant and have understanding in a blameless path. When wilt Thou come unto me? I have walked in the innocence of my heart in the midst of my house. I have no unlawful thing before mine eyes; the workers of transgressions I have hated. A crooked heart hath not cleaved unto me; as for the wicked man who turned from me, I knew him not. Him that privily talked against his neighbour did I drive away from me. With him whose eye was proud and his heart insatiate, I did not eat. Mine eyes were upon the faithful of the land, that they might sit with me; the man that walked in the blameless path, he ministered unto me. The proud doer dwelt not in the midst of my house; the speaker of unjust things prospered not before mine eyes. In the morning I slew all the sinners of the land, utterly to destroy out of the city of the Lord all them that work iniquity.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.

Thrice.

Lord, have mercy. *Thrice.*

And the reader readeth the sessional hymns of the appointed tone.

THE SESSIONAL HYMNS OF THE CROSS
FIRST TONE

When Thou wast crucified, O Christ, the tyranny of the enemy was destroyed, the power of the enemy was trampled down. For neither an angel nor a man, but Thou Thyself, O Lord, saved us: glory to Thee.

Stichos: Exalt ye the Lord our God, and worship the footstool of His feet; for it is holy.

As a weapon in war the Cross once appeared to the pious Emperor Constantine who was invincibly victorious against enemies because of his faith; this power at which the adversaries tremble, this is become the salvation of the faithful, and the boast of Paul.

Glory... Both now....

Stavrotheotokion: Having thy protection, O Most Pure One, we are delivered from evils through thine intercessions, and kept everywhere by the Cross of thy Son, duly we all piously magnify thee.

If the saint of the Menaion canon hath a kontakion (after the sixth ode of the canon), the martyricon from the Triodion is read here, preceded by the following stichos:

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: The glorious passion-bearers clothed themselves in Thee, O Lord: Thou wast their glory in

their sufferings, their crown, and their reward. For steadfastly enduring torment, they triumphed over the wicked; and through divine power from heaven they obtained the victory. Through their intercessions grant us, O God, Thy great mercy.

SECOND TONE

We worship Thine immaculate Icon, O Good One, asking the forgiveness of our failings, O Christ God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore, we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

Stichos: Exalt ye the Lord our God, and worship the footstool of His feet; for it is holy.

Thou hast wrought salvation in the midst of the earth, O Christ God; Thou didst stretch out Thine immaculate hands upon the Cross, thereby gathering all the nations that cry to Thee: O Lord, glory be to Thee.

Glory... Both now....

Stavrotheotokion: Most glorified art thou, O Virgin Theotokos; we praise thee, for by the Cross of thy Son, hades was cast down and death slain. Having been put to death, we were raised up, and were deemed worthy of life. We received Paradise, the ancient bliss. Wherefore, in thanksgiving we glorify Christ our God, since He is mighty and alone abundant in mercy.

Stichos: Wondrous is God in His saints, the God of

Israel.

Martyricon: Founded on the Rock that cannot be shaken, the saints strongly and valiantly resisted the tyrants, and through torment received crowns; through them, O God, save us.

THIRD TONE

Willing to suffer the Cross and death, Thou didst set it up in the midst of creation; when Thou wast well-pleased, O Saviour, that Thy Body be nailed upon it, then also the sun hid its rays. The thief, seeing this, confessed Thee to be God, crying to Thee: Remember me, O Lord, and having believed, received Paradise.

Stichos: Exalt ye the Lord our God, and worship at the footstool of His feet, for it is holy.

Upon the cypress, the pine, and the cedar wast Thou exalted, O Lamb of God, that Thou mightest save those who in faith worship Thy voluntary Crucifixion; O Christ God, glory to Thee.

Glory... Both now....

Stavrotheotokion: A shameful death by Crucifixion, O Compassionate One, didst Thou endure willingly; she that bear Thee, O Christ, seeing, was wounded in her heart. Through her entreaties to Thy tender mercies, O only most good Lord, Lover of mankind, show compassion and save the world, O Thou that takest away the sin of the world.

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: Ye do shine through faith, most radi-

ant lights, saints, physicians of piety, most lauded passion-bearers; for not being afraid of the wounds of the tyrants, ye do cast down the evil of idolatry, having the invincible trophy, the true Cross.

FOURTH TONE

To the Cross the Jews nailed Thee, O Saviour, through which Thou hast called us from the Gentiles, O Lord, Lover of mankind; Thou didst stretch out Thy hands upon it of Thine own will; Thou didst will that a spear pierce Thy side. Glory to the multitude of Thy compassions, O Long-suffering One.

Stichos: Exalt ye the Lord our God, and worship at the footstool of His feet, for it is holy.

The light of our souls, Thy most pure Cross, now beholding, and venerating it, radiantly we cry to Thee: Glory to Thee Who willed to be exalted upon it; glory to Thee through Whom all creation was enlightened; therefore we glorify Thee with hymns unceasingly.

Glory... Both now....

Stavrotheotokion: As she saw Thee raised upon the Cross, Thy most pure Mother, O Word of God, exclaimed with motherly lamentation: What new and strange wonder is this, O my Son? How dost Thou, the Life of all, taste of death? It is because Thou desirest to bring the dead to life, for Thou art compassionate.

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: The triumphal celebration of the honourable passion-bearers hath shown the Church to be

heaven, and with mankind the angels exult; through their intercessions, O Christ God, save our souls.

FIFTH TONE

The place of the skull became Paradise; for as soon as the tree of the Cross was planted there, at once it bore the fruit of life, Thee, O Saviour, our gladness, glory to Thee.

Stichos: Exalt ye the Lord our God and worship the footstool of His feet, for it is holy.

The tree of Thy Cross, O our Saviour, hath been revealed as saving to the world, for upon it Thou wast nailed willingly; from the curse hast Thou delivered those born of earth, O Joy of all, O Lord, glory to Thee.

Glory... Both now....

Stavrotheotokion: Beholding Thee, O Christ, willingly hanging on the Cross between two thieves, Thy Mother, pierced inwardly with a mother's grief, said: O sinless Son, how art Thou nailed unjustly to the Cross as an evildoer? In order to bring life to the race of man, for Thou art most good.

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: Today the memorial of the passion-bearers shineth, for there are rays of light also from heaven; the choirs of angels celebrate, and the race of man keepeth the feast with them. Wherefore they pray to the Lord, that He may have mercy on our souls.

SIXTH TONE

No sooner had the tree of Thy Cross, O Christ,

been set up, than the foundations of death were shaken, O Lord; for Him Whom hades swallowed eagerly, it released with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us.

Stichos: Exalt ye the Lord our God and worship at the footstool of His feet, for it is holy.

O Lord, the Jews condemned Thee to death, Thee Who art the Life of all; Who led them with the rod through the Red Sea, on the Cross they nailed Thee; and Thou Who didst suckle them with honey from the rock, they gave Thee gall. But willingly hast Thou endured, that Thou mightest free us from slavery to the enemy: O Christ God, glory to Thee.

Glory... Both now....

Stavrotheotokion: O Virgin Theotokos, entreat thy Son, Who was willingly nailed to the Cross, and freed the world from deception, Christ our God, to have mercy on our souls.

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: Those who preached Christ in the arena, and did not fear the threats of the ungodly, hath the Lord made wondrous; for they laid low the boldness of the transgressors through enduring suffering, received worthily of Christ the grace of healing, unceasingly praying that our souls be saved.

SEVENTH TONE

Brighter than fire, more efficacious than flame, hast

Thou made the tree of Thy Cross, consuming the sins of the ailing, and enlightening the hearts of those who hymn Thy voluntary Crucifixion, O Christ God, glory to Thee.

Stichos: Exalt ye the Lord our God, and worship the footstool of His feet, for it is holy.

O Thou Who hast dominion over the fleshless hosts, and knowest the slothfulness of my soul, through Thy Cross save me, O Christ God, for Thou art the Lover of mankind.

Glory... Both now....

Stavrotheotokion: To Christ God Who was crucified for us, and hath destroyed the power of death, do thou pray unceasingly, O Virgin Theotokos, that He save our souls.

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: Thy martyrs, O Lord, overcame the enemy, and put to shame the delusion of the idolaters, being armed with the power of the Cross. Wherefore, we chant praises with the angels who cry out with a triumphal hymn, glorifying Thee, O Christ: Through them, we pray Thee, save us.

EIGHTH TONE

In the midst of Eden a tree put forth death, and in the midst of all the earth a tree blossomed forth life; for, being incorrupt, we, having eaten of the first became corrupt; having partaken of the second, we have delighted in incorruption; for by the Cross Thou savest

the race of man, for Thou art God.

Stichos: Exalt ye the Lord our God, and worship the footstool of His feet, for it is holy.

In the Paradise of old a tree stripped me bare, for by the eating of it the enemy brought in death; but the tree of the Cross bringing the robe of life to mankind hath been set up on the earth, and the whole world is all filled with joy. Beholding it exalted, let us, O ye people, cry aloud in faith to God with one accord: The temple is full of His glory.

Glory... Both now....

Stavrotheotokion: Beholding Him Who was incarnate of thy pure blood, and beyond understanding was born of thee, O pure one, hanging on the Cross between evildoers, inwardly thou wast pained, and with motherly lamenting thou didst cry out: Woe is me, O my Child, what is this divine and ineffable dispensation of Thine, by which Thou hast restored to life Thy creature? I chant hymns to Thy compassion.

Stichos: Wondrous is God in His saints, the God of Israel.

Martyricon: Through continence having put to death the fiery impulses of the passions, the martyrs of Christ received grace to drive out the ailments of the infirm, and both alive and after death to work miracles. Truly a most glorious wonder! for their bare bones pour forth healings; glory to the only God and Creator.

Then, the reading from Saint Ephraim the Syrian. Then:

Chanters: Lord, have mercy. *Thrice.* Glory to the

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

Reader: Both now and ever, and unto the ages of ages. Amen. *And he readeth the Fourteenth Kathisma.*

PSALM 101

O Lord, hear my prayer, and let my cry come unto Thee. Turn not Thy face away from me; in the day when I am afflicted, incline Thine ear unto me. In the day when I call upon Thee, quickly hearken unto me. For my days are vanished like smoke, and my bones consumed like wood for the burning. I am smitten like grass, and withered is my heart, for I forgot to eat my bread. By reason of the voice of my groaning, my bone hath cleaved unto my flesh. I am become like a pelican in the wilderness, I am like an owl in a ruined house. I have watched, and am like a sparrow that sitteth alone upon the housetop. The whole day long mine enemies reproached me, and they that praised me made an oath against me. For before the face of Thy wrath and Thine anger I ate ashes like bread, and my drink I mingled with weeping; for after uplifting me, Thou hast dashed me down. My days like a shadow have declined, and I like grass am withered. But Thou, O Lord, for ever abidest, and Thy remembrance is unto generation and generation. Thou shalt rise up and have pity upon Sion, for it is time to have compassion on her, yea, the time is come. For Thy servants have taken pleasure in her stones, and they shall feel pity for her dust. And the heathen shall fear Thy name, O Lord, and all the kings of the earth Thy glory. For the

Lord shall build up Sion, and He shall be seen in His glory. He hath regarded the prayer of the humble, and hath not despised their supplication. Let this be written for another generation, and the people that is being created shall praise the Lord. For He hath looked out from His holy height, the Lord from heaven hath looked upon the earth, To hear the groaning of them that be in fetters, to loose the sons of the slain, To declare in Sion the name of the Lord, and His praise in Jerusalem, When the peoples are gathered together, and the kings to serve the Lord. He answered Him in the way of His strength: The fewness of my days declare unto me. Take me not away at the half of my days; in generations and generations are Thy years. In the beginning, O Lord, Thou didst lay the foundation of the earth, and the heavens are the works of Thy hands. They shall perish, but Thou abidest; and all like a garment shall grow old. And as a vesture shalt Thou fold them, and they shall be changed; but Thou art the same, and Thy years shall not fail. The sons of Thy servants shall have their dwelling, and their seed for ever shall be guided aright.

PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee. Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who

fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts,

His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 103

Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire, Who establisheth the earth in the sureness thereof; it shall not be turned back for ever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid. The mountains rise up and the plains sink down, unto the place where Thou hast established them. Thou appointedst a

bound that they shall not pass, neither return to cover the earth. He sendeth forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst. Beside them will the birds of the heavens lodge, from the midst of the rocks will they give voice. He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and green herb for the service of men, To bring forth bread out of the earth; and wine maketh glad the heart of man. To make His face cheerful with oil; and bread strengtheneth man's heart. The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for the harts, and so is the rock for the hares. He hath made the moon for seasons; the sun knoweth his going down. Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad. Young lions roaring after their prey, and seeking their food from God. The sun ariseth and they are gathered together, and they lay them down in their dens. But man shall go forth unto his work, and to his labour until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all; the earth is filled with Thy creation. So is this great and spacious sea, therein are things creeping innumerable, small living creatures

with the great. There go the ships; there this dragon, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled. Thou wilt take their spirit, and they shall cease; and unto their dust shall they return. Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth. Let the glory of the Lord be unto the ages; the Lord will rejoice in His works, Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being. May my words be sweet unto Him, and I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 104

O give thanks unto the Lord and call upon His name; declare among the nations His works. Sing unto Him and chant unto Him; tell forth all His wonders. Glory in His holy name; let the heart of them be glad that seek the Lord. Seek ye the Lord, and be strengthened; seek ye His face at all times. Remember His wonders which He wrought, His marvels, and the judgments of His mouth. Ye that are the seed of Abraham, His servants, ye sons of Jacob, His chosen. He is the Lord our God, in all the earth are His judgments. He hath remembered His covenant unto eternity, the word which He commanded unto a thousand generations, Which He made to Abraham, and His oath to Isaac. And He established it to Jacob for an ordinance, and to Israel for an everlasting covenant, Saying: Unto thee will I give the land of Canaan, the portion of your inheritance. When they were few in number, very few and sojourners therein, And they went from nation to nation, and from one kingdom to another people, He allowed no man to wrong them: and He reproved kings for their sake, Saying: Touch not Mine anointed ones, and to My prophets do no evil. And He called a famine upon the land, He brake all the staff of bread. He sent a man before them, Joseph was sold for a slave. They humbled his feet with fetters, his life was spent in irons, until his word came to pass. The oracle of the Lord proved him; the king sent and loosed him, even the ruler of the people,

and released him. He made him lord of his house, and ruler over all his substance. To instruct his princes as himself, and to teach his elders wisdom. And Israel went into Egypt, and Jacob sojourned in the land of Ham. And He increased His people greatly, and made them stronger than their enemies. He turned their heart to hate His people, to deal craftily with His servants. He sent forth Moses His servant, Aaron whom He had chosen for Himself. He set in them the words of His signs and of His marvels in the land of Ham. He sent forth darkness and made it dark, for they were embittered against His words. He turned their waters into blood, and He slew their fish. Their land teemed with frogs, even unto the secret chambers of their kings. He spake, and the dog-fly came, and gnats in all their borders. He gave them hail for rain, flaming fire in their land. And He smote their vines and their fig trees, and brake every tree of their border. He spake, and the locust came, and the caterpillar, and that without number, And devoured all the grass in their land, and devoured all the fruit of their land. And He smote every firstborn of their land, the firstlings of all their labour. And He led them out with silver and gold, and there was not among their tribes one man that was feeble. Egypt was glad when they departed, for fear of them that had fallen upon them. He spread out a cloud for a shelter to them, and a fire to give them light by night. They made request and the quail came, and with bread of heaven He filled them. He clave the

rock and the waters flowed, in waterless places rivers ran. For He remembered His holy word which He spake unto Abraham His servant. And He led forth His people with rejoicing, and His chosen ones with gladness. And He gave unto them the lands of the heathen, and the labours of peoples they inherited, That they might keep His statutes and might seek after His law.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Lord, have mercy. *Thrice.*

Then, the Sessional Hymn, Second Tone. Prosimion:

The noble Joseph....

Through Thy Passion, O Lover of mankind, Thou givest to all men freedom from the passions, putting to death the passions of my flesh by Thy divine Cross. Vouchsafe me, then, to see Thy holy Resurrection, O Lord.

Glory to the Father, and to the Son, and to the Holy Spirit. Through Thy Passion...*repeat.*

Both now and ever, and unto the ages of ages. Amen.

Starvotheotokion: Being kept by the precious Cross of Thy Son, O most pure Lady Theotokos, we turn aside easily all the assaults of the adversary. Wherefore, as is meet, we ever call thee blessed, for thou art

the Mother of God and the only hope of our souls.

And the reading from Saint Ephraim the Syrian. Then:

Chanters: Lord, have mercy. *Thrice.* Glory to the Father, and to the Son, and to the Holy Spirit.

Reader: Both now and ever, and unto the ages of ages. Amen. *And he readeth the Fifteenth Kathisma.*

PSALM 105

O give thanks unto the Lord, for He is good, for His mercy endureth for ever. Who shall tell of the mighty acts of the Lord? Who shall make all His praises to be heard? Blessed are they that keep judgment and do righteousness at all times. Remember us, O Lord, in Thy favour for Thy people; visit us with Thy salvation, That we may see it in the goodness of Thy chosen, that we may be glad in the gladness of Thy nation, that we may glory with Thine inheritance. We have sinned with our fathers, we have done iniquity, we have done unrighteousness. Our fathers in Egypt understood not Thy wonders, and they remembered not the multitude of Thy mercy. And they embittered Thee as they went up by the Red Sea. And He saved them for His name's sake, that He might make known His mighty power. And He rebuked the Red Sea, and it was dried up; and He led them into the deep as in a wilderness. And He saved them from the hand of him that hated them, and redeemed them from the hand of enemies. The waters covered the oppressors; not one of them was left. And they believed His word, and they sang His praise. They made haste, they forgot His

works, they awaited not His counsel. And they desired a desire in the wilderness, and made trial of God in the waterless place. And He gave them their request, and sent forth fullness into their souls. And they provoked Moses in the camp, and Aaron the holy one of the Lord. The earth opened and swallowed up Dathan, and covered over the congregation of Abiron. And a fire was kindled in their congregation, a flame burned up the sinners. And they made a calf in Horeb, and they worshipped the graven thing. And they changed His glory into the likeness of a calf that eateth grass. And they forgot God Who had saved them, Who had done great things in Egypt, wonders in the land of Ham, terrible things at the Red Sea. And He said that He would destroy them, had not Moses His chosen stood in the breach before Him, to turn away His wrath, lest He should destroy them. And they set at nought the desirable land; they believed not His word. And they murmured in their tents; they hearkened not unto the voice of the Lord. And He lifted up His hand against them, to cast them down in the wilderness, To cast down their seed among the nations, and to scatter them in the lands. And they were made initiates of Baal-phegor, and ate the sacrifices of the dead. And they provoked Him with their inventions, and destruction was multiplied among them. And Phineas stood up and made appeasement; and the plague abated. And it was counted unto him for righteousness, unto generation and generation for evermore. And they provoked Him

at the water of gainsaying, and Moses suffered hurt for their sakes; for they embittered his spirit, and he gave judgment with his lips. They did not destroy the heathen, concerning which the Lord had spoken to them. They mingled among the nations and learned their works; and they served their graven things, and it became for them a stumbling-block. And they sacrificed their sons and daughters unto demons. And they poured out innocent blood, the blood of their sons and daughters, whom they sacrificed to the graven things of Canaan. And the land was befouled with the blood of murder, and it was defiled with their works; and they went a whoring with their own inventions. And with anger was the Lord wroth against His people, and He abhorred His inheritance. And He gave them into the hands of enemies, and they that hated them were lords over them. And their enemies afflicted them, and they were humbled under their hands. Many times He delivered them; but they embittered Him with their counsel, and they were humbled in their iniquities. And the Lord saw when they were in affliction, when He hearkened unto their supplication. And He remembered His covenant and repented according to the multitude of His mercy. And He caused them to be pitied in the sight of all that had taken them captive. Save us, O Lord our God, and gather us from among the nations, That we may confess Thy holy name, that we may glory in Thy praise. Blessed is the Lord God of Israel, from everlasting to everlasting; and all the

peoples shall say: So be it. So be it.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 106

O give thanks unto the Lord, for He is good, for His mercy endureth for ever. So let them say that have been redeemed by the Lord, whom He hath redeemed from the hand of the enemy. From the lands hath He gathered them, from the east, from the west, from the north, and from the sea. They wandered in the wilderness, in a waterless land; they found not the path to a city of habitation. Hungering and thirsting, their soul within them fainted. And they cried unto the Lord in their affliction, and out of their distresses He delivered them. And He guided them into the right way that they might go to a city for habitation. Let them give thanks unto the Lord for His mercies, and for His wondrous works for the sons of men. For He satisfied the empty soul, and the hungry soul hath He filled with good things. As for them that sit in darkness and the shadow of death, fettered with beggary and

iron, Because they were embittered against the sayings of God, and provoked the counsel of the Most High, Yea, with labours was their heart brought low; they waxed feeble, and there was none to help. And they cried unto the Lord in their affliction, and out of their distresses He saved them. And He brought them out of darkness and the shadow of death, and their bonds He brake asunder. Let them give thanks unto the Lord for His mercies, and for His wondrous works for the sons of men. For He shattered the gates of brass, and brake the bars of iron. He helped them out of the way of their lawlessness; for on account of their iniquities had they been brought low. All food did their soul abhor, and they drew nigh even unto the gates of death. And they cried unto the Lord in their affliction, and out of their distresses He saved them. He sent forth His Word and He healed them, and He delivered them from their corruption. Let them give thanks unto the Lord for His mercies, and for His wondrous works for the sons of men. And let them sacrifice to Him a sacrifice of praise, and let them proclaim His works with rejoicing. They that go down to the sea in ships, doing their work in many waters, These have seen the works of the Lord, and His wonders in the deep. He spake, and a wind of tempest arose, and the waves thereof were lifted up. They mount as high as the heavens, and they go down into the abysses; their soul was melted with evils. They were troubled, and they reeled like one drunken, and all their wisdom was swallowed up.

And they cried unto the Lord in their affliction, and out of their distresses He brought them. And He commanded the tempest, and it was calmed into a breeze, and the waves thereof fell silent. And they were glad, because they were quiet, and He guided them to the haven of His will. Let them give thanks unto the Lord for His mercies, and for His wondrous works for the sons of men. Let them exalt Him in the assembly of the people, and in the seat of the elders let them praise Him. He turned rivers into a wilderness, and the coursings of water into a thirsting land, A fruitful land into saltiness, for the wickedness of them that dwell therein. He turned a wilderness into pools of waters, and a parched land into streams of water. And He made the hungry to dwell therein, and they established cities for habitation. And they sowed fields and planted vineyards, and they made fruits of increase. And He blessed them and they were multiplied greatly, and He diminished not the number of their cattle. And again they became few and were brought low by affliction, evils, and sorrows. Contempt was poured out upon their princes, and He caused them to wander in a land untrodden, where there is no way. And He helped the poor man out of his poverty, and made his kindred like a flock. The upright shall see it and shall be glad, and all iniquity shall stop its mouth. Who is wise and will keep these things, and will understand the mercies of the Lord?

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

Spirit.

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice. Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 107

Ready is my heart, O God, ready is my heart; I will sing and chant in my glory. Awake, O my glory; awake, O psaltery and harp; I myself will awake at dawn. I will confess Thee among the peoples, O Lord, I will chant unto Thee among the nations. For great above the heavens is Thy mercy, and even unto the clouds is Thy truth. Be Thou exalted above the heavens, O God, and Thy glory above all the earth. That Thy beloved ones maybe delivered, save Thou with Thy right hand and hearken unto me. God hath spoken in His sanctuary: I will be exalted, and I will divide Sikima, and the vale of tabernacles will I measure out. Mine is Galaad, and Mine is Manasses, and Ephraim is the protection of My head. Judah is My king, Moab is the cauldron of My hope. Upon Idumea will I stretch out My shoe; the foreign tribes have been subjected unto Me. Who will bring me into a fortified city? Or who will lead me into Idumea? Wilt Thou not, O God, Who hast spurned us? And wilt Thou not, O God, go

forth with our forces? Give us help from affliction, for vain is the salvation of man. In God we shall work mighty deeds, and He will bring to nought our enemies.

PSALM 108

O God, my praise do not pass over in silence; for the mouth of the sinner and the mouth of the deceitful man are opened against me. They have spoken against me with a deceitful tongue, and with words of hatred have they encompassed me, and they have warred against me without a cause. In return for my love, they have falsely accused me; but as for me, I gave myself to prayer. And they repaid me evil for good, and hatred for my love. Set Thou a sinner over him, and let the devil stand at his right hand. When he is judged, let him go forth condemned, and let his prayer become sin. Let his days be few, and his bishopric let another take. Let his children be fatherless, and his wife a widow. Let his children be vagabonds without a dwelling-place, and let them beg; let them be cast out from their ruined dwellings. Let his creditor search out all his substance, and let strangers plunder all his labours. Let there be for him no helper, nor anyone to pity his fatherless children. Let his children be given over to utter destruction; in a single generation let his name be blotted out. Let the iniquity of his fathers be remembered before the Lord, and let not the sin of his mother be blotted out. Let them be before the Lord continually, and let the memory of them per-

ish from off the earth. Because he remembered not to show mercy; and persecuted a man that was poor and a beggar, and one broken in heart, that he might slay him. And he loved cursing, and it shall come upon him; and he delighted not in blessing, and it shall be far from him. And he put on cursing like a garment, and it went in like water into his bowels, and like oil into his bones. Let it be for him like a garment wherewith he is clothed, and like a girdle wherewith continually he is girded. This is the dealing of the Lord with them that slander me, and with them that speak evil things against my soul. But Thou, O Lord, O Lord, deal Thou with me for Thy name's sake; for Thy mercy is good. Deliver me, for a poor man am I and a pauper, and my heart is troubled within me. Like a shadow when it declineth am I taken away, I am shaken off as the locusts. My knees are grown weak through fasting, and my flesh is changed for want of oil. And I am become a reproach unto them; they saw me and wagged their heads. Help me, O Lord my God, and save me according to Thy mercy. And let them know that this is Thy hand and that Thou, O Lord, hast wrought it. They will curse, and Thou wilt bless; let them that rise up against me be put to shame, but Thy servant shall be glad. Let them that slander me be clothed with confusion, and let them be covered with shame as with a mantle. I will greatly praise the Lord with my mouth, and in the midst of many will I praise Him. For He hath stood at the right hand of the poor, to save my

soul from them that persecute me.

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

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

Lord, have mercy. *Thrice.*

And the Sessional Hymn, Second Tone:

O Thou Who art the fountain of purity, preserve us in the Fast, look upon us as we fall down before Thee; attend to the lifting up of our hands, O Thou Who didst stretch out Thy hands on the Tree, crucified for all who are born of earth, O only Lord of the Fleshless Hosts.

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

Both now and ever, and unto the ages of ages. Amen.

Stavrotheotokion: Thy Virgin Mother, O Christ, seeing Thee stretched dead upon the Tree, weeping bitterly, said: O my Son, what is this fearful mystery? How dost Thou Who givest life eternal unto all die willingly upon the Cross a shameful death?

Then the reading from The Lausaic History. After this:

Choir: Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy

compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto

Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Then immediately the priest saith:

Save, O God, Thy people, and bless Thine inheritance; visit Thy world with mercy and compassions; exalt the horn of Orthodox Christians, and send down upon us Thine abundant mercies: through the intercessions of our immaculate Lady Theotokos and Ever-Virgin Mary; through the power of the precious and life-giving Cross; through the mediations of the honourable, heavenly Bodiless Hosts; of the honourable, glorious Prophet, Forerunner, and Baptist John; of the holy, glorious, and all-praised apostles; of our fathers among the saints and great ecumenical teachers and hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom; of our father among the saints, Nicholas the Wonderworker, archbishop of Myra in Lycia; of the holy Equals-of-the-Apostles Methodius and Cyril, Teachers of the Slavs; of the holy Right-believing and Equal-of-the-Apostles Great Prince Vladimir, and the Blessed Great Princess of Russia, Olga; of our fathers among the saints, the Wonderworkers of All Russia: Michael, Peter, Alexis, Jonah, Philip, Macarius, Demetrius, Metrophanes, Tikhon, Theodosius, Joasaph, Hermogenes, Pitirim, Innocent, and John; of the holy Hieromartyrs and Confessors: Tikhon, Patriarch of Moscow; Vladimir of Kiev, Ben-

jamin and Joseph of Petrograd, Peter of Krutitsa, Cyril of Kazan, Agathangel of Yaroslavl, Andronicus of Perm, Hermogenes of Tobolsk, the priests John, John, Peter, and Philosoph, and all the new hieromartyrs and confessors of the Russian Church; of the holy, glorious, and victorious martyrs: the holy, glorious Greatmartyr, Trophy-bearer and Wonderworker George; the holy Greatmartyr and Healer Panteleimon; the holy Greatmartyr Barbara; and the holy Right-believing Russian Princes and Passion-bearers Boris and Gleb, and Igor; and the holy Right-believing Passion-bearers: Tsar-Martyr Nicholas, Tsaritsa-Martyr Alexandra, the Martyred Crown Prince Alexis, and the Royal Martyrs Olga, Tatiana, Maria, and Anastasia; and the holy nun-martyrs: Grand Duchess Elizabeth and Nun Barbara, and all the New Martyrs of Russia; of our holy and God-bearing fathers: Anthony and Theodosius of the Kiev Caves; Sergius, the Abbot of Radonezh, and Seraphim of Sarov; Job, Abbot and Wonderworker of Pochaev; of the holy Righteous John of Kronstadt; of the holy Blessed Xenia; of our holy and God-bearing fathers: Herman of Alaska; Paisius Velichkovsky; Leo, Macarius, Ambrose, and the other Elders of Optina; the hierarchs Innocent of Moscow, Nicholas of Japan, John of Shanghai and San Francisco; and Saint(s) *N.(N)*, (*whose temple it is and whose day it is, whose memory we celebrate*); of the holy and Righteous Ancestors of God, Joachim and Anna; and of all the saints; we pray Thee, O Lord plenteous in mercy, hearken unto

us sinners that pray unto Thee, and have mercy on us.

Chanters: Lord, have mercy. *Twelve times.*

Priest: Through the mercy and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thy Most-holy, and good, and life-creating Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

And immediately we chant:

ODE I

The 1st Choir chanteth the Eirmos of the Menaion canon; and to the Troparia these verses of the Scriptural Ode are chanted by each choir:

1. The Lord is king of the ages, yea, for ever and evermore, for the horse of Pharaoh with chariots and riders went into the sea. *Troparion of the Menaion canon.*

2. And the Lord brought upon them the water of the sea; but the sons of Israel walked through dry land in the midst of the sea. *Troparion of the Menaion canon.*

1. Glory to the Father, and to the Son, and to the Holy Spirit. *Troparion from the Menaion canon.*

2. Both now and ever, and unto the ages of ages. Amen. *Theotokion from the Menaion canon.*

ODE III

Here the Eirmos from the Menaion is not chanted, but we chant it at the end of the Ode as a Katavasia.

1. The Lord hath gone up into the heavens and hath thundered; He will judge the ends of the earth, for He is righteous. *Troparion from the Menaion canon.*

2. And He will give strength to our kings, and He

will lift up the horn of His anointed one.

Troparion from the Menaion canon.

1. Glory to the Father, and to the Son, and to the Holy Spirit. *Troparion from the Menaion canon.*

2. Both now and ever, and unto the ages of ages. Amen. *Theotokion from the Menaion canon.*

Then the Eirmos of the Third Ode chanted as Katavasia.

After the Third Ode, the Small Ectenia:

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

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Priest: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

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

Chanters: Amen. *And the sessional hymn from the Menaion is read, once. Glory, Both now, and its Theotokion.*

Then the reading from the Lausaic History. Then:

ODE IV

The Eirmos of the Menaion canon is chanted, and the verses [from the Scriptural Ode] as refrains with the troparia.

1. The Lord is my God and my might, and He will instruct my feet unto perfection. *Troparion from the Menaion canon.*

2. He mounteth me on high, that I might be victor with His song. *Troparion from the Menaion canon.*

1. Glory to the Father, and to the Son, and to the Holy Spirit. *Troparion from the Menaion canon.*

2. Both now and ever, and unto the ages of ages. Amen. *Theotokion from the Menaion canon.*

ODE V

Out of the night my spirit waketh at dawn unto Thee, O God, for Thy commandments are a light upon the earth.

2. Learn righteousness, ye that dwell upon the earth, for the ungodly man hath come to an end; every man that learneth not righteousness on the earth shall not execute truth.

1. Let the ungodly man be taken away, that he may not see the glory of the Lord. O Lord, lofty is Thine arm, and they knew it not; but when they know it, let them be put to shame.

2. Zeal shall lay hold upon an uninstructed people, and now fire shall devour the adversaries.

Here the Eirmos of the Menaion canon is chanted.

1. O Lord our God, bestow Thy peace upon us; for Thou hast given all things unto us. *Troparion from the Menaion canon.*

2. O Lord our God, take us for Thy possession. O Lord, beside Thee we know none other; we call upon

Thy name. *Troparion from the Menaion canon.*

1. But the dead shall not see life, nor shall physicians raise them up. *Troparion from the Menaion canon.*

2. Therefore hast Thou brought wrath upon them and hast slain them, and hast taken every male of them away. *Troparion from the Menaion canon.*

1. Add more evils upon them, O Lord; add more evils upon them that are glorious upon the earth. *Troparion from the Menaion canon.*

2. O Lord, in tribulation we remembered Thee; in a small affliction was Thine instruction with us.

Here is read the Troparion from the first Triode.

Seeing the sinfulness that is in me, the deceitful enemy urgeth me on to sin and worketh in me; for truly he rejoiceth over my perdition. But, O Saviour, I entreat Thee, grant me amendment of life that I may destroy him.

1. And as a woman in travail cometh to her time for giving birth, and because of her travail she crieth out, so have we become in the presence of Thy beloved one.

By Thy Cross Thou hast triumphed over the powers of darkness. Deliver me from their wickedness, for I am fallen into a depth of sin and a pit of iniquity; but I hope to be saved by Thy mercy.

2. Because of fear of Thee, O Lord, have we conceived and suffered pangs, and given birth to the spirit of Thy salvation, which we have wrought on the earth.

O Thou Who hast hung dead upon the Cross, do

Thou restore to life my soul, dead through sin, O Christ, and count me worthy to attain in peace Thy holy Resurrection, obediently fulfilling Thy commandments.

1. We shall not fail, but all they shall fail that dwell upon the earth.

O pure Maiden, thou art a light to me in mine infirmity and the salvation of my darkened soul; save me, O save me, for I perish. Do thou clothe me in a garment of incorruption, who am corrupted by my grievous sins.

2. The dead shall rise, and they that are in the tombs shall awake, and they that be in the earth shall rejoice.

Thou hast accepted to be crucified in the flesh at the place of the skull, O only Immortal One, giving immortality to men and fashioning them anew, O Lord.

1. For the dew which Thou sendest is healing for them, but the land of the ungodly shall perish.

Beholding the shame of Thy Passion, all creation was changed, O Lord, lamenting Thy murder by the Jews; but Thou didst endure to save all.

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

O all-holy Trinity, Thou receivest our worship, Thou art also refuge and power, in one Nature Thou art praised in song: do Thou send down cleansing for sin.

1. Both now and ever, and unto the ages of ages. Amen.

O Maiden of many names, rejoice, O Theotokos: Ark, and Golden Vessel of Manna, and Table, Light-bearing Candlestick, Burning Bush, overshadowed Mountain of God.

Glory to Thee, our God, glory to Thee.

Bidding farewell to the world and all that is in it, let us now, like Christ, be crucified to it, let us endure dishonour, mockery, and other sufferings, that with Him we may be glorified.

Then the Katavasia is chanted, Second Tone:

Eirmos: The night is far spent, the day is at hand, and the light hath shone upon the world; therefore the ranks of angels praise Thee, and all creation doth glorify Thee.

ODE VI

Here the Eirmos of the Menaion canon is not chanted, but at the end of the Ode as Katavasia.

1. They that observe vain and false things have abandoned mercy for themselves. *Troparion from the Menaion canon.*

2. But as for me, with the voice of praise and thanksgiving will I sacrifice unto Thee; whatsoever I have vowed for my salvation, I will pay unto Thee, O Lord. *Troparion from the Menaion canon.*

1. Glory to the Father, and to the Son, and to the Holy Spirit. *Troparion from the Menaion canon.*

2. Both now and ever, and unto the ages of ages. Amen. *Theotokion from the Menaion canon.*

Then the Eirmos of the Sixth Ode of the Menaion canon is chanted as Katavasia.

Then, the Small Ectenia:

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

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Priest: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: For Thou art the King of peace, and the Saviour of our souls, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

And if there be a kontakion for the saint(s) of the day, it is read here. If not, we read the Martyricon of the Tone of the week found with the Sessional hymns on pages 62–69.

Afterward, the reading from The Prologue. (The Prologue contains lives of saints according to the date, and excerpts from various homilies of saints and fathers. It has not been translated from the Slavonic).

ODE VII

The Eirmos of the Menaion canon is chanted, and the verses [from the Scriptural Ode] as refrains with the troparia.

1. Blessed art Thou upon the throne of the glory of

Thy kingdom, Thou Who art supremely praised and supremely exalted unto the ages. *Troparion from the Menaion canon.*

2. Blessed art Thou in the firmament of the heaven, Thou Who art supremely praised and supremely exalted unto the ages. *Troparion from the Menaion canon.*

1. Glory to the Father, and to the Son, and to the Holy Spirit. *Troparion from the Menaion canon.*

2. Both now and ever, and unto the ages of ages. Amen. *Theotokion from the Menaion canon.*

ODE VIII

Bless the Lord, all ye works of the Lord: O praise ye the Lord and supremely exalt Him unto the ages.

2. Bless the Lord, ye angels of the Lord, and ye heavens of the Lord: O praise ye the Lord and supremely exalt Him unto the ages.

1. Bless the Lord, all ye waters above the heavens, and all ye powers of the Lord: O praise ye the Lord and supremely exalt Him unto the ages.

2. Bless the Lord, O sun and moon, and ye stars of heaven: O praise ye the Lord and supremely exalt Him unto the ages.

1. Bless the Lord, every rain and dew, and all ye winds: O praise ye the Lord and supremely exalt Him unto the ages.

2. Bless the Lord, fire and heat of burning, winter cold and summer heat: O praise ye the Lord and supremely exalt Him unto the ages.

Here the Eirmos of the Menaion canon is chanted.

1. Bless the Lord, O falls of dew and snow, O ice and cold: O praise ye the Lord and supremely exalt Him unto the ages. *Troparion from the Menaion canon.*

2. Bless the Lord, O hoar frosts and snows, O nights and days: O praise ye the Lord and supremely exalt Him unto the ages. *Troparion from the Menaion canon.*

1. Bless the Lord, O light and darkness, O lightnings and clouds: O praise ye the Lord and supremely exalt Him unto the ages. *Troparion from the Menaion canon.*

2. Bless the Lord, O earth, mountains and hills, and all things that spring up therein: O praise ye the Lord and supremely exalt Him unto the ages. *Troparion from the Menaion canon.*

1. Bless the Lord, O fountains, seas and rivers, O monsters of the sea, and all things that move in the waters: O praise ye the Lord and supremely exalt Him unto the ages. *Theotokion from the Menaion canon.*

2. Bless the Lord, all ye winged creatures of the sky, O beasts and all cattle: O praise ye the Lord and supremely exalt Him unto the ages.

Here the first troparion from the Triodion is read:

Humbling Thyself, in Thy compassion Thou wast lifted upon the Cross, raising up with Thyself him who had once fallen of old through eating of the tree. Wherefore Thou, O only Supremely-good One, art glorified, and we hymn Thee unto the ages.

1. Bless the Lord, ye sons of men; let Israel bless

the Lord: O praise ye the Lord and supremely exalt Him unto the ages.

Through the drowsiness of heedlessness I have fallen into the heavy sleep of sin; but do Thou, my Christ, Who didst fall asleep on the Cross for my sake, arouse me the fallen, that the night of death come not upon me.

2. Bless the Lord, ye priests of the Lord, ye servants of the Lord: O praise ye the Lord and supremely exalt Him unto the ages.

Blinded by sensual passions, I bear a darkened soul, and the crafty-minded enemy laugheth upon seeing me; wherefore, do Thou enlighten me and deliver me from his malice, O Christ, unto the ages.

1. Bless the Lord, ye spirits and ye souls of the righteous, ye saints, and ye that be humble of heart: O praise ye the Lord and supremely exalt Him unto the ages.

Theotokion: In sloth having passed my life, my soul hath become heavy with the drowsiness of sin; but to thine unsleeping intercession do I hasten, grant me not to fall asleep in death, O most pure Virgin.

2. Bless the Lord, O Ananias, Azarias, and Misael: O praise ye the Lord and supremely exalt Him unto the ages.

Crowned with thorns, and clothed in a robe of purple, glistening with glory, Thou wast revealed in Thy most comely beauty, O Christ, above all the sons of men.

1. Bless the Lord, ye Apostles, Prophets and Martyrs of the Lord: O praise ye the Lord and supremely exalt Him unto the ages.

Having drunk gall and vinegar, two streams Thou pourest from Thy divine side, life and incorruption, to those who in faith praise and glorify Thee, O Christ, unto the ages.

2. We bless the Father, Son, and Holy Spirit, the Lord.

Triadicon: O Godhead, One in Trinity, indivisible in Nature, yet divided in Persons, unshakable Dominion, Father, Son, and Spirit, we hymn Thee unto all ages.

1. Both now and ever, and unto the ages of ages. Amen.

Theotokion: O pure Mother of God, Door of heaven, Gate of salvation, accept the supplications of all Christians who bless thee unto all ages.

Glory to Thee, our God, glory to Thee.

O Cross, sceptre of Christ, horn of the Church, victory of kings, guardian of Christians, thou art my light, thou art my boast unto the ages.

We praise, we bless, we worship the Lord: Praising and supremely exalting Him unto all ages.

Then the Katavasia, Second Tone. Eirmos: The Lord Who once to Moses prefigured in the bush on Mount Sinai the miracle of the Virgin, praise ye, bless, and supremely exalt unto all ages.

And immediately the priest saith:

The Theotokos and Mother of the Light let us mag-

nify in song.

And we chant the Song of the Most Holy Theotokos:

Chanters: My soul doth magnify the Lord,* and my spirit hath rejoiced in God my Saviour.

After each verse we chant the refrain: More honourable than the Cherubim* and beyond compare more glorious than the Seraphim,* who without corruption gavest birth to God the Word,* the very Theotokos, thee do we magnify.

For He hath looked upon the lowliness of His handmaiden;* for behold, from henceforth all generations shall call me blessed.

Refrain: More honourable than the Cherubim....

For the Mighty One hath done great things to me,* and holy is His name; and His mercy is on them that fear Him unto generation and generation. *Refrain.*

He hath showed strength with His arm,* He hath scattered the proud in the imagination of their heart. *Refrain.*

He hath put down the mighty from their seat,* and exalted them of low degree;* He hath filled the hungry with good things,* and the rich He hath sent empty away. *Refrain.*

He hath holpen His servant Israel* in remembrance of His mercy,* as He spake to our fathers,* to Abraham and his seed for ever. *Refrain.*

ODE IX

The choir chanteth the Eirmos of the Menaion canon.

2. Blessed be the Lord God of Israel, for He hath

visited and wrought redemption for His people. *Troparion from the Menaion canon.*

1. And hath raised up a horn of salvation for us in the house of His servant Dávid. *Troparion from the Menaion canon.*

2. As He spake by the mouth of His holy ones, the prophets of old. *Troparion from the Menaion canon.*

1. That we should be saved from our enemies, and from the hand of all that hate us. *Troparion from the Menaion canon.*

2. To deal mercifully with our fathers, and to remember His holy covenant. *Troparion from the Menaion canon.*

1. The oath which He sware to our father Abraham, that He would grant unto us that we be delivered out of the hand of our enemies.

Troparion from the first Triodion canon.

With obscene thoughts my soul is leprous; with the sprinkling of Thy Blood cleanse me, O God the Word, and make me a partaker of Thy glory, O Christ, Who for my sake didst endure shameful Crucifixion.

2. That we may serve Him without fear, in holiness and righteousness before Him all the days of our life.

I am utterly bowed down by the burden of mine unseemly deeds, O Christ, and with downcast face I cry unto Thee, O Lover of mankind: Heal the incurable wounds of my soul by Thy precious Blood, that I may hymn Thy Godhead.

1. And thou, O child, shalt be called the prophet of

the Most High; for thou shalt go before the face of the Lord, to prepare His ways.

Making evil my food and heedlessness my drink, in all things I remain incorrigible, I rejoice in untimely abstinence from food; for such cannot be the fast spoken of by the Lord.

2. To give knowledge of salvation unto His people, by the remission of their sins, through the bowels of mercy of our God.

Theotokion: Destroyer of the ancient evil curse, and the correction of the first mother, the cause of the reconciliation of the race to God, bridge to the Creator, thee, O Theotokos, do we magnify.

1. Whereby the Dayspring from high hath visited us, to give light to them that sit in darkness and in the shadow of death.

When Thou wast crucified upon the Tree, the creation quaked, Thou Who art God suffered in the flesh because of Thy tender compassion, that Thou mightest save us.

2. To guide our feet into the way of peace.

Great is the might of Thy Cross, O Lord; for signing it upon ourselves, at once we repel the power of demons.

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

Triadicon: O Unity in three Persons, Trinity in Unity, Sovereign, Nature equal in glory, Father, Son, and divine Spirit, save us all.

2. Both now and ever, and unto the ages of ages. Amen.

Theotokion: Rejoice, O Theotokos, Mercy-seat of the world; having fled to thee for refuge, all sinners ever find reconciliation with God

Glory to Thee, our God, glory to Thee.

Through the divine power of Thy Cross, O Lord, strengthen me, that I may offer to Thee a blameless and pure time of fasting.

After this the Katavasia from the Triodion, Second Tone:

Eirmos: O pure and immaculate one, Mother and Virgin, in hymns and songs all the faithful piously magnify thee as Theotokos.

Then: It is truly meet to bless thee, the Theotokos, ever-blessed and most blameless, and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify. *Prostration.*

After this the Small Ectenia with this Exclamation:

Priest: For all the Hosts of Heaven praise Thee, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Then, the Photagogica (Hymns of Light) of the occurring tone, and we chant the endings (refrains in boldface) only.

THE PHOTAGOGICA

FIRST TONE:

O Lord from Whom shineth forth light, cleanse my

soul from every sin: **through the power of Thy Cross, O Lord, and save me.**

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

O Lord from Whom shineth forth light, cleanse my soul from every sin: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and unto the ages of ages.
Amen.

O Lord from Whom shineth forth light, cleanse my soul from every sin: **through the intercessions of the Theotokos, O Lord, and save me.**

SECOND TONE:

Send down Thy light everlasting, O Christ God, and enlighten the secret eyes of my heart: **through the power of Thy Cross, O Lord, and save me.**

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

Send down Thy light everlasting, O Christ God, and enlighten the secret eyes of my heart: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and unto the ages of ages.
Amen.

Send down Thy light everlasting, O Christ God, and enlighten the secret eyes of my heart: **through the intercessions of the Theotokos, O Lord, and save me.**

THIRD TONE:

Send down Thy light, O Christ God, and enlighten

my heart: **through the power of Thy Cross, O Lord, and save me.**

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

Send down Thy light, O Christ God, and enlighten my heart: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and un to the ages of ages. Amen.

Send down Thy light, O Christ God, and enlighten my heart: **through the intercessions of the Theotokos, O Lord, and save me.**

FOURTH TONE:

O Thou Who shinest light upon Thy world, cleanse my soul from the darkness of every sin: **through the power of Thy Cross, O Lord, and save me.**

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

O Thou Who shinest light upon Thy world, cleanse my soul from darkness and every sin: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and unto the ages of ages. Amen.

O Thou Who shinest light upon Thy world, cleanse my soul from darkness and every sin: **through the intercessions of the Theotokos, O Lord, and save me.**

FIFTH TONE:

O Lord the Light-giver, send down Thy light, and enlighten my heart: **through the power of Thy Cross, O Lord, and save me.**

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

O Lord the Light-giver, send down Thy light, and enlighten my heart: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and unto the ages of ages. Amen.

O Lord the Light-giver, send down Thy light, and enlighten my heart: **through the intercessions of the Theotokos, O Lord, and save me.**

SIXTH TONE:

Through the power of Thy Cross, O Lord, send down upon our souls Thy light everlasting.

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

Through the intercessions of all the Saints, O Lord, send down upon our souls Thy light everlasting.

Both now and ever, and unto the ages of ages. Amen.

Through the intercessions of the Theotokos, O Lord, send down upon our souls Thy light everlasting.

SEVENTH TONE:

Raise me up, O Lord, to sing Thy praise, and teach me to do Thy will, O Holy One: **through the power of Thy Cross, O Lord, and save me.**

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

Raise me up, O Lord, to sing Thy praise, and teach me to do Thy will, O Holy One: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and unto the ages of ages. Amen.

Raise me up, O Lord, to sing Thy praise, and teach me to do Thy will, O Holy One: **through the intercessions of the Theotokos, O Lord, and save me.**

EIGHTH TONE:

Thou art the Light, O Christ, illumine me with Thy radiance: **through the power of Thy Cross, O Lord, and save me.**

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

Thou art the Light, O Christ, illumine me with Thy radiance: **through the intercessions of Thy Saints, O Lord, and save me.**

Both now and ever, and unto the ages of ages. Amen.

Thou art the Light, O Christ, illumine me with Thy radiance: **through the intercessions of the Theotokos, O Lord, and save me.**

After this the reader saith the usual [Lauds] psalms:

Praise the Lord from the heavens. To Thee is due praise, O God. Praise the Lord from the heavens, praise Him in the highest. To Thee is due praise, O God. Praise Him, all ye His angels; praise Him, all ye

His hosts. To Thee is due praise, O God. Praise Him, O sun and moon; praise Him, all ye stars and light. Praise Him, ye heavens of heavens, and thou water that art above the heavens. Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created. He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass away. Praise the Lord from the earth, ye dragons and all ye abysses. Fire, hail, snow, ice, blast of tempest, which perform His word. The mountains and all the hills, fruitful trees, and all cedars. The beasts and all the cattle, creeping things and winged birds. Kings of the earth, and all peoples, princes and all judges of the earth. Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone. His praise is above the earth and heaven, and He shall exalt the horn of His people. This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints. Let Israel be glad in Him that made him, let the sons of Sion rejoice in their King. Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him. For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation. The saints shall boast in glory, and they shall rejoice upon their beds. The high praise of God shall be in their throat, and two-edged swords

shall be in their hands, To do vengeance among the heathen, punishments among the peoples, To bind their kings with fetters and their nobles with manacles of iron, To do among them the judgment that is written. This glory shall be to all His saints. Praise ye God in His saints, praise Him in the firmament of His power. Praise Him for His mighty acts,* praise Him according to the multitude of His greatness. Praise Him with the sound of trumpet,* praise Him with psaltery and harp. Praise Him with timbrel and dance,* praise Him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation.* Let every breath praise the Lord. *Sticheron.*

If there happen to be two saints in the Menaion having Vesper stichera, we chant the stichera of one at Vespers, and the stichera of the other on the last four verses marked above, repeating one: if not, then after the psalms:

Priest: To Thee glory is due, O Lord our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Reader: Amen.

Priest: Glory to Thee Who hast showed us the light.

Reader: Glory to God in the highest, and on earth peace, good will among men. We praise Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks to Thee for Thy great glory. O Lord, Heavenly King, God the Father Almighty; O Lord, the Only-

begotten Son, Jesus Christ; and O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us; Thou that takest away the sins of the world, receive our prayer; Thou that sittest at the right hand of the Father, have mercy on us. For Thou only art holy, Thou only art the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day will I bless Thee, and I will praise Thy name for ever, yea, for ever and ever.

Lord, Thou hast been our refuge in generation and generation. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. O Lord, unto Thee have I fled for refuge, teach me to do Thy will, for Thou art my God; for in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee.

Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages. Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee. Blessed art Thou, O Lord, teach me Thy statutes. Blessed art Thou, O Master, give me understanding of Thy statutes. Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth for ever; disdain not the work of Thy hands. To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

Then, the Ectenia:

Priest: Let us complete our morning prayer unto the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

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

Chanters: Grant this, O Lord.

Priest: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Chanters: Grant this, O Lord.

Priest: Pardon and remission of our sins and offences, let us ask of the Lord.

Chanters: Grant this, O Lord.

Priest: Things good and profitable for our souls, and peace for the world, let us ask of the Lord.

Chanters: Grant this, O Lord.

Priest: That we may complete the remaining time of our life in peace and repentance, let us ask of our Lord.

Chanters: Grant this, O Lord.

Priest: A Christian ending to our life, painless, blameless, peaceful, and a good defence before the dread judgment seat of Christ, let us ask.

Chanters: Grant this, O Lord.

Priest: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and

Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: For Thou art a God of mercy, compassion, and love for mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Priest: Peace be unto all.

Chanters: And to thy spirit.

Priest: Let us bow our heads unto the Lord.

Chanters: To Thee, O Lord.

Priest: For Thine it is to show mercy and to save us, O our God, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Then both choirs having joined together, they chant the stichera of the Aposticha, Eighth Tone:

The proclamation of the Fast joyfully let us receive: for if our forefather had observed it, we should not have received banishment from Eden. Pleasant to the sight, and good for food, was the fruit that brought death upon me. Let us not be enraptured by our eyelids, nor let our throat take delight in costly foods, for after the eating of them they are worthless. Let us flee intemperance, and afterward satiation of the passions will not be fed. Let us sign ourselves with the blood of

Him Who for us was led to death willingly, and the destroyer will not touch us, and may we eat the most sacred Passover of Christ, for the salvation of our souls.

Stichos: We were filled in the morning with Thy mercy, O Lord, and we rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years whêrein we saw evils. And look upon Thy servants, and upon Thy works,* and do Thou guide their sons.

The proclamation of the Fast joyfully let us receive: for if our forefather had observed it, we should not have received banishment from Eden. Pleasant to the sight, and good for food, was the fruit that brought death upon me. Let us not be enraptured by our eyelids, nor let our throat take delight in costly foods, for after the eating of them they are worthless. Let us flee intemperance, and afterward satiation of the passions will not be fed. Let us sign ourselves with the blood of Him Who for us was led to death willingly, and the destroyer will not touch us, and may we eat the most sacred Passover of Christ, for the salvation of our souls

Stichos: And let the brightness of the Lord our God be upon us, and the works of our hand do Thou guide aright upon us,* yea, the work of our hands do Thou guide aright.

Martyricon: What shall we call you, O saints? Cherubim? For on you Christ rested. Seraphim? For unceasingly ye glorified Him. Angels? For ye have loathed the body. Hosts? For ye perform wonders.

Many are your names, and great are your gifts; pray that our souls be saved.

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

Stavrotheotokion: *Prosomion:* O most glorious wonder:

As it saw Thee crucified in the place of the skull, O Saviour, the whole creation was changed, and it quaked and moved, unable to bear it. And the pure Virgin, Thy Mother, lamenting cried out to Thee: Woe is me, O my Child, my sweetest Saviour! What is this new, and most marvellous, and strange sight?

Then, the reader saith:

It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.

It is good to give praise unto the Lord, and to chant unto Thy name, O Most High, to proclaim in the morning Thy mercy, and Thy truth by night.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory... Both now....

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

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

Reader: Amen. *And the troparion:*

Standing in the temple of thy glory, we seem to stand in heaven; O Theotokos, gate of heaven, open to us the door of thy mercy.

Lord, have mercy. *Forty times.*

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, (master) father, bless.

Priest: He that is is blessed, Christ our God, always, now and ever, and unto the ages of ages.

Reader: Amen. O Heavenly King, strengthen Orthodox Christians, establish the Faith, subdue the nations, give peace to the world, keep well this holy

habitation: settle our departed fathers and brethren in the tabernacles of the righteous, and receive us coming in penitence and confession, for Thou art good and the Lover of mankind.

Then the priest saith the Prayer of Saint Ephraim:

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

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Then twelve reverences. With each one we say: O God, cleanse me a sinner.

And in conclusion, the entire prayer:

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. *Prostration.*

Reader: Amen. And he beginneth the First Hour.

THE END OF MATINS



THE FIRST HOUR

Reader: O come let us worship God our King.

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

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

PSALM 5

Unto my words give ear, O Lord; hear my cry. Attend unto the voice of my supplication, O my King and my God; for unto Thee will I pray, O Lord. In the morning Thou shalt hear my voice. In the morning shall I stand before Thee, and Thou shalt look upon me; for not a God that willest iniquity art Thou. He that worketh evil shall not dwell near Thee, nor shall transgressors abide before Thine eyes. Thou hast hated all them that work iniquity; Thou shalt destroy all them that speak a lie. A man that is bloody and deceitful shall the Lord abhor. But as for me, in the multitude of Thy mercy shall I go into Thy house; I shall worship toward Thy holy temple in fear of Thee. O Lord, guide me in the way of Thy righteousness; because of mine enemies, make straight my way before Thee, for in their mouth there is no truth; their heart is vain. Their throat is an open sepulchre, with their tongues have they spoken deceitfully; judge them, O God. Let them fall down on account of their own devisings; according to the multitude of their ungodliness, cast them out; for they have embittered Thee, O

Lord. And let all them be glad that hope in Thee; they shall ever rejoice, and Thou shalt dwell among them. And all shall glory in Thee that love Thy name, for Thou shalt bless the righteous. O Lord, as with a shield of Thy good pleasure hast Thou crowned us.

PSALM 89

Lord, Thou hast been our refuge in generation and generation. Before the mountains came to be and the earth was formed and the world, even from everlasting to everlasting Thou art. Turn not man away unto lowliness; yea, Thou hast said: Turn back, ye sons of men. For a thousand years in Thine eyes, O Lord, are but as yesterday that is past, and as a watch in the night. Things of no account shall their years be; in the morning like grass shall man pass away. In the morning shall he bloom and pass away, in the evening shall he fall and grow withered and dry. For we have fainted away in Thy wrath, and in Thine anger have we been troubled. Thou hast set our iniquities before Thee; our lifespan is in the light of Thy countenance. For all our days are faded away, and in Thy wrath are we fainted away; our years have, like a spider, spun out their tale. As for the days of our years, in their span they be threescore years and ten. And if we be in strength, mayhap fourscore years; and what is more than these is toil and travail. For mildness is come upon us, and we shall be chastened. Who knoweth the might of Thy wrath? And out of fear of Thee, who can recount Thine anger? So make Thy right hand known to me, and to them

that in their heart are instructed in wisdom. Return, O Lord; how long? And be Thou entreated concerning Thy servants. We were filled in the morning with Thy mercy, O Lord, and rejoiced and were glad. In all our days, let us be glad for the days wherein Thou didst humble us, for the years wherein we saw evils. And look upon Thy servants, and upon Thy works, and do Thou guide their sons. And let the brightness of the Lord our God be upon us, and the works of our hands do Thou guide aright upon us, yea, the work of our hands do Thou guide aright.

PSALM 100

Of mercy and judgment will I sing unto Thee, O Lord; I will chant and have understanding in a blameless path. When wilt Thou come unto me? I have walked in the innocence of my heart in the midst of my house. I have no unlawful thing before mine eyes; the workers of transgressions I have hated. A crooked heart hath not cleaved unto me; as for the wicked man who turned from me, I knew him not. Him that privily talked against his neighbour did I drive away from me. With him whose eye was proud and his heart insatiate, I did not eat. Mine eyes were upon the faithful of the land, that they might sit with me; the man that walked in the blameless path, he ministered unto me. The proud doer dwelt not in the midst of my house; the speaker of unjust things prospered not before mine eyes. In the morning I slew all the sinners of the land, utterly to destroy out of the city of the Lord

all them that work iniquity.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Lord, have mercy. *Thrice.*

Priest: In the morning, hearken unto my voice, O my King and my God.

Chanters (in the 6th Tone): In the morning, hearken unto my voice, O my King and my God. *Prostration.*

Priest, Stichos 1: Unto my words give ear, O Lord, hear my cry.

Chanters: In the morning, hearken unto my voice, O my King and my God. *Prostration.*

Priest, Stichos 2: For unto Thee will I pray, O Lord.

Chanters: In the morning, hearken unto my voice, O my King and my God. *Prostration.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion: What shall we call thee, O thou that art full of grace? Heaven: for thou hast dawned forth the Sun of Righteousness. Paradise: for thou hast blossomed forth the Flower of Immortality. Virgin: for thou hast remained incorrupt. Pure Mother: for thou hast held in thy holy embrace the Son, the God of all. Do thou entreat Him to save our souls.

Then we chant on both kleroses:

My steps do Thou direct according to Thy saying, and let no iniquity have dominion over me.

My steps do Thou direct according to Thy saying, and let no iniquity have dominion over me.

Deliver me from the false accusation of men, and I will keep Thy commandments.

Deliver me from the false accusation of men, and I will keep Thy commandments.

Make Thy face to shine upon Thy servant, and teach me Thy statutes.

Make Thy face to shine upon Thy servant, and teach me Thy statutes.

Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glory and Thy majesty all the day long.

Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glory and Thy majesty all the day long.

Let my mouth be filled with Thy praise, O Lord, that I may hymn Thy glory and Thy majesty all the day long.

After this, the reader: Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice.*

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O

Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

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

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

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

Reader: Amen.

Hasten to our aid, ere we be enslaved to the enemies that blaspheme Thee and threaten us, O Christ our God. By Thy Cross destroy them that war against us. Let them learn the might of the Orthodox Faith; through the intercessions of the Theotokos, O only Lover of mankind.

Lord, have mercy. *Forty times. And the Prayer of the Hours:*

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation

through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy. *Thrice.*

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master), bless.

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

After this the priest saith the Prayer of Saint Ephraim:

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

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Then twelve reverences. With each one we say: O God, cleanse me a sinner.

And again the entire prayer:

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. *Prostration.*

Then the reader saith: Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice.*

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory... Both now....

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

from the evil one.

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

Reader: Amen. Lord, have mercy. *Twelve times.*

Then the priest saith the prayer:

O Christ the True Light, Who enlightenest and sanctifiest every man that cometh into the world: Let the light of Thy countenance be signed upon us, that in it we may see the Unapproachable Light, and guide our steps in the doing of Thy commandments, through the intercessions of Thy most pure Mother, and of all Thy saints. Amen.

Chanters: To thee, the Champion Leader, we thy servants dedicate a feast of victory and of thanksgiving as ones rescued out of sufferings, O Theotokos; but as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou Bride Unwedded!

Then the priest exclaimeth: Glory to Thee, O Christ God, our hope, glory to Thee.

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

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

And the priest saith the dismissal:

May Christ our true God, through the intercessions of His most pure Mother; through the power of the precious and life-giving Cross; of the holy, glorious, and

all-praised apostles; of *(the saint(s) of the temple and of the day)*; and of the holy and Righteous Ancestors of God Joachim and Anna, and of all the saints; have mercy on us and save us, for He is good and the Lover of mankind.

Chanters: Amen. And they chant the first Litia sticheron of the temple as we go to the narthex for the Litia for the Departed.

After the Litia for the Departed is finished, the Superior or the Ecclesiarch readeth the Catechetical Homily of St. Theodore the Studite:

CATECHETICAL HOMILY 48

for Friday of the First Week

On How We Should Adorn

Our Eternal Habitation with Virtue

Brethren and Fathers: If anyone who is a layman wishes to construct a large and magnificent home, then he gives himself no rest either day or night, but labors, worries, and endures deprivation until he finishes the building of the house. They have such zeal and diligence in this work that their minds and thoughts, day and night, are occupied with nothing else but only with how the roof might be finished more beautifully and excellently, and how all below and all the rest might be adorned and done so that anyone who might see it would like to have such a home. And if anyone should desire to keep them from this work, then this would be for them so painful that it would be as if they suffered a great offense.

What is it that I wish to say to your love, respected Brethren? Since each of us builds and sets up for his soul not a house that is tangible and corruptible, which is made of stone and wood, but a heavenly dwelling that is incorrupt and eternal, which is composed of the virtues and gifts of the Holy Spirit, then tell me, shall we be actually less concerned and more slothful in constructing it than we would be in constructing a temporal house? Would not the loss of it be hard for us to bear? And the more so, since a house that is corruptible and temporal receives people of the flesh and thereafter when the house has had many owners, it itself grows old, goes to ruin and collapses; but our spiritual house, which is built of the virtues, receives the Holy Spirit, as the Apostle says: *Ye are the temple of the living God, and the Spirit of God dwelleth in you* (I Cor.3:16). And when the time comes for us to leave this world, He also follows us into heaven, and we shall be there eternally.

The beginning of building the virtues is the fear of God, as the Divine Scriptures say: *The fear of the Lord is the beginning of wisdom* (Ps.110:9). And thereafter the four great virtues, that is, wisdom, courage, chastity, and righteousness, and the others with them, each linked to another and forming a union of love, will grow into a holy temple of the Lord. Let us then, Brethren, build this habitation and adorn it with virtues so that we might have within us the Holy Spirit, and so that we may bring joy to the holy angels and be of ben-

efit to mankind through the accomplishment of the virtues. And since temperance is one of the greatest virtues which we struggle to attain, then let us render glory unto God for having vouchsafed us to complete the span of one holy week. Our faces have changed and become pale, but there shines in us the grace of temperance. From the gall that arises as a result of the fast we feel in our mouths a bitterness, but our souls are sweetened by the hope and grace of salvation. For these two, that is, the soul and body, by nature battle against one another, and when one grows stronger, the other becomes weaker. And so we shall rejoice, Brethren, in that we have made the better aspect, that is, the soul, much stronger.

It may be that someone will say: Will not eating once a day ruin the perfection of temperance? No, we need not fear this, for if it were so, then Christ would not have commanded us in the prayer "Our Father" to ask for our daily bread; nor would the raven have brought to the Prophet Elias food each day, and likewise the divine Paul of Thebes, and Anthony the Great, would not have considered it better to eat a little each day rather than to remain fasting for three, four, or seven days. And it seems to me that the cause for this is as follows: since our bodies are exhausted and weakened from daily work, that God, Who created us as He designed, might strengthen them by daily rations and we might fulfill the commandments of God, and would not be like a man paralyzed, as happens with those

who fast for two or three days. They cannot perform frequent prostrations, nor become experienced in readings and chanting, as they should, nor fulfill properly the other services; we will not mention what is supernatural. Thus the daily use of nourishment, according to the rule and order indicated, is not something imperfect, but something quite perfect, since all that has been instituted for us by the Holy Fathers is good and pleasing to God. O would that the Lord grant us still more health and strength of soul and body in order to serve the living and true God, and gain the reward that awaits us in the last day, in which may you, with all the saints from the ages, shine like the sun, having received an inheritance in the heavenly kingdom of Christ our Lord, to Whom is due glory and dominion with the Father and the Holy Spirit, now and ever, and unto the ages of ages. Amen.

And the chanters sing the Troparion to Saint Theodore the Studite, in the Eighth Tone:

Instructor of Orthodoxy, teacher of piety and purity,*
universal beacon, inspired adornment of hierarchs,*
O Theodore most wise, by thy teaching thou hast
enlightened all,* O flute of the Spirit. Pray to Christ
God that our souls be saved.

*And we venerate the holy icons and receive a blessing
from the priest (superior)(bishop).*

THE END OF THE FIRST HOUR

<p>THE ORDER OF THE HOURS ON FRIDAY OF THE FIRST WEEK</p>

THE THIRD HOUR

Priest: Blessed is our God, always, now and ever, and unto the ages of ages.

Reader: Amen. Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

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

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

Reader: Amen. Lord, have mercy. *Twelve times.*

Glory..., Both now....

O come let us worship God our King.

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

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

PSALM 16

Hearken, O Lord, unto my righteousness, attend unto my supplication. Give ear unto my prayer, which cometh not from deceitful lips. From before Thy face let my judgment come forth, let mine eyes behold uprightnes. Thou hast proved my heart, Thou hast visited it in the night, Thou hast tried me by fire, and unrighteousness was not found in me. That my mouth might not speak of the works of men, for the sake of the words of Thy lips have I kept the ways that are hard. Set my footsteps in Thy paths, that my steps may not be shaken. I have cried for Thou hast hearkened unto me, O God. Incline Thine ear unto me, and hearken unto my words. Let Thy mercies be made wonderful, O Thou that savest them that hope in Thee. From them that have resisted Thy right hand, keep me, O Lord, as the apple of Thine eye. In the shelter of Thy wings wilt Thou shelter me, from the face of the ungodly which have oppressed me. Mine enemies

have surrounded my soul, they have enclosed themselves with their own fat, their mouth hath spoken pride. They that cast me out have now encircled me, they have set their eyes to look askance on the earth. They have taken me as might a lion ready for his prey, and as might a lion's whelp that dwelleth in hiding. Arise, O Lord, overtake them and trip their heels; deliver my soul from ungodly men, Thy sword from the enemies of Thy hand. O Lord, from Thy few do Thou separate them from the earth in their life; yea, with Thy hidden treasures hath their belly been filled. They have satisfied themselves with swine and have left the remnants to their babes. But as for me, in righteousness shall I appear before Thy face; I shall be filled when Thy glory is made manifest to me.

PSALM 24

Unto Thee, O Lord, have I lifted up my soul. O my God, in Thee have I trusted; let me never be put to shame, nor let mine enemies laugh me to scorn. Yea, let none that wait on Thee be put to shame; let them be ashamed which are lawless without a cause. Make Thy ways, O Lord, known unto me and teach me Thy paths. Lead me in Thy truth and teach me, for Thou art God my Saviour; for on Thee have I waited all the day long. Remember Thy compassions, O Lord, and Thy mercies, for they are from everlasting. The sins of my youth and mine ignorances remember not; according to Thy mercy remember Thou me, for the sake of Thy goodness, O Lord. Good and upright is

the Lord; therefore will He set a law for them that sin in the way. He will guide the meek in judgment, He will teach the meek His ways. All the ways of the Lord are mercy and truth, unto them that seek after His covenant and His testimonies. For the sake of Thy name, O Lord, be gracious unto my sin; for it is great. Who is the man that feareth the Lord? He will set him a law in the way which He hath chosen. His soul shall dwell among good things, and his seed shall inherit the earth. The Lord is the strength of them that fear Him, and His covenant shall be manifested unto them. Mine eyes are ever toward the Lord, for He it is that will draw my feet out of the snare. Look upon me, and have mercy on me; for I am one only-begotten and poor. The afflictions of my heart are multiplied; bring me out from my necessities. Behold my lowliness and my toil, and forgive all my sins. Look upon mine enemies, for they are multiplied, and with an unjust hatred have they hated me. Keep my soul and rescue me; let me not be put to shame, for I have hoped in Thee. The innocent and the upright have cleaved unto me, for I have waited on Thee, O Lord. Redeem Israel, O God, out of all his afflictions.

PSALM 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever

before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and the secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bul-

locks upon Thine altar.

Glory..., Both now....

Alleluia, alleluia, alleluia. Glory to Thee, O God.

Thrice.

Lord, have mercy. *Thrice.*

Glory..., Both now.... *And he readeth the Nineteenth Kathisma.*

PSALM 134

Praise ye the name of the Lord; O ye servants, praise the Lord. Ye that stand in the house of the Lord, in the courts of the house our God, Praise ye the Lord, for the Lord is good; chant unto His name, for it is good. For the Lord hath chosen Jacob unto Himself, Israel for His own possession. For I know that the Lord is great, and that our Lord is above all gods. All that the Lord hath willed He hath done, in heaven and on the earth, in the seas and in all the abysses. Bringing clouds up from the uttermost parts of the earth, lightnings for the rain hath He made. He bringeth winds out of His treasures; He smote the firstborn of Egypt, from man unto beast. He sent forth signs and marvels in the midst of thee, O Egypt, on Pharaoh and on all his servants. He smote many nations and slew mighty kings. Seon, king of the Amorites, and Og, king of the land of Basan, and all the kingdoms of Canaan. And He gave their land for an inheritance, an inheritance for Israel His people. O Lord, Thy name endureth for ever, and Thy memorial unto generation and generation. For the Lord will judge His people, and because of His servants shall He

be comforted. The idols of the nations are silver and gold, the works of the hands of men. They have a mouth but shall not speak, eyes have they and shall not see. Ears have they and shall not hear, nor is there any breath in their mouth. Let those that make them become like unto them, and all they that put their trust in them. O house of Israel, bless ye the Lord. O house of Aaron, bless ye the Lord. O house of Levi, bless ye the Lord. Ye that fear the Lord, bless ye the Lord. Blessed is the Lord out of Sion, Who dwelleth in Jerusalem.

PSALM 135

O give thanks unto the Lord, for He is good; for His mercy endureth for ever. O give thanks unto the God of gods, for His mercy endureth for ever. O give thanks unto the Lord of lords; for His mercy endureth for ever. To Him Who alone hath wrought great wonders; for His mercy endureth for ever. To Him that made the heavens with understanding; for His mercy endureth for ever. To Him that established the earth upon the waters; for His mercy endureth for ever. To Him Who alone hath made great lights; for His mercy endureth for ever. The sun for dominion of the day; for His mercy endureth for ever. The moon and the stars for dominion of the night; for His mercy endureth for ever. To Him that smote Egypt with their firstborn; for His mercy endureth for ever. And led forth Israel out of the midst of them; for His mercy endureth for ever. With a strong hand and a lofty arm; for His

mercy endureth for ever. To Him that divided the Red Sea into parts; for His mercy endureth for ever. And led Israel through the midst thereof; for His mercy endureth for ever. And overthrew Pharaoh and His host in the Red Sea; for His mercy endureth for ever. To Him that led the people through the wilderness; for His mercy endureth for ever. And slew mighty kings; for His mercy endureth for ever. Seon, king of the Amorites; for His mercy endureth for ever. And Og, king of the land of Basan; for His mercy endureth for ever. And gave their land for an inheritance; for His mercy endureth for ever. An inheritance for Israel His servant; for His mercy endureth for ever. For in our humiliation the Lord remembered us; for His mercy endureth for ever. And redeemed us from our enemies; for His mercy endureth for ever. He that giveth food to all flesh; for His mercy endureth for ever. O give thanks unto the God of heaven; for His mercy endureth for ever.

PSALM 136

By the rivers of Babylon, there we sat down and we wept when we remembered Sion. Upon the willows in the midst thereof did we hang our instruments. For there, they that had taken us captive asked us for words of song. And they that had led us away asked us for a hymn, saying: Sing us one of the songs of Sion. How shall we sing the Lord's song in a strange land? If I forget thee, O Jerusalem, let my right hand be forgotten. Let my tongue cleave to my throat, if I remember

thee not, If I set not Jerusalem above all other, as at the head of my joy. Remember, O Lord, the sons of Edom, in the day of Jerusalem, Who said: Lay waste, lay waste to her, even to the foundations thereof. O daughter of Babylon, thou wretched one, blessed shall he be who shall reward thee wherewith thou hast rewarded us. Blessed shall he be who shall seize and dash thine infants against the rock.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now....

PSALM 137

I will confess Thee, O Lord, with my whole heart; and before angels will I chant unto Thee, for Thou hast heard all the words of my mouth. I will worship towards Thy holy temple and confess Thy name, for Thy mercy and for Thy truth; for Thou hast magnified Thy holy name above all that is. In whatsoever day I call upon Thee, quickly hearken unto me; Thou shalt abundantly endow my soul with Thy strength. Let all the kings of the earth, O Lord, confess Thee, for they have heard all the words of Thy mouth. And let them sing in the ways of the Lord, for great is the glory of the

Lord. For the Lord is exalted, yet on lowly things He looketh; and things haughty He knoweth from afar. Though I should walk in the midst of affliction, Thou shalt quicken me; against the wrath of mine enemies hast Thou stretched forth Thy hands, and Thy right hand hath saved me. The Lord shall give recompense in my behalf. O Lord, Thy mercy endureth for ever; disdain not the work of Thy hands.

PSALM 138

O Lord, Thou hast proved me and Thou knowest me; Thou knowest my down-sitting and mine uprising. Thou hast discerned my thoughts from afar; my path and my lot hast Thou traced out, And hast foreseen all my ways, for there is no guile in my tongue. Behold, Lord, Thou knowest all things, the last and the first; Thou hast fashioned me and hast laid Thy hand upon me. Thy knowledge is too wonderful for me; it is mighty, I cannot attain unto it. Whither shall I go from Thy Spirit? And from Thy presence whither shall I flee? If I go up into heaven, Thou art there; if I go down into hades, Thou art present there. If I take up my wings toward the dawn, and make mine abode in the uttermost parts of the sea, Even there shall Thy hand guide me, and Thy right hand shall hold me. And I said: Surely darkness shall tread me down, and the night shall be turned into light in my delight. For darkness will not be darkness with Thee, and night shall be bright as the day; as is the darkness thereof, even so shall the light thereof be. For Thou hast pos-

sessed my reins; O Lord, Thou hast holpen me from my mother's womb. I will confess Thee, for awesomely art Thou wondrous; marvellous are Thy works, and my soul knoweth it right well. My bone is not hid from Thee, which Thou madest in secret; nor my substance in the nethermost parts of the earth. My being while it was still unformed Thine eyes did see, and in Thy book shall all men be written; day by day they are formed, when as yet there be none of them. But to me, exceedingly honourable are Thy friends, O Lord; their principalities are made exceeding strong. I will count them, and they shall be multiplied more than the sand; I awoke and I am still with Thee. Surely Thou wilt slay the sinners, O God. Ye men of blood, depart from me. For Thou wilt say concerning their thoughts that in vain shall they take Thy cities. As for them that hate Thee, O Lord, have I not hated them? And because of Thine enemies have I not pined away? With perfect hatred have I hated them; they are reckoned enemies with me. Prove me, O God, and know my heart; examine me and know my paths. And see if the way of iniquity be in me, and guide me in the way everlasting.

PSALM 139

Rescue me, O Lord, from the evil man; from the unjust man deliver me. Who have devised injustice in their heart; all the day long have they arrayed themselves for wars. They have whetted their tongue like that of a serpent; the venom of asps is under their lips. Keep me, O Lord, from the hand of the sinner;

rescue me from unjust men who have devised to undermine my steps. The proud have hid a snare for me, and with cords have they spread a snare for my feet; stumbling-blocks near the paths have they set for me. I said unto the Lord: Thou art my God: give ear, O Lord, unto the voice of my supplication. Lord, O Lord, Thou strength of my salvation, Thou hast overshadowed my head in the day of battle. Because of my desire, O Lord, give me not up unto the sinner. They have taken counsel against me; forsake me not, lest they should be exalted. As for the head of those that encircle me, the mischief of their lips shall cover them. Coals shall fall upon them; in fire shalt Thou cast them down, and they shall not stand in afflictions. A babbling man shall not prosper on the earth; evils shall hunt an unjust man to his destruction. I know that the Lord will maintain the cause of the poor and the justice of the paupers. Surely the righteous shall confess Thy name, and the upright shall dwell in Thy presence.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

PSALM 140

Lord, I have cried unto Thee, hearken unto me; attend to the voice of my supplication when I cry unto Thee. Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice. Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips. Incline not my heart unto words of evil, to make excuse with excuses in sins, With men that work iniquity; and I will not join with their chosen. The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head. For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been. They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto hades. For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away. Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity. The sinners shall fall into their own net; I am alone until I pass by.

PSALM 141

With my voice unto the Lord have I cried, with my voice have I made supplication. I will pour out before Him my supplication, mine affliction before Him will I declare. When my spirit was fainting within me, then Thou knewest my paths. In this way wherein I have walked they hid for me a snare. I looked upon

my right hand, and beheld, and there was none that did know me. Flight hath failed me, and there is none that watcheth out for my soul. I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living. Attend unto my supplication, for I am brought very low. Deliver me from them that persecute me, for they are stronger than I. Bring my soul out of prison that I may confess Thy name. The righteous shall wait patiently for me until Thou shalt reward me.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord; the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine

enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Lord, have mercy, *Thrice.*

Priest: O Lord, who didst send down Thy Most-holy Spirit at the third hour upon Thine apostles: Take Him not from us, O Good One, but renew Him in us who pray unto Thee.

Chanters (in the 6th Tone): O Lord, Who didst send down Thy Most-holy Spirit* at the third hour upon Thine apostles:* Take Him not from us, O Good One,* but renew Him in us who pray unto Thee. *Prostration.*

Stichos 1: Create in me a clean heart, O God, and renew a right spirit within me.

Chanters: O Lord, Who didst send down Thy Most-holy Spirit* at the third hour upon Thine apostles:* Take Him not from us, O Good One,* but renew Him in us who pray unto Thee. *Prostration.*

Stichos 2: Cast me not away from Thy presence, and take not

Thy Holy Spirit from me.

Chanters: O Lord, who didst send down Thy Most-holy Spirit* at the third hour upon Thine apostles:* Take Him not from us, O Good One,* but renew Him in us who pray unto Thee. *Prostration.*

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

Reader: Both now and ever, and unto the ages of ages.

Theotokion: O Theotokos, thou art the true vine that hast blossomed forth for us the Fruit of life. Thee do we supplicate: Intercede, O Lady, together with the holy apostles, that our souls find mercy.

At this point, the reading from The Ladder. Then:

Blessed is the Lord God, blessed is the Lord day by day; the God of our salvation shall prosper us along the way; our God is the God of salvation.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

Our Father, Who art in the heavens, hallowed be

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

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

Reader: Amen. *And he saith these troparia, Eighth Tone:*

Blessed art Thou, O Christ our God, Who hast shown forth the fishermen as supremely wise, by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. O Lover of mankind, glory be to Thee.

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

Grant speedy and steadfast consolation unto Thy servants, O Jesus, when our spirits are become despondent. Depart not from our souls when they be in afflictions, nor be Thou afar from our minds when they be in tribulations, but do Thou ever go before us. Draw nigh unto us, draw nigh, O Thou Who art everywhere present: even as Thou wast ever with Thine apostles, so also do Thou unite Thyself to them that long for Thee, O Compassionate One, that, being one with Thee, we may praise and glorify Thine All-holy Spirit.

Both now and ever, and unto the ages of ages. Amen.

The hope and protection and refuge of Christians, the unassailable battlement, the storm-free haven of the weary art thou, O immaculate Theotokos. But as thou art one that savest the world by thine unceasing intercession, remember us also, O all-hymned Virgin.

Lord, have mercy. *Forty. And the Prayer of the Hours:*

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy. *Thrice.*

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master), bless.

Priest: God be gracious unto and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

And the priest saith the Prayer of Saint Ephraim:

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not.

Prostration.

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Then twelve reverences. With each one we say: O God, cleanse me a sinner.

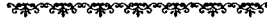
Priest, again the entire prayer: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. *Prostration.*

Reader: Amen. *And the Prayer of Saint Mardarius:*

O Master, God the Father Almighty, O Lord, the Only-begotten Son, Jesus Christ, and O Holy Spirit, one Godhead, one Power: Have mercy on me a sinner, and by the judgments which Thou knowest, save me, Thine unworthy servant; for blessed art Thou

unto the ages of ages. Amen.

THE END OF THE THIRD HOUR



THE SIXTH HOUR

Reader: O come let us worship God our King.

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

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

PSALM 53

O God, in Thy name save me, and in Thy strength do Thou judge me. O God, hearken unto my prayer, give ear unto the words of my mouth. For strangers are risen up against me, and mighty men have sought after my soul and have not set God before themselves. For behold, God helpeth me, and the Lord is the protector of my soul. He will bring evils upon mine enemies. Utterly destroy them by Thy truth. Willingly shall I sacrifice unto Thee; I will confess Thy name, O Lord, for it is good. For out of every affliction hast Thou delivered me, and mine eye hath looked down upon mine enemies.

PSALM 54

Give ear, O God, unto my prayer, and disdain not my supplication, attend unto me, and hear me. I was grieved in my meditation, and I was troubled at the voice of the enemy and at the oppression of the sinner; because they have turned iniquity upon me, and with wrath were they angry against me. My heart is troubled within me, and the terror of death is fallen upon me. Fear and trembling are come upon me, and darkness hath covered me. And I said: Who will give me

wings like a dove? And I will fly and be at rest. Lo, I have fled afar off and have dwelt in the wilderness. I waited for God that saveth me from faintheartedness and from tempest. Plunge them into the depths, O Lord, and divide their tongues, for I have seen iniquity and gainsaying in the city. Day and night they go round about her upon her walls; iniquity and toil and unrighteousness are in the midst of her. And usury and deceit have not departed from her streets. For if mine enemy had reviled me, I might have endured it. And if he that hateth me had spoken boastful words against me, I might have hid myself from him. But thou it was, O man of like soul with me, my guide and my familiar friend, thou who together with me didst sweeten my repasts; in the house of God I walked with thee in oneness of mind. Let death come upon such ones, and let them go down alive into hades. For wickedness is in their dwellings, and in the midst of them. As for me, unto God have I cried, and the Lord hearkened unto me. Evening, morning, and noonday will I tell of it and will declare it, and He will hear my voice. He will redeem my soul in peace from them that draw nigh unto me, for they among many were with me. God will hear, and He will humble them, He that is before the ages. For to them there is no requital, because they have not feared God; He hath stretched forth His hand in retribution. They have defiled His covenant; they were scattered by the wrath of His countenance, and their hearts have convened. Their words were smoother

than oil, and yet they are darts. Cast thy care upon the Lord, and He will nourish thee; He will never permit the righteous to be shaken. But Thou, O God, shalt bring those men down into the pit of destruction. Bloody and deceitful men shall not live out half their days; but as for me, O Lord, I will hope in Thee.

PSALM 90

He that dwelleth in the help of the Most High shall abide in the shelter of the God of heaven. He shall say unto the Lord: Thou art my helper and my refuge. He is my God, and I will hope in Him. For He shall deliver thee from the snare of the hunters and from every troubling word. With His shoulders will He overshadow thee, and under His wings shalt thou have hope. With a shield will His truth encompass thee; thou shalt not be afraid for the terror by night, nor for the arrow that flieth by day, nor for the thing that walketh in darkness, nor for the mishap and demon of noonday. A thousand shall fall at thy side, and ten thousand at thy right hand, but unto thee shall it not come nigh. Only with thine eyes shalt thou behold, and thou shalt see the reward of sinners. For Thou, O Lord, art my hope. Thou madest the Most High thy refuge; no evils shall come nigh to thee, and no scourge shall draw nigh unto thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. On their hands shall they bear thee up, lest at any time thou dash thy foot against a stone. Upon the asp and basilisk shalt thou tread, and thou shalt trample

upon the lion and dragon. For He hath set his hope on Me, and I will deliver him; I will shelter him because he hath known My name. He shall cry unto Me, and I will hearken unto him. I am with him in affliction, and I will rescue him and glorify him. With length of days will I satisfy him and I will show him My salvation.

Glory..., Both now....

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

Glory..., Both now.... *And he readeth the Twentieth Kathisma.*

PSALM 143

Blessed is the Lord my God, Who teacheth my hands for battle and my fingers for war. My mercy and my refuge, my helper and my deliverer, My defender is He; and in Him have I hoped, Who subjected my people under me. O Lord, what is man, that Thou art made known unto him? Or the son of man, that Thou takest account of him? Man is like unto vanity, his days like a shadow pass away. O Lord, bow down the heavens and come down; touch the mountains, and they shall smoke. Flash forth lightning, and Thou shalt scatter them; send forth Thine arrows, and Thou shalt trouble them. Send forth Thy hand from on high; rescue and deliver me from many waters, from the hand of the sons of aliens, Whose mouth hath spoken vanity; and their right hand is the right hand of unrighteousness. O God, a new song shall I sing unto Thee; with the psaltery of ten strings shall I chant unto Thee, Who givest salvation unto kings, Who redeemest

David Thy servant from the evil sword. Deliver me and rescue me from the hand of the sons of aliens whose mouth hath spoken vanity, and their right hand is the right hand of unrighteousness, Whose sons are like new plants, strongly planted in their youth, Their daughters prettified, and lavishly adorned like unto a temple. Their garners are full, bursting forth with all manner of store. Their sheep are abundant in young, multiplying in their gateways; their oxen are fat. There is no breach of wall, nor any passage, nor any outcry in their streets. They have called the people blessed which fareth thus; but blessed is the people whose God is the Lord.

PSALM 144

I will exalt Thee, O my God, my king, and I will bless Thy name for ever, yea, for ever and ever. Every day will I bless Thee, and I will praise Thy name for ever, yea, for ever and ever. Great is the Lord and exceedingly to be praised, and of His greatness there is no end. Generation and generation shall praise Thy works, and Thy power shall they declare. Of the majesty of the glory of Thy holiness shall they speak, and they shall tell of Thy wonders. And the power of Thine awesome deeds shall they relate, and they shall tell of Thy majesty. The memory of the multitude of Thy goodness shall they pour forth, and in Thy righteousness shall they rejoice. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy. The Lord is good to all, and His compassions are over

all His works. Let all Thy works, O Lord, give praise to Thee, and let Thy righteous ones bless Thee. Of the glory of Thy kingdom shall they speak, and shall tell of Thy dominion, To make Thy dominion known to the sons of men, and the glory of the majesty of Thy kingdom. Thy kingdom is the kingdom of all the ages, and Thy sovereignty is in every generation and generation. Faithful is the Lord in all His words, and holy in all His works. The Lord upholdeth all that are falling, and setteth up all that are broken down. The eyes of all look to Thee with hope, and Thou givest them their food in due season. Thou openest Thy hand and fillest every living thing with Thy favour. Righteous is the Lord in all His ways, and holy in all His works. The Lord is nigh unto all that call upon Him, to all that call on Him in truth. The will of them that fear Him shall He do, and their supplication shall He hear, and He shall save them. The Lord preserveth all that love Him, but all the sinners shall He utterly destroy. My mouth shall speak the praise of the Lord, and let all flesh bless His holy name, for ever, yea, for ever and ever.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God. *Thrice.* Lord, have mercy. *Thrice.*

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

Reader: Both now....

PSALM 145

Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. Trust ye not in princes, in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God, Who hath made heaven and the earth, the sea and all that is therein, Who keepeth truth unto eternity, Who executeth judgment for the wronged, Who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; the Lord preserveth the proselytes. He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy. The Lord shall be king unto eternity; thy God, O Sion, unto generation and generation.

PSALM 146

Praise ye the Lord, for a psalm is a good thing; let praise be sweet unto our God. The Lord buildeth up Jerusalem, He shall gather together the dispersed of Israel. He healeth the broken in heart and bindeth their fractures together. He numbereth the multitude of the stars and calleth them all by name. Great is our Lord, and great is His strength, and of His understanding there is no measure. The Lord lifteth up the meek, but humbleth sinners to the earth. Begin your song to

the Lord with thanksgiving, chant unto God with the harp, To Him that covereth heaven with clouds, Who prepareth rain for the earth, Who maketh grass to grow on the mountains, and green herb for the service of man, Who giveth to the beasts their food, and to the younglings of the ravens which call upon Him. He shall not delight in the strength of a horse, nor in the legs of a man is He well pleased. The Lord is well pleased in them that fear Him, and in them that hope in His mercy.

PSALM 147

Praise the Lord, O Jerusalem; praise thy God, O Sion. For He hath strengthened the bars of thy gates, He hath blessed thy sons within thee. He bringeth peace upon thy borders, and with the fatness of the wheat He filleth thee. He sendeth His saying unto the earth; right swiftly runneth His word. He giveth His snow like wool; the mist He sprinkleth like ashes. He hurleth His ice like morsels. Who shall stand before His cold? He shall send forth His word and melt them; His wind shall blow and the waters shall flow. He declareth His word unto Jacob, His statutes and judgments to Israel. He hath not dealt so with every nation, nor hath He shown His judgments unto them.

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

Chanters: Both now and ever, and unto the ages of ages. Amen.

Alleluia, alleluia, alleluia. Glory to Thee, O God.

Thrice. Lord, have mercy. *Thrice.*

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

Reader: Both now....

PSALM 148

Praise the Lord from the heavens, praise Him in the highest. Praise Him, all ye His angels; praise Him all ye His hosts. Praise Him, O sun and moon; praise Him, all ye stars and light. Praise Him, ye heavens of heavens, and thou water that art above the heavens. Let them praise the name of the Lord; for He spake, and they came to be; He commanded, and they were created. He established them for ever, yea, for ever and ever; He hath set an ordinance, and it shall not pass away. Praise the Lord from the earth, ye dragons, and all ye abysses, Fire, hail, snow, ice, blast of tempest, which perform His word, The mountains and all the hills, fruitful trees, and all cedars, The beasts and all the cattle, creeping things and winged birds, Kings of the earth, and all peoples, princes and all the judges of the earth, Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone. His praise is above the earth and heaven, and He shall exalt the horn of His people. This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

PSALM 149

Sing unto the Lord a new song; His praise is in the church of the saints. Let Israel be glad in Him that

made Him, let the sons of Sion rejoice in their King. Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him. For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation. The saints shall boast in glory, and they shall rejoice upon their beds. The high praise of God shall be in their throat, and two-edged swords shall be in their hands, To do vengeance among the heathen, punishments among the peoples, To bind their kings with fetters, and their nobles with manacles of iron, To do among them the judgment that is written. This glory shall be to all His saints.

PSALM 150

Praise ye God in His saints, praise Him in the firmament of His power. Praise Him for His mighty acts, praise Him according to the multitude of His greatness. Praise Him with the sound of trumpet, praise Him with the psaltery and harp. Praise Him with timbrel and dance, praise Him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Lord, have mercy, *thrice.*

Priest: O Thou Who on the sixth day and in the sixth hour didst nail to the Cross Adam's daring sin in

Paradise, tear asunder also the hand-writing of our sins, O Christ God, and save us.

Chanters (in the 2nd Tone): O Thou Who on the sixth day and in the sixth hour* didst nail to the Cross* Adam's daring sin in paradise,* tear asunder also the handwriting of our sins,* O Christ God, and save us.

Prostration.

Stichos 1: Give ear, O God, unto my prayer, and disdain not my supplication.

Chanters: O Thou Who on the sixth day and in the sixth hour* didst nail to the Cross* Adam's daring sin in Paradise,* tear asunder also the handwriting of our sins,* O Christ God, and save us. *Prostration.*

Stichos 2: As for me, unto God have I cried, and the Lord hearkened unto me.

Chanters: O Thou Who on the sixth day and in the sixth hour* didst nail to the Cross* Adam's daring sin in Paradise,* tear asunder also the handwriting of our sins,* O Christ God, and save us. *Prostration.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion: Seeing that we have no boldness on account of our many sins, do thou beseech Him that was born of thee, O Virgin Theotokos; for the supplication of a mother availeth much to win the Master's favour. Disdain not the prayers of sinners, O all-pure one, for merciful and mighty to save is He, Who deigned also to suffer for our sake.

Reader: The Troparion of the Prophecy, Fifth Tone:

Our greatly-sinful life and unrepentant disposition do Thou forestall through Thy compassion, O Lord; beside Thee we know none other, O Thou that hast dominion over life and death: save us, as Thou art the Lover of mankind.

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

Our greatly-sinful life and unrepentant disposition do Thou forestall through Thy compassion, O Lord; beside Thee we know none other, O Thou that hast dominion over life and death: save us, as Thou art the Lover of mankind.

Priest: Let us attend.

Reader: In the Seventh Tone: I will love Thee, O Lord, my strength; the Lord is my foundation.

Chanters: I will love Thee, O Lord, my strength; the Lord is my foundation.

Reader, Stichos: God is my helper, and I will hope in Him.

Chanters: I will love Thee, O Lord, my strength; the Lord is my foundation.

Reader: I will love Thee, O Lord, my strength.

Chanters: The Lord is my foundation.

Priest: Wisdom.

Reader: The Reading is from the Prophecy of Isaiah (*Chapter 3:1 through first half of verse 14*):

Priest: Let us attend. *Reader:*

Behold, the Master, the Lord of Sabaoth, shall take away from Jerusalem and from Judea the mighty man and mighty woman, the strength of bread and the strength of water, the giant, and the mighty man, and the warrior, and the judge, and the prophet, and the overseer, and the elder, and the captain of fifty, and the wonderful counsellor, and the wise artificer, and intelligent hearer. And I will make youths their princes, and mockers shall have dominion over them. And the people shall fall, man upon man, and every man upon his neighbour; the child shall insult the elder man, and the base the honourable. For a man shall lay old of his brother or one of his father's household, saying: Thou hast raiment, be thou our ruler, and let my victuals be under thee. And he shall answer in that day, and say: I will not be thy ruler, for I have no bread in my house, nor raiment; I will not be the ruler of this people. For Jerusalem is ruined, and Judea hath fallen, and their tongues have spoken with iniquity, unsubmissive to the Lord. Therefore now their glory hath been brought low, and the shame of their countenance hath withstood them, and they have proclaimed their sin as Sodom and made it manifest. Woe to their soul, for they have devised an evil against themselves, having said: Let us bind the righteous, for he is burdensome to us. Therefore shall they eat the fruits of their works. Woe to the transgressor! Evils shall happen to him according to the works of his hands. O my people, your exactors strip you, and extortioners rule over you;

O my people, they that pronounce you blessed lead you astray, and pervert the path of your feet. But now the Lord will stand up for judgment, and will enter into judgment with His people; the Lord Himself shall enter into judgment with the elders of the people, and with their rulers.

Priest: Let us attend.

Reader: In the Sixth Tone: O Lord, my helper and my redeemer.

Chanters: O Lord, my helper and my redeemer.

Reader, Stichos: The heavens declare the glory of God, and the firmament proclaimeth the work of His hands.

Chanters: O Lord, my helper and my redeemer.

Reader: O Lord, my helper.

Chanters: And my redeemer.

Then, the reading from The Ladder.

Then, the reader saith:

Let Thy compassions quickly go before us, O Lord, for we are become exceedingly poor. Help us, O God our Saviour, for the sake of the glory of Thy name; O Lord, deliver us and be gracious unto our sins for Thy name's sake.

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

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

O Most Holy Trinity, have mercy on us. O Lord,

blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

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

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

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

Reader: Amen.

Thou hast wrought salvation in the midst of the earth, O Christ God; Thou didst stretch out Thine immaculate hands upon the Cross, thereby gathering all the nations that cry to Thee; O Lord, glory be to Thee.

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

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned.

Wherefore we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

Both now and ever, and unto the ages of ages. Amen.

Most glorified art thou, O Virgin Theotokos; we praise thee. For by the Cross of Thy Son, hades was cast down and death slain. Having been put to death, we were raised up, and were deemed worthy of life. We received paradise, the ancient bliss. Wherefore in thanksgiving we glorify Christ our God, since He is mighty and alone abundant in mercy.

Lord, have mercy. *Forty. And the Prayer of the Hours:*

Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy. *Thrice.*

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master), bless.

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

Then, the priest saith the Prayer of Saint Ephraim:

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

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Then twelve reverences. With each one we say: O God, cleanse me a sinner.

And again the entire prayer: O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art

Thou unto the ages of ages. *Prostration.*

Reader: Amen. And this prayer of Basil the Great:

O God and Lord of hosts, and Maker of all creation, Who by the tender compassion of Thy mercy which transcendeth comprehension, didst send down Thine Only-begotten Son, our Lord Jesus Christ, for the salvation of our race, and by His precious Cross didst tear asunder the handwriting of our sins, and thereby didst triumph over the principalities and powers of darkness: Do Thou Thyself, O Master, Lover of mankind, accept also from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression, and from all enemies, both visible and invisible, that seek to do us evil. Nail down our flesh with the fear of Thee, and incline not our hearts unto words or thoughts of evil, but pierce our souls with longing for Thee, so that ever looking to Thee, and being guided by Thy light as we behold Thee, the Unapproachable and Everlasting Light, we may send up unceasing praise and thanksgiving unto Thee, the unoriginate Father, with Thine Only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

THE END OF THE SIXTH HOUR



THE NINTH HOUR

Reader: O come let us worship God our King.

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

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

PSALM 83

How beloved are Thy dwellings, O Lord of hosts; my soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtledove a nest for herself where she may lay her young, even Thine altars, O Lord of hosts, my King and my God. Blessed are they that dwell in Thy house; unto ages of ages shall they praise Thee. Blessed is the man whose help is from Thee, he hath made ascents in his heart, in the vale of weeping, in the place which he hath appointed. Yea, for the law-giver will give blessings; they shall go from strength to strength, the God of gods shall be seen in Sion. O Lord of hosts, hearken unto my prayer; give ear, O God of Jacob. O God, our defender, behold, and look upon the face of Thine anointed one. For better is one day in Thy courts than thousands elsewhere. I have chosen rather to be an outcast in the house of my God than to dwell in the tents of sinners. For the Lord loveth mercy and truth, God will give grace and glory; the Lord will not withhold good things from them that walk in innocence. O Lord God of hosts, blessed is the man that hopeth in Thee.

PSALM 84

Thou hast been gracious, O Lord, unto Thy land; Thou hast turned back the captivity of Jacob. Thou hast forgiven the iniquities of Thy people, Thou hast covered all their sins. Thou hast made all Thy wrath to cease, Thou hast turned back from the wrath of Thine anger. Turn us back, O God of our salvation, and turn away Thine anger from us. Wilt Thou be wroth with us unto the ages? Or wilt Thou draw out Thy wrath from generation to generation? O God, Thou wilt turn and quicken us, and Thy people shall be glad in Thee. Show us, O Lord, Thy mercy, and Thy salvation do Thou give unto us. I will hear what the Lord God will speak in me; for He will speak peace to His people and to His saints and to them that turn their heart unto Him. Surely nigh unto them that fear Him is His salvation, that glory may dwell in our land. Mercy and truth are met together, righteousness and peace have kissed each other. Truth is sprung out of the earth, and righteousness hath looked down from heaven. Yea, for the Lord will give goodness, and our land shall yield her fruit. Righteousness shall go before Him and shall set His footsteps in the way.

PSALM 85

Bow down Thine ear, O Lord, and hearken unto me, for poor and needy am I. Preserve my soul, for I am holy; save Thy servant, O my God, that hopeth in Thee. Have mercy on me, O Lord, for unto Thee will I cry all the day long; make glad the soul of

Thy servant, for unto Thee have I lifted up my soul. For Thou, O Lord, art good and gentle, and plenteous in mercy unto all them that call upon Thee. Give ear, O Lord, unto my prayer, and attend unto the voice of my supplication. In the day of mine affliction have I cried unto Thee, for Thou hast heard me. There is none like unto Thee among the gods, O Lord, nor are there any works like unto Thy works. All the nations whom Thou hast made shall come and shall worship before Thee, O Lord, and shall glorify Thy name. For Thou art great and workest wonders; Thou alone art God. Guide me, O Lord, in Thy way, and I will walk in Thy truth; let my heart rejoice that I may fear Thy name. I will confess Thee, O Lord my God, with all my heart, and I will glorify Thy name forever. For great is Thy mercy upon me, and Thou hast delivered my soul from the nethermost hades. O God, transgressors have risen up against me, and the assembly of the mighty hath sought after my soul, and they have not set Thee before them. But Thou, O Lord my God, art compassionate and merciful, long suffering and plenteous in mercy, and true. Look upon me and have mercy upon me; give Thy strength unto Thy servant, and save the son of Thy handmaiden. Work in me a sign unto good, and let them that hate me behold and be put to shame; for Thou, O Lord, hast holpen me and comforted me.

And again: Work in me a sign unto good, and let them that hate me behold and be put to shame; for Thou,

O Lord, hast holpen me and comforted me.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Lord, have mercy. *Thrice.*

Priest: O Thou Who at the ninth hour for our sake didst taste of death in the flesh, mortify our carnal mind, O Christ God, and save us.

Chanters (in the 8th (stichera) Tone): O Thou Who at the ninth hour* for our sake didst taste of death in the flesh,* mortify our carnal mind,* O Christ God, and save us. *Prostration.*

Stichos 1: Let my supplication draw nigh before Thee, O Lord; according to Thine oracle give me understanding.

Chanters: O Thou Who at the ninth hour* for our sake didst taste of death in the flesh,* mortify our carnal mind,* O Christ God, and save us. *Prostration.*

Stichos 2: Let my petition come before Thee, O Lord; according to Thine oracle deliver me.

Chanters: O Thou Who at the ninth hour* for our sake didst taste of death in the flesh,* mortify our carnal mind,* O Christ God, and save us. *Prostration.*

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

Reader: Both now and ever, and unto the ages of ages. Amen.

Theotokion: O Thou Who for our sake wast born

of a Virgin, and didst suffer crucifixion, O Good One, and didst despoil death by death, and, as God, didst reveal the resurrection: Disdain not them which Thou hast fashioned with Thy hand; show forth Thy love for mankind, O Merciful One; accept the Theotokos who gave Thee birth, who intercedeth for us; and do Thou, our Saviour, save a despairing people.

At this point, the reading from The Ladder. Then:

Deliver us not up utterly, for Thy holy name's sake, neither disannul Thou Thy covenant, and cause not Thy mercy to depart from us, for Abraham's sake, Thy beloved, and for Isaac's sake, Thy servant, and for Israel's, Thy holy one.

Then: Holy God, Holy Mighty, Holy Immortal, have mercy on us. *Thrice.*

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

Glory..., Both now....

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

from the evil one.

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

Reader: Amen. *And these troparia, Eighth Tone:*

Seeing the Author of life hanging on the Cross, the thief said: Were it not God incarnate Who is crucified with us, the sun would not have hid its rays, nor would the earth have quaked and trembled. But do Thou Who endurest all things remember me, O Lord, in Thy kingdom.

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

In the midst of two thieves, Thy Cross was found to be a balance of justice; for the one was borne down to hades by the weight of his blasphemy; the other was raised up from his sins to the knowledge of theology. O Christ God, glory be to Thee.

Both now and ever, and unto the ages of ages. Amen.

When she who bare the Lamb and Shepherd and Saviour of the world beheld Him on the Cross, she said with tears: The world rejoiceth at receiving redemption, but my bowels burn as I see Thy crucifixion which Thou endurest for all, O my Son and my God.

Lord, have mercy. *Forty. And the Prayer of the Hours:*
Thou who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous

and hast mercy on sinners, Who callest all to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and the knowledge of Thine unapproachable glory; for blessed art Thou unto the ages of ages. Amen.

Lord, have mercy. *Thrice.*

Glory..., Both now....

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master), bless.

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

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

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the

ages of ages. *Prostration.*

Reader: Amen, and immediately the prayer of St. Basil:

O Master, Lord Jesus Christ, our God, Who art long-suffering in the face of our transgressions, and Who hast brought us even unto this present hour, wherein Thou didst hang upon the life-giving Tree, and didst make a way into paradise for the wise thief, and by death didst destroy death: Be gracious unto us sinners and Thine unworthy servants; for we have sinned and committed iniquity, and are not worthy to lift up our eyes and behold the height of heaven, for we have abandoned the way of Thy righteousness, and have walked in the desires of our hearts. But we beseech Thy boundless goodness: Spare us, O Lord, according to the multitude of Thy mercy and save us for Thy holy name's sake; for our days were consumed in vanity. Rescue us from the hand of the adversary, and forgive us our sins, and mortify our carnal mind; that, putting aside the old man, we may be clad with the new, and live for Thee, our Master and Benefactor; and that thus by following in Thy commandments, we may attain to rest everlasting, wherein is the dwelling-place of all them that rejoice. For Thou art indeed the true joy and gladness of them that love Thee, O Christ our God, and unto Thee we send up glory, with Thine unoriginate Father, and Thy Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

THE END OF THE NINTH HOUR

THE TYPICA

Then we chant the Beatitudes, on both kleroses, in the Eighth Tone:

1. In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.

2. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Remember us, O Lord, when Thou comest in Thy kingdom.

1. Blessed are they that mourn, for they shall be comforted.

Remember us, O Lord, when Thou comest in Thy kingdom.

2. Blessed are the meek, for they shall inherit the earth.

Remember us, O Lord, when Thou comest in Thy kingdom.

1. Blessed are they that hunger and thirst after righteousness, for they shall be filled.

Remember us, O Lord, when Thou comest in Thy kingdom.

2. Blessed are the merciful, for they shall obtain mercy.

Remember us, O Lord, when Thou comest in Thy kingdom.

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

Remember us, O Lord, when Thou comest in Thy kingdom.

2. Blessed are the peacemakers, for they shall be called sons of God.

Remember us, O Lord, when Thou comest in Thy kingdom.

1. Blessed are they that are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Remember us, O Lord, when Thou comest in Thy kingdom.

2. Blessed are ye when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for My sake.

Remember us, O Lord, when Thou comest in Thy kingdom.

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

Remember us, O Lord, when Thou comest in Thy kingdom.

2. Both now and ever, and unto the ages of ages. Amen.

Remember us, O Lord, when Thou comest in Thy kingdom.

Then both choirs having joined together [in the middle of the church] they chant with sweet melody, in a louder voice:

Remember us, O Lord, when Thou comest in Thy kingdom. *Prostration.*

Remember us, O Master, when Thou comest in Thy kingdom. *Prostration.*

Remember us, O Holy One, when Thou comest in Thy kingdom. *Prostration.*

Then the reader saith: The Heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Stichos: Come unto Him, and be enlightened, and your faces shall not be ashamed.

The Heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy 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 Hosts, praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

Both now and ever, and unto the ages of ages. Amen.

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made; Who for us men, and for our salvation, came down from the heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified for us under Pontius Pilate, and suffered, and was buried, and arose again on the third day according to the Scriptures; And ascended into the heavens, and sitteth on the right hand of the Father;

And shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end. And in the Holy Spirit, the Lord, the Giver of Life; Who proceedeth from the Father; Who with the Father and the Son together is worshipped and glorified; Who spake by the prophets. In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, And the life of the age to come. Amen.

Remit, pardon, forgive, O God, our offences, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all things, for Thou art good and the Lover of mankind.

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

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

Reader: Amen.

And the Kontakion of the day, Fourth Tone:

O Thou Who wast lifted up willingly on the Cross, bestow Thy mercies upon the new Nation called after Thee, O Christ God; gladden with Thy power Orthodox Christians, granting them victory over enemies.

May they have as Thy help in war the weapon of peace, the invincible Trophy.

After this we say the kontakion of the temple. But if it be a temple of Christ, we say first the kontakion of the temple of Christ, then of the day, and the saint of the cycle. After this:

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

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

Both now and ever, and unto the ages of ages. Amen.

And the kontakion of a temple of the Theotokos is read. If it be not a temple of the Theotokos, we say this

O protection of Christians that cannot be put to shame, O mediation unto the Creator unfailing, disdain not the suppliant voices of sinners; but be thou quick, O good one, to help us who in faith cry unto thee; Hasten to intercession and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.

Then: Lord, have mercy. Forty times.

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

More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

In the name of the Lord, father (master), bless.

Priest: God be gracious unto us and bless us, and cause Thy face to shine upon us and have mercy on us.

Reader: Amen.

After this the priest saith the Prayer of Saint Ephraim:

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not.

Prostration.

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Then twelve reverences. With each one we say: O God, cleanse me a sinner.

Then again followeth the entire Prayer:

O Lord and Master of my life, a spirit of idleness, despondency, ambition, and idle talking give me not. But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. *Prostration.*

Reader: Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us.

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

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

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

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

Reader: Amen. Lord, have mercy. *Twelve.* *And the Prayer:*

O All-Holy Trinity, the Consubstantial Dominion, the Indivisible Kingdom, and Cause of every good: Show Thy good will even unto me, the sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say: One is Holy, One is Lord, Jesus Christ, to the glory of God the Father. Amen.

After this, the priest: Wisdom!

Chanters: It is truly meet to bless thee, the Theo-

tokos, ever-blessed and most-blameless, and Mother of our God. *Prostration.*

Priest: O most holy Theotokos, save us!

Chanters: More honourable than the Cherubim, and beyond compare glorious than the Seraphim, who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

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

Lord, have mercy. *Thrice.* Father (Master), Bless.

And the priest saith the Dismissal:

May Christ our true God, through the intercessions of His most pure Mother; through the power of the precious and life-giving Cross; through the intercessions of the holy glorious and all-praised apostles; of *(the saint(s) of the temple and of the day)*; of the holy and Righteous Ancestors of God Joachim and Anna, and of all the saints; have mercy on us and save us, for He is good and the Lover of mankind.

Chanters: Amen. *And to this service we join the Vespers with the Liturgy of the Presanctified Gifts.*

THE END OF THE TYPICA



**THE ORDER OF VESPERS WITH THE
LITURGY OF THE PRESANCTIFIED GIFTS**

The deacon, standing as usual on the ambo, exclaimeth:
Bless, Master.

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

Chanters: Amen. *And the reader saith:*

O come let us worship God our King.

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

O come let us worship and fall down before Christ Himself, our King and God. *And the Introductory Psalm.*

PSALM 103

Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire, Who establisheth the earth in the sureness thereof; it shall not be turned back for ever and ever. The abyss like a garment is His mantle; upon the mountains shall the waters stand. At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid. The mountains rise up and the plains sink down, unto the place

where Thou hast established them. Thou appointedst a bound that they shall not pass, neither return to cover the earth. He sendeth forth springs in the valleys; between the mountains will the waters run. They shall give drink to all the beasts of the field: the wild asses will wait to quench their thirst. Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice. He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works. He causeth the grass to grow for the cattle, and green herb for the service of men, to bring forth bread out of the earth; and wine maketh glad the heart of man. To make his face cheerful with oil; and bread strengtheneth man's heart. The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted. There will the sparrows make their nests; the house of the heron is chief among them. The high mountains are a refuge for the harts, and so is the rock for the hares. He hath made the moon for seasons; the sun knoweth his going down. Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad. Young lions roaring after their prey, and seeking their food from God. The sun ariseth, and they are gathered together, and they lay them down in their dens. But man shall go forth unto his work, and to his labour until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all; the earth is filled with Thy creation. So is this great and spacious sea, therein are

things creeping innumerable, small living creatures with the great. There go the ships; there this dragon, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled. Thou wilt take their spirit, and they shall cease; and unto their dust shall they return. Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth. Let the glory of the Lord be unto the ages; the Lord will rejoice in His works, Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being. May my words be sweet unto Him, and I will rejoice in the Lord. O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul. The sun knoweth his going down, Thou appointedst the darkness, and there was the night. How magnified are Thy works, O Lord! In wisdom hast Thou made them all.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Then, the Great Ectenia is said:

Deacon: In peace let us pray to the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: For the Orthodox episcopate of the Church of Russia; for our lord the Very Most Reverend Metropolitan *N.*, First Hierarch of the Russian Church Abroad; for our lord the Most Reverend (Archbishop *or* Bishop *N.*, *whose diocese it is*); for the venerable priesthood, the diaconate in Christ, for all the clergy and people, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: For the suffering Russian land and its Orthodox people both in the homeland and in the diaspora, and for their salvation, let us pray to the Lord.)

Chanters: Lord, have mercy.

Deacon: For this land, its authorities and armed forces, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: That He may deliver His people from ene-

mies visible and invisible, and confirm in us oneness of mind, brotherly love, and piety, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: For this city, (or town, or holy monastery) every city and country, and the faithful that dwell therein, let us pray to the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: For travelers by sea, land, and air, for the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: For unto Thee is due all glory, honour, and worship: to the Father, and to the Son, and to the Holy

Spirit, now and ever, and unto the ages of ages.

Chanters: Amen. And the reader, the 18th Kathisma.

PSALM 119

Unto the Lord in mine affliction have I cried, and He heard me. O Lord, deliver my soul from unrighteous lips and from a crafty tongue. What shall be given unto thee and what shall be added unto thee for thy crafty tongue? The arrows of the mighty one, sharpened with coals of the desert. Woe is me, for my sojourning is prolonged; I have tented with the tentings of Kedar, my soul hath long been a sojourner. With them that hate peace I was peaceable; when I spake unto them, they warred against me without a cause.

PSALM 120

I have lifted up mine eyes to the mountains, from whence cometh my help. My help cometh from the Lord, Who hath made heaven and the earth. Give not thy foot unto moving, and may He not slumber that keepeth thee. Behold, He shall not slumber nor shall He sleep, He that keepeth Israel. The Lord shall keep thee; the Lord is thy shelter at thy right hand. The sun shall not burn thee by day, nor the moon by night. The Lord shall keep thee from all evil, the Lord shall guard thy soul. The Lord shall keep thy coming in and thy going out, from henceforth and for evermore.

PSALM 121

I was glad because of them that said unto me: Let us go into the house of the Lord. Our feet have stood in Thy courts, O Jerusalem. Jerusalem is builded as a

city which its dwellers share in concord. For there the tribes went up, the tribes of the Lord, as a testimony for Israel, to give thanks to the name of the Lord. For there are set thrones unto judgment, thrones over the house of David. Ask now for the things which are for the peace of Jerusalem, and for the prosperity of them that love thee. Let peace be now in thy strength, and prosperity in thy palaces. For the sake of my brethren and my neighbours, I spake peace concerning thee. Because of the house of the Lord our God, I have sought good things for thee.

PSALM 122

Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven. Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God, until He take pity on us. Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement. Greatly hath our soul been filled therewith; let reproach come upon them that prosper, and abasement on the proud.

PSALM 123

Had it not been that the Lord was with us, let Israel now say, had it not been that the Lord was with us, When men rose up against us, then had they swallowed us up alive. When their wrath raged against us, then had the water overwhelmed us. Our soul hath passed through a torrent; then had our soul passed

through the water that is irresistible. Blessed be the Lord Who hath not given us to be a prey to their teeth. Our soul like a sparrow was delivered out of the snare of the hunters. The snare is broken, and we are delivered. Our help is in the name of the Lord, Who hath made heaven and the earth.

Glory..., Both now....

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

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

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

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

Chanters: Amen. *And the reader, the Second Stasis:*

PSALM 124

They that trust in the Lord shall be as Mount Sion; he that dwelleth at Jerusalem, nevermore shall he

be shaken. Mountains are round about her, and the Lord is round about His people from henceforth and for evermore. For the Lord will not permit the rod of sinners to be upon the lot of the righteous, lest the righteous stretch forth their hands unto iniquities. Do good, O Lord, unto them that are good and unto the upright of heart. But them that turn aside unto crooked ways shall the Lord lead away with the workers of iniquity; peace be upon Israel.

PSALM 125

When the Lord turned again the captivity of Sion, we became as men that are comforted. Then was our mouth filled with joy, and our tongue with rejoicing. Then shall they say among the nations: The Lord hath done great things unto them. The Lord hath done great things among us, and we are become glad. Turn again, O Lord, our captivity, like streams in the south. They that sow with tears shall reap with rejoicing. In their going they went, and they wept as they cast their seeds. But in their coming shall they come with rejoicing, bearing their sheaves.

PSALM 126

Except the Lord build the house, in vain do they labour that build it. Except the Lord guard the city, in vain doth he watch that guardeth her; it is vain for you to rise at dawn. Ye that eat the bread of sorrow, rouse yourselves after resting, when He hath given sleep to His beloved. Lo, sons are the heritage of the Lord, the reward of the fruit of the womb. Like arrows

in the hand of mighty man, so are the sons of them that were outcasts. Blessed is he that shall fulfill his desires with them; they shall not be put to shame when they speak to their enemies in the gates.

PSALM 127

Blessed are all they that fear the Lord, that walk in His ways. Thou shalt eat the fruits of their labours; blessed art thou, and well shall it be with thee. Thy wife shall be as a fruitful vine on the sides of thy house, Thy sons like young olive trees round about thy table. Behold, so shall the man be blessed that feareth the Lord. The Lord bless thee out of Sion, and mayest thou see the good things of Jerusalem all the days of thy life. And mayest thou see thy children's children; peace be upon Israel.

PSALM 128

Many a time have they warred against me from my youth, let Israel now say, Many a time have they warred against me from my youth, and yet they have not prevailed against me. The sinners wrought upon my back, they lengthened out their iniquity. The Lord is righteous; He hath cut asunder the necks of sinners. Let them be put to shame and turned back, all they that hate Sion. Let them be as the grass upon the housetops, which before it is plucked up is withered away. Wherefore the reaper filleth not his hand, nor he that gathereth sheaves his bosom. Nor have they that passed by said: The blessing of the Lord come upon you; we have blessed you in the name of the Lord.

Glory..., Both now....

Alleluia, alleluia, alleluia. Glory to Thee, O God.

Thrice.

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

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: For a good God art Thou, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

And the reader, the Third Stasis.

During the reading of the Third Stasis, at the closing of the veil of the holy doors, we prostrate ourselves while the Presanctified Gifts are transferred from the Holy Table to the Table of Oblations.

PSALM 129

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice. Let Thine ears be attentive to the voice of my supplication. If Thou shouldst

mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness. For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word, my soul hath hoped in the Lord. From the morning watch until night, from the morning watch let Israel hope in the Lord. For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

PSALM 130

O Lord, my heart is not exalted, nor are mine eyes become lofty. Nor have I walked in things too great or too marvellous for me. If I were not humble-minded but exalted my soul, as one weaned from his mother, so wouldst Thou requite my soul. Let Israel hope in the Lord, from henceforth and for evermore.

PSALM 131

Remember, O Lord, David and all his meekness. How he made an oath unto the Lord, and vowed unto the God of Jacob: I shall not go into the dwelling of my house, I shall not ascend upon the bed of my couch, I shall not give sleep to mine eyes, nor slumber to mine eyelids, nor rest to my temples, Until I find a place for the Lord, a habitation for the God of Jacob. Lo, we have heard of it in Ephratha, we have found it in the plains of the wood. Let us go forth into His tabernacles, let us worship at the place where His feet have stood. Arise, O Lord, into Thy rest, Thou and the ark of Thy holiness. Thy priests shall be clothed with

righteousness, and Thy righteous shall rejoice. For the sake of David Thy servant, turn not Thy face away from Thine anointed one. The Lord hath sworn in truth unto David, and He will not annul it: Of the fruit of thy loins will I set upon thy throne. If thy sons keep My covenant and these testimonies which I will teach them, Their sons also shall sit for ever on thy throne. For the Lord hath elected Sion, He hath chosen her to be a habitation for Himself. This is my rest for ever and ever; here will I dwell, for I have chosen her. Blessing, I will bless her pursuit; her beggars will I satisfy with bread. Her priests will I clothe with salvation, and her saints with rejoicing shall rejoice. There will I make to spring forth a horn for David, I have prepared a lamp for My Christ. His enemies will I clothe with shame, but upon Him shall My sanctification flourish.

PSALM 132

Behold now, what is so good or so joyous as for brethren to dwell together in unity? It is like the oil of myrrh upon the head, which runneth down upon the beard, upon the beard of Aaron, which runneth down to the fringe of his raiment. It is like the dew of Aermom, which cometh down upon the mountains of Sion. For there the Lord commanded the blessing, life for evermore.

PSALM 133

Behold now, bless ye the Lord, all ye servants of the Lord. Ye that stand in the house of the Lord, in the courts of the house of our God, In the nights lift up

your hands unto the holies, and bless the Lord. The Lord bless thee out of Sion, He that made heaven and the earth.

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

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

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

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: Calling to remembrance our most holy, most pure, most blessed, glorious Lady Theotokos and Ever-Virgin Mary with all the saints, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: For Thou art our God, a God to show mercy and save, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Then we chant Lord, I have cried; *on both kleroses, in the Fifth Tone. 1st Choir:*

Lord, I have cried unto Thee, hearken unto me,*
L hearken unto me, O Lord.* Lord, I have cried

unto Thee, hearken unto me;* attend to the voice of my supplication,* when I cry unto Thee.* Harken unto me, O Lord.

2nd Choir: Let my prayer be set forth* as incense before Thee,* the lifting up of my hands* as an evening sacrifice.* Harken unto me, O Lord.

Reader: Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips. Incline not my heart unto words of evil, to make excuse with excuses in sins, With men that work iniquity; and I will not join with their chosen. The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head. For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been. They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto hades. For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away. Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity. The sinners shall fall into their own net; I am alone until I pass by. With my voice unto the Lord have I cried, with my voice have I made supplication. I will pour out before Him my supplication, mine affliction before Him will I declare. When my spirit was fainting within me, then Thou knewest my paths. In this way wherein I have walked they hid for me a snare. I looked upon my right hand, and

beheld, and there was none that did know me. Flight hath failed me, and there is none that watcheth out for my soul. I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living. Attend unto my supplication, for I am brought very low. Deliver me from them that persecute me, for they are stronger than I.

Then we chant the idiomatic stichera, Fifth Tone:

Stichos: Bring my soul out of prison* that I may confess Thy name.

Come, ye faithful, in the light let us do the works of God, let us walk honestly as in the day; every unrighteous accusation against our neighbour let us cast away, not placing any stumbling-blocks in his way, let us forsake the passions of the flesh, let us increase the spiritual gifts of the soul, let us give bread to the needy, and let us approach Christ in repentance, crying aloud: O our God, have mercy on us.

Stichos: The righteous shall wait patiently for me* until Thou shalt reward me.

Come, ye faithful, in the light..., *repeat.*

After this, stichera to the Martyrs, in the Tone of the week:

Stichos: Out of the depths have I cried unto Thee, O Lord;* O Lord, hear my voice.

Martyricon in the Tone of the week.

Stichos: Let Thine ears be attentive* to the voice of my supplication.

Martyricon in the Tone of the week.

Stichos: If Thou shouldest mark iniquities, O Lord,

O Lord, who shall stand?* For with Thee there is forgiveness.

Martyricon in the Tone of the week.

Stichos: For Thy name's sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word,* my soul hath hoped in the Lord.

Martyricon in the Tone of the week.

Then the stichera to Saint Theodore, in the Second Tone:

Stichos: From the morning watch until night, from the morning watch* let Israel hope in the Lord.

Come, all ye who love the martyrs, let us be glad in spirit, and keep festival; for today Theodore the martyr hath set a mystical table, gladdening us who celebrate with love, who cry unto him: rejoice, O invincible passion-bearer, who hath dispelled the tyrants' threats. Rejoice, thou who gavest thy body of clay to be tortured for Christ God. Rejoice, thou who in various misfortunes didst prove to be a tried warrior of the heavenly host. Wherefore we entreat thee, O adornment of martyrs, to pray for our souls.

Stichos: For with the Lord there is mercy, and with Him is plenteous redemption;* and He shall redeem Israel out of all his iniquities.

The God-given grace of thy miracles, O martyr Theodore, thou dost extend to all who hasten to thee in faith. For this we praise thee, saying: Thou dost deliver prisoners, healest the sick, givest riches to the poor, and guardest those who sail the seas, restrainest slaves from useless flight, and showest robbers what their punish-

ment will be, and teachest soldiers to abstain from plunder; thou mercifully grantest the petition of children, and art the fervent protector of those who keep thy holy memory. With them we also sing in praise of thy martyrdom, O holy sufferer: pray to Christ that He grant great mercy.

Stichos: O praise the Lord, all ye nations;* praise Him all ye peoples.

A matchless gift from God art thou, O martyr Theodore; for also after thy death as during thy lifetime thou grantest the petitions of those who hasten to thee; wherefore, when the son of a poor widow was taken away by soldiers of another faith, she came in tears to thy temple. And thou, in loving mercy, didst defend her child invisibly; and now, as then, never dost thou cease from working wonders. But pray to Christ God that our souls be saved.

Stichos: For He hath made His mercy to prevail over us,* and the truth of the Lord abideth for ever.

Named Gift of God, I honour thee, O thrice-blessed Theodore; for thou hast been revealed as a never-setting star of the divine Light, and through thy sufferings thou hast shone on all the world; and proving thyself to be stronger than fire, thou didst quench the flames and crush the head of the deceitful serpent. Wherefore, during thy sufferings Christ came and crowned thy divine head; O great martyr, sufferer, as thou hast great boldness before God, fervently intercede for our souls.

In the Sixth Tone: Glory to the Father, and to the Son, and to the Holy Spirit.

Using as his tool the apostate emperor, the enemy devised a cruel plot: with food polluted by unclean sacrifices he sought to defile the people of God as they purified themselves through fasting. But thou didst defeat his design by a more skillful plan, for thou didst appear in a dream to the archbishop, revealing deeper knowledge, and disclosing the plot. Therefore we offer thee a sacrifice of thanksgiving, calling thee our deliverer, and keeping the yearly memorial of the miracle then performed; and we pray that we may be saved from the harmful machinations of the evil one, through thine intercessions before God, O martyr Theodore.

Both now and ever, and unto the ages of ages. Amen. *And the Theotokion in the Tone of the week.*

After this, the Entry with the censer. The Priest blesseth the Entry.

The Deacon exclaimeth: Wisdom, Aright!

Chanters: O Gentle Light of the holy glory of the immortal, heavenly, holy, blessed Father, O Jesus Christ: Having come to the setting of the sun, having beheld the evening light, we praise the Father, the Son, and the Holy Spirit: God. Meet it is for Thee at all times to be hymned with reverent voices, O Son of God, Giver of life. Wherefore, the world doth glorify Thee.

Deacon: Let us attend.

Priest: Peace be unto all.

Deacon: Wisdom. Let us attend.

Reader: In the Fifth Tone: The Lord hear thee in the day of affliction.

Chanters: The Lord hear thee in the day of affliction.

Reader, Stichos: The name of the God of Jacob defend thee.

Chanters: The Lord hear thee in the day of affliction.

Reader: The Lord hear thee.

Chanters: In the day of affliction.

Deacon: Wisdom!

Reader: The Reading is from Genesis (Ch.2:20–3:20).

Deacon: Let us attend. *Reader:*

Adam gave names to all the cattle, and to all the birds of the sky, and to all the wild beasts of the field; but for Adam there was not found a help like unto himself. And God brought a trance upon Adam, and he slept; and He took one of his ribs, and filled up the flesh instead thereof. And God formed the rib which He took from Adam into a woman, and brought her to Adam. And Adam said: This now is bone of my bones and flesh of my flesh; she shall be called woman, because she was taken out of her husband. Therefore shall a man leave his father and his mother and shall cleave to his wife, and they two shall be one flesh. And the two were naked, both Adam and his wife, and were not ashamed. Now the serpent was the most crafty of all the beasts on the earth, which the Lord God made.

And the serpent said to the woman: Wherefore hath God said, Eat not of every tree of paradise? And the woman said to the serpent: We may eat of the fruit of every tree of paradise; but of the fruit of the tree which is in the midst of paradise, God said: Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said to the woman: Ye shall not die the death. For God knew that in whatever day ye should eat of it, your eyes would be opened, and ye would be as gods, knowing good and evil. And the woman saw that the tree was good for food, and that it was pleasant to the eyes to look upon and beautiful to contemplate; and having taken of its fruit, she ate, and she gave to her husband also with her, and they ate. And the eyes of both were opened, and they perceived that they were naked; and they sewed fig leaves together, and made themselves aprons to go round them. And they heard the voice of the Lord God walking in paradise in the afternoon; and both Adam and his wife hid themselves from the face of the Lord God in the midst of the trees of paradise. And the Lord God called Adam and said to him: Adam, where art thou? And he said to Him: I heard Thy voice as Thou walkedst in paradise, and I feared because I am naked, and I hid myself. And God said to him: Who told thee that thou art naked, unless thou hast eaten of the tree concerning which I charged thee of it alone not to eat? And Adam said: The woman whom Thou gavest to be with me, she gave me of the tree and I ate. And the Lord God said to the woman:

Why hast thou done this? And the woman said: The serpent deceived me, and I ate. And the Lord God said to the serpent: Because thou hast done this, thou art cursed above all cattle and all the beasts of the earth; on thy breast and belly thou shalt go, and thou shalt eat earth all the days of thy life. And I will put enmity between thee and the woman, and between thy seed and her seed; he shall watch against thy head, and thou shalt watch against his heel. And to the woman He said: I will greatly multiply thy grief and thy groanings; in pain thou shalt bring forth children, and thy submission shall be to thy husband, and he shall rule over thee. And to Adam He said: Because thou hast hearkened to the voice of thy wife, and eaten of the tree concerning which I charged thee of it only not to eat—of it thou hast eaten; cursed is the ground in thy labours, in sorrow shalt thou eat of it all the days of thy life. Thorns and thistles shall it bring forth to thee, and thou shalt eat the herb of the field. In the sweat of thy face shalt thou eat thy bread until thou returnest to the earth out of which thou wast taken; for earth thou art, and to earth thou shalt return. And Adam called the name of his wife Life, because she was the mother of all living.

Deacon: Let us attend.

Reader: In the Sixth Tone: *Chanters:* Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy mighty acts.

Reader, Stichos: O Lord, in Thy strength the King

shall be glad.

Chanters: Be Thou exalted, O Lord, in Thy strength; we will sing and chant of Thy mighty acts.

Reader: Be Thou exalted, O Lord, in Thy strength.

Chanters: We will sing and chant of Thy mighty acts.

Deacon: Command! *And everyone prostrateth himself.*

And the priest, taking in both hands the censer, and the candlestick with a candle, standeth before the Holy Table facing toward the east and making the sign of the Cross, saith:

Wisdom! Aright!

Then turning to the west, facing the people, he saith:

The light of Christ shineth upon all.

Reader: The Reading is from Proverbs (Ch.3:19–34).

Deacon: Let us attend. *Reader:*

God by wisdom founded the earth, and by understanding He prepared the heavens. By His sense were the depths broken up, and the clouds dropped water. My son, let them not pass from thee, but keep my counsel and understanding; that thy soul may live, and that there may be grace around thy neck; (and it shall be health to thy flesh, and safety to thy bones;) that thou mayest go confidently in peace in all thy ways, and that thy foot may not stumble. For if thou rest, thou shalt be undismayed; and if thou sleep, thou shalt slumber sweetly; and thou shalt not be afraid of alarm coming upon thee, neither of approaching attacks of ungodly men. For the Lord shall be over all thy ways, and shall establish thy foot that thou be not

moved. Forbear not to do good to the poor, whensoever thy hand may have power to help him. Say not: Come back another time, and tomorrow I will give, while thou art able to do him good; for thou knowest not what the next day will bring forth. Devise not evil against thy friend, living near thee and trusting in thee. Be not ready to quarrel with a man without a cause, lest he do thee some harm. Procure not the reproaches of bad men, neither do thou covet their ways. For every transgressor is unclean before the Lord, neither doth he sit among the righteous. The curse of the Lord is on the houses of the ungodly, but the habitations of the righteous are blessed. The Lord resisteth the proud, but He giveth grace to the humble.

At the completion of the parable the priest saith:

Peace be unto thee.

Deacon: Wisdom.

And the reader(s) chant(eth) in the middle of the temple:

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice.

Then the right and left kleroses, and all the people in the church prostrate themselves, praying, while the reader(s) is (are) chanting. And after reader(s) hath (have) chanted, the kleros chanteth likewise:

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice.

And the reader(s) and the people prostrate themselves while praying.

Then the reader(s) chant(eth) the first verse:

Lord, I have cried unto Thee, hearken unto me, attend to the voice of my supplication when I cry unto Thee.

And after the chanting of this verse, the kleros chanteth:

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice.

Then the reader(s) prostrate(th) while this is chanted.

Then the reader(s) chant(eth) the second verse:

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

And again the kleros chanteth:

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice.

And the reader(s) prostrate(th) while this is chanted.

Then the reader(s) chant(eth) the third verse:

Incline not my heart unto words of evil, to make excuse with excuses in sins.

And the kleros and all the people prostrate themselves while the reader(s) is (are) chanting.

And again the kleros chanteth:

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice.

And the reader(s) prostrate(th) while this is chanted.

After this, again the reader(s) chant(eth):

Let my prayer be set forth as incense before Thee.

Then the reader(s) and all the people prostrate themselves while the kleros chanteth:

The lifting up of my hands as an evening sacrifice.

Priest: O Lord and Master of my life, a spirit of

idleness, despondency, ambition, and idle talking give me not. *Prostration.*

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

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

Chanters: Lord, have mercy.

Deacon: O Lord Almighty, the God of our fathers, we pray Thee, hearken and have mercy.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray for the Orthodox episcopate of the Church of Russia; for our lord the Very Most Reverend Metropolitan *N.*, First Hierarch of the Russian Church Abroad; for our lord the Most Reverend (Archbishop or Bishop *N.*, *whose diocese it is*), and all our brethren in Christ.

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray for the suffering Russian land and its Orthodox people both in the homeland and in the diaspora, and for their salvation.

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray for this land, its authorities and armed forces.

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray to the Lord our God that He may deliver His people from enemies visible and invisible, and confirm in us oneness of mind, brotherly love, and piety.

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray for the blessed and ever-memorable founders of this holy temple (*if it be a monastery: this holy monastery*), and for all our fathers and brethren gone to their rest before us, and the Orthodox here and everywhere laid to rest.

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray for mercy, life, peace, health, salvation, visitation, pardon, and remission of the sins of the servants of God, the brethren of this holy temple (*if it be a monastery: this holy monastery*).

Chanters: Lord, have mercy. *Thrice.*

Deacon: Again we pray for them that bring offerings and do good works in this holy and all-venerable temple; for them that minister and them that chant, and for all people here present, that await of Thee great and abundant mercy.

Chanters: Lord, have mercy. *Thrice.*

Priest: For a merciful God Thou art, and the Lover of mankind, and unto Thee do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Deacon: Pray, ye catechumens, to the Lord.

Chanters: Lord, have mercy.

Deacon: Ye faithful, for the catechumens let us pray, that the Lord will have mercy on them.

Chanters: Lord, have mercy.

Deacon: That He will catechize them with the word of Truth.

Chanters: Lord, have mercy.

Deacon: That He will reveal unto them the Gospel of righteousness.

Chanters: Lord, have mercy

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

Chanters: Lord, have mercy.

Deacon: Save them, have mercy on them, help them, and keep them, O God, by Thy grace.

Chanters: Lord, have mercy.

Deacon: Ye catechumens, bow your heads unto the Lord.

Chanters: To Thee, O Lord.

Priest: That with us they also may glorify Thy most honourable and majestic name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Deacon: As many as are catechumens, depart; catechumens, depart; as many as are catechumens, depart; let none of the catechumens remain; as many as are of

the faithful, again and again, in peace let us pray to the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: Wisdom!

Priest: For unto Thee is due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

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

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord

Chanters: Lord, have mercy.

Deacon: For this holy temple, and for them that with faith, reverence, and the fear of God enter herein, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Chanters: Lord, have mercy.

Deacon: Help us, save us, have mercy on us, and

keep us, O God, by Thy grace.

Chanters: Lord, have mercy.

Deacon: Wisdom!

Priest: According to the gift of Thy Christ, with Whom Thou art blessed, together with Thine All-holy, and good, and life-creating Spirit, now and ever, and unto the ages of ages.

Chanters: Amen. Now the Hosts of heaven minister with us invisibly; for behold the King of Glory entereth. Behold, the finished Mystical Sacrifice is being escorted in.

The Great Entry is made in silence, everyone prostrate before the Holy Gifts, and they remain prostrate until the priest hath entered the altar. The people arise, and the choir chanteth:

With faith and love let us draw nigh, that we may become partakers of life everlasting. Alleluia, alleluia, alleluia..

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

But rather a spirit of chastity, humble-mindedness, patience, and love bestow upon me Thy servant. *Prostration.*

Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

Deacon : Let us complete our evening prayer unto the Lord.

Chanters: Lord, have mercy.

Deacon: For the precious and presanctified Gifts set forth, let us pray to the Lord.

Chanters: Lord, have mercy.

That our God, the Lover of mankind, Who hath accepted them upon His holy and most heavenly and noetic altar as an odour of spiritual fragrance, will send down upon us divine grace and the gift of the Holy Spirit, let us pray.

Chanters: Lord, have mercy.

Deacon: That we may be delivered from all tribulation, wrath, and necessity, let us pray to the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

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

Chanters: Grant this, O Lord.

Deacon: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Chanters: Grant this, O Lord.

Deacon: Pardon and remission of our sins and offences, let us ask of the Lord.

Chanters: Grant this, O Lord.

Deacon: Things good and profitable for our souls, and peace for the world, let us ask of the Lord.

Chanters: Grant this, O Lord.

Deacon: That we may complete the remaining time

of our life in peace and repentance, let us ask of the Lord.

Chanters: Grant this, O Lord.

Deacon: A Christian ending to our life, painless, blameless, peaceful, and a good defense before the dread judgment seat of Christ, let us ask.

Chanters: Grant this, O Lord.

Deacon: Having asked for the unity of the faith and the communion of the Holy Spirit, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

Priest: And vouchsafe us, O Master, with boldness and without condemnation to dare to call upon Thee the heavenly God as Father, and to say:

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

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

Chanters: Amen.

Priest: Peace be unto all.

Chanters: And to thy spirit.

Deacon: Bow your heads unto the Lord.

Chanters: To Thee, O Lord. (*Slowly*)

Priest: Through the grace and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thy Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages.

Chanters: Amen.

Deacon: Let us attend!

Priest: The Presanctified Holy Things are for the holy.

Chanters: One is Holy, One is Lord, Jesus Christ, to the glory of God the Father. Amen. *And they chant the communion verse:* O taste and see that the Lord is good. Alleluia, alleluia, alleluia.

At the communion of the people, Deacon: With fear of God and with faith draw nigh.

Chanters: I will bless the Lord at all times, His praise shall continually be in my mouth.

Priest: I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the living God, Who didst come into the world to save sinners of whom I am chief. Moreover, I believe that this is truly Thy most pure Body, and that this is truly Thine Own precious Blood. Wherefore, I pray Thee: Have mercy on me and forgive me my transgressions, voluntary and involuntary, in word and deed, in knowledge and in ignorance. And vouchsafe me to partake without condemnation of Thy most pure Mysteries unto the remission of sins and life everlasting. Amen

Of Thy Mystical Supper, O Son of God, receive

me today as a communicant; for I will not speak of the Mystery to Thine enemies, nor will I give Thee a kiss as did Judas, but like the Thief do I confess Thee: Remember me, O Lord, in Thy kingdom.

Let not the communion of Thy holy Mysteries be unto me for judgment or condemnation O Lord, but for healing of soul and body.

The priest, as he communicateth each one, saith: The servant of God, N., partaketh of the precious and holy Body and Blood of our Lord and God and Saviour Jesus Christ unto the remission of sins and life everlasting.

Priest: Save, O God, Thy people and bless Thine inheritance.

Chanters: The heavenly Bread, and the Cup of Life, O taste and see* that the Lord is good. Alleluia, alleluia, alleluia.

Priest: Always, now and ever, and unto the ages of ages.

Chanters: Amen. Let our mouth be filled with Thy praise, O Lord, that we may hymn Thy glory, for Thou hast vouchsafed us to partake of Thy holy, divine, immortal, and life-creating Mysteries. Keep us in Thy holiness, that we may meditate on Thy righteousness all the day long. Alleluia, alleluia, alleluia.

Deacon: Aright! Having partaken of the divine, holy, most pure, immortal, heavenly, and life-creating, fearful Mysteries of Christ, let us worthily give thanks unto the Lord.

Chanters: Lord, have mercy.

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

Chanters: Lord, have mercy.

Deacon: Having asked that the whole evening may be perfect, holy, peaceful, and sinless, let us commit ourselves and one another and all our life unto Christ our God.

Chanters: To Thee, O Lord.

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

Chanters: Amen.

Priest: In peace let us depart.

Chanters: In the name of the Lord.

Deacon: Let us pray to the Lord.

Chanters: Lord, have mercy.

Priest, the Prayer behind the Ambo:

O Master Almighty, Who hast made all created things in wisdom, and by Thine inexpressible providence and great goodness hast brought us to these most venerable days, for the purification of body and soul, for the controlling of passions, and for the hope of the Resurrection; Who, during the forty days didst give into the hand of Thy servant Moses the tablets of the Law in characters divinely traced by Thee: Grant us also, O Good One, to fight the good fight; to finish the course of the Fast; to preserve inviolate the Faith; to

crush under foot the heads of invisible serpents; to be accounted victors over sin; and uncondemned to attain unto and worship the holy Resurrection. For blessed and glorified is Thy most honourable and majestic name: of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto the ages of ages.

After the Prayer below the Ambo we chant this Supplicatory Canon to Saint Theodore. Kolyva is placed on a previously-prepared table before the holy gates.

The priest beginneth: Blessed is our God, always, now and ever, and unto the ages of ages.

Reader: Amen. O come let us worship God our King.

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

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

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul

thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord; the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

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

Alleluia, alleluia, alleluia. Glory to Thee, O God.
Thrice.

Chanters: God is the Lord and hath appeared unto us. Blessed is he that cometh in the name of the Lord.

And these Stichoï are said:

Stichos 1: O give thanks unto the Lord, for He is good, for His mercy endureth for ever.

Stichos 2: Surrounding me they compassed me, and by the name of the Lord I warded them off.

Stichos 3: I shall not die, but live, and I shall tell of the works of the Lord.

Stichos 4: The stone which the builders rejected, the same is become the head of the corner. This is the Lord's doing and it is marvellous in our eyes.

And to each Stichos we chant: God is the Lord, *once.*

Then we chant the Troparion, Second Tone:

Great are the achievements of faith! In the fountain of flame as in refreshing water, the holy martyr Theodore rejoiced; for having been made a whole burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

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

Great are the achievements of faith! In the fountain of flame as in refreshing water, the holy martyr Theodore rejoiced; for having been made a whole burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

Both now and ever, and unto the ages of ages. Amen.

Most glorious and beyond our understanding are all thy mysteries, O Theotokos: for with the seal of thy virginity unbroken, thou hast become in full reality a mother, giving birth to the true God. Pray to Him for the salvation of our souls.

Then:

PSALM 50

Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy

compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved Truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto

Sion, and let the walls of Jerusalem be builded. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation, and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Then we say the canon, the work of John Damascene, Eighth Tone:

ODE I

Eirmos: Having passed through the water as on dry land, and having escaped the malice of the Egyptians, the Israelites cried aloud: Unto our God and Redeemer let us now sing.

Refrain: Holy Greatmartyr Theodore, pray to God for us.

I know the desire for God which filled thy heart, O Theodore, and I am held fast by burning love for thee: I dedicate to thee my soul and body, and these words of praise.

Holy Greatmartyr Theodore, pray to God for us.

A decree was published, hateful to the Lord, that sacrifice should be offered to idols and not to the living God. But refusing to obey, O passion-bearer, thou wast thyself offered to God in sacrifice.

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

Held fast by divine love, O martyr Theodore, thou didst serve as a soldier of the only-begotten Son of the most high God, and wast rewarded for thy faithful service.

Both now and ever, and unto the ages of ages. Amen.

The hosts of angels and men praise thee, O Unwedded Mother, without ceasing; for thou hast carried their Creator as a babe in thine arms.

ODE III

Eirmos: Of the vault of the heavens art Thou, O Lord, the Maker, and Builder of the Church; do Thou establish in me love of Thee, O Summit of desire, O Support of the faithful, O only Lover of mankind.

Holy Greatmartyr Theodore, pray to God for us.

I offer a hymn from my lips and a prayer from the affliction of my soul. Take pity on them, O victorious martyr Theodore.

Holy Greatmartyr Theodore, pray to God for us.

Thou hast subjected the flesh to the dominion of thy mind, O glorious martyr, and with both of them thou servest the Creator.

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

Thou didst stand before the judgment-seat of the tyrant, bearing witness to Christ, thy King and God; and thou didst refuse to offer sacrifice to a false God, O Theodore.

Both now and ever, and unto the ages of ages. Amen.

Thee all we Christians have acquired ever as a refuge and rampart; thee we glorify unceasingly, O Unwedded One.

ODE IV

Eirmos: I have heard, O Lord, of the mystery of Thy dispensation, and I came to knowledge of Thy works, and glorify Thy divinity.

Holy Greatmartyr Theodore, pray to God for us.

Initiated into the divine mysteries, O martyr Theodore, in understanding, in unashamed preaching thou didst confess the birth of God.

Holy Greatmartyr Theodore, pray to God for us.

Because they served the passions, they thought that God Himself is subject to passion; but, enlightened by the Spirit, O victorious Theodore, thou didst prove them to be wrong.

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

As we sing thy praises we entreat thee, blessed Theodore, through thine intercessions be our deliverer from passions and from all distress.

Both now and ever, and unto the ages of ages. Amen.

Untilled field, bearing the quickening Ear of wheat that giveth life to the world, save those who sing thy praises, O Theotokos.

ODE V

Eirmos: Enlighten us by Thy commands, O Lord, and by Thy lofty arm bestow Thy peace upon us, O Lover of mankind.

Holy Greatmartyr Theodore, pray to God for us.

Love the Lord Who loveth you, thou didst cry out, O martyr Theodore, to the others that suffered martyrdom with thee.

Holy Greatmartyr Theodore, pray to God for us.

Thy heart on fire with zeal, O victorious saint, thou didst burn up the idol of the false goddess together with the heathen temple.

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

With thine invincible power, victorious Theodore, destroy my passions and the insolent boldness of the enemy.

Both now and ever, and unto the ages of ages. Amen.

O Theotokos, we praise thee as a virgin after childbirth, for thou didst bring into the world God the Word made flesh.

ODE VI

Eirmos: I will pour out my prayer unto the Lord, and to Him will I proclaim my grief; for with woes my soul is filled, and my life unto hades hath drawn nigh, and like Jonah I will pray: From corruption raise me up, O God.

Holy Greatmartyr Theodore, pray to God for us.

How weak, how frail is the arrogance of the false gods: they need men to defend them, and they are conquered by the fortitude of the martyrs who reject all lies and who proclaim the truth.

Holy Greatmartyr Theodore, pray to God for us.

How weak, how frail is the arrogance of the false gods: they need men to defend them, and they are conquered by the fortitude of the martyrs who reject all lies and who proclaim the truth.

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

O blessed Theodore, glory of martyrs, made strong by the power of God, thou didst regard the torments of the ungodly as though they were arrows shot by children, for thou foresaw the eternity of the Age to come.

Both now and ever, and unto the ages of ages. Amen.

May we be delivered from our grievous transgressions by thy prayers, O pure Mother of God, and may we dwell in the divine glory of the Son of God, Who took flesh ineffably from thee.

Kontakion, Eighth Tone:

Having received the Faith of Christ in thy heart as a

breastplate, thou didst trample upon the enemy hosts, O great champion; and thou hast been crowned eternally with a heavenly crown, as thou art invincible.

ODE VII

Eirmos: Having gone down to Babylon from Judea, the Children of old by their faith in the Trinity trod down the flame of the furnace while chanting: O God of our fathers, blessed art Thou.

Holy Greatmartyr Theodore, pray to God for us.

Thy body was scourged, for the sake of God the Word, scourged in the flesh because of us; and rejoicing, O victorious martyr Theodore, with thanksgiving thou hast cried aloud to Him: O God of our fathers, blessed art Thou.

Holy Greatmartyr Theodore, pray to God for us.

The Deliverer of all was laid in the tomb and of His own will sealed up; and in the same way thou wast sealed up in the prison, O victorious martyr Theodore, and there didst cry aloud: O God of our fathers, blessed art Thou.

Holy Greatmartyr Theodore, pray to God for us.

Thou didst slay the passions and shake off the desires of the flesh, O victorious martyr. Nourished not by food but by the love of God, thou didst sing: O God of our fathers, blessed art Thou.

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

One of the incorruptible Trinity appeared to thee in prison, O passion-bearer, as once He appeared to the Children in the furnace; and He gave thee strength to

cry aloud, O God of our fathers, blessed art Thou.

Both now and ever, and unto the ages of ages. Amen.

Since it was Thy will, O Saviour, to bestow on us salvation, Thou didst take up Thy dwelling in the Virgin's womb, and Thou madest her the protector of the world. O God of our fathers, blessed art Thou.

ODE VIII

Eirmos: The Chaldean tyrant in his madness ordered the furnace to be heated seven times more for the holy Children; but seeing them saved by a greater power, the Creator and Deliverer, he cried aloud: O ye Children, bless; O ye priests, sing His praises; O ye people, supremely exalt Him unto all ages.

Holy Greatmartyr Theodore, pray to God for us.

Blinded in his understanding, the governor of the lawless people impiously rebuked thee for thy faith in God: Fool! Why dost thou vainly set thy trust in a man that was put to death? But thou didst cry aloud: O ye children, bless; O ye priests, sing His praises; O ye people, supremely exalt Him unto all ages.

Holy Greatmartyr Theodore, pray to God for us.

As a wise and prudent steward of grace, O Theodore, with the grace given thee by God thou didst cry aloud to the commander when he ordered thee to offer impious sacrifice: This would be a disgrace to me and all who sing: O ye children, bless; O ye priests, sing His praises; O ye people, supremely exalt Him unto all ages.

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

Resisting with youthful courage, thou didst boldly accuse the tyrant, saying: Why art thou so mad as to

bid me forsake the Creator and falsely worship things created? But I cry aloud: O ye children, bless; O ye priests, sing His praises; O ye people, supremely exalt Him unto all ages.

Both now and ever, and unto the ages of ages. Amen.

Through visible forms, through dark figures and symbols, Moses and the Prophets foretold, O Virgin, thy marvellous childbearing in ways surpassing nature. Joyfully, then, with true faith we sing thy praises, and we supremely exalt Christ unto all ages.

ODE IX

Eirmos: O Mother of the Most High God, who hast not known a man, in ways beyond our understanding, at the word of the Angel, thou didst bear the true God. Thou art higher than the most pure hosts, and with never-silent hymns of praise we magnify thee.

Holy Greatmartyr Theodore, pray to God for us.

It was thy love of God that brought thee to martyrdom. Thy body was consumed by the material fire, and thou hast departed rejoicing to the divine Fire, O victorious martyr Theodore, servant of God.

Holy Greatmartyr Theodore, pray to God for us.

All-honoured saint, thou wast not destroyed by the fire, but hast thyself burnt up error and falsehood: thou standest in God's presence, alive and rejoicing in Him with a martyr's joy, O passion-bearer Theodore, servant of God.

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

We acknowledge Thee, O Christ, to be one of the Trinity, in two perfect natures; save this Thy people

that Thou hast acquired with Thy precious blood, through the prayers of the passion-bearer Theodore.

Both now and ever, and unto the ages of ages. Amen.

Thee who hast carried in thine arms the invisible God, Who art praised in the heavens by all the angelic hosts, thee through whom at all times He granteth salvation in distress, we magnify.

Katavasia: O Mother of the Most High God, who hast not known a man, in ways beyond our understanding, at the word of the Angel, thou didst bear the true God. Thou art higher than the most pure hosts, and with never-silent hymns of praise we magnify thee.

Then:

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord, have mercy. *Thrice.*

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

Our Father, Who art in the Heavens, hallowed be Thy name. Thy Kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our

debtors; and lead us not into temptation, but deliver us from the evil one.

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

Reader: Amen.

Then the Troparion of St. Theodore, Second Tone:

Great are the achievements of faith! In the fountain of flame as in refreshing water, the holy martyr Theodore rejoiced; for having been made a whole burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

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

Kontakion, Eighth Tone: Having received the Faith of Christ in thy heart as a breastplate, thou didst trample upon the enemy hosts, O great champion; and thou hast been crowned eternally with a heavenly crown, as thou art invincible.

Both now and ever, and unto the ages of ages. Amen.

Theotokion, Same Tone: All of us in our sinfulness have thy fervent succour as our protection and our sure defense, O most pure Mary, Virgin and Mother, the salvation of Christians. Cease not to intercede for us before the Saviour, that we may receive forgiveness.

Then the blessing of the kolyva:

Deacon (Priest): Let us pray to the Lord.

Chanters: Lord, have mercy.

The priest saith the prayer over the kolyva:

O Lord, Who hast brought all things to perfection through Thy word, and hast commanded the earth to bring forth all manner of fruits for our enjoyment and food, Who by pulse (legumes) didst show the Three Children and Daniel who were in Babylon to be fairer than those who fed on pleasant things: Do Thou, O All-good King, bless this grain mixed with fruit, and sanctify those that partake of them, for to Thy glory, and in honour of the holy Greatmartyr Theodore the Tyro, have these been offered by Thy servants, and in memory of the pious who ended this life in faith. And grant, O Good One, to them that have prepared these things and celebrate this memorial, all petitions that are unto salvation, and the enjoyment of Thine eternal good things; through the intercessions of our most pure Lady the Theotokos and Ever-Virgin Mary, of the holy Greatmartyr Theodore, whose memorial also we celebrate, and of all Thy saints. For it is Thou Who dost bless and sanctify all things, O our God, and unto Thee do we send up glory: to the unoriginate Father, with Thine Only-begotten Son, and Thy Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages.

Chanters: Amen. Blessed be the name of the Lord from henceforth and for evermore. *Thrice.*

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

ages. Amen.

And while they chant the 33rd Psalm the priest distributeth the Antidoron. Everyone should go forward to receive as soon as he begins because he must be finished and ready to make the dismissal by the ending of the psalm.

PSALM 33

I will bless the Lord at all times, His praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my tribulations. Come unto Him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, and will deliver them. O taste and see that the Lord is good; blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; for there is no want to them that fear Him. Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly

to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, and He delivered them out of all their tribulations. The Lord is nigh unto them that are of a contrite heart, and He will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken. The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of His servants, and none of them will do wrong that hope in Him.

Priest: The blessing of the Lord be upon you, through His grace and love for mankind, always, now and ever, and unto the ages of ages.

Chanters: Amen.

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

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

Lord, have mercy. *Thrice.* Father (Master), bless!

And the priest saith the dismissal:

May Christ our true God, through the intercessions of His most pure Mother, of the holy glorious and all-praised apostles; of the holy, glorious and victorious martyrs; of our holy and God-bearing fathers; of the holy Greatmartyr Theodore the Tyro, whose memory we celebrate; of (*the temple and of the day*); and of our father among the saints, Gregory the Dialogist; and of

all the saints, have mercy on us and save us, for He is good and the Lover of mankind.

Chanters: Amen. The Orthodox episcopate of the Church of Russia;* our lord the Very Most Reverend Metropolitan *N.*, First Hierarch of the Russian Church Abroad,* and our lord the Most Reverend Archbishop (*or* Bishop) *N.*,* the brotherhood of this holy temple (*or* monastery), and all Orthodox Christians:* preserve, O Lord, for many years.

THE END OF VESPERS