

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

VOLUME III

WEDNESDAY

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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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**THE MIDNIGHT OFFICE ON
WEDNESDAY OF THE FIRST WEEK**

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 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. *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



**THE ORDER OF MATINS ON
WEDNESDAY OF THE FIRST WEEK**

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

Reader: Amen. (*If Matins immediately follow the Midnight 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.

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..., 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:*

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 commonwealth 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 surren-

dered 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 supplication. 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
fulfillerth 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, nei-
ther 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, O 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 ever, and unto the ages of ages. Amen. *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 abyesses. 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 wil-

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

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 possessed 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.*

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

**THE SESSIONAL HYMNS OF THE CROSS
FIRST TONE**

As a weapon in war the Cross once appeared to the pious Emperor Constantine who was invincibly victori-

ous 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.

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

The wood of Thy Cross do we venerate, O Lover of mankind; for upon It Thou wast nailed, O Life of all. Paradise hast Thou opened to the thief who turned to Thee with faith, and joy hast Thou vouchsafed him when he confessed to Thee: Remember me, O Lord. Accept, as Thou didst accept him, also us who cry aloud: We all have sinned, but in Thy compassion disdain us not.

Glory..., Both now....

Stavrotheotokion: When the Ewe saw Thee, the Lamb, crucified upon the Tree between two thieves, O long-suffering Word, and pierced in the side with a spear, she exclaimed with a mother's crying: What is this strange and fearful mystery, O my Son? How is the inexpressible God covered in a tomb? Ineffably is this accomplished. Forsake not me who gave Thee birth, my Sweetest Child.

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 pains of the saints, which they suffered for Thee, O Lord, be as supplications, and all

our pains do Thou heal, O Lover of mankind, we pray.

SECOND TONE

In prayer we offer Thee, O Lord, Thy life-giving Cross, which in Thy goodness Thou hast granted unto us Thine unworthy servants. Save Thy city and Orthodox Christians, for they entreat Thee through the Theotokos, O only Lover of mankind.

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

The enemy enslaved Adam through the fruit of a tree; and in the same way, O Lord, Thou hast Thyself enslaved the enemy through the tree of the Cross and through Thy Passion. As the second Adam hast Thou come, to seek those astray and restore the dead to life. O God, glory to Thee.

Glory..., Both now....

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

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

Martyricon: O passion-bearers of the Lord, blessed is the earth on which your blood was shed, and holy are the shrines that have received your bodies; for in the arena openly ye triumphed over the enemy, and with boldness ye preached Christ. We entreat you, pray to Him, for He is good, that our souls be saved.

THIRD TONE

Seeing that Thy power is infinite and Thy Crucifixion voluntary, the hosts of angels were amazed. How wast Thou, upon whom none may look, scourged in the flesh, in Thy desire to redeem mankind from corruption? Therefore we cry unto Thee as Giver of life: Glory, O Christ, to Thy kingdom.

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

The Cross was set up on the earth, and touched the heaven; not because the tree could reach so high, but because Thou Who wast crucified upon it fillest all things; O Lord, glory to Thee.

Glory..., Both now....

Stavrotheotokion: In the Cross of thy Son, O Theotokos, we have gained a rod of strength, by which we cast down the raging of the enemy, with love unceasingly magnifying thee.

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

Martyricon: the memorial of Thy passion-bearers, O Lord, hast Thou glorified in Thine almighty power, for Thou hast strengthened them to follow Thee in Thy sufferings; for bravely they overcame the devil's might, and therefore also received gifts of healing. Through their intercessions, O Lover of mankind, grant peace unto our souls.

FOURTH TONE

Thou hast redeemed us from the curse of the law

by Thy precious Blood; nailed to the Cross and pierced by the spear, Thou hast poured forth immortality upon mankind. O our Saviour, glory to Thee.

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

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.

Glory..., Both now....

Stavrotheotokion: O most-blameless Virgin, Mother of Christ God, a sword pierced thy most holy soul when thou didst see thy Son and God crucified of His Own will. O thou who art blessed among women, never cease to pray that He grant us pardon of our sins.

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

Martyricon: Thy martyrs, O Lord, by their contest have received the crown of immortality from Thee, our God. For having Thy strength, they deposed the tyrants, and crushed the impotent audacity of the demons. By Their prayers save our souls.

FIFTH TONE

Our Saviour and Redeemer, Who was crucified willingly with His Own foreknowledge and consent, let us hymn, O ye faithful, and glorify; for He nailed to the Cross the sins of mankind, delivering the race of man

from error, and vouchsafed us the kingdom.

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

Having endured the Cross by Thy Own will, Thou hast also set man free from corruption, O Saviour. We faithful sing Thy praises and we worship Thee, for Thou hast enlightened us by the power of Thy Cross. We all glorify Thee, O compassionate Lover of mankind, as Life-giver and Lord.

Glory..., Both now....

Stavrotheotokion: Standing beside the Cross of the Lord, lamenting the Theotokos cried aloud : Woe is me, O my Child, woe is me, light of mine eyes! How art Thou stretched upon a Cross, Who in Thy divine power stretchest out the heaven as it were a curtain, and callest the fountains of water from the sea by Thy command?

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

Martyricon: Thy passion-bearers, O Lord, Thou hast made mighty defenders of the inhabited earth, O Saviour, putting the passions to flight. Through their intercessions save our souls.

SIXTH TONE

Today the words of the Prophet are fulfilled: for behold, we worship at the place where Thy feet have stood, O Lord, and having tasted of the Tree of salvation, we have obtained freedom from our sinful passions, through the intercessions of the Theotokos, O

Thou Who alone art the Lover of mankind.

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

Thy Cross, O Lord, is sanctified, for by it healings are accomplished for them that are ill with sin; wherefore, we fall down before Thee, have mercy on us.

Glory..., Both now....

Stavrotheotokion: When the Ever-Virgin Maid who gave Thee birth saw Thee raised for our sake upon the Cross, a sword of sorrow pierced her soul and she wept, lamenting with motherly grief; through her intercessions, have mercy on us, O Lord of mercy.

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

Martyricon: Suffering bravely in the arena, persecuted by tyrants, the martyrs endured wounds; and near them stood the choirs of angels, holding prizes of victory. They astonished tyrants and sovereigns by their wisdom; and by confessing Christ they overthrew the devil. O Lord, Who hast made them strong, glory to Thee.

SEVENTH TONE

The Church crieth out to Thee, O Christ God, with cedar, pine, and cypress worshipping Thee; O Thou Who grantest victory to Orthodox Christians, through the Theotokos have mercy on us.

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

O Thou Who didst endure being nailed to the

Cross for my sake, accept my vigilant praise, 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 Theotokos Virgin, that He save our souls.

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

Martyricon: Having despised the godless tyrants, and having scorned all the pain of the tortures, O saints, ye denied not your faith in Christ. Pray, then, to God the Lover of mankind, that our souls be saved.

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.

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

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.

Glory..., Both now....

Stavrotheotokion: 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.

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

Martyricon: The narrow and sorrowful way steadfastly have ye trod, O holy martyrs, for ye endured the troubled waters of temptation, and ye have received a dwelling-place with the ministering angels, having proved yourselves to be a rock of patience, and a foundation of piety. Pray to Christ God for our souls.

Then, the reading from St. 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 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 and 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 and ever, and unto the ages of ages. Amen.

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 of 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.*

Then, the Sessional Hymns, Second Tone:

Through Thy Passion, O loving Lord, Thou hast given to all men freedom from the passions, putting to death the passions of my flesh by Thy Cross. Vouchsafe me, then, to see Thy divine Passion, that, having been well-pleasing to Thy glory through the Fast, I may receive Thy great and abundant mercy.

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.

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

And the reading from St. 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 First Kathisma.*

PSALM 1

Blessed is the man that hath not walked in the counsel of the ungodly, nor stood in the way of sinners, nor sat in the seat of the pestilent. But his will is rather

in the law of the Lord, and in His law will he meditate day and night. And he shall be like the tree which is planted by the streams of the waters, which shall bring forth its fruit in its season; and its leaf shall not fall, and all things whatsoever he may do shall prosper. Not so are the ungodly, not so; but rather they are like the chaff which the wind doth hurl away from the face of the earth. For this reason shall the ungodly not stand up in judgment, nor sinners in the council of the righteous. For the Lord knoweth the way of the righteous, and the way of the ungodly shall perish.

PSALM 2

Why have the heathen raged, and the peoples meditated empty things? The kings of the earth were aroused, and the rulers were assembled together, against the Lord, and against His Christ. Let us break their bonds asunder, and let us cast away their yoke from us. He that dwelleth in the heavens shall laugh them to scorn, and the Lord shall deride them. Then shall He speak unto them in His wrath, and in His anger shall He trouble them. But as for Me, I was established as King by Him, upon Sion His holy mountain, proclaiming the commandment of the Lord. The Lord said unto Me: Thou art My Son, this day have I begotten Thee. Ask of Me, and I will give Thee the nations for Thine inheritance, and the uttermost parts of the earth for Thy possession. Thou shalt herd them with a rod of iron; Thou shalt shatter them like a potter's vessels. And now, O ye kings, understand; be

instructed, all ye that judge the earth. Serve ye the Lord with fear, and rejoice in Him with trembling. Lay hold of instruction, lest at any time the Lord be angry, and ye perish from the righteous way. When quickly His wrath be kindled: blessed are all that have put their trust in Him.

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.

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 4

When I called upon Thee, O God of my righteousness, Thou didst hearken unto me; in mine affliction Thou hast enlarged me. Have compassion on me and hear my prayer. O ye sons of men, how long will ye be slow of heart? Why do ye love vanity, and seek after falsehood? Know also that the Lord hath made wondrous His holy one; the Lord will hearken unto me when I cry unto Him. Be angry, and sin not; feel compunction upon your beds for what ye say in your hearts. Sacrifice a sacrifice of righteousness, and hope in the Lord. Many say: Who will show unto us good things? The light of Thy countenance, O Lord, hath been signed upon us; Thou hast given gladness to my heart. From the fruit of their wheat, wine, and oil are they multiplied. In peace in the same place I shall lay me down and sleep. For Thou, O Lord, alone hast made me to dwell in hope.

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. 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 6

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. Have mercy on me, O Lord, for I am weak. Heal me, O Lord, for my bones are troubled, and my soul is troubled greatly; but Thou, O Lord, how long? Turn to me again, O Lord, deliver my soul; save me for Thy mercy's sake. For in death there is none that is mindful of Thee, and in hades who will confess Thee? I toiled in my groaning; every night I will wash my bed, with tears will I water my couch. Through wrath is mine eye become troubled, I have grown old among all mine enemies. Depart from me all ye that work vanity, for the Lord hath heard the voice of my weeping. The Lord hath heard my suppli-

cation, the Lord hath received my prayer. Let all mine enemies be greatly put to shame and be troubled, let them be turned back, and speedily be put to shame.

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 7

O Lord my God, in Thee have I put my hope; save me from them that persecute me, and do Thou deliver me. Lest at any time like a lion he seize my soul, when there is none to redeem me, nor to save. O Lord my God, if I have done this, if there be injustice in my hands, If I have paid back evil to them that rendered evil unto me, then let me fall back empty from mine enemies. Then let the enemy pursue my soul, and take it, and let them tread down my life into the earth, and my glory let him bring down into the dust. Arise, O Lord, in Thine anger, exalt Thyself to the furthest boundaries of Thine enemies. And arouse Thyself, O Lord my God, in the commandment which Thou hast enjoined, and a congregation of peoples shall surround Thee. And for their sakes return Thou on high. The Lord shall judge the peoples. Judge me,

O Lord, according to my righteousness, and according to mine innocence within me. Let the wickedness of sinners be ended, and do Thou guide the righteous man, O God, that searchest out the hearts and reins. Righteous is my help from God, Who saveth them who are upright of heart. God is a judge that is righteous, strong and forbearing, and inflicteth not wrath every day. Unless ye be converted, His glittering sword shall He furbish; He hath bent His bow, and hath made it ready. And on it He hath made ready the instruments of death, His arrows for them that rage hotly hath He perfected. Behold, he was in travail with unrighteousness, he hath conceived toil and brought forth iniquity. He opened a pit and dug it, and he shall fall into the hole which he hath made. His toil shall return upon his own head, and upon his own pate shall his unrighteousness come down. I will give praise unto the Lord according to His righteousness, and I will chant unto the name of the Lord Most High.

PSALM 8

O Lord, our Lord, how wonderful is Thy name in all the earth! For Thy magnificence is lifted high above the heavens. Out of the mouths of babes and sucklings hast Thou perfected praise, because of Thine enemies, to destroy the enemy and avenger. For I will behold the heavens, the works of Thy fingers, the moon and the stars, which Thou hast founded. What is man, that Thou art mindful of him? Or the son of man, that Thou visitest him? Thou hast made him a little

lower than the angels; with glory and honour hast Thou crowned him, and Thou hast set him over the works of Thy hands. All things hast Thou subjected under his feet, sheep, and all oxen, yea, and the beasts of the field. The birds of the air, and the fish of the sea, the things that pass through the paths of the sea. O Lord, our Lord, how wonderful is Thy name in all 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.

Lord, have mercy. *Thrice.*

And the Sessional Hymn, Second Tone:

This light-giving season of abstinence which Thou hast consecrated and granted unto us, O Lord, do Thou vouchsafe us all to pass through in compunction and purity, living in peace by the power of the Cross, O only Lover of mankind.

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: Preserved by the precious Cross of thy Son, O pure Lady Theotokos, we easily turn aside all assaults of the adversary. Wherefore, as is meet, we bless thee, for thou art the Mother of the Light, the only hope of our souls.

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 salva-

tion; 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 Vlad-

imir, 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, Benjamin 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 Mar-tyred 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 Sera-phim 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. *Troparion from the Menaion canon.*

ODE III

My heart is established in the Lord, my horn is exalted in my God, my mouth is enlarged over mine enemies, I am glad in Thy salvation.

2. For there is none holy as the Lord, for there is none righteous as our God, and there is none holy beside Thee.

1. Boast ye not, and utter not high things unto excess, nor let boastful words of pride come forth from your mouth.

2. For the Lord is a God of knowledge, and a God that prepareth His own ways.

1. The bow of the mighty is become weak, and the strengthless have girded themselves with power.

Here the Eirmos of the Menaion canon is chanted.

2. They that were full of bread are sunk into low estate, and the hungry have been rested in the land. *Troparion from the Menaion canon.*

1. For the barren hath borne seven, and she that abounded in children is enfeebled. *Troparion from the Menaion canon.*

2. The Lord slayeth and engendereth life, He bringeth down to hades and bringeth up again. *Troparion from the Menaion canon.*

1. The Lord maketh poor and enricheth, He bringeth low and lifteth high again; He raiseth the pauper from the earth, and from the dunghill doth He lift up the poor man. *Troparion from the Menaion canon.*

2. To seat him with the mighty of the people, and

He maketh him heir of their throne of glory. *Troparion from the Menaion canon.*

1. He granteth his prayer to him that prayeth, and hath blest the years of the righteous man.

Here is read the Triode canon, Second Tone:

Let us crucify our members through abstinence, let us be vigilant in prayer, as it is written, and let us live after the example of Him Who suffered and put to death the passions.

2. For the mighty man shall not be strong in his own strength; the Lord will weaken his adversary; the Lord is holy.

Having rejected the bitter food of sin, let us hasten to please Christ, Who of His own will tasted gall and by the Cross cast down the author of evil.

1. Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches.

Having taken sin as a habit, it draweth me to complete perdition; but do Thou deliver me from this by Thy Cross, O Compassionate One plenteous in mercy.

2. But in this let him that boasteth make his boast, that he hath understanding and knoweth the Lord, and that He worketh judgment and righteousness in the midst of the earth.

O Sovereign Lady who reigneth over all creation, for thou gavest birth to the Master, free me from bondage to the liar and only adversary.

1. The Lord hath gone up into the heavens and

hath thundered; He will judge the ends of the earth, for He is is righteous.

The Tree of the Cross hath blossomed forth for the world the flower of abstinence; having kissed it with love, let us take delight in the fruit of the divine commandments of Christ.

2. And He will give strength to our kings, and He will lift up the horn of His anointed one.

Abstinence from the passions also now enduring, let us crucify the flesh for the Lord, and let us all show that the subtlety of the flesh is dead by our divine life

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

Three Persons in One Image I glorify, Father, Son, and Spirit, one Dominion of the Godhead, one Kingdom over all, and one Brightness

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

Thy childbearing, O pure one, was fearful; for it is God Who hath become man, begotten of the Father without beginning, and of thee brought forth without a husband in the latter days.

Glory to Thee, our God, glory to Thee.

Thy crucifixion I praise, and the piercing of Thy divine side, from which I draw always an immortal drink, O Christ, and I am sanctified

Then the Triodion Eirmos, Second Tone, as Katavasia:

Eirmos: Establish us in Thee, O Lord, through the Tree by which sin is put to death, and plant Thy fear in the hearts of us who hymn Thee.

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 likewise.*

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

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

1. The dead shall rise, and they that are in the tombs shall awake, and they that be in the earth shall rejoice. *Troparion from the Menaion canon.*

2. For the dew which Thou sendest is healing for them, but the land of the ungodly shall perish. *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 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 63–69.

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:

The furnace of the passions burneth my soul, but with the dew of Thy mercy do Thou quench it, Who didst cause a fountain of dispassion to flow from Thine incorruptible side at Thy Crucifixion, O Benefactor,

because of the greatness of Thy condescension.

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 being raised upon Thy Cross, O Christ, Thou hast raised us up who were fallen into evil; wherefore, raise me who have slipped down into the abyss of sin, and establish me on the rock of salvation, that I may glorify Thy dominion.

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.

Through the spear which pierced Thy side, O Christ, Thou hast cleansed my heart of the rot of the passions; do Thou heal all of me, whom the serpent hath wounded by his poisonous bite. And grant me to walk unshakably in divine paths.

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: Thee, the shining candlestick and lamp, in which the fire of the Godhead dwelt, thou who didst enlighten those held in the night of corruption, O undefiled one, we all honour, blessing thy childbearing, O blessed one.

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

Him Who was crucified upon the Tree between two thieves, and pierced in His life-giving side, praise ye, bless, and supremely exalt Him unto the ages.

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

Thou Who judgest all the earth, Who stood before the judgment seat, Thou wast smitten in the cheek, and mocked, and hung upon the Cross, delivering me from the corruption of the sin of old unto all 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, Gate of heaven, Door of salvation, accept the supplications of all Christians who bless thee unto all ages.

Glory to Thee, O God, glory to Thee.

O Cross of Christ, that guided the thief to faith, vouchsafe me also goodly strength during the time of the fast, to come to Thy veneration, and to be filled with life.

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

Katavasia, Second Tone : 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 magnify 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

1. *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 David. *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. *Theotokion 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.

Here is read the Troparion from the first Triode canon.

The fast shineth upon all of us the light of grace brighter than the sun, and proclaimeth the good news of the Cross, of the precious Passion, and the saving day of Resurrection.

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

Let us love purity, let us flee from fornication, let us gird our loins with chastity, that we may appear in purity before the Pure One, and the One Who alone is

pure, Who seeketh the purification of us all, the Saviour of our souls.

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.

O Christ, nail down my flesh with the fear of Thee. O Thou Who hast nailed the sin of Adam to the Cross, loose me from the bonds of wickedness, shatter the arrows of the evil one with Thy spear, O Master, and deliver me from all his harm.

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

Theotokion: O Virgin who hath borne Christ the Lord, the Just Judge Who alone is always ready to forgive, deliver me from the condemnation, O Maiden, from the fire and torment, that I deserve to suffer because of my delight in sin.

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

O Thy compassion! For Thou hast endured the Cross, the nails and spear, O Lord, for my sake who am condemned to corruption; wherefore I hymn Thee, O Christ.

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

With all people worshipping the Cross, the reed, the nails, the spear, with Thy life-giving Passion, in hymns, O Christ, we praise Thee.

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 we sinners ever find reconciliation with God

Glory to Thee, our God, glory to Thee.

Through Thy Cross, O Lord, having strengthened me, grant me goodly courage to finish the course of the Fast.

Katavasia, Second Tone:

Eirmos: O pure and immaculate one, Mother and Virgin, in hymns and songs all we 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 unto 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 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.

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:

By fasting, come, let us bring into bondage the passions of the mind, having covered ourselves with wings of the Spirit; having passed lightly through the movement of the storms of the enemy, let us be worthy to venerate the Cross of the Son of God, slain of His Own will for the world, and let us celebrate spiritually the Saviour's Resurrection from the dead; taken up into the mountain, with the disciples let us glorify the Son, the Lover of mankind, Who received all power from the Father.

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 wherein we saw evils. And look upon Thy servants, and upon Thy works,* and do Thou guide their sons.

By fasting, come, let us bring into bondage the passions of the mind, having covered ourselves with wings of the Spirit; having passed lightly through the movement of the storms of the enemy, let us be worthy to venerate the Cross of the Son of God, slain of His Own will for the world, and let us celebrate spiritually the Saviour's Resurrection from the dead; taken up into the mountain, with the disciples let us glorify the Son, the Lover of mankind, Who received all power from the Father.

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: Invincible martyrs of Christ, having triumphed over falsehood by the power of the Cross, ye gained as your reward the grace of life eternal. Ye felt no terror at the threats of the tyrants, and when ye suffered torment ye rejoiced; and now your blood hath become the healing of our souls: 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: What is this dread sight which I see before mine eyes, O Master? Thou Who upholdest all creation, art raised on the Tree, and slain art Thou Who givest life to all, cried the all-pure Theotokos, weeping, when she beheld upon the Cross Him Who from her shone forth ineffably, Who is both God and man.

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 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 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.*

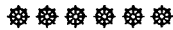
Yea, O Lord King, grant me to see my failings and not condemn my brother; for blessed art Thou unto the ages of ages. Amen. *Prostration.*

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 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 we 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..., Both now....

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

Thrice: Lord, have mercy. Thrice.

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

PSALM 9

I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders. I will be glad and rejoice in Thee, I will chant unto Thy name, O Most High. When mine enemy be turned back, they shall grow weak and shall perish before Thy face. For Thou hast maintained my judgment and my cause; Thou hast sat upon a throne, O Thou that judgest righteousness. Thou hast rebuked the heathen, and the ungodly man hath perished; his name Thou hast blotted out for ever, and unto ages of ages. The swords of the enemy have utterly failed, and his cities Thou hast destroyed. The remembrance of him hath perished with a resounding noise, but the Lord ever abideth. In judgment hath He prepared His throne, and He Himself will judge the world in righteousness. He will judge the peoples in uprightness. And the Lord is become a refuge for the poor man, a helper in times of well-being and in afflictions. And let them that know Thy name hope in Thee, for Thou hast not forsaken them that seek Thee, O Lord. Chant unto the Lord Who dwelleth in Sion, proclaim ye His ways among the nations. For He that maketh enquiry for blood hath remembered them, He hath not forgotten the cry of the paupers. Have mercy

on me, O Lord; see my humiliation which I have suffered from mine enemies, O Thou that dost raise me up from the gates of death. That I may declare all Thy praises in the gates of the daughter of Sion. We will rejoice in Thy salvation. The heathen are ensnared in the destruction which they have wrought; in this snare which they hid hath their foot been caught. The Lord is known by the judgments which He executeth; in the works of his own hands hath the sinner been caught. Let sinners be turned away unto hades, yea, all the nations that are forgetful of God. For the poor man shall not be forgotten to the end; the patience of the paupers shall not perish for ever. Arise, O Lord, let not man prevail; let the nations be judged before Thee. O Lord, set a lawgiver over them; let the heathen know that they are but men. Why, O Lord, hast Thou gone to stand afar off? Why dost Thou overlook us in times of well-being and in afflictions? When the ungodly man is arrogant, the poor man burneth within; they are caught in the counsels which they devise. For the sinner praiseth himself in the lusts of his soul, and the unrighteous man likewise blesseth himself therein. The sinner hath provoked the Lord; according to the magnitude of his wrath, he careth not; God is not before him. Profane are his ways in every season, Thy judgments are removed from his sight, over all his enemies shall he gain dominion. For he said in his heart: I shall not be shaken; from generation to generation shall I be without harm. With cursing is his mouth filled, and

with bitterness and deceit; under his tongue are toil and travail. He sitteth in ambush with the rich in secret places, that he may slay the innocent; his eyes are set upon the poor man. He lieth in wait in a secret place like a lion in his den; he lieth in wait to seize upon the poor man, to seize upon the poor man when he draweth him in. In his snare will he humble himself, he will bow down and fall while gaining dominion over the poor. For he said in his heart: God hath forgotten; He hath turned away His face, that He might not see unto the end. Arise, O Lord my God, let Thy hand be lifted high: forget not Thy paupers to the end. Why hath the ungodly one provoked God? For he hath said in his heart: He will not make enquiry. Thou seest, for Thou understandest travail and anger, that Thou mightest deliver him into Thy hands. To Thee hath the beggar been abandoned; for the orphan art Thou a helper. Break Thou the arm of the sinner and of the evil man; his sin shall be sought out and be found no more. The Lord shall be king for ever, and unto the ages of ages. Ye heathen shall perish out of His land. The desire of the poor hast Thou heard, O Lord; to the preparation of their heart hath Thine ear been attentive. To judge for the orphan and the humble, that man may no more presume to be haughty upon the earth.

PSALM 10

In the Lord have I hoped; how will ye say to my soul: Flee unto the mountains like a sparrow? For behold, the sinners have bent their bow, they have pre-

pared arrows for the quiver, to shoot down in a moonless night the upright of heart. For what Thou hast formed they have destroyed; and the righteous man, what hath he done? The Lord is in His holy temple; the Lord, in heaven is His throne; His eyes are set upon the poor man, His eyelids examine the sons of men. The Lord examineth the righteous man and the ungodly; but he that loveth unrighteousness hateth his own soul. He will rain down snares upon the sinners, fire and brimstone and wind of tempest shall be the portion of their cup. For the Lord is righteous and hath loved righteousness; upon righteousness hath His countenance looked.

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 11

Save me, O Lord, for a righteous man there is no more; for truths have diminished from the sons of men. Vain things hath each man spoken to his neighbour; deceitful lips are in his heart, and in his heart hath he spoken evils. Let the Lord destroy all deceitful

lips and the tongue that speaketh boastful words, which have said: Our tongue will we magnify; our lips are our own. Who is lord over us? Because of the distress of the beggars and the groaning of the poor, now will I arise, saith the Lord: I will establish them in salvation, I will be manifest therein. The words of the Lord are pure words, silver that is fired, tried in the earth, brought to sevenfold purity. Thou, O Lord, shalt keep us and shalt preserve us from this generation, and for evermore. The ungodly walk round about; to the measure of Thy loftiness hast Thou esteemed the sons of men.

PSALM 12

How long, O Lord, wilt Thou utterly forget me? How long wilt Thou turn Thy face away from me? How long shall I take counsel in my soul with grievings in my heart by day and by night? How long shall mine enemy be exalted over me? Look upon me, hear me, O Lord, my God; enlighten mine eyes, lest at any time I sleep unto death. Lest at any time mine enemy say: I have prevailed against him. They that afflict me will rejoice if I am shaken; but as for me, I have hoped in Thy mercy. My heart will rejoice in Thy salvation. I will sing unto the Lord, Who is my benefactor, and I will chant unto the name of the Lord Most High.

PSALM 13

The fool hath said in his heart: There is no God. They are become corrupt and loathsome in their

ways; there is none that doeth good, no not one. The Lord looked down from heaven upon the sons of men, to see if there be any that understand or seek after God. They are all gone astray, they are altogether rendered useless, there is none that doeth good, no not one. Shall not all they that work iniquity come to understanding? They that eat up my people as they eat bread have not called upon the Lord. There have they feared with fear where there is no fear; for the Lord is in the generation of the righteous. The counsel of the poor man have ye shamed, but the Lord is his hope. Who shall give out of Sion the salvation of Israel? When the Lord hath turned back the captivity of His people, Jacob shall rejoice and Israel shall be glad.

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 14

O Lord, who shall abide in Thy tabernacle? and who shall dwell in Thy holy mountain? He that walketh blameless and worketh righteousness, speaking truth in his heart. Who hath not spoken deceitfully

with his tongue, neither hath done evil to his neighbour, nor taken up a reproach against those near him. In his sight he that worketh evil is set at nought, but he glorifieth them that fear the Lord. He giveth oath to his neighbour, and forsweareth not. He hath not lent his money on usury, and hath not received bribes against the innocent. He that doeth these things shall never be shaken.

PSALM 15

Keepe me, O Lord, for in Thee have I hoped. I said unto the Lord: Thou art my Lord; for of my goods, no need hast Thou. In the saints that are in His earth hath the Lord been wondrous; He hath wrought all His desires in them. Their infirmities increased; thereupon they hastened. (*Diapsalm*) I will not assemble their assemblies of blood, nor will I make remembrance of their names through my lips. The Lord is the portion of mine inheritance and of my cup. Thou art He that restorest mine inheritance unto me. Portions have fallen to me that are among the best, for mine inheritance is most excellent to me. I will bless the Lord Who hath given me understanding; moreover, even till night have my reins instructed me. I beheld the Lord ever before me, for He is at my right hand, that I may not be shaken. Therefore did my heart rejoice and my tongue was glad; moreover, my flesh shall dwell in hope. For Thou wilt not abandon my soul in hades, nor wilt Thou suffer Thy Holy One to see corruption. Thou hast made known to me the ways

of life, Thou wilt fill me with gladness with Thy countenance; delights are in Thy right hand for ever.

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 uprightness. 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.

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:*

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 St. 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 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 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.*

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

CATECHETICAL HOMILY 47
for Wednesday of the First Week
On Fasting, Dispassion, and Purity

Fathers and Brethren: The present days of the holy fast are, among the other periods of the year, a calm haven to which all gather and find spiritual serenity; not only monastics, but laymen as well, the small and the great, those in authority and those in submission, kings and priests; for this period is beneficial and salvific for every country and age of mankind. At this time every disruption and disorder comes to a halt, and dox-

ology and hymnody, alms and prayer are multiplied, by means of which our good God is moved to compassion and is propitiated to grant peace to our souls and forgiveness of sins; if only we shall sincerely turn to Him with all our heart, falling down before Him with fear and trembling, and promising to cease from every bad habit which we might have. But Christians living in the world have their teachers, that is, their bishops and pastors who guide and instruct them. For even as warriors and soldiers need stimulation, so do fasters require the encouragement and consolation of teachers. And since I find myself desired among you in the place of leadership and abbacy, then it is my obligation to say unto you a few words concerning this soul-saving fast.

Brethren, fasting is the renewal of the soul, for the Apostle says, insofar as the body weakens and withers from the podvig of fasting, then by so much is the soul renewed day by day and is made beauteous and shines in the beauty which God originally bestowed upon it. And when it is purified and adorned with fasting and repentance, then God loves it and will live in it as the Lord has said: *I and the Father will come and make Our abode with him* (John 14:23). Thus if there is such value and grace in fasting that it makes us unto habitations of God, then ought we to greet it with great rejoicing and gladness, and not despond because of the meagerness of the food, knowing that when our Lord Jesus Christ blessed the five loaves in the wilderness He fed five

thousand people with bread and water. If He had so desired, He could have commanded all sorts of manifestations to appear; but He gave us an example of restraint, so that we might be concerned only for that which is necessary. Now at the beginning, the fast seems to us a difficult labor, but if we shall apply ourselves from day to day with ardor and discipline, then with the help of God it will be made easier. At the same time, if we desire that the fast be for us a true one and acceptable to God, then together with abstaining from food, let us restrain ourselves from every sin of soul and body, as the sticheron instructs us in which it is said, "Let us keep the Fast not only by refraining from food, but also by becoming strangers to all the bodily passions" (*First sticheron of the Aposticha, Tuesday Vespers of the First Week of Lent*). Let us guard ourselves from sloth and carelessness concerning our cell rule and church services, and even more from vainglory and envious zeal, from malice out of spite, and from enmity, and secret passions such as these, which kill the soul; let us guard against ill temper and self-assertion, that is, let us not appropriate things for ourselves and indulge our self-will. For nothing is so loved of the devil as to find a person who has not forgiven another and has not taken advice from those able to instruct him in virtue; then the enemy easily deludes the self-assertive and traps him in all that he does and reckons as good.

Let us vigilantly attend to ourselves, especially in

regard to the desires of the flesh; for it is just now, when we fast, that the chameleon serpent-devil fights us with bad thoughts. Beauteous in appearance and pleasant to the taste is the fruit of sin, but in reality it is not so. Thus sometimes the outside of the apple seems nice, but when it is cut open rot is found within; so the desires of the flesh seem to have within them delights, yet when a sin has been committed, it is bitter to the stomach like a two-edged sword. Our forefather Adam suffered this when he was deceived by the devil and tasted of the fruit of disobedience and hoped to receive life from it, but found death. Thus do all from that time to this suffer who are deceived by the ancient serpent with bad desires of the fleshly passion. For the devil is darkness that takes on the semblance and appearance of an angel of light. So the inventor of evil, Satan, makes evil to appear as good; and bitter to appear as sweet; and dark, as light; and the ugly, beautiful; and he represents death as life, and thus deludes the world and tortures it. But let us, Brethren, pay special heed so that he will not trap us with his many and evil snares and we suffer like birds that fall from the bait into the nooses and nets. Let us be careful to scrutinize our mind for the craftiness of evil, and in every instance be aware of evil, where it is concealed, and shun it. Above all, let us be ardent and careful in the chanting of the psalms and services of the Church; let us strive to keep our minds attentive to what is being read. For as the body, when nourished by bread, grows stronger, so

also does the soul when fed by the word of God. Let us every hour of the day do prostrations, each according to his strength and as much as he is required; let us be occupied with our handiwork; for he that does nothing, according to the word of the Apostle, is not worthy even of food (II Thess. 3:10). Let us be helpful to one another, for one alone is weak, while another is strong; let us not be quarrelsome, but do only what is good; let us be gentle of speech, peaceful, gracious, kind, meek, submissive, filled with mercy and good fruit. And may the peace of God preserve our hearts and minds, and may He vouchsafe us the heavenly kingdom of Christ Jesus 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 St. 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



THE ORDER OF THE HOURS ON
WEDNESDAY OF THE FIRST WEEK

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 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.

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 uprightness. 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 thor-

roughly 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 bullocks upon Thine altar.

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 he readeth the Third Kathisma.*

PSALM 17

I will love Thee, O Lord, my strength; the Lord is my foundation, and my refuge, and my deliverer. My God is my helper, and I will hope in Him, my defender, and the horn of my salvation, and my helper. With praise will I call upon the name of the Lord, and from mine enemies shall I be saved. The pangs of death surrounded me, and the torrents of iniquity sorely troubled me. The pangs of hades encircled me, round about the snares of death have overtaken me. And in mine affliction I called upon the Lord, and unto my God I cried; He heard my voice out of His holy temple, and my cry before Him shall enter into His ears. And the earth shook and was made to tremble, and the foundations of the mountains were troubled and were shaken, because God was angry with them. There went up smoke in His wrath, and fire from His countenance set all aflame; coals were kindled therefrom.

And He bowed the heavens and came down, and thick darkness was under His feet. And He mounted upon cherubim and flew, He flew upon the wings of the winds. And He made darkness His hiding place, His tabernacle round about Him, dark water in the clouds of the air. From the far-shining radiance that was before Him there passed by clouds, hail and coals of fire. And the Lord thundered out of heaven, and the Most High gave forth His voice. And He sent forth His arrows, and scattered them; and lightnings He multiplied, and troubled them sorely. And the well-springs of the waters were seen, and the foundations of the world were revealed at Thy rebuke, O Lord, at the on-breathing of the spirit of Thy wrath. He sent from on high, and He took me; He received me out of many waters. He will deliver me from mine enemies which are mighty and from them that hate me, for they are stronger than I. They overtook me in the day of mine affliction, and the Lord became my firm support. And He led me forth into a spacious place; He will deliver me, because He desired me. And the Lord will recompense me according to my righteousness, and according to the purity of my hands will He recompense me. For I have kept the ways of the Lord, and I have not acted impiously toward my God. For all His judgments are before me, and His statutes departed not from me. And I shall be blameless with Him, and I shall keep myself from mine iniquity. And the Lord will reward me according to my righteousness, and according to the

purity of my hands before His eyes. With the holy man wilt Thou be holy, and with the innocent man wilt Thou be innocent. And with the elect man wilt Thou be elect, and with the perverse wilt Thou be perverse. For Thou wilt save a humble people, and Thou wilt humble the eyes of the arrogant. For Thou wilt light my lamp, O Lord my God, Thou wilt enlighten my darkness. For by Thee shall I be delivered from a host of robbers, and by my God shall I leap over a wall. As for my God, blameless is His way; the words of the Lord are tried in the fire; defender is He of all that hope in Him. For who is god, save the Lord? And who is god, save our God? It is God, Who girded me with power, and hath made my path blameless, Who maketh my feet like the feet of a hart, and setteth me upon high places, Who teacheth my hands for war; and Thou madest mine arms a bow of brass. And Thou gavest me the shield of salvation, and Thy right hand hath upheld me. And Thine instruction hath corrected me even unto the end; yea, Thine instruction, the same will teach me. Thou hast enlarged my steps under me, and the tracks of my feet are not weakened. I shall pursue mine enemies and I shall overtake them, and I shall not turn back until they fail. I shall greatly afflict them, and they shall not be able to stand; they shall fall under my feet. For Thou hast girded me with power for war, in subjection under me hast Thou bound the feet of all them that rose up against me. And Thou hast made mine enemies turn their back before me, and them that

hate me hast Thou utterly destroyed. They cried, and there was no saviour, even to the Lord, and He hearkened not to them. And I will grind them fine as dust before the face of the wind; I will trample them down as mud in the streets. Deliver me from the gainsaying of the people; Thou wilt set me at the head of nations. A people which I knew not hath served me; no sooner than their ear had heard, they obeyed me. Sons that are strangers have lied unto me; sons that are strangers have grown old, and they have limped away from their paths. The Lord liveth, and blessed is my God, and let the God of my salvation be exalted. O God Who givest avengement unto me and hast subdued peoples under me. O my Deliverer from enemies which are prone to anger, from them that arise up against me wilt Thou lift me high; from the unrighteous man deliver me. For this cause I will confess Thee among the nations, O Lord, and unto Thy name will I chant. It is He that magnifieth the salvation of His king and worketh mercy for His anointed, for David, and for his seed unto eternity.

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 18

The heavens declare the glory of God, and the firmament proclaimeth the work of His hands. Day unto day poureth forth speech, and night unto night proclaimeth knowledge. There are no tongues nor words in which their voices are not heard. Their sound hath gone forth into all the earth, and their words unto the ends of the world. In the sun hath He set His tabernacle; and He, like a bridegroom coming forth from his chamber, will rejoice like a giant to run his course. From the outermost border of heaven is His going forth, and His goal is unto the outermost part of heaven, and there shall no man hide himself from His heat. The law of the Lord is blameless, converting souls; the testimony of the Lord is trustworthy, bringing wisdom to infants. The statutes of the Lord are upright, gladdening the heart; the commandment of the Lord is far-shining, enlightening the eyes. The fear of the Lord is pure, enduring for ever and ever; the judgments of the Lord are true, altogether justified, More to be desired than gold and much precious stone, and sweeter than honey and the honeycomb. Yea, for Thy servant keepeth them; in keeping them there is much reward. As for transgressions, who will understand them? From my secret sins cleanse me, and from those of others spare Thy servant. If they have not dominion over me, then blameless shall I be, and I shall be cleansed from

great sin. And the sayings of my mouth shall be unto Thy good pleasure, and the meditation of my heart shall be before Thee for ever, O Lord, my helper and redeemer.

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.

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 21

O God, my God, attend unto me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions. My God, I will cry by day, and wilt Thou not hearken? and by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. In Thee have our fathers hoped, and Thou didst deliver them. Unto Thee they cried, and were saved; in Thee they hoped, and were not brought to shame. But as for me, I am a worm, and not a man, a reproach of men, and the outcast of the people. All that look upon me have laughed me to scorn; they have spoken with their lips and have wagged their heads. He hoped in the Lord; let Him deliver him, let Him save him, for He desireth him. For Thou art He that drewest me forth from the womb; my hope from the breasts of my mother. On Thee was I cast from the womb; from my mother's womb, Thou art my God. Depart not from me, for tribulation is nigh, for there is none to help me. Many bullocks have encircled me, fat bulls have surrounded me. They have opened their mouth against me, as might a lion ravenous and roaring. I have been poured out like water, and scattered are all my bones; my heart is become like wax melting in the midst of my bowels. My strength is dried up like a potsherd, and my tongue hath cleaved to my throat, and into the dust of death hast Thou brought me down. For many dogs have encircled me, the congregation of evil-doers hath sur-

rounded me; they have pierced my hands and my feet. They have numbered all my bones, and they themselves have looked and stared upon me. They have parted my garments among themselves, and for my vesture have they cast lots. But Thou, O Lord, remove not Thy help far from me; attend unto mine aid. Rescue my soul from the sword, even this only-begotten one of mine from the hand of the dog. Save me from the mouth of the lion, and my lowliness from the horns of the unicorns. I will declare Thy name unto my brethren, in the midst of the church will I hymn Thee. Ye that fear the Lord, praise Him; all ye that are of the seed of Jacob, glorify Him; let all fear Him that are of the seed of Israel. For He hath not set at nought nor abhorred the supplications of the pauper, nor hath He turned His face from me; and when I cried unto Him, He hearkened unto me. From Thee is my praise; in the great church will I confess Thee; my vows will I pay before them that fear Thee. The poor shall eat and be filled, and they that seek the Lord shall praise Him; their hearts shall live for ever and ever. All the ends of the earth shall remember and shall turn unto the Lord, and all the kindreds of the nations shall worship before Him. For the kingdom is the Lord's and He Himself is sovereign of the nations. All they that be fat upon the earth have eaten and worshipped; all they that go down into the earth shall fall down before Him. Yea, my soul liveth for Him, and my seed shall serve Him. The generation that cometh shall be told of the Lord, and they

shall proclaim His righteousness to a people that shall be born, which the Lord hath made.

PSALM 22

The Lord is my shepherd, and I shall not want. In a place of green pasture, there hath He made me to dwell; beside the water of rest hath He nurtured me. He hath converted my soul, He hath led me on the paths of righteousness for His name's sake. For though I should walk in the midst of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they have comforted me. Thou hast prepared a table before me in the presence of them that afflict me. Thou hast anointed my head with oil, and Thy cup which filleth me, how excellent it is! And Thy mercy shall pursue me all the days of my life, and I will dwell in the house of the Lord unto length of days.

PSALM 23

The earth is the Lord's, and the fullness thereof, the world, and all that dwell therein. He hath founded it upon the seas, and upon the rivers hath He prepared it. Who shall ascend into the mountain of the Lord? Or who shall stand in His holy place? He that is innocent in hands and pure in heart, who hath not received his soul in vain, and hath not sworn deceitfully to his neighbour. Such a one shall receive a blessing from the Lord, and mercy from God his Saviour. This is a generation of them that seek the Lord, of them that seek the face of the God of Jacob. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and

the King of Glory shall enter in. Who is this King of Glory? The Lord strong and mighty, the Lord, mighty in war. Lift up your gates, O ye princes; and be ye lifted up, ye everlasting gates, and the King of Glory shall enter in. Who is this King of Glory? The Lord of hosts, He is the King of Glory.

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 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..., 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 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 Thou 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 smother

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 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 he readeth the Fourth Kathisma.*

PSALM 24

Unto Thee, O Lord, have I lifted 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 put to shame, for I have hoped in Thee. The innocent and the upright have cleaved unto me, for I waited on Thee, O Lord. Redeem Israel, O God, out of all his afflictions.

PSALM 25

Judge me, O Lord, for in mine innocence have I walked; and hoping in the Lord I shall not grow weak. Prove me, O Lord, and try me; prove with fire my reins and my heart. For Thy mercy is before mine eyes, and I have been well-pleasing in Thy truth. I have not sat with the council of vanity, nor shall I go in

with them that transgress the law. I have hated the congregation of evil-doers, and with the ungodly will I not sit. I will wash my hands in innocency and I will compass Thine altar, O Lord, that I may hear the voice of Thy praise and tell of all Thy wondrous works. O Lord, I have loved the beauty of Thy house, and the place where Thy glory dwelleth. Destroy not my soul with the ungodly, nor my life with men of blood, in whose hands are iniquities; their right hand is full of bribes. But as for me, in mine innocence have I walked; redeem me, O Lord, and have mercy on me. My foot hath stood in uprightness, in the congregations will I bless Thee, O Lord.

PSALM 26

The Lord is my light and my saviour; whom then shall I fear? The Lord is the defender of my life; of whom shall I be afraid? When the wicked draw nigh against me to eat my flesh, they that afflict me and are mine enemies, they themselves became weak and they fell. Though a host should array itself against me, my heart shall not be afraid; though war should rise up against me, in this I have hoped. One thing have I asked of the Lord, this will I seek after; That I may dwell in the house of the Lord all the days of my life, that I may behold the delight of the Lord, and that I may visit His holy temple. For He hid me in His tabernacle in the day of my troubles, He sheltered me in the secret place of His tabernacle, upon a rock hath He exalted me. And now, behold, He exalted my head

above mine enemies. I went round about and I sacrificed in His tabernacle a sacrifice of praise and jubilation; I will sing and I will chant unto the Lord. Harken, O Lord, unto my voice, wherewith I cried; have mercy on me, and hearken unto me. My heart said unto Thee: I will seek the Lord. My face hath sought after Thee; Thy face, O Lord, will I seek. Turn not Thy face from me and turn not away in wrath from Thy servant. Be Thou my helper; cast me not utterly away, and forsake me not, O God my Saviour. For my father and my mother have forsaken me, but the Lord hath taken me to Himself. Set me a law, O Lord, in Thy way, and lead me in the right path because of mine enemies. Deliver me not over unto the souls of them that afflict me, for unjust witnesses are risen up against me, and injustice hath lied to itself. I believe that I shall see the good things of the Lord in the land of the living. Wait on the Lord; be thou manful, and let thy heart be strengthened, and wait on 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 27

Unto Thee, O Lord, will I cry; O my God, be not silent unto me, lest, if Thou be silent to me, I become like them that go down into the pit. Harken, O Lord, unto my supplication when I pray unto Thee, when I lift up my hands toward Thy holy temple. Draw me not in with sinners, and with the workers of unrighteousness destroy me not, who speak peace with their neighbours, but evils are in their hearts. Give unto them, O Lord, according to their deeds, and according to the wickedness of their endeavours; according to the work of their hands, give unto them. Render their reward unto them. For they have not understood the works of the Lord, and the works of His hands. Thou shalt destroy them, and shalt not build them up. Blessed is the Lord, because He hath heard the voice of my supplication. The Lord is my helper and my defender; my heart hath hoped in Him, and I am helped and my flesh hath flourished again, and out of my desire will I confess Him. The Lord is the strength of His people, and the champion of salvation for His anointed one. Save Thy people and bless Thine inheritance; shepherd them and bear them unto eternity.

PSALM 28

Bring unto the Lord, ye sons of God, bring unto the Lord the sons of rams; bring unto the Lord glory and honour. Bring unto the Lord the glory due unto His name, worship the Lord in His holy court. The

voice of the Lord is upon the waters; the God of glory hath thundered, the Lord is upon the many waters. The voice of the Lord in might, the voice of the Lord in majesty, The voice of the Lord Who breaketh the cedars, yea, the Lord will break the cedars of Lebanon. And He will break them small like the calf of Lebanon, and His beloved is like a son of the unicorns. The voice of the Lord Who divideth the flame of fire, The voice of the Lord Who shaketh the wilderness, yea, the Lord will shake the wilderness of Kaddis. The voice of the Lord gathereth the harts, and shall reveal the thickets of oak, and in His temple every man uttereth glory. The Lord dwelleth in the flood, yea, the Lord shall sit as king for ever. The Lord will give strength unto His people; the Lord will bless His people with peace.

PSALM 29

I will exalt Thee, O Lord, for Thou hast upheld me, and hast not made my foes to rejoice over me. O Lord, my God, I cried unto Thee, and Thou hast healed me. O Lord, Thou hast brought up my soul out of hades; Thou hast saved me from them that go down into the pit. Chant unto the Lord, O ye saints of His, and give thanks at the remembrance of His holiness. For wrath is in His anger, but in His will there is life; at evening shall weeping find lodging, but in the morning rejoicing. And I said in my prosperity; I shall remain unshaken for ever. O Lord, by Thy will hast Thou granted power to my beauty, but Thou hast turned away Thy face, and I am become troubled. Unto Thee,

O Lord, will I cry, and unto my God will I make supplication. What profit is there in my blood when I go down into corruption? Shall dust confess Thee, or declare Thy truth? The Lord hath heard me and hath had mercy on me; the Lord became my helper. Thou hast turned my mourning into joy for me, Thou didst rend my sackcloth and didst gird me with gladness, That my glory may chant unto Thee, and that I may not be pierced with sorrow; O Lord my God, I will confess Thee for 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 and ever, and unto the ages of ages. Amen.

PSALM 30

In Thee, O Lord, have I hoped, let me not be put to shame in the age to come; in Thy righteousness deliver me, and rescue me. Bow down Thine ear unto me, make haste to rescue me, be Thou unto me a God to defend me and a house of refuge to save me. For my strength and my refuge art Thou, and for Thy name's sake wilt Thou guide me and nourish me. Thou wilt bring me out of this snare which they have hid for me,

for Thou art my defender, O Lord. Into Thy hands I will commit my spirit; Thou hast redeemed me, O Lord God of truth. Thou hast hated them that cling to empty vanities; but I have hoped in the Lord. I will rejoice and be glad in Thy mercy, for Thou hast regarded my lowliness; Thou hast saved my soul out of necessities, And hast not shut me up in the hands of enemies; Thou hast set my feet in a spacious place. Have mercy on me, O Lord, for I am afflicted; mine eye is troubled with anger, as also my soul and my belly. For my life is spent with grief, and my years with groanings, my strength hath grown weak in poverty, and my bones are troubled. I am become a reproach among all mine enemies, and greatly for my neighbours also, and a fear to mine acquaintances. They that saw me without fled from me. I am forgotten by the heart like a dead man. I am become like a broken vessel. For I have heard the reproach of many that dwell round about; when they assembled together against me, they devised to take away my life. But as for me, I have hoped in Thee, O Lord; I said: Thou art my God; in Thy hands are my lots. Deliver me from the hands of mine enemies, and from them that persecute me. Make Thy face to shine upon Thy servant, save me in Thy mercy. O Lord, let me not be put to shame, for I have called upon Thee; let the ungodly be put to shame and let them be brought down into hades. Speechless be the deceitful lips which speak iniquity against the righteous man with arrogance and contempt. How great is the multi-

tude of Thy goodness, O Lord, which Thou hast hid for them that fear Thee, which Thou hast wrought for them that hope in Thee before the sons of men. Thou shalt hide them in the secrecy of Thy presence from the disturbance of men; Thou shalt shelter them in the tabernacle from contradiction of tongues. Blessed is the Lord, for He hath made His mercy wondrous in a fortified city. But as for me, I said in mine ecstasy: I am cast away from the presence of Thine eyes. Therefore hast Thou heard the voice of my supplication when I cried unto Thee. O love ye the Lord, all ye His saints, for the Lord requireth truth; and unto them that act with exceeding pride, He rendereth them their due. Be ye manful, and let your heart be strengthened, all ye that hope in the Lord.

PSALM 31

Blessed are they whose iniquities are forgiven, and whose sins are covered. Blessed is the man unto whom the Lord imputeth not sin, and in whose mouth there is no guile. Because I kept silence, my bones are waxed old through my crying all the day long. For day and night Thy hand was heavy upon me, I was reduced to misery while the thorn stuck fast in me. Mine iniquity have I acknowledged, and my sin have I not hid. I said: I will confess mine iniquities before the Lord against myself. And Thou forgavest the ungodliness of my heart. For This shall every one that is holy pray unto Thee in a seasonable time; moreover, in a flood of many waters shall they not come nigh unto him. Thou

art my refuge from the affliction which surroundeth me; O my Rejoicing, deliver me from them which have encircled me. (*Diapsalm*) I will instruct thee and teach thee in this way which thou shalt go; I will fix Mine eyes upon thee. Be ye not as the horse or as the mule which have no understanding; whose jaws thou must hold with bit and bridle, lest they come nigh unto thee. Many are the scourges of the sinner, but mercy shall encircle him that hopeth in the Lord. Be glad in the Lord, and rejoice, ye righteous: and glory, all ye that are upright of heart

Glory to the Father, and to the Son, and to the Holy Spirit, both now and ever, and unto 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 handwriting 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, Fourth Tone:

Thou knowest our frame, Thou knowest our weakness, O Lover of mankind; we have sinned, but have not turned away from Thee, O God, nor have we stretched out our hands to a strange god. Spare us in Thy goodness, O Compassionate One.

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.

Thou knowest our frame, Thou knowest our weakness, O Lover of mankind; we have sinned, but have not turned away from Thee, O God, nor have we stretched out our hands to a strange god. Spare us in Thy goodness, O Compassionate One.

Priest: Let us attend.

Reader: In the Fourth Tone: I will confess Thee, O Lord, with my whole heart.

Chanters: I will confess Thee, O Lord, with my whole heart.

Reader, Stichos: I will be glad and rejoice in Thee.

Chanters: I will confess Thee, O Lord, with my whole heart.

Reader: I will confess Thee, O Lord.

Chanters: With my whole heart.

Priest: Wisdom.

Reader: The Reading is from the Prophecy of Isaiah (*Chapter 2:3–11*):

Priest: Let us attend. *Reader:*

Thus saith the Lord: Out of Sion shall go forth the law, and the word of the Lord out of Jerusalem. And He shall judge among the nations, and shall rebuke many people; and they shall beat their swords into ploughshares and their spears into sickles, and nation shall not take up sword against nation, neither shall they learn war any more. And now, O house of Jacob, come, let us walk in the light of the Lord. For He hath forsaken His people the house of Israel, because their land is filled as at the beginning with div-

inations, as the land of the Philistines, and many strange children were born to them. For their land is filled with silver and gold, and there was no number of their treasure; and the land is filled with abominations, the works of their hands, and they have worshipped the works which their fingers made; and the mean man bowed down, and the great man was humbled, and I will not endure them. Now therefore enter ye unto the rocks, and hide yourselves in the earth, for fear of the Lord, and from the glory of His might, when He shall arise to strike terribly the earth. For the eyes of the Lord are high, but man is low; and the haughtiness of men shall be brought low, and the Lord alone shall be exalted in that day.

Priest: Let us attend.

Reader: In the Sixth Tone: The Lord is righteous and hath loved righteousness; upon uprightness hath His countenance looked.

Chanters: The Lord is righteous and hath loved righteousness; upon uprightness hath His countenance looked.

Reader, Stichos: In the Lord have I hoped; how will ye say to my soul.

Chanters: The Lord is righteous and hath loved righteousness; upon uprightness hath His countenance looked.

Reader: The Lord is righteous and hath loved righteousness.

Chanters: Upon uprightness hath His countenance

looked.

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 times. And the 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.

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 hearts 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 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.*

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 he readeth the Fifth Kathisma.*

PSALM 32

Rejoice in the Lord, O ye righteous; praise is meet for the upright. Give praise to the Lord with the harp, chant unto Him with the ten-stringed psaltery. Sing unto Him a new song, chant well unto Him with jubilation. For the word of the Lord is true, and all His works are in faithfulness. The Lord loveth mercy and judgment; the earth is full of the mercy of the Lord. By the Word of the Lord were the heavens established, and all the might of them by the Spirit of His mouth. Who gathereth together as into a wineskin the waters of the sea, Who layeth up the abysses in storehouses. Let all the earth fear the Lord, and let all the inhabitants of the world be shaken before Him. For He spake, and they came into being; He commanded, and they were created. The Lord scattereth the plans of the heathens, He setteth aside the devices of the peoples, and He bringeth to nought the plans of princes. But the counsel of the Lord abideth unto eternity, the thoughts of His heart unto generation and generation. Blessed is

the nation whose God is the Lord, the people whom He hath chosen for His inheritance. The Lord looked down from heaven, He beheld all the sons of men. From His habitation which He prepared, He looked upon all the inhabitants of the earth, He that alone fashioned the heart of them, Who understandeth all their works. A king is not saved by great might, nor shall a giant be saved by the magnitude of his own strength. Futile is the horse for salvation, nor by the magnitude of his might shall he be saved. Behold, the eyes of the Lord are upon them that fear Him, upon them that hope in His mercy. To deliver their souls from death, and to nourish them in famine. Our soul shall wait for the Lord, for He is our helper and defender. For our heart shall be glad in Him, and in His holy name have we hoped. Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

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 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.

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 34

Judge them, O Lord, that do me injustice; war against them that war against me. Take hold of weapon and shield, and arise unto my help. Draw out a sword, and shut the way against them that persecute me; say to my soul: I am thy salvation. Let them that seek my soul be shamed and confounded. Let them be turned back, and be utterly put to shame, they that devise evils against me. Let them become as dust before the face of the wind, an angel of the Lord also afflicting them. Let their way become darkness and a sliding, an angel of the Lord also pursuing them. For without cause have they secretly prepared for me destruction in their snare, without reason have they cast reproach on my soul. Let a snare come upon him, which he knoweth not; and let the trap, which he hath hidden, catch him, and into that same snare let him fall. But my soul shall rejoice in the Lord, it shall delight in His salvation. All my bones shall say: Lord, O Lord, who is like unto Thee? Delivering the beggar from the hand of them that are stronger than he, yea, poor man and pauper from them that despoil him. Unjust witnessses rose up against me; things I knew not they asked me. They repaid me with evil things for good, and barrenness for my soul. But as for me, when they troubled

me, I put on sackcloth. And I humbled my soul with fasting, and my prayer shall return to my bosom. As though it had been a neighbour, as though it had been our brother, so sought I to please; as one mourning and sad of countenance, so humbled I myself. Yet against me they rejoiced and gathered together; scourges were gathered together upon me, and I knew it not. They were rent asunder, yet not pricked at heart; they tempted me, they mocked me with mockery, they gnashed upon me with their teeth. O Lord, when wilt Thou look upon me? Deliver my soul from their evil doing, even this only-begotten one of mine from the lions. I will confess Thee in the great congregation; among a mighty people will I praise Thee. Let not them rejoice against me that unjustly are mine enemies, they that hate me without a cause, and wink with their eyes. For peaceably indeed they spake unto me, but in their wrath were they devising deceits. And they opened wide their mouth against me; they said: Well done, well done, our eyes have seen it. Thou hast seen it, O Lord; keep not silence. O Lord, depart not from me. Arise, O Lord, and be attentive unto my judgment, my God, and my Lord, unto my cause. Judge me, O Lord, according to Thy righteousness; O Lord, my God, let them not rejoice against me. Let them not say in their hearts: Well done, well done, our soul. Let them not say: We have swallowed him up. Let them be ashamed and confounded together who rejoice at my woes. Let them be clothed with shame and confusion who speak

boastful words against me. Let them rejoice and be glad who desire the righteousness of my cause, and let them that desire the peace of Thy servant say continually; The Lord be magnified. And my tongue shall treat of Thy righteousness, and of Thy praise all the day long.

PSALM 35

The transgressor, that he may sin, saith to himself, that there is no fear of God before his eyes. For he hath wrought craftiness before Him, lest he should find his iniquity and hate it. The words of his mouth are iniquity and deceit, he hath not willed to understand how to do good. Iniquity hath he devised upon his bed, he hath set himself in every way that is not good, and evil hath he not abhorred. O Lord, Thy mercy is in heaven, and Thy truth reacheth unto the clouds. Thy righteousness is as the mountains of God, Thy judgments are a great abyss. Men and beasts wilt Thou save, O Lord. How Thou hast multiplied Thy mercy, O God! Let the sons of men hope in the shelter of Thy wings. They shall be drunken with the fatness of Thy house, and of the torrent of Thy delight shalt Thou make them to drink. For in Thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee, and Thy righteousness unto the upright of heart. Let not the foot of pride come against me, nor let the hand of a sinner move me. Yonder be fallen all they that work iniquity; they are cast out, and shall not be able to stand.

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 36

Fret not thyself because of evil-doers, nor envy them that work iniquity. For like grass quickly shall they be withered, and like herbs quickly shall they fall away. Hope in the Lord, and do good, and dwell on the earth, and like a shepherd shalt thou be fed with its riches. Delight thyself in the Lord, and He will give thee the askings of thy heart. Disclose unto the Lord thy way, and trust in Him, and He shall bring it to pass. And He shall bring forth thy righteousness as the light and thy judgment as the noonday. Submit thyself unto the Lord and supplicate Him; fret not thyself because of him that prospereth in his way, nor because of a man that doeth iniquity. Cease from wrath and forsake anger; fret not thyself so as to do evil. For evil-doers shall utterly perish, but they that wait on the Lord, they shall inherit the earth. And yet a little while, and the sinner shall not be, and thou shalt seek for his place, and shalt not find it. But the meek shall inherit the

earth and shall delight themselves in an abundance of peace. The sinner will diligently keep watch over the righteous man and will gnash with his teeth upon him. But the Lord shall laugh at him, because He foreseeth that his day will come. The sinners have drawn a sword; they have bent their bow, to cast down poor man and pauper, to slay the upright in heart. Let their sword enter into their own hearts and let their bows be broken. Better is the little which the just man hath than the great riches of sinners. For the arms of the sinners shall be broken, but the Lord upholdeth the righteous. The Lord knoweth the ways of the blameless and their inheritance shall be for ever. They shall not be put to shame in an evil time, and in days of famine they shall be filled. But the sinners shall perish, and the enemies of the Lord, in the moment when they are glorified and exalted, vanish away, and like smoke have vanished away. The sinner borroweth and will not repay, but the just man showeth mercy and giveth. For they that bless him shall inherit the earth, but they that curse him shall utterly perish. By the Lord are the steps of a man rightly directed, and His way shall he greatly desire. When he falleth he shall not be utterly cast down; for the Lord upholdeth his hand. I have been young, and now indeed I am old, and I have not seen the righteous man forsaken, nor his seed begging bread. All the day long the righteous showeth mercy, and lendeth, and his seed shall be unto blessing. Decline from evil and do good, and dwell unto ages of ages. For the Lord loveth

judgment, and He will not forsake His holy ones; they shall be kept for ever. But the wicked shall be banished, and the seed of the ungodly shall be utterly destroyed. The righteous shall inherit the earth and shall dwell therein unto ages of ages. The mouth of the righteous shall meditate wisdom and his tongue shall speak of judgment. The law of his God is in his heart, and his steps shall not be tripped. The sinner watcheth the righteous one, and seeketh to slay him. But the Lord will not abandon him to his hands, nor in any way condemn him when He judgeth him. Wait on the Lord and keep His way, and He shall exalt thee to inherit the earth; when sinners are utterly destroyed, thou shalt see it. I have seen the ungodly man highly exalted and lifting himself up like the cedars of Lebanon. But I passed by, and lo, he was not; and I sought him, and his place was not to be found. Keep innocence, and behold uprightness, for there is a remnant for the peaceable man. But the transgressors shall be utterly destroyed together, and the remnants of the ungodly shall be utterly destroyed. But the salvation of the righteous is from the Lord, and He is their defender in a time of affliction. And the Lord shall help them and shall deliver them, and He will rescue them from sinners and will save them because they hoped in Him.

Glory to the Father, and to the Son, and to the Holy Spirit, both now and, ever unto ages of ages. 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, deaden the subtlety of our flesh, 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,* deaden the subtlety of our flesh,* 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,* deaden the subtlety of our flesh,* 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,* deaden the subtlety of our flesh,* 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 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, 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 times. And the 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.

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 the prayer of Basil the Great:

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. Rejoice and be exceeding glad, for great is your reward in the heavens.

Remember us, O Lord, when Thou comest in Thy kingdom.

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

Remember us, O Lord, when Thou comest in Thy kingdom.

1. 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 with-

out 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 Theotokos, 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.*

THE END OF THE TYPICA



**THE ORDER OF VESPERS WITH THE
LITURGY OF THE PRESANCTIFIED GIFTS
ON WEDNESDAY OF THE FIRST WEEK**

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 Hierarchy 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.

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 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 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 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 sor-

row, 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 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 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 Eighth Tone. 1st Choir:

Lord, I have cried unto Thee, hearken unto me,*
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.* Hearken unto
me, O Lord.

2nd Choir: Let my prayer be set forth* as incense
before Thee,* the lifting up of my hands* as an even-
ing sacrifice.* Hearken 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 unto the
Lord 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 idiomelic stichera, Eighth Tone:

Stichos: Bring my soul out of prison* that I may confess Thy name.

While fasting with the body, brethren, let us fast also in the spirit; let us destroy every bond of iniquity; let us undo the knots of every contract made by violence; let us tear up every unjust agreement; let us give bread to the hungry, and welcome to our house the homeless poor, that we may receive of Christ God great mercy.

Stichos: The righteous shall wait patiently for me* until Thou shalt reward me.

While fasting with the body, brethren, let us fast also in the spirit; let us destroy every bond of iniquity; let us undo the knots of every contract made by violence; let us tear up every unjust agreement; let us give bread to the hungry, and welcome to our house the homeless poor, that we may receive of Christ God great mercy.

After this, sticheron to the Martyrs, First Tone:

Stichos: Out of the depths have I cried unto Thee, O Lord;* O Lord, hear my voice.

If there be any virtue, and if there be any praise, do these things not belong to the saints? for they bowed their necks to the sword, for Thy sake Who hast bowed the heavens and come down; they shed their blood for Thy sake Who hast emptied Thyself and taken the form of a servant; they humbled themselves even unto death, following the example of Thy poverty. Through their intercessions, according to the multitude of Thy compassions, O God, have mercy on us.

Then the stichera, the work of Kyr Joseph, Second Tone:

Stichos: Let Thine ears be attentive* to the voice of my supplication.

Jesus, the true noetical Sun, sent you out like rays of lightning into all the world, He hath dispersed by the brightness of your divine preaching the darkness of error, O ye apostles, eyewitnesses of God, and enlightened those held fast in the evil gloom of ignorance. Him, therefore, do ye entreat to send down also upon us enlightenment and great mercy.

Stichos: If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand?* For with Thee there is forgiveness.

Enlightened by fasting, Elias, riding in the divine chariot of the virtues, was carried up to the height of heaven; follow eagerly his example, O my lowly soul, and fast from all evil, from envy, and strife, and fleeting

sweetness and pleasure; so that thou mightest escape the harsh agony of everlasting Gehenna, crying out to Christ: O Lord, glory to Thee.

Another, of Kyr Theodore, Fifth Tone. Prosimion: O holy Father:

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.

O divine apostles, fervent intercessors for the world, and defenders of the Orthodox, having the power of boldness before Christ our God: pray for us, we beseech you, all-honoured ones, that we may radiantly keep the goodly season of the Fast, and receive the grace of the consubstantial Trinity; O great and glorious preachers, intercede for our souls

Here we chant the stichera from the Menaion, repeating one. If there happen to be two saints, we chant one set of stichera here, and the other at Lauds on four verses.

Stichos: From the morning watch until night, from the morning watch* let Israel hope in the Lord. *Sticheron from the Menaion.*

Stichos: For with the Lord there is mercy, and with Him is plenteous redemption;* and He shall redeem Israel out of all his iniquities. *Sticheron from the Menaion.*

Stichos: O praise the Lord, all ye nations;* praise Him, all ye peoples. *Sticheron from the Menaion.*

Stichos: For He hath made His mercy to prevail over us,* and the truth of the Lord abideth for ever.

Sticheron from the Menaion.

Glory, both now, and the *Theotokion* from the *Menaion* in the tone of the *stichera* just chanted. 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.

Reader: In the Fifth Tone: Thou, O Lord, shalt keep us and shalt preserve us from this generation, and for evermore.

Chanters: Thou, O Lord, shalt keep us and shalt preserve us from this generation, and for evermore.

Reader, Stichos: Save me, O Lord, for a righteous man there is no more.

Chanters: Thou, O Lord, shalt keep us and shalt preserve us from this generation, and for evermore.

Reader: Thou, O Lord, shalt keep us.

Chanters: And shalt preserve us from this generation, and for evermore.

Deacon: Wisdom!

Reader: The Reading is from Genesis (*Ch.1:24--2:3*).

Deacon: Let us attend. *Reader*:

God said: Let the earth bring forth the living creature according to its kind, quadrupeds and reptiles and wild beasts of the earth according to their kind, and it was so. And God made the wild beasts of the earth according to their kind, and cattle according to their kind, and God saw that they were good. And God said: Let Us make man according to Our image and likeness, and let them have dominion over the fish of the sea, and over the flying creatures of heaven, [and over wild beasts], and over the cattle, and all the earth, and over all the reptiles that creep on the earth. And God made man, according to the image of God He made him, male and female He made them. And God blessed them, saying: Increase and multiply, and fill the earth and subdue it, and have dominion over the fish of the seas, [and over the wild beasts], and the flying creatures of heaven, and all the cattle, and all the earth, and all the reptiles that creep on the earth. And God said: Behold, I have given to you every seed-bearing herb sowing seed which is upon all the earth, and every tree which hath in itself the fruit of seed that is sown, to you it shall be for food. And to all the wild beasts of the earth, and to every reptile creeping on the earth, which hath in itself the breath of life, even every green plant for food; and it was so. And God saw all the things that He had made, and behold, they were very good. And there was evening and there was morning, the sixth day. And the heavens and the earth were finished, and the whole world of them. And God finished on the

sixth day His works which He made, and ceased on the seventh day from all His works which He made. And God blessed the seventh day and sanctified it, because in it He ceased from all His works which God began to do.

Deacon: Let us attend.

Reader: In the Sixth Tone: Look upon me and hear me, O Lord my God.

Chanters: Look upon me and hear me, O Lord my God.

Reader, Stichos: How long, O Lord, wilt Thou utterly forget me? How long wilt Thou turn Thy face away from me?

Chanters: Look upon me and hear me, O Lord my God.

Reader: Look upon me and hear me.

Chanters: O Lord my God.

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.2:1–22).

Deacon: Let us attend. *Reader:*

My son, if thou wilt receive the utterance of my commandment, and hide it with thee, thine ear shall hearken to wisdom; thou shalt also apply thy

heart to understanding, and shalt apply it to the instruction of thy son. For if thou shalt call to wisdom, and utter thy voice for understanding; and if thou shalt seek it as silver, and search diligently for it as for treasure: then shalt thou understand the fear of the Lord, and find the knowledge of God. For the Lord giveth wisdom; and from His presence come knowledge and understanding, and He treasureth up salvation for them that walk uprightly; He will protect their way, that He may guard the righteous ways, and He will preserve the way of them that fear Him. Then shalt thou understand righteousness and judgment, and shalt direct all thy course aright. For if wisdom shall come into thine understanding, and discernment shall seem pleasing to thy soul, good counsel shall guard thee, and holy understanding shall keep thee; to deliver thee from the evil way, and from the man that speaketh nothing faithfully. Alas for those who forsake right paths, to walk in ways of darkness; who rejoice in evils, and delight in wicked perverseness; whose paths are crooked, and their courses winding; to remove thee far from the straight way, and to estrange thee from a righteous purpose. My son, let not evil counsel overtake thee, of her who hath forsaken the instruction of her youth, and forgotten the covenant of God. For she hath fixed her house near death, and near hades with her earthly deeds. None that go by her shall return, neither shall they take hold of right paths; for they shall not attain years of life. For had they gone in good paths, they

would have found the paths of righteousness smooth; good shall the inhabitants of the earth be, guileless they shall remain on it. For the upright shall dwell on the earth, and the holy shall remain on it. The paths of the ungodly shall perish from the earth, and transgressors shall be driven away from it.

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. *Instead of the Cherubic Hymn:*

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.

Deacon: 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.

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 righ-

teous, 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 our father among the saints, Nicholas the Wonderworker, Archbishop of Myra in Lycia; 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



**THE ORDER OF GREAT COMPLINE
ON WEDNESDAY OF THE FIRST WEEK**

The priest beginneth: 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.*

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.

PSALM 69

O God, be attentive unto helping me; O Lord, make haste to help me. Let them be shamed and confounded that seek after my soul. Let them be turned back and brought to shame that desire evils against me. Let them be turned back straightway in shame that say unto me: Well done! Well done! Let them be glad and rejoice in Thee all that seek after Thee, O God, and let them that love Thy salvation say continually: The Lord be magnified. But as for me, I am poor and needy; O God, come unto mine aid. My helper and my deliverer art Thou, O Lord; make no long tarrying.

Then we chant the Great Canon, making of it four parts with the Eirmosi, as we complete it on Thursday evening. The work of our holy father Andrew of Crete and Jerusalem, Sixth Tone. The Eirmos twice, and before each troparion the choir chanteth: Have mercy on me, O God, have mercy on me.

ODE I

1st Choir: Eirmos: A helper and protector was He unto me for salvation. This is my God, and I will glorify Him, the God of my father, and I will exalt Him; for gloriously is He glorified.

2nd Choir: A helper and protector was He...*Repeat.*

1st Choir: Have mercy on me, O God, have mercy on me.

From my youth, O Christ, I have transgressed Thy commandments; entirely devoted to passions, heedless, I have passed my life in indolence. Wherefore I cry to Thee O Saviour: Though it be the end, save me.

2nd Choir: Have mercy on me, O God, have mercy on me.

As I lie at Thy gates, O Saviour, even in old age cast me not empty into hades; but before the end, as Thou art the Lover of mankind, grant me remission of sins.

1st Choir: Have mercy on me, O God, have mercy on me.

Having wasted my substance, O Saviour, in riotous living, I am barren of the fruits of piety, and in hunger I cry: O compassionate Father, hastening to meet me, do Thou be gracious.

2nd Choir: Have mercy on me, O God, have mercy on me.

Among thieves have I fallen, my thoughts; from them I have been bruised now, and I am filled with wounds; but come to me, O Christ Saviour, and heal me.

1st Choir: Have mercy on me, O God, have mercy on me.

The priest, seeing me first, passed by on the other side; and the Levite, seeing me in distress, disdained my nakedness; but, O Jesus Who shone forth from Mary, do Thou come and be gracious unto me.

2nd Choir: O holy Mother Mary, pray to God for us

Do thou grant me light rays of grace from the divine Providence on high, to escape the darkness of the passions, and to hymn fervently, O Mary, the beautiful reformation of thy life.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: O Trinity beyond all being, worshipped in Unity, take from me the heavy burden of sin, and in Thy compassion grant me tears of compunction.

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

Theotokion: O Theotokos, the hope and protection of those who sing thy praises, take from me the heavy burden of sin, and, as the immaculate Sovereign Lady, receive me a penitent.

ODE II

1st Choir: **Eirmos:** Attend, O heaven, and I will speak and sing in praise of Christ, Who took flesh of a Virgin and came down.

2nd Choir: Attend, O heaven...*Repeat.*

1st Choir: Have mercy on me, O God, have mercy on me.

I have fallen through lust, as David did, and I have become defiled; but wash me also, O Saviour, with my tears.

2nd Choir: Have mercy on me, O God, have mercy on me.

Neither tears, nor repentance have I, nor compunction; but do Thou Thyself, O Saviour, as God, grant me these.

1st Choir: Have mercy on me, O God, have mercy on me.

I have lost my first-made beauty and dignity, and

now I like naked and am ashamed.

2nd Choir: Have mercy on me, O God, have mercy on me.

Thy door shut not against me then, O Lord, O Lord; but open it to me who repent before Thee.

1st Choir: Have mercy on me, O God, have mercy on me.

Give ear to the sighings of my soul, and accept the tears of mine eyes, O Saviour, and save me.

2nd Choir: Have mercy on me, O God, have mercy on me.

O Lover of mankind, Who desirest that all be saved, do Thou call me back, as Thou art good, and accept me who repent.

1st Choir: O most holy Theotokos, save us.

O most pure Theotokos Virgin, O only all-praised one, intercede fervently that we be saved.

Another canon.

2nd Choir: Eirmos: Behold, behold, that I am God, Who of old didst rain down manna and madest water to flow from a rock in the wilderness for My people, by My right hand alone, and by My power.

Have mercy on me, O God, have mercy on me.

Behold, behold, that I am God, give ear, my soul, to the Lord Who crieth out, and depart from former sin, and fear Him, as thou art unclean, for He is Judge and God.

1st Choir: Have mercy on me, O God, have mercy on me.

To whom shall I liken thee, O soul of many sins? Only to the first Cain, and to Lamech, for thou hast stoned thy body with evil deeds, and slain thy mind with irrational longings.

2nd Choir: Have mercy on me, O God, have mercy on me.

All who lived before the Law, O my soul, call to

mind: thou hast not been like Seth, or followed the example of Enos, or Enoch who was translated, or Noah; but thou art found to be lacking the life of the righteous.

1st Choir: Have mercy on me, O God, have mercy on me.

Thou alone hast opened the abyss of the wrath of Thy God, O my soul, thou hast flooded, like the earth, all thy flesh, and deeds, and life; and thou hast remained outside the saving Ark.

2nd Choir: O holy Mother Mary, pray to God for us.

With all fervor and love thou didst hasten to Christ, turning from a former life of sin, and nourishing thyself in the impassable wilderness, and in that purity fulfilling the divine commandments.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: O unoriginate, uncreated Trinity, indivisible Unity, accept me who repent, save me who have sinned, disdain not me, I am Thy creation; but spare me and deliver me from the Gehenna of condemnation.

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

Theotokion: O most pure Lady, Mother of God, the hope of those who flee unto thee, and the haven of storm-tossed: may the Merciful One and Creator and Thy Son be merciful also to me through thine intercessions.

ODE III

1st Choir: **Eirmos:** Establish, O Lord, on the rock of Thy

commandments, my wavering heart, for Thou alone art holy and Lord.

2nd Choir: Establish, O Lord, on the rock of Thy commandments, my wavering heart, for Thou alone art holy and Lord.

1st Choir: Have mercy on me, O God, have mercy on me.

The blessing of Shem thou hast not inherited, O wretched soul, nor a spacious domain hast thou, like Japheth, in the land of forgiveness.

2nd Choir: Have mercy on me, O God, have mercy on me.

From the land of Haran, from sin depart, O my soul, come to the land flowing with everliving incorruption, which was Abraham's inheritance.

1st Choir: Have mercy on me, O God, have mercy on me.

Thou hast heard, my soul, how Abraham in days of old left the land of his fathers, and became a sojourner: this example follow.

2nd Choir: Have mercy on me, O God, have mercy on me.

Having given hospitality to the angels at the oak of Mamre, in old age the patriarch received the inheritance of the promise according to his prayer.

1st Choir: Have mercy on me, O God, have mercy on me.

O my wretched soul, thou knowest how Isaac was offered mystically as a new sacrifice, a whole-burnt offering, to the Lord: follow his example.

2nd Choir: Have mercy on me, O God, have mercy on me.

Thou hast heard how Ishmael was driven out as the child of a bondwoman: be vigilant, my soul, lest thou likewise suffer that because of lustfulness.

1st Choir: O holy Mother Mary, pray to God for us.

Held fast am I by the tempest and billows of sin; but do thou thyself, O Mother, save me now, and lead

me to the divine haven of repentance.

2nd Choir: O holy Mother Mary, pray to God for us.

My lowly supplication even now, O holy one, do thou offer to the compassionate Theotokos, and by thine intercessions open to me the entry to the divine.

2nd Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: O Trinity, simple, uncreated, unoriginate Nature, hymned in a Trinity of three Persons, save us who in faith worship Thy dominion.

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

Theotokion: The Son of the timeless Father hast thou brought forth in time, O Mother of God, without knowing a man; strange wonder! while giving suck thou hast remained Virgin.

ODE IV

1st Choir: Eirmos: The prophet heard of Thy coming, O Lord, and he was afraid; how Thou desired to be born of a Virgin, and appear to men, and he said: I have heard Thy report, and I was afraid; glory to Thy power, O Lord.

2nd Choir: The prophet heard of Thy coming, O Lord, and he was afraid; how Thou desired to be born of a Virgin, and appear to men, and he said: I have heard Thy report, and I was afraid; glory to Thy power, O Lord.

1st Choir: Have mercy on me, O God, have mercy on me.

I have defiled my body, I have stained my spirit, and I am all covered with wounds; but as physician, O Christ, heal both body and spirit for me through my repentance. Wash and purify me, O my Saviour, and make me whiter than snow.

2nd Choir: Have mercy on me, O God, have mercy on me.

Thy Body and Thy Blood Thou didst give for all at Thy Crucifixion, O Word: Thy Body to refashion me, Thy Blood to wash me clean; and Thy spirit Thou didst surrender up, O Christ, to bring me to Thy Father.

1st Choir: Have mercy on me, O God, have mercy on me.

Thou hast wrought salvation in the midst of the earth, O Compassionate One, that we might be saved; willingly wast Thou crucified on the Tree, closed Eden was opened; creation on high and below, all the peoples are saved and worship Thee

2nd Choir: Have mercy on me, O God, have mercy on me.

Let the Blood from Thy side be to me a font, and the Water that flowed together with it be a drink of forgiveness; let me be purified by both, anointed, and refreshed, as from chrism and drink, O Word, by Thy life-giving words.

1st Choir: Have mercy on me, O God, have mercy on me.

As a chalice hath the Church acquired Thy life-bearing side, from whence floweth to us a twofold stream of forgiveness and knowledge, in an image of the two Testaments together, the Old and the New, O our Saviour.

2nd Choir: Have mercy on me, O God, have mercy on me.

Deprived am I of the bridal chamber, deprived am I also of the marriage, together also with the supper; my lamp is gone out for want of oil, the bridal chamber is closed against me while I slept, the supper hath been eaten, I am bound hand and foot, I am cast out.

1st Choir: Glory to the Father, and to the Son, and to the

Holy Spirit.

Triadicon: Indivisible in Essence, unmingled in Persons, theologically I confess Thee, Triune God one in Divinity, as in kingship and throne, I cry to Thee the great hymn thrice sung on high.

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

Theotokion: Thou givest birth and art a Virgin, and remainest in both a Virgin by nature; He that is born reneweth the laws of nature, and the womb bringeth forth without travail. Where God willeth, the order of nature is overcome: for He doeth whatsoever He willeth.

ODE V

1st Choir: Eirmos: Out of the night I wake at dawn, O Lover of mankind: enlighten me, I pray, and guide me in Thy commandments; and teach me, O Saviour, to do Thy will.

2nd Choir: Out of the night I wake at dawn, O Lover of mankind: enlighten me, I pray, and guide me in Thy commandments; and teach me, O Saviour, to do Thy will.

1st Choir: Have mercy on me, O God, have mercy on me.

In soul and body I have become like Jannes and Jambres, the magicians of cruel Pharaoh; my will is heavy and my mind is drowned beneath the waves: but do Thou help me.

2nd Choir: Have mercy on me, O God, have mercy on me.

With filth have I, a wretched one, defiled my mind; wash me, O Master, in the laver of my tears, I pray Thee, making the garment of my flesh white as snow.

1st Choir: Have mercy on me, O God, have mercy on me.

If I examine my deeds, O Saviour, I see that I have

gone beyond every man in sin, for in knowledge I understand that I have not sinned in ignorance.

2nd Choir: Have mercy on me, O God, have mercy on me.

Spare, spare, O Lord, Thy creation; I have sinned, remit it for me, for Thou alone are pure by nature, and none beside Thee is undefiled.

1st Choir: Have mercy on me, O God, have mercy on me.

For my sake Thou Who art God wast fashioned as I am; Thou didst perform wonders, healing lepers, strengthening paralytics, stopping the issue of blood, O Saviour, through the touching of Thy garment.

2nd Choir: O holy Mother Mary, pray to God for us.

Having crossed the stream of Jordan, thou didst find painless rest, having escaped the pleasures of the flesh; deliver us also from them through thine intercessions, O holy one.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: Thee, O Trinity, the one God, we glorify: Holy, Holy, Holy, art Thou, Father, Son, and Spirit, simple Essence, Unity ever worshipped.

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

Theotokion: Of thee hath God, the Creator of the ages, clothed Himself in my flesh, O incorrupt Mother and Virgin who hath not known a man, and united to Himself human nature.

ODE VI

1st Choir: Eirmos: I cried aloud with my whole heart unto the compassionate God, and He hearkened unto me from the

nethermost hades, and led up my life up out of corruption.

2nd Choir: I cried aloud with my whole heart unto the compassionate God, and He hearkened unto me from the nethermost hades, and led up my life up out of corruption.

1st Choir: Have mercy on me, O God, have mercy on me.

Arise and make war, like Joshua against Amalek, upon the passions of the flesh, ever triumphing over the Gibeonites, the deceitful thoughts.

2nd Choir: Have mercy on me, O God, have mercy on me.

Pass over the flowing nature of time, like the ark of old, and take possession of the land of promise, O soul: for God commandeth.

1st Choir: Have mercy on me, O God, have mercy on me.

As Thou didst save Peter, when He cried: Save me, do Thou come quickly, O Saviour, deliver me from the beast; stretch out Thy hand, and lead me up out of the deep of sin.

2nd Choir: Have mercy on me, O God, have mercy on me.

I know Thee as a calm haven, O Master, Master Christ; but from the lowest depths of sin and despair do Thou come quickly and deliver me.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: I am the Trinity, simple, indivisible, yet divided in Persons, and I am a Unity, united by Nature, saith the Father, and the Son, and the divine Spirit.

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

Theotokion: Thy womb bore God for us, fashioned according to our image; Him as the Creator of all do thou entreat, O Theotokos, that through thine inter-

cessions we may be justified.

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.

Kontakion, Sixth Tone:

My soul, my soul, arise! Why sleepest thou? The end draweth near, and thou shalt be troubled; arouse thyself, then, that Christ God may spare thee, Who is everywhere present, and fillest all things.

ODE VII

1st Choir: Eirmos: We have sinned, we have transgressed, we have been unrighteous before Thee, nor have we given heed, nor done as Thou hast enjoined us; but deliver us not up utterly, O God of the fathers.

2nd Choir: We have sinned, we have transgressed, we have been unrighteous before Thee, nor have we given heed, nor done as Thou hast enjoined us; but deliver us not up utterly, O God of our fathers.

1st Choir: Have mercy on me, O God, have mercy on me.

The sin of Manasseh hast thou brought upon thyself by thine own will, thou hast set up the passions as abominations, and multiplied indignations, O my soul; but fervently emulating his repentance, acquire compunction.

2nd Choir: Have mercy on me, O God, have mercy on me.

Ahab hast thou rivaled in defilements, O my soul; woe is me! thou hast become an abiding-place of fleshly defilements, and a vessel of shameful passions; but from the depths of thy being groan, and recite to God thy sins.

1st Choir: Have mercy on me, O God, have mercy on me.

Heaven is closed to thee, my soul, and a famine from God hath befallen thee. Like Ahab, who did not submit to the words of Elias the Tishbite, hast thou been; but be like the widow of Sarepta, who fed the Prophet's soul.

2nd Choir: Have mercy on me, O God, have mercy on me.

Elias once consumed by fire twice fifty of Jezebel's followers, when he slew the prophets of shame, who were clothed in the robes of Ahab; but flee the example of both of them, O soul, and be strong.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: O Trinity, simple, indivisible, consubstantial, and one Nature, Light and Lights, and three Holies, and one Holy, God hymned in Trinity; but sing praises, O soul, glorify Life and Lives, the God of all.

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

Theotokion: We praise thee, we bless thee, we fall down before thee, O Mother of God, for thou gavest birth to Christ God, One of the indivisible Trinity, and hast opened the heavenly places to us who are on earth.

ODE VIII

1st Choir: **Eirmos:** Him Whom the hosts of heaven glorify, and before Whom tremble the Cherubim and Seraphim, every breath and creature, praise, bless, and supremely exalt Him unto all ages.

2nd Choir: Him Whom the hosts of heaven glorify, and before Whom tremble the Cherubim and Seraphim, every breath

and creature, praise, bless, and supremely exalt Him unto all ages.

1st Choir: Have mercy on me, O God, have mercy on me.

O Righteous Judge and Saviour, have mercy, and deliver me from fire, and perils, which I must endure at the righteous judgment; grant me remission before the end, through virtue and repentance.

2nd Choir: Have mercy on me, O God, have mercy on me.

Like the Thief I cry to Thee: Remember me; like Peter I weep bitterly; forgive me, O Saviour, I cry, like the Publican; I shed tears like the sinful woman; accept my lamentation, as once Thou didst accept those of the woman of Canaan.

1st Choir: Have mercy on me, O God, have mercy on me.

Heal, O Saviour, the putrefaction of my lowly soul; O only Physician, place on me a plaster, and oil and wine, works of repentance, compunction with tears.

2nd Choir: Have mercy on me, O God, have mercy on me.

Following the example of the woman of Canaan, I cry, Have mercy on me, Son of David; I touch the hem of Thy garment, like the woman with an issue of blood; I weep, as Martha and Mary wept over Lazarus.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: O unoriginate Father, co-unoriginate Son, good Comforter, Spirit of truth; Begetter of the Word of God, Word of the unoriginate Father, Spirit living and creating: O Trinity in Unity, have mercy on me.

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

Theotokion: As from purple silk, O most pure

one, the spiritual robe of Emmanuel, His flesh, within thy womb was woven. Wherefore, the Theotokos in very truth, thee do we honour.

ODE IX

1st Choir: Eirmos: A seedless conception,* an Offspring ineffable,* of a spouseless Mother* an incorrupt Fruit:* for the Birth of God* reneweth nature.* Wherefore, thee in all generations,* as the Bride of God and Mother,* Orthodoxly do we magnify.

2nd Choir: A seedless conception,* an Offspring ineffable,* of a spouseless Mother* an incorrupt Fruit:* for the Birth of God* reneweth nature.* Wherefore, thee in all generations,* as the Bride of God and Mother,* Orthodoxly do we magnify.

1st Choir: Have mercy on me, O God, have mercy on me.

Healing the ailing, Christ the Word preached the good tidings to the poor, cured the lame, ate with publicans, conversed with sinners, and brought back from the dead the soul O Jairus' daughter by the touch of His hand.

2nd Choir: Have mercy on me, O God, have mercy on me.

The Publican was saved, and the sinful woman turned to chastity, but the Pharisee with his boasting was condemned. For the one cried: Cleanse me, and the other: Have mercy on me; but the third one, exalting himself, cried out: O God, I thank Thee, and other foolish words.

1st Choir: Have mercy on me, O God, have mercy on me.

Zacchaeus was a publican, yet he was saved; and Simon the Pharisee fell into temptation, while the sinful woman received remission and absolution from Him Who hath the power to forgive sins; hasten, O soul, to

follow her example.

2nd Choir: Have mercy on me, O God, have mercy on me.

O my wretched soul, thou hast not followed the zeal of the sinful woman, who took an alabaster box of precious ointment, and with tears anointed and wiped with her hair the feet of the Saviour, Who tore up the handwriting of her former sins.

1st Choir: Have mercy on me, O God, have mercy on me.

How the cities to which Christ gave the good tidings were cursed, dost thou know, O my soul? Fear their fate, lest thou be punished as they were, whom the Master likened unto Sodom, and condemned even to hell.

2nd Choir: Have mercy on me, O God, have mercy on me.

Be not bitter, O my soul, nor in despair; for thou hast heard of the faith of the woman of Canaan, how through it her daughter was healed by the word of God. O Son of David, save even me, who cry from the depth of my heart, as she did to Christ.

1st Choir: Glory to the Father, and to the Son, and to the Holy Spirit.

Triadicon: Let us glorify the Father, let us supremely exalt the Son, let us worship in faith the Divine Spirit, the Trinity indivisible, Unity in essence, as Light and Lights, and Life and Lives, giving life and enlightening the ends of the earth.

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

Theotokion: Preserve thy city, O most pure Mother of God, for by thee she reigneth in faith, by

thee she is strengthened, and through thee she is victorious, she conquereth every temptation, and captureth the foe, and ruleth her subjects.

1st Choir: O Holy Father Andrew, pray to God for us.

O Venerable Andrew, and father thrice-blessed, shepherd of Crete, cease not to intercede for us who hymn thee, that we may be delivered from all wrath and affliction, and corruption, and countless sins, who faithfully honour thy memory.

Then, both choirs having come together, they chant:

Eirmos: A seedless conception,* an Offspring ineffable,* of a spouseless Mother* an incorrupt Fruit:* for the Birth of God* reneweth nature.* Wherefore, thee in all generations,* as the Bride of God and Mother,* Orthodoxly do we magnify. *And a prostration.*

After this the reader saith the psalms:

PSALM 4

When I called upon Thee, O God of my righteousness, Thou didst hearken unto me; in mine affliction Thou hast enlarged me. Have compassion on me and hear my prayer. O ye sons of men, how long will ye be slow of heart? Why do ye love vanity, and seek after falsehood? Know also that the Lord hath made wondrous His holy one; the Lord will hearken unto me when I cry unto Him. Be angry, and sin not; feel compunction upon your beds for what ye say in your hearts. Sacrifice a sacrifice of righteousness, and hope in the Lord. Many say: Who will show unto us good things? The light of Thy countenance, O Lord, hath been signed upon us; Thou hast given gladness to my

heart. From the fruit of their wheat, wine, and oil are they multiplied. In peace in the same place I shall lay me down and sleep. For Thou, O Lord, alone hast made me to dwell in hope.

PSALM 6

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. Have mercy on me, O Lord, for I am weak. Heal me, O Lord, for my bones are troubled, and my soul is troubled greatly; but Thou, O Lord, how long? Turn to me again, O Lord, deliver my soul; save me for Thy mercy's sake. For in death there is none that is mindful of Thee, and in hades who will confess Thee? I toiled in my groaning; every night I will wash my bed, with tears will I water my couch. Through wrath is mine eye become troubled, I have grown old among all mine enemies. Depart from me all ye that work vanity, for the Lord hath heard the voice of my weeping. The Lord hath heard my supplication, the Lord hath received my prayer. Let all mine enemies be greatly put to shame and be troubled, let them be turned back, and speedily be greatly put to shame.

PSALM 12

How long, O Lord, wilt Thou utterly forget me? How long wilt Thou turn Thy face away from me? How long shall I take counsel in my soul with grievings in my heart by day and by night? How long shall mine enemy be exalted over me? Look upon me, hear me, O Lord my God; enlighten mine eyes, lest at

any time I sleep unto death. Lest at any time mine enemy say: I have prevailed against him. They that afflict me will rejoice if I am shaken; but as for me, I have hoped in Thy mercy. My heart will rejoice in Thy salvation. I will sing unto the Lord, Who is my benefactor, and I will chant unto the name of the Lord Most High. Look upon me, hear me, O Lord my God; enlighten mine eyes, lest at any time I sleep unto death. Lest at any time mine enemy say: I have prevailed against him.

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.

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 waited on Thee, O Lord. Redeem Israel, O God, out of all his afflictions.

PSALM 30

In Thee, O Lord, have I hoped, let me not be put to shame in the age to come; in Thy righteousness

deliver me, and rescue me. Bow down Thine ear unto me, make haste to rescue me, be Thou unto me a God to defend me and a house of refuge to save me. For my strength and my refuge art Thou, and for Thy name's sake wilt Thou guide me and nourish me. Thou wilt bring me out of this snare which they have hid for me, for Thou art my defender, O Lord. Into Thy hands I will commit my spirit; Thou hast redeemed me, O Lord God of truth. Thou hast hated them that cling to empty vanities; but I have hoped in the Lord. I will rejoice and be glad in Thy mercy, for Thou hast regarded my lowliness; Thou hast saved my soul out of necessities, and hast not shut me up in the hands of enemies; Thou hast set my feet in a spacious place. Have mercy on me, O Lord, for I am afflicted; mine eye is troubled with anger, as also my soul and my belly. For my life is spent with grief, and my years with groanings; my strength hath grown weak in poverty, and my bones are troubled. I am become a reproach among all mine enemies, and greatly for my neighbours also, and a fear to mine acquaintances. They that saw me without fled from me. I am forgotten by the heart like a dead man. I am become like a broken vessel. For I have heard the reproach of many that dwell round about; when they assembled together against me, they devised to take away my life. But as for me, I have hoped in Thee, O Lord; I said: Thou art my God; in Thy hands are my lots. Deliver me from the hands of mine enemies, and from them that persecute me. Make Thy face to shine

upon Thy servant, save me in Thy mercy. O Lord, let me not be put to shame, for I have called upon Thee; let the ungodly be put to shame and let them be brought down into hades. Speechless be the deceitful lips which speak iniquity against the righteous man with arrogance and contempt. How great is the multitude of Thy goodness, O Lord, which Thou hast hid for them that fear Thee, which Thou hast wrought for them that hope in Thee before the sons of men. Thou shalt hide them in the secrecy of Thy presence from the disturbance of men; Thou shalt shelter them in the tabernacle from contradiction of tongues. Blessed is the Lord, for He hath made His mercy wondrous in a fortified city. But as for me, I said in mine ecstasy: I am cast away from the presence of Thine eyes. Therefore hast Thou heard the voice of my supplication when I cried unto Thee. O love ye the Lord, all ye His saints, for the Lord requireth truth; and unto them that act with exceeding pride, He rendereth them their due. Be ye merciful, and let your heart be strengthened, all ye that hope in the Lord.

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 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 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.

Reader: God is with us, understand, O ye nations, and submit yourselves: for God is with us.

Then we begin to say these verses with sweet melody, not rapidly and with loud voice.

1st Choir: God is with us, understand, O ye nations, and submit yourselves: for God is with us.

2nd Choir: God is with us, understand, O ye nations, and submit yourselves: for God is with us.

Reader: Hearken ye unto the ends of the earth.

Choirs, alternately: FOR GOD IS WITH US.

For if ye again strengthen yourselves, ye shall again be vanquished.

FOR GOD IS WITH US.

And whatsoever counsel ye shall take, the Lord shall bring it to nought.

FOR GOD IS WITH US.

And the word, whatsoever ye speak, shall not remain with you.

FOR GOD IS WITH US.

And of your fear we shall be neither afraid nor in dread.

FOR GOD IS WITH US.

But the Lord our God, Him will we hallow, and He shall be fear unto us.

FOR GOD IS WITH US.

And if I be trusting in Him, He shall be unto me sanctification.

FOR GOD IS WITH US.

And I will be hoping in Him, and shall be saved by

Him.

FOR GOD IS WITH US.

Behold, I and the children which God hath given me.

FOR GOD IS WITH US.

The people that walk in darkness have seen a great light.

FOR GOD IS WITH US.

Ye that dwell in the region and shadow of death, a light shall shine upon you.

FOR GOD IS WITH US.

For unto us a Child is born, unto us a Son is given.

FOR GOD IS WITH US.

Whose government is upon His shoulder.

FOR GOD IS WITH US.

And of His peace there is no end.

FOR GOD IS WITH US.

And His name shall be called Angel of Great Counsel.

FOR GOD IS WITH US.

Wonderful Counsellor.

FOR GOD IS WITH US.

Mighty God, Ruler, Prince of Peace.

FOR GOD IS WITH US.

Father of the age to come.

FOR GOD IS WITH US.

Then, 1st Choir: God is with us, understand, O ye nations, and submit yourselves: for God is with us.

2nd Choir: God is with us, understand, O ye

nations, and submit yourselves: for God is with us.

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

1st Choir: God is with us.

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

2nd Choir: God is with us.

Then, both choirs together: FOR GOD IS WITH US!

And immediately these troparia:

1st Choir: The day being past, I give Thee thanks, O Lord;* the evening, I pray, together with the night* without sin grant me, O Saviour,* and save me.

2nd Choir: Glory to the Father, and to the Son,* and to the Holy Spirit.

The day being past, I glorify Thee, O Master;* the evening, I pray, together with the night* without temptation grant me, O Saviour,* and save me.

Then, First Choir: Both now and ever,* and unto the ages of ages. Amen.

The day being past, I hymn Thee, O Holy One;* the evening, I pray, together with the night* without peril grant me, O Saviour,* and save me.

The two choirs together, alternating phrases:

The bodiless nature of the Cherubim* with unceasing hymns glorify Thee.* The six-winged beings, the Seraphim,* with never-ceasing voices supremely exalt Thee.* And all the ranks of the Angels* praise Thee with thrice-holy hymns.* For before all art Thou the existing Father,* and Thou hast Thy co-unoriginate

Son;* and bearing the co-honourable Spirit of life,* Thou dost manifest the Indivisible Trinity.* O most holy Virgin Mother of God,* and ye eyewitnesses of the Word and servants,* all the choirs both of Prophets and Martyrs,* as those that have attained unto life immortal,* supplicate earnestly for us all,* for we all are in distress;* that, being delivered from the delusion of the evil one,* we may cry out the angelic hymn:* Holy, Holy, Holy, Thrice-holy Lord,* have mercy and save us. Amen.

And immediately, in a lower voice, the reader:

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 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.

And immediately we chant, with a prostration after each:

O most holy Lady Theotokos, intercede for us sinners. *Thrice.*

O all ye Heavenly Hosts of the holy Angels and Archangels, intercede for us sinners. *Twice.*

O holy John, Prophet and Forerunner and Baptist of our Lord Jesus Christ, intercede for us sinners. *Twice.*

O holy glorious Apostles, Prophets, and Martyrs, and all the Saints, intercede for us sinners. *Twice.*

O our holy and God-bearing fathers, pastors, and ecumenical teachers, intercede for us sinners. *Twice.*

O our holy and God-bearing fathers Anthony and Theodosius, and all the holy fathers of the Caves, intercede for us sinners. *Twice.*

O (*patron saint of the temple*), intercede for us sinners. *Twice.*

O invincible and incomprehensible and divine power of the precious and life-giving Cross, forsake not us sinners. *Twice.*

O God, cleanse us sinners. *Twice.*

O God, cleanse us sinners, and have mercy on us. *Once.*

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.

And he readeth the following troparia, in the Second Tone:

Enlighten mine eyes, O Christ God, lest at any time I sleep unto death, lest at any time mine enemy say: I have prevailed against him.

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

Be my soul's helper, O God, for I pass through the midst of many snares; deliver me out of them, and save me, O Good One, for Thou art the Lover of mankind.

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.

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

Reader: Amen. *And this prayer of Basil the Great:*

O Lord, O Lord, Who hast delivered us from every arrow that flieth by day, deliver us from everything that walketh in darkness. Receive as an evening sacrifice the lifting up of our hands. Vouchsafe us also to pass through the course of the night without blemish, untempted by evil. And deliver us from every anxiety and fear that come to us from the devil. Grant unto our souls compunction, and unto our thoughts solicitude concerning the trial at Thy dread and righteous judgment. Nail down our flesh with the fear of Thee, and

mortify our earthly members, that in quietness of sleep we may be enlightened by the vision of Thy judgments. Take from us every unseemly dream and pernicious carnal desire. Raise us up at the hour of prayer fortified in faith and advancing in Thy commandments; through the benevolence and goodness 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. 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 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.

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 of 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 nations 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.

The Prayer of Manasses, King of Judea:

O Lord Almighty, the God of our fathers, of Abraham, and Isaac, and Jacob, and of their righteous seed; Who hast made heaven and the earth with all their majesty; Who hast bound the sea by the word of Thy commandment; Who hast closed the abyss, and sealed it by Thy terrible and glorious name; of Whom all things are afraid, and tremble from the presence of Thy might; for no one can endure the majesty of Thy glory, and unbearable is the wrath of Thy threatening toward sinners, but immeasurable and unsearchable is the mercifulness of Thy promise; for Thou art the Lord Most High, compassionate, long-suffering, and plentiful in mercy, and repentest of the evils of men: Thou, O Lord, according to the multitude of Thy goodness, hast promised penitence and forgiveness to them that have sinned against Thee, and in the multitude of Thy compassions hast decreed repentance for the salva-

tion of sinners. Thou, therefore, O Lord God of hosts, hast not appointed repentance for the righteous, for Abraham and Isaac and Jacob, who have not sinned against Thee, but hast laid repentance upon me a sinner, for I have sinned more than the number of the sands of the sea. Mine iniquities are multiplied, and I am not worthy to look upon and to see the height of heaven for the multitude of mine iniquities. For I am bowed down with many iron bands so that I cannot lift up my head, and there is no release for me, because I have provoked Thine anger, and done evil before Thee, neither having done Thy will, nor having kept Thy commandments; and now I bow the knees of my heart, beseeching of Thee clemency. I have sinned, O Lord, I have sinned, and I know mine iniquities; but imploring I pray Thee: Loose me, O Lord, loose me, and destroy me not with mine iniquities. Neither in enmity for ever keep mine evils, neither condemn me to the nethermost parts of the earth. For Thou, O God, art the God of them that repent, and upon me Thou wilt show all Thy goodness; for Thou shalt save me who am unworthy, according to the plenitude of Thy mercy, and I will praise Thee continually throughout the days of my life: for all the heavenly hosts hymn Thee, and Thine is the glory unto the ages of ages. Amen.

And immediately: 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.

Chanters: Amen. *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 the 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.

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

Reader: Amen. *And this prayer:*

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.

PSALM 69

O God, be attentive unto helping me; O Lord, make haste to help me. Let them be shamed and confounded that seek after my soul. Let them be turned back and brought to shame that desire evils against me. Let them be turned back straightway in shame that say unto me: Well done! Well done! Let them be glad and rejoice in Thee all that seek after Thee, O God, and let them that love Thy salvation say continually: The Lord be magnified. But as for me, I am poor and needy; O God, come unto mine aid. My helper and my deliverer art Thou, O Lord; make no long tarrying.

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 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 are holy, Thou only art the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every night 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 night 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 unto 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.

Chanters: Amen. *Then we chant in a loud voice, and slowly, in the Sixth Tone:*

1st Choir: O Lord of hosts, be with us,* for beside Thee,* we have no other helper in adversity;* O Lord of hosts, have mercy on us.

2nd Choir: O Lord of hosts, be with us,* for beside Thee,* we have no other helper in adversity;* O Lord of hosts, have mercy on us.

1st Choir: Praise ye God in His saints, praise Him in the firmament of His power.

And the refrain: O Lord of hosts, be with us,* for beside Thee,* we have no other helper in adversity;* O Lord of hosts, have mercy on us.

2nd Choir: Praise Him for His mighty acts, praise Him according to the multitude of His greatness. *And the refrain:* O Lord of hosts, be with us...

1st Choir: Praise Him with the sound of trumpet, praise Him with the psaltery and harp. *Refrain.*

2nd Choir: Praise Him with timbrel and dance, praise Him with strings and flute. *Refrain.*

1st Choir: Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord. *Refrain.*

Then both choirs, having come together, chant:

Praise ye God in His saints, praise Him in the firmament of His power.

O Lord of hosts, be with us* for beside Thee,* we have no other helper in adversity;* O Lord of hosts, have mercy on us.

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

O Lord, if we had not had Thy saints as intercessors,* and Thy goodness being merciful to us,* how should we have dared, O Saviour, to hymn Thee,* Whom angels do unceasingly glorify? O Thou that knowest the hearts, spare our souls.

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

Greatly multiplied, O Theotokos, are my sins,* and unto thee have I fled, O pure one,* imploring salvation.* Do thou visit mine enfeebled soul,* and pray to thy Son and our God* that He grant me forgiveness for the evil I have done,* O thou only blessed one.

O all-holy Theotokos,* throughout my lifetime forsake me not,* to human protection entrust me not,* but do thou thyself defend me and have mercy on me.

All my hope I place in thee,* O Mother of God,* keep me under thy protection.

Reader: Lord, have mercy. *40 times. And the 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.

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

Reader: Amen.

And 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.

Then, 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. Amen. *Prostration.*

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

And the Supplicatory Prayer to the Most Holy Theotokos:

Oundefiled, untainted, uncorrupted, most pure, chaste Virgin, thou Bride of God and Sovereign Lady, who didst unite the Word of God unto mankind through thy most glorious birthgiving, and hast linked the apostate nature of our race with the heavenly; who art the only hope of the hopeless, and the helper of the struggling, the ever-ready protection of them that hasten unto thee, and the refuge of all Christians: Do not shrink with loathing from me a sinner, defiled, who with polluted thoughts, words and deeds have made myself utterly unprofitable, and through slothfulness of mind have become a slave to the pleasures of life. But as the Mother of God Who loveth mankind, show thy love for mankind and mercifully have compassion upon me a sinner and prodigal, and accept my suppli-

cation which is offered to thee out of my defiled mouth; and making use of thy motherly boldness, entreat thy Son and our Master and Lord that He may be pleased to open for me the bowels of His loving-kindness and graciousness to mankind, and, disregarding my numberless offences, will turn me back to repentance, and show me to be a tried worker of His precepts. And be thou ever present unto me as merciful, compassionate, and well-disposed; in the present life be thou a fervent intercessor and helper, repelling the assaults of adversaries and guiding me to salvation, and at the time of my departure taking care of my miserable soul, and driving far away from it the dark countenances of evil demons; lastly, at the dreadful day of judgment delivering me from torment eternal and showing me to be an heir of the ineffable glory of thy Son and our God; all of which may I attain, O my Sovereign Lady, most holy Theotokos, in virtue of thine intercession and protection, through the grace and love to mankind of thine Only-begotten Son, our Lord and God and Saviour, Jesus Christ; to Whom is due all glory, honour and worship, together with His unoriginate Father, and His Most-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

Another Prayer, to our Lord Jesus Christ, by Antiochus the monk:

And grant unto us, O Master, in the coming sleep, rest for body and soul, and preserve us from the gloomy slumber of sin, and from every dark and nocturnal sensuality. Subdue the impulses of passions,

extinguish the fiery darts of the evil one that are cunningly hurled against us, assuage the rebellions of our flesh, and every earthly and fleshly subtlety of ours lull to sleep. And grant unto us, O God, a watchful mind, chaste thought, a sober heart, a sleep gentle and free from every satanic illusion. Raise us up at the time of prayer firmly grounded in Thy precepts, and keeping steadfastly within us the memory of Thy judgments. All the night long grant us a doxology, that we may hymn and bless and 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. Amen.

At this point, according to the usage of the Holy Trinity Monastery, the Prayers on Approaching Sleep are said.

Prayer I, of St. Macarius the Great:

O Eternal God and King of all creation, Who hast vouchsafed me to arrive at this hour, forgive me the sins that I have committed this day in deed, word, and thought; and cleanse, O Lord, my lowly soul of all impurity of flesh and spirit, and grant me, O Lord, to pass the sleep of this night in peace; that, rising from my lowly bed, I may please Thy most holy name all the days of my life, and thwart the enemies, fleshly and bodiless, that war against me. And deliver me, O Lord, from vain thoughts and evil desires which defile me. 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. Amen.

Prayer II, of St. Antiochus:

O Ruler of all, Word of the Father, O Jesus Christ, Thou Who art perfect: For the sake of the plenitude of Thy mercy, never depart from me, but always remain in me Thy servant. O Jesus, Good Shepherd of Thy sheep, deliver me not over to the sedition of the serpent, and leave me not to the will of Satan, for the seed of corruption is in me. But do Thou, O Lord, worshipful God, holy King, Jesus Christ, as I sleep, guard me by the Unwaning Light, Thy Holy Spirit, by Whom Thou didst sanctify Thy disciples. O Lord, grant me, Thine unworthy servant, Thy salvation upon my bed. Enlighten my mind with the light of understanding of Thy Holy Gospel; my soul, with the love of Thy Cross; my heart, with the purity of Thy word; my body, with Thy passionless Passion. Keep my thought in Thy humility, and raise me up at the proper time for Thy glorification. For most glorified art Thou together with Thine unoriginate Father, and the Most-holy Spirit, unto the ages. Amen.

Prayer III, to the Holy Spirit:

O Lord, Heavenly King, Comforter, Spirit of Truth, show compassion and have mercy on me Thy sinful servant, and loose me from mine unworthiness, and forgive all wherein I have sinned against Thee today as a man, and not only as a man, but even worse than a beast, my sins voluntary and involuntary, known and unknown, whether from youth, and from evil suggestion, or whether from brazenness and despondency.

If I have sworn by Thy name, or blasphemed it in my thought; or reproached anyone, or slandered anyone in mine anger, or grieved anyone, or have become angry about anything; or have lied, or slept needlessly, or if a beggar hath come to me and I disdained him; or if I have grieved my brother, or have quarreled, or have condemned anyone; or if I have been boastful, or prideful, or angry; if, as I stood at prayer, my mind hath been distracted by the wiles of this world, or by thoughts of depravity; if I have over-eaten, or have drunk excessively, or laughed frivolously; if I have thought evil, or seen the beauty of another and been wounded thereby in my heart; if I have said improper things, or derided my brother's sin when mine own sins are countless; if I have been neglectful of prayer, or have done some other wrong that I do not remember, for all of this and more than this have I done: have mercy, O Master my Creator, on me Thy downcast and unworthy servant, and loose me, and remit, and forgive me, for Thou art good and the Lover of mankind, so that, lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, and hymn, and glorify Thy most honourable name, together with the Father and His Only-begotten Son, now and ever, and unto the ages. Amen.

Prayer IV, of St. Macarius the Great:

What shall I offer Thee, or what shall I give Thee, O greatly-gifted, immortal King, O compassionate Lord Who lovest mankind? For though I have

been slothful in pleasing Thee, and have done nothing good, Thou hast led me to the close of this day that is past, establishing the conversion and salvation of my soul. Be merciful to me a sinner, bereft of every good deed, raise up my fallen soul which hath become defiled by countless sins, and take away from me every evil thought of this visible life. Forgive my sins, O Only Sinless One, in which I have sinned against Thee this day, known or unknown, in word, and deed, and thought, and in all my senses. Do Thou Thyself protect and guard me from every opposing circumstance, by Thy Divine authority and power and inexpressible love for mankind. Blot out, O God, blot out the multitude of my sins. Be pleased, O Lord, to deliver me from the net of the evil one, and save my passionate soul, and overshadow me with the light of Thy countenance when Thou shalt come in glory; and cause me, uncondemned now, to sleep a dreamless sleep, and keep Thy servant untroubled by thoughts, and drive away from me all satanic deeds; and enlighten for me the eyes of my heart with understanding, lest I sleep unto death. And send me an angel of peace, a guardian and guide of my soul and body, that he may deliver me from mine enemies; that, rising from my bed, I may offer Thee prayers of thanksgiving. Yea, O Lord, hearken unto me, Thy sinful and wretched servant, in confession and conscience; grant me, when I arise, to be instructed by Thy sayings; and through Thine angels cause demonic despondency to be driven far from me:

that I may bless Thy holy name, and glorify and extol the most pure Theotokos Mary, whom Thou hast given to us sinners as a protectress, and accept her who prayeth for us. For I know that she exemplifieth Thy love for mankind and prayeth for us without ceasing. Through her protection, and the sign of the precious Cross, and for the sake of all Thy saints, preserve my wretched soul, O Jesus Christ our God: for holy art Thou, and most glorious for ever. Amen.

Prayer V:

O Lord our God, as Thou art good and the Lover of mankind, forgive me wherein I have sinned today in word, deed, and thought. Grant me peaceful and undisturbed sleep; send Thy guardian angel to protect and keep me from all evil. For Thou art the Guardian of our souls and bodies, 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. Amen.

Prayer VI:

O Lord our God, in Whom we believe and Whose Name we invoke above every name, grant us, as we go to sleep, relaxation of soul and body, and keep us from all dreams, and dark pleasures; stop the onslaught of the passions and quench the burnings that arise in the flesh. Grant us to live chastely in deed and word, that we may obtain a virtuous life, and not fall away from Thy promised blessings; for blessed art Thou for ever. Amen.

*Prayer VII, of St. John Chrysostom,
according to the number of hours of day and night:*

O Lord, deprive me not of Thy heavenly good things. O Lord, deliver me from the eternal torments. O Lord, if I have sinned in mind or thought, in word or deed, forgive me. O Lord, deliver me from all ignorance, forgetfulness, faintheartedness, and stony insensibility. O Lord, deliver me from every temptation. O Lord, enlighten my heart which evil desire hath darkened. O Lord, as a man I have sinned, but do Thou, as the compassionate God, have mercy on me, seeing the infirmity of my soul. O Lord, send Thy grace to my help, that I may glorify Thy holy name. O Lord Jesus Christ, write me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good beginning. O Lord, sprinkle into my heart the dew of Thy grace. O Lord of heaven and earth, remember me Thy sinful servant, shameful and unclean, in Thy kingdom. Amen.

O Lord, accept me in penitence. O Lord, forsake me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears, and remembrance of death, and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity, and obedience. O Lord, grant me patience, courage, and meekness. O Lord, implant in me the root of good, Thy fear in my heart. O Lord, vouchsafe me to love Thee with all my soul

and thoughts, and in all things to do Thy will. O Lord, protect me from evil men, and demons, and passions, and from every other unseemly thing. O Lord, Thou knowest that Thou doest as Thou wilt: Thy will be done also in me a sinner; for blessed art Thou unto the ages. Amen.

Prayer VIII, to our Lord Jesus Christ:

O Lord Jesus Christ, Son of God, for the sake of Thy most honourable Mother, and Thy bodiless angels, Thy Prophet and Forerunner and Baptist, the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing fathers, and through the intercessions of all the saints, deliver me from the besetting presence of the demons. Yea, my Lord and Creator, Who desirest not the death of a sinner, but rather that he be converted and live, grant conversion also to me, wretched and unworthy; rescue me from the mouth of the pernicious serpent, who is yawning to devour me and take me down to hades alive. Yea, my Lord, my Comfort, Who for my miserable sake wast clothed in corruptible flesh, draw me out of misery, and grant comfort to my miserable soul. Implant in my heart to fulfill Thy commandments, and to forsake evil deeds, and to obtain Thy blessings; for in Thee, O Lord, have I hoped, save me.

Prayer IX, to the Most Holy Theotokos:

O good Mother of the Good King, most pure and blessed Theotokos Mary, do thou pour out the mercy of thy Son and our God upon my passionate

soul, and by thine intercessions guide me unto good works, that I may pass the remaining time of my life without blemish, and attain paradise through thee, O Virgin Theotokos, who alone art pure and blessed.

Prayer X, to the Holy Guardian Angel:

O Angel of Christ, my holy guardian and protector of my soul and body, forgive me all wherein I have sinned this day, and deliver me from all opposing evil of mine enemy, lest I anger my God by any sin. Pray for me, a sinful and unworthy servant, that thou mayest show me forth worthy of the kindness and mercy of the All-holy Trinity, and of the Mother of my Lord Jesus Christ, and of all the saints. Amen.

Then, the Kontakion to the Theotokos:

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!

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.

All my hope I place in thee, O Mother of God: keep me under thy protection.

O Virgin Theotokos, disdain not me a sinner, needing thy help and thy protection, and have mercy on me, for my soul hath hoped in thee.

Another Prayer, of St. Joannicius: My hope is the

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

Here the Order of Great Compline is resumed.

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.

The priest saith aloud, while we prostrate ourselves to the earth:

O Master plenteous in mercy, O Lord Jesus Christ our God: 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 the holy, glorious, and victorious martyrs; of our holy and God-bearing fathers; of the holy and Righteous Ancestors of God Joachim and Anna: and all Thy saints: make our prayer acceptable; grant us the remission of our sins; shelter us with the shelter of Thy wings; drive away from us every enemy and adversary; make our life peaceful, O Lord; have mercy on us and on Thy world, and save our souls, for Thou art good and the Lover of mankind.

Chanters: Amen.

Then making a prostration, the priest saith to the

brethren (sisters)(congregation):

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 in all my senses.

And the brethren (sisters) (people) reply:

God forgive 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.

Priest: Through His grace may God forgive and have mercy on us all. *Then the priest saith:*

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*), and all our brethren in Christ,

Chanters: Lord, have mercy. *Quietly, slowly, and repeatedly, until the petitions are finished.*

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 those that sail upon the sea.

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

THE END OF GREAT COMPLINE

