



## CONTENTS

### ANTHOLOGION

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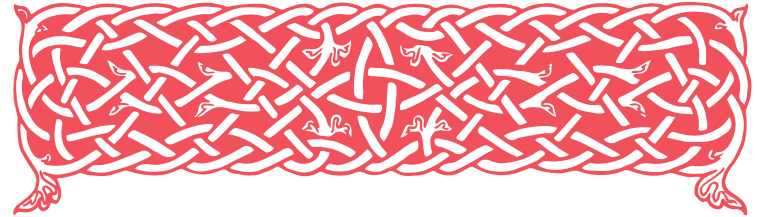
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## INTRODUCTION

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

—*Archbishop Theodosius (Snigirev) of Boyarka*

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

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

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

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



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

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

The COVID-19 pandemic led us to undertake this monumen-

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

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

And while we may imagine and prepare for such events, in truth, we ought to be planning and fighting for our spiritual survival every day of our lives.

The enemy of our salvation, the devil, does not only use earth-shattering catastrophes to draw us away, but also—and much more often—the most mundane aspects of life.

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

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

“Do not neglect the office of the Psalms that the Orthodox

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

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

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

entered upon with realistic expectations but a consistent gentle drive, is worthy and will be blessed.

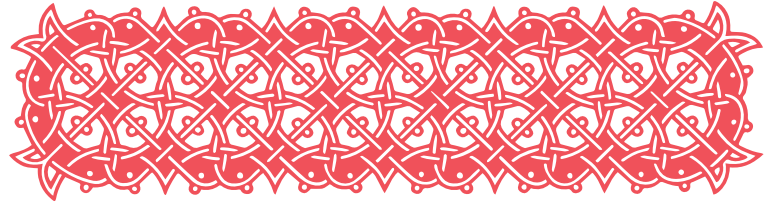
Before you begin using this book in earnest, we recommend that you become familiar with the structures of the offices and identify how and where variables are inserted. Study the variable sections and instructions, learning how things fit together. Everything is arranged as reader's services for lay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

The "Little Hours" (First, Third, Sixth, Ninth, and Compline) are simpler than Matins and Vespers. These are a good place to begin, as they are brief services, about ten minutes each, with few variables. As you learn to navigate the different sections of this book, add Vespers and Matins to your

prayers. Refer to the comprehensive introduction beginning on page xiv for more detailed information about each service.

It will require a concerted effort to learn how the services come together, but it is a worthy and worthwhile endeavor. Understanding the structure and patterns of the divine services brings a deep appreciation for the prayers of the Church and adds a tremendous depth to one's private prayers, as well as to one's participation in public worship.

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



## ACKNOWLEDGEMENTS

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

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

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

kindness noted typographical errors and made constructive suggestions for the improvement of this book. We especially recognize Paul Fallon and Timothy Shanks for their comprehensive help to this end.

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

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

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

### DETAILED GUIDE FOR VESPERS†

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

Table 1: Vespers on Weekdays with Great Feasts

CLASS PART	CLASS I ▶ ALL DAYS ◀	WEEKDAYS CLASS II	WEEKDAYS IN AFTERFEAST
Lord, I Have Cried	In the Tone of the Stichera	In the Tone of the Stichera	In the Tone of the Week
↳ Stichera	6, 8, or 10 for the Feast	6, 8, or 10 for the Feast	3 for the Day; 3 for the Feast
↳ Doxasticon	<i>Glory, Both now; for the Feast</i>	<i>Glory, Both now; for the Feast</i>	<i>Glory, Both now; for the Feast</i>
↳ Theotokion	(or <i>Both Now; 2nd Doxasticon for the Feast</i> )	(or <i>Both Now; 2nd Doxasticon for the Feast</i> )	—
O Joyful Light	Sung	Sung	Read
Evening Prokeimenon	For the Day, as given in the office	For the Day, as given in the office	For the Day, as given in the office
Vespers Readings	Yes	Yes	—
Aposticha	For the Feast	For the Feast	For the Day
↳ Doxasticon	<i>Glory, Both now; for the Feast</i>	<i>Glory, Both now; for the Feast</i>	<i>Glory, Both now; for the Feast</i>
↳ Theotokion	(or <i>Both Now; 2nd Doxasticon for the Feast</i> )	(or <i>Both Now; 2nd Doxasticon for the Feast</i> )	—

† Throughout the charts in this chapter, For the Day is the service from the *Octoechos* (page 256) in the tone of the week. For the Feast or Commemoration is the appointed service from the *General Menaion* (page 544), *Lenten Triodion* (page 679), or *Pentecostarion* (page 843).

CLASS PART	CLASS I ▶ ALL DAYS ◀	WEEKDAYS CLASS II	WEEKDAYS IN AFTERFEAST
Song of Symeon	Sung	Sung	Read
Apolytikia	For the Feast (3)	For the Feast (3)	For the Day; <i>Glory, Both now; For the Feast</i>

Table 2: Vespers on Weekdays with Commemorations

CLASS PART	WEEKDAYS CLASS III	WEEKDAYS CLASS IV	WEEKDAYS CLASS V
Lord, I Have Cried	In the Tone of the Stichera	In the Tone of the Stichera	In the Tone of the Stichera
↳ Stichera	6 or 8 for the Commemoration	6 for the Commemoration	3 for the Day; 3 for the Commemoration
↳ Doxasticon	<i>Glory; for the Commemoration</i>	<i>Glory; for the Commemoration</i>	—
↳ Theotokion	<i>Both Now; Dogmaticon in the same Tone as the Doxasticon; but on Friday evening, in the Tone of the Week</i>	<i>Both now; For the Day in the same Tone as the Doxasticon; but on Friday evening, the Dogmaticon in Tone of the Week</i>	<i>Glory, Both now; For the Day in the tone of the week; but on Friday evening, the Dogmaticon in the Tone of the Week</i>
O Joyful Light	Sung	Sung	Read
Evening Prokeimenon	For the Day, as given in the office	For the Day, as given in the office	For the Day, as given in the office
Vespers Readings	Yes	—	—
Aposticha	For the Commemoration	For the Commemoration	For the Day from the <i>Octoechos</i>
↳ Doxasticon	<i>Glory; for the Commemoration</i>	<i>Glory; for the Commemoration</i>	—

<b>CLASS PART</b>	<b>WEEKDAYS CLASS III</b>	<b>WEEKDAYS CLASS IV</b>	<b>WEEKDAYS CLASS V</b>
↳ Theotokion	<i>Both now; for the Resurrection in the same Tone as the Doxasticon</i>	<i>Both now; for the Day from in the same Tone as the Doxasticon</i>	<i>Glory, Both now; For the Day in the Tone of the week</i>
Song of Symeon	Sung	Sung	Read
Apolytikia	¶ <i>If it is for the Master, Mother of God, or Cross: For the Feast (3)</i> ¶ <i>If it is for a Saint: as for a Class IV Weekday.</i>	Commemoration; <i>Glory, Both now; Resurrection Theotokion in the same tone</i>	Commemoration; <i>Glory; for the Day; Both now; Theotokion for the Day</i>

Table 3: Vespers on Simple Weekdays

<b>CLASS PART</b>	<b>WEEKDAYS SIMPLE</b>	<b>LENT WKDAYS SUN – THU P.M.</b>	<b>SAT (FRI P.M.) SIMPLE/DEAD</b>
Lord, I Have Cried	In the Tone of the Week	In the Tone of the Week	In the Tone of the Week
↳ Stichera	6 for the Day	6 for the Day†	6 for the Day
↳ Doxasticon	—	—	—
↳ Theotokion	<i>Glory, Both now; for the Day</i>	<i>Glory, Both now; for the Day</i>	<i>Glory, Both now; Dogmaticon in the Tone of Week</i>
O Joyful Light	Read	Read	Sung
Evening Prokeimenon	For the Day, as given in the office	For the Day†	Friday Evening, as given in the office
Vespers Readings	—	Yes†	—

† Or, if available, 6 from the *Lenten Triodion*.

<b>CLASS PART</b>	<b>WEEKDAYS SIMPLE</b>	<b>LENT WKDAYS SUN – THU P.M.</b>	<b>SAT (FRI P.M.) SIMPLE/DEAD</b>
Aposticha	For the Day	For the Day†	For the Day
↳ Doxasticon	—	—	—
↳ Theotokion	<i>Glory, Both now; for the Day</i>	<i>Glory, Both now; for the Day</i>	<i>Glory, Both now; for the Day</i>
Song of Symeon	Read	Read	Sung
Apolytikia	For the Day; <i>Glory, Both now; Theotokion</i>	Lenten Apolytikia in Tone 5	Saturday Apolytikia in Tone 2

Table 4: Vespers on Sundays (Saturday Evenings) with Feasts

<b>CLASS PART</b>	<b>SUNDAYS CLASS II</b>	<b>SUNDAYS IN AFTERFEAST, LEAVETAKING</b>	<b>SUNDAYS CLASS III</b>
Lord, I Have Cried	In the Tone of the Week	In the Tone of the Week	In the Tone of the Week
↳ Stichera	4 for the Resurrection; 6 for the Feast	6 for the Resurrection; 4 for the Feast	6 for the Resurrection; 4 for the Commemoration
↳ Doxasticon	<i>Glory; for the Feast</i>	<i>Glory; for the Feast</i>	<i>Glory; for the Commemoration</i>
↳ Theotokion	<i>Both now; Dogmaticon in the Tone of Week</i>	<i>Both now; Dogmaticon in the Tone of Week</i>	<i>Both now; Dogmaticon in the Tone of Week</i>
O Joyful Light	Sung	Sung	Sung
Evening Prokeimenon	For Saturday Evening	For Saturday Evening	For Saturday Evening
Vespers Readings	Yes	—	Yes

Week 5 of Great Lent with the Annunciation on Thursday

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

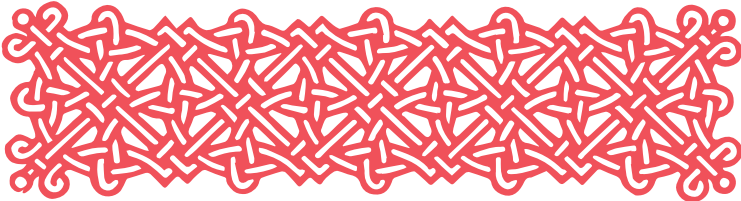
† At Matins on the feast of the Annunciation, the *Antipolyeleos* (“In place of the Polyeleos”) of the Mother of God, Psalm 44 with its refrains (page 554), is sung at the third Kathisma.

Holy Week

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

Bright Week

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



SCRIPTURE LECTIONARY

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

WEEKS AFTER PASCHA

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



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



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



## PRAYERS AT WAKING

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

**I**n the Name of the Father and of the Son and of the Holy Spirit. Amen.

### *The Trisagion Prayers*

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

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

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

Lord, have mercy. (3)

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

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

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

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

### *Hymns to the Trinity*

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

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

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

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

The Judge will come suddenly, and the deeds of each will be

laid bare; but with fear, let us cry to you in the middle of the night: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

Lord, have mercy. (12)

### Prayer of Thanksgiving with Intercession

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

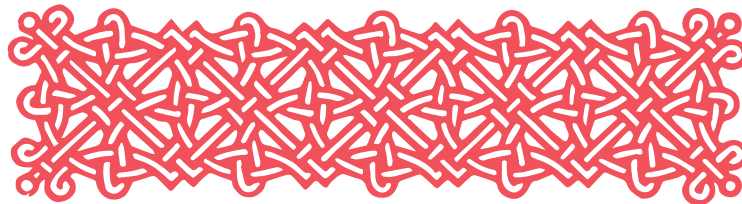
Spirit, now and forever, and to the ages of ages. Amen.

### Another Prayer

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

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

¶ Additional Morning Prayers from the traditional rule can be found on pages 881-886.



## THE MIDNIGHT OFFICE

### ON WEEKDAYS

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

Glory to you, our God, glory to you.

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

### The Trisagion Prayers

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

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

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

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

Lord, have mercy. (3)

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

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

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

Lord, have mercy. (12)

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

ages of ages. Amen.

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

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

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

### Psalm 50

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

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

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

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

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

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

For see, you have loved truth: you have shown me the hidden and secret things of your wisdom.

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

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

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

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

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

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

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

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

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

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

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

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

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

Then they will offer calves upon your altar.

### Psalm 118

**B**LESSED are the blameless in the way, who walk in the law of the Lord.

Blessed are those who search out his testimonies, they will seek for him with their whole heart.

For the workers of iniquity have not walked in his ways.

You have commanded that your commandments be strictly kept.

Would that my ways might be directed to keep your statutes.

Then I should not be ashamed when I look on all your commandments.

I shall confess you in uprightness of heart, when I have learned the judgments of your justice.

I shall keep your statutes, do not utterly forsake me.

How will a young man correct his way? By keeping your words.

I have sought you with my whole heart, do not drive me from your commandments.

I have hidden your words in my heart, that I may not sin against you.

Blessed are you, O Lord, teach me your statutes.

With my lips, I have declared all the judgments of your mouth.

I have been delighted by the way of your testimonies, as by all wealth.

I shall reflect on your commandments and consider your ways.

I shall meditate on your statutes, I shall not forget your words.

A recompense for your servant: make me live, and I shall keep your ways.

Unveil my eyes, and I shall consider the wonders of your law.

I am a pilgrim on the earth; do not hide your commandments from me.

My soul has longed to desire your judgments at all times.

You have rebuked the proud; those who turn aside from your law are cursed.

Take reproach and contempt from me, for I have sought your testimonies.

For rulers sat and spoke against me, but your servant reflected on your statutes.

For your testimonies are my meditation, and your statutes my counsels.

My soul has been stuck to the ground; make me live according to your word.



I declared my ways, and you heard me: teach me your statutes.

Make me understand the way of your statutes, and I shall reflect on your wonders.

My soul slumbered from listlessness, strengthen me by your words.

Remove the way of injustice from me, and by your law have mercy on me.

I have chosen the way of truth, and have not forgotten your judgments.

I have clung to your testimonies, O Lord; do not put me to shame.

I ran in the way of your testimonies, when you set my heart at large.

Lay down for me, O Lord, the way of your statutes, and I shall always seek it.

Make me understand, and I shall search out your law and keep it with my whole heart.

Guide me in the path of your commandments, for that is what I have wanted.

Incline my heart to your testimonies and not to covetousness.

Turn my eyes from seeing vanities; give me life in your way.

Establish your word for your servant, for him to fear you.

Take away my reproach, which I dreaded; for your judgments are good.

See, I have longed for your commandments; in your justice make me live.

Let your mercy come upon me, O Lord, your salvation according to your word.

And I shall answer those who reproach me, that I have hoped in your words.

Do not take the word of truth utterly from my mouth, because I have hoped in your judgments.

And I shall keep your law always, forever and forever.

And I walked in freedom, because I sought your commandments.

And I spoke of your testimonies before kings and was not ashamed.

And I meditated on your commandments, which I loved greatly.

And I lifted up my hands to your commandments, which I loved, and reflected on your statutes.

Remember your words to your servant, by which you gave me hope.

This comforted me in my humiliation, that your word had given me life.

The proud have utterly trans-

gressed; but I have not swerved from your law.

I remembered your judgments of old, Lord, and I was comforted.

Dejection has taken hold of me because of sinners, who abandon your law.

Your statutes have been my songs in the place of my pilgrimage.

I remembered your Name in the night, Lord, and I kept your law.

This happened to me, because I sought your statutes.

You, Lord, are my portion; I have said that I would keep your law.

I have begged for your presence with my whole heart; have mercy on me, according to your word.

I have thought over your ways and turned back my feet to your testimonies.

I was prepared, and not troubled, to keep your commandments.

The cords of sinners entangled me, and I did not forget your law.

At midnight I rose to confess you, for the judgments of your justice.

I am a companion of all who fear you and keep your commandments.

The earth is full of your mercy, O Lord; teach me your statutes.

You have shown goodness to your servant, O Lord, according to your word.

Teach me goodness, discipline and knowledge, because I have believed your commandments.

Before I was disciplined, I offended; for this reason, I have kept your word.

You are good, O Lord, and in your goodness teach me your statutes.

The injustice of the proud has been heaped upon me, but with my whole heart I shall search out your commandments.

Their heart has curdled like milk; but I have meditated on your law.

It is good that you disciplined me, that I might learn your statutes.

The law of your mouth is good to me, beyond thousands of gold and silver.

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

Alleluia, alleluia, alleluia. Glory to you, O God. (3)

Lord, have mercy. (3)

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

## LENTEN TYPICA

### The Beatitudes. Tone 8

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

✠ *In your Kingdom remember us, O Lord, when you come in your Kingdom.*

✠ Remember us, O Lord...

✠ *Blessed are the poor in spirit, for theirs is the Kingdom of heaven.*

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

✠ *Blessed are they who hunger and thirst after justice, for they shall be filled.*

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

✠ *Blessed are those who are persecuted for justice's sake, for theirs is the Kingdom of*

heaven.

✠ Remember us, O Lord...

✠ *Blessed are you when men shall revile you and persecute you and say all manner of evil against you falsely for my sake.*

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

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

✠ Remember us, O Lord...

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

¶ *And singing more slowly:*

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

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

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

¶ *And these troparia:*

The heavenly Choir hymns you and says: Holy, holy, holy, Lord of Powers, heaven and earth are full of your glory.

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

The heavenly Choir hymns you and says: Holy, holy, holy, Lord of Powers, heaven and earth are full of your glory.

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

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

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

### The Symbol of Faith

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

And in one Lord Jesus Christ, the Only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made; for our sake and for our salvation he came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary and became man; he was crucified also for us under Pontius Pilate, and suffered and was buried; he rose again on the third day, in accordance with the Scriptures, and ascended into heaven and is seated at the right hand of the Father; he is coming again in glory to judge the living and the dead; and his

Kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who, together with Father and Son is worshiped and together glorified; who spoke through the Prophets. In one, Holy, Catholic and Apostolic Church; I confess one Baptism for the forgiveness of sins. I await the Resurrection of the dead and the life of the age to come. Amen.

### Prayer of Repentance

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

### The Lord's Prayer

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

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

**Apolytikia. Tone 7**

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

¶ *Insert the Kontakion of the day. Then:*

**Tone 8**

ψ *Glory to the Father...*

With the Saints give rest, O Christ, to your servants, where there is no toil, nor grief, nor sighing, but life everlasting.

**Tone 2**

ψ *Both now and forever...*

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

Lord, have mercy. (40)

**The Prayer of the Hours**

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

Lord, have mercy. (3)

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

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

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

**The Prayer of Saint Ephrem the Syrian**

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

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

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

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

**The Trisagion Prayers**

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

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

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

Lord, have mercy. (3)

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

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

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

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

Lord, have mercy. (12)

**Prayer of Saint Basil the Great**  
Master, Lord Jesus Christ, our God, who have long endured our transgressions, and brought us to this hour in which hanging on the life-giving tree you showed the good Thief the way into Paradise and destroyed death by death, have mercy also on us sinners and your unworthy servants. For we have sinned and trespassed and are not worthy to raise our eyes and look on the height of heaven; because we have abandoned the way of your justice and walked in the will of our hearts. But we implore your unbounded goodness: Spare us, O Lord, according to the multitude of your mercy, and save

us, for your holy Name's sake, for our days have been wasted in vanity. Rescue us from the hand of our opponent, forgive us our sins, slay our carnal will, that we, having put off the old man, may put on the new, and live for you, our Master and benefactor; and that, thus following your precepts, we may reach eternal rest, where those who rejoice have their dwelling. For you are the true joy and gladness of those who love you, Christ our God, and to you we give glory, together with your Father who has no beginning, and your All-holy,

good and life-giving Spirit, now and always and to ages of ages. Amen.

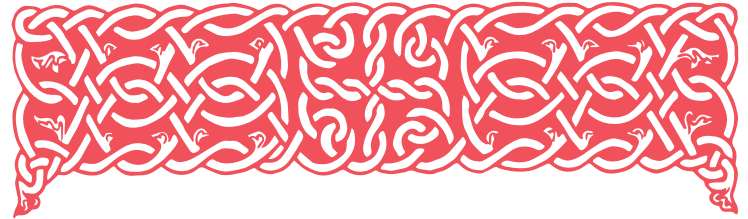
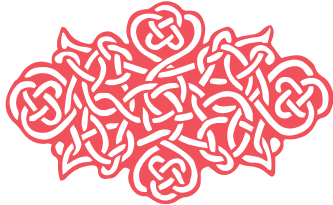
¶ **Immediately begin Lenten Week-day Vespers with Come, let us worship and Psalm 103. But if not, say the Dismissal:**

### Dismissal

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

Lord, have mercy. (3)

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



## LENTEN WEEKDAY VESPERS

¶ **If preceded immediately by the Ninth Hour and Typica, begin with Come, let us worship, on the next page.**

**But if not, say the usual beginning and the Trisagion Prayers:**

**T**HROUGH the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us. Amen.

Glory to you, our God, glory to you.

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

### The Trisagion Prayers

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

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

All-holy Trinity, have mercy on us. Lord, forgive our sins.

Master, pardon our iniquities. Holy One, visit and heal our infirmities for your Name's sake.

Lord, have mercy. (3)

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

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

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

Lord, have mercy. (12)

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

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



## MONDAY EVENING AT VESPERS

### Stichera at Lord, I Have Cried

#### TO THE LORD

From my youth, I have been wholly enslaved to the pleasures of the flesh, and have become a lodging of passions of the soul that tyrannize over me; while, with total lack of reason, Savior, I have despised your commandments. But, my Fashioner, who knows our weakness, who alone are without sin, give me pardon, O Compassionate, for the sins I have committed in ignorance and knowledge, in body and in mind from my youth, O only loving and most merciful.

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

well-pleased.

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

#### TO THE FORERUNNER

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

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

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

#### THEOTOKION

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

#### Aposticha

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

*✠ I have lifted my eyes...*

At your dread coming, O Christ, do not let us hear the

words: I do not know you; for we have put our hope in you, the Savior, even though we have not done your commands through our indifference: but spare our souls, we beg.

*✠ Have mercy on us...*

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

*✠ Glory ... Both now ...*

For the afflicted, transformation, and liberation for the ailing are you, O Virgin Mother of our God; save your City, save us all. To those embattled, you are peace; you are calm to those tossed by the tempest, the one Protection of the faithful.

## TUESDAY MORNING AT MATINS

### First Poetic Kathisma

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

*✠ Lord, do not rebuke me in your anger; nor chastise me in*

*your wrath.*

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

*✠ Glory ... Both now ...*

**T**he Son and Word of God, begotten of the Father before the ages without a mother, came forth from you in the latter times, incarnate of your pure blood, O Mother of God. Entreat him to grant us, before the end, remission of our sins.

### Second Poetic Kathisma

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

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

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

*✠ Glory ... Both now ...*

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

### Third Poetic Kathisma

**Y**ou have guided the people in the ways of life, O John, crying: Direct your hearts unto the Lord. Likewise, preserve my soul, which is abounding in sin. Smite with contrition our blind and hardened thoughts, and by your prayers, O Forerunner, deliver us from the Gehenna to come.

*✠ God is wonderful in his Saints, the God of Israel.*

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

*✠ Glory ... Both now ...*

**E**xceedingly great, O Mother of God, is the multitude of my

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

### Aposticha

**H**eal, O Savior, the sores of my heart that arise from my many sins. O Physician of souls and bodies, who pardon the faults of those who ask, grant me tears of repentance and give me remission of my debts, O Lord, and have mercy on me.

*✠ We have been filled ...*

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

*✠ And may the splendor ...*

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

*✠ Glory ... Both now ...*

**N**o one who flees to you returns in shame, O pure Virgin Mother of God, but all receive what they ask, insofar as it is suitable for them.

## TUESDAY EVENING AT VESPERS

### Stichera at Lord, I Have Cried

#### TO THE LORD

**G**od, in that you desire that all should be saved, look upon and see my prayer, and do not reject my tears as vain. For, who has ever approached you, falling down before you, and was not immediately saved? Who has ever cried out fervently to you, and was not immediately heard? For you, Master and Lord, are found swift to save all those who ask you, through your great mercy.

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

**L**ament, my soul, before your departure; fall down before the Creator in repentance; offer tears from your whole heart; cry out to Christ in compunction:

I have sinned against you, O Word; do not despise me, do not reject me, just Judge, nor send me away to fire, O Long-suffering, through your great mercy.

**TO THE MOTHER OF GOD**

The marriage feast of the heavenly Bridegroom has been prepared! cry the heralds. Why do you willingly delay, my black soul? Truly everything about you is filthy; your garments are those of sensuality; and so, how, O wretch, are you going to enter? Come, fall down, crying out before the end to her who did not know wedlock: Sprinkle me with the hyssop of your intercessions, pure Virgin; cleanse me and make me worthy of the bridal chamber, that I may magnify you.

With purity of mind, O holy all-pure Virgin, Isaiah foretold that you would give birth to the Maker of all creation. For you appeared from eternity as alone all-blameless. Therefore, I beg you: Purify my defiled heart and make me a partaker in the divine radiance of your Son, O Maiden, and of a place at his right hand, when, as it is written, he takes his throne to judge the whole world.

The Harlot, when of old she emptied out the alabaster jar

of sweet myrrh upon your feet, Master, was freed of all that she had done. The Thief was no sooner seen to remember you, than you led him at once into Paradise. But what shall I do, wretch that I am? I have no sweet myrrh, no compunction. Have mercy on me freely; show compassion for me, O Word, your immaculate Mother entertains, whom you have given to your world as a mighty refuge.

**THEOTOKION**

The judges of Israel condemned you to a judgment that carried death with it, my Son, standing you, Savior, who judge the dead and the living, before a tribunal as one to be judged; and they set you before Pilate and condemned you at trial. Ah, the lawless ones! And as I see it, I am wounded and condemned with you, O Lord. Therefore, I judge that to die is better than to live, cried the Mother of God with groans, O only Merciful.

**Aposticha**

Your Cross, Lord, is life and resurrection for your people, and trusting in it, we sing your praise, our God, who was crucified in the flesh. Have mercy on us.

*✠ I have lifted my eyes...*

Your Cross, Lord, opened Paradise to the human race, and freed from corruption, we sing your praise, our God, who was crucified in the flesh. Have mercy on us.

*✠ Have mercy on us...*

The Martyrs, Champions and citizens of heaven, having struggled on earth, endured many torments. At their intercessions and prayers, Lord, keep us all.

*✠ Glory ... Both now ...*

When she saw you crucified, O Christ, she who bore you cried out: What is the strange mystery I see, my Son? How are you, the Giver of life, hanged in the flesh, dying on a Tree?

**WEDNESDAY MORNING  
AT MATINS**

**First Poetic Kathisma**

As soon as the Wood of your Cross was set up, O Lord Christ, death was shaken to its foundations. For the One whom Hades swallowed greedily, it then spat out with trembling. You have shown us your salvation, O holy One, and we glorify you, O Son of God. Have mercy on us.

*✠ Exalt the Lord our God, and fall down before his footstool, for he is holy.*

The Jews condemned to death the Life of all. Those who

crossed the Red Sea by the rod of Moses, nailed you to the Cross. And those who sucked honey from the rock, gave you gall to drink. But you endured this by your own will, to free us from the bondage of the enemy. Glory to you, O Lord!

*✠ Glory ... Both now ...*

When the ever-virgin Mother who bore you saw you raised upon the Cross, a sword of grief pierced her soul and she wept as a mother. By her intercessions, O merciful Lord, have mercy on us.

**Second Poetic Kathisma**

Your Cross is hallowed, O Lord, for those who lay sick with sin are cured by it. Venerating it, we fall down before you; have mercy on us.

*✠ God is our King from of old; he has worked salvation in the midst of the earth.*

Today the saying of the prophets has been fulfilled. For, behold, we worship at the place upon which you feet have stood, O Lord; and having eaten of the Tree of salvation, we have obtained freedom from sinful passions at the prayers of the Mother of God, O only Lover of mankind.

*✠ Glory ... Both now ...*

As the Virgin saw you hanging

dead upon the Cross, the God whom she bore in the flesh, she cried out with lamentation: I am struck with wonder at your forbearance, my Son! How have they sentenced you and nailed you to the Cross, the just Judge and only Master?

### Third Poetic Kathisma

In Eden, the tree bore corruption for the ancestor of mankind; while in the Place of the Skull, the Tree of the Cross put forth the flower of life. For by the crucifixion of Christ, the wickedness of the enemy has been trampled underfoot, and Adam, crying: O blessed Cross! has found Paradise.

*¶ God is wonderful in his Saints, the God of Israel.*

Having fought with endurance the contest of suffering and obtained in exchange the prize of victory from you, the Saints made the plans of the tyrants of no effect and received crowns of incorruption. Grant us, O Lord, through them, your great mercy.

*¶ Glory ... Both now ...*

Pray to your Son, Christ our God, who willingly was crucified and set the world free from error, and entreat him, O Virgin Mother of God, to have mercy on our souls.

### Aposticha

In the Cross, I have obtained my hope, and exulting in it, I cry: O Lord, Lover of mankind, overthrow the arrogance of those who do not confess you as God and man.

*¶ We have been filled ...*

Protected by your Cross as by a rampart, we withstand the enemy, unafraid of his wiles and ambushes; for his pride has been brought down and trampled underfoot by the power of Christ, crucified upon the Wood.

*¶ And may the splendor ...*

The memory of the Martyrs is a great joy for those who fear the Lord; for in suffering for Christ's sake, they received the reward of crowns from him, and now intercede with boldness for our souls to be saved.

*¶ Glory ... Both now ...*

As the All-pure saw you hanging upon the Cross, she raised this cry: O my Son and my God, how do you endure shameful suffering, my sweetest Child?

### WEDNESDAY EVENING AT VESPERS

Stichera at Lord, I Have Cried

#### TO THE APOSTLES

Having received the heavenly power of the Paraclete, Christ's

Apostles routed the regiments of the foe. They rebuked kings, put the wise to shame; simple and unlettered, naked and unarmed, they were drawn up in accordance with the Gospel, while they worked deeds of wonder by the word of grace. And so, making the nations obedient to Christ, they intercede with boldness on behalf of our souls.

Your glorious Disciples, yearning after you and denying themselves, fervently followed you. Taking up the Cross behind you, in obedience to your command, they left the earth behind and obtained heaven as their portion, turning the nations to the true knowledge of you. And now, having become your subjects through all things, they ever intercede with boldness on behalf of our souls.

I pass my whole in indifference, Lord, supremely good, and have arrived fruitless before the end, wretch that I am, carrying only the burdens of evil deeds that are now hard to carry. Scatter them, Lover of mankind, with the weight of your mercy, and give me compunction and saving conversion, O God, at the acceptable and godly intercessions of your Apostles, whom I bring to in-

tercede with her who bore you.

#### TO SAINT NICHOLAS

Blessed Nicholas, help me as I fall before you, and enlighten the eyes of my soul, wise Saint, that I may see clearly the Giver of light, the Compassionate Lord.

Enemies are seeking me out to do me evil, holy Hierarch. Rescue me, as you have freedom of approach to God, save me from harm and deliver me from men of bloodshed.

With faith, we have now gained you, O Hierarch, as a haven without storms, an unbreachable wall, a tower of safety, a door of repentance and a faithful guide and champion.

#### THEOTOKION

The Virgin's giving birth without travail has clearly become for us the greatest of gifts, for God makes new again our nature that was corrupted and refashions what is human.

### Aposticha

When your Disciples were storm-tossed in the boat, O Christ, they shouted out: Teacher, save us, we are perishing! And now, we cry aloud: Savior, Lover of mankind, deliver us from our constraints, we beg!



✠ *I have lifted my eyes...*

Lord, the Apostles once grasped the depth of the sea through nets, later, the height of the Kingdom through teachings. By their skill, they searched the depth that cannot be grasped, while by their faith, they reached your bosom that cannot be circumscribed, and they proclaimed to the world your Son who is beyond time. At their intercessions, and those all the Saints, have mercy on us.

✠ *Have mercy on us...*

Your Cross, Lord, became for your Martyrs an invincible weapon. For they saw the death that lay before them, and looking forward to the life to come, they were given power by their hope in you. At their entreaties, have mercy on us.

✠ *Glory ... Both now ...*

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

#### THURSDAY MORNING AT MATINS

##### First Poetic Kathisma

As you were present in the midst of your Disciples, O Sav-

ior, and gave them peace; so, also, come to us and save us.

✠ *Their sound has gone out into all the earth; and their words to the ends of the world.*

Shedding the divine light upon earth by your wise teachings, O Apostles of the Savior, you have enlightened the world. And by the knowledge of God you have dispersed the dark belief of polytheism, causing the light of the Trinity to shine, and saving many peoples from the darkness of error.

✠ *Glory ... Both now ...*

Open the gate of compassion to us, blessed Mother of God; hoping in you, may we not fail. Through you, may we be delivered from adversities, for you are the salvation of the Christian race.

##### Second Poetic Kathisma

The memorial of your Apostles, O Lord, is like the Paradise in Eden; for it brings joy to all creation. At their prayers, grant us peace and your great mercy.

✠ *The heavens confess your wonders, Lord; and your truth in the Church of the Saints.*

The twelve Apostles, O Lord, appeared on earth like a sun with twelve rays; for, through them, you have made the mischief of error to wither.

Through them, you shine upon the souls of your servants; through them, O compassionate Lord, we ask you to save us.

✠ *Glory ... Both now ...*

Holy Lady and pure Mother of our God who gave birth inefably to the world's Creator, together with the holy Apostles, pray to him daily to deliver us, of his goodness, from passions, and to grant us the remission of our sins.

##### Third Poetic Kathisma

Filling their boats, using the net of the Faith, the Fishers of men drew up from the abyss of error all those whom they offered to God as worshipers, to magnify him forever.

✠ *God is wonderful in his Saints, the God of Israel.*

The memorial of your Martyrs, O Lord, is like the Paradise in Eden; for it brings joy to all creation. At their prayers, grant us peace and your great mercy.

✠ *Glory ... Both now ...*

Standing in the temple of your glory, we think ourselves in heaven, O Mother of God. You are the gate of heaven; so open unto us the door of your mercy.

##### Aposticha

Wisely calming the storm of demonic error and ending

it in tranquility, O Apostles of Christ, you have guided the whole world unto the Orthodox Faith. Pray now in behalf of our souls.

✠ *We have been filled ...*

Let us, the faithful, rightly honor in song the memory of the most wise Apostles of Christ our God, for they preached faith in the Trinity to the world.

✠ *And may the splendor ...*

In his chosen Saints, our God has done wondrous things. All you servants of his, be glad and rejoice with exceeding joy, for he has prepared for you his crowns and his Kingdom; and we entreat you not to forget us.

✠ *Glory ... Both now ...*

Pure Virgin, Mother of God, you have been deemed worthy of great gifts of grace, for you have given birth in the flesh to Christ, the Giver of life, the Salvation of our souls, and one of the Trinity.

#### THURSDAY EVENING AT VESPERS

Stichera at Lord, I Have Cried

##### TO THE CROSS

My God, long-suffering, loving mankind, merciful and compassionate, how did you endure slaughter and death on

a Tree for the sake of the human race? We glorify your compassion.

You endured blows, crucifixion and abuse, O long-suffering and only Giver of life, wishing to redeem all from the hand of the deceiver, and you bear all things, O supremely Good.

As Shepherd, you ascended the Cross and stretched out your hands, crying out: Come to me and be enlightened, mortals darkened by deception, for I am Light. Glory to you, only Giver of light.

#### TO THE MOTHER OF GOD

O Virgin, set upright my soul, bowed down and bent double by the heavy and unbearable weight of offenses. For with your motherly boldness you can easily persuade the Savior, who sets upright those who are broken down. And by your mediation, tear up the record of my sins through your great mercy.

Behold the one who is condemned by sins, ruined by iniquities, who has despised the commands of God, and do not cast me from your presence. For you, Mother of God, are my hope and defense. Therefore, by your intercessions, attend to me; cleanse me of every stain

through your great mercy.

Open to me the door of repentance, all-holy Virgin. Give me a fount of tears; grant me compunction and a temperate heart, for I name you my only sure defense. I place on you all my expectation. Do not reject me in my shame, but accept me and save me, Sovereign Lady, through your great mercy.

#### THEOTOKION

The all-pure Virgin, seeing you nailed to the Tree, cried aloud: My Son and God, what is this strange and marvelous report of you, that you endure through your great compassion?

#### Aposticha

Your Cross, O Lord, is life and assistance for your people. And trusting in it, we sing your praise, our God crucified in the flesh. Have mercy on us.

*✠ I have lifted my eyes...*

Your Cross, O Lord, has opened Paradise to the human race. And, saved from corruption, we sing your praise, our God crucified in the flesh. Have mercy on us.

*✠ Have mercy on us...*

Your Martyrs, O Lord, did not deny you, they did not desert your commandments. At their prayers, have mercy on us.

*✠ Glory ... Both now ...*

The Virgin once stood with the virgin Disciple by the Tree at the time of the crucifixion, and weeping, she cried out: Alas, how you suffer all things, O Christ, who are dispassion!

#### FRIDAY MORNING AT MATINS

#### First Poetic Kathisma

Today the saying of the prophets has been fulfilled. For, behold, we worship at the place upon which you feet have stood, O Lord; and having eaten of the Tree of salvation, we have obtained freedom from sinful passions at the prayers of the Mother of God, O only Lover of mankind.

*✠ Exalt the Lord our God, and fall down before his footstool, for he is holy.*

As soon as the Wood of your Cross was set up, O Lord Christ, death was shaken to its foundations. For the One whom Hades swallowed greedily, it then spat out with trembling. You have shown us your salvation, O holy One, and we glorify you, O Son of God. Have mercy on us.

*✠ Glory ... Both now ...*

Beholding the Lamb who was made flesh of your pure blood,

O only pure Mother of God and Virgin, you cried out in bitter tears to him as he hung by his own will upon the Cross: My long-suffering Son, I praise your work of salvation.

#### Second Poetic Kathisma

Your Cross is hallowed, O Lord, for those who lay sick with sin are cured by it. Venerating it, we fall down before you: have mercy on us.

*✠ God is our King from of old; he has worked salvation in the midst of the earth.*

The Jews condemned to death the Life of all. Those who crossed the Red Sea by the rod of Moses, nailed you to the Cross. And those who sucked honey from the rock, gave you gall to drink. But you endured this by your own will, to free us from the bondage of the enemy. Glory to you, O Lord!

*✠ Glory ... Both now ...*

Standing beside the Cross, the Virgin Mother of the ineffable One, who gave birth to him painlessly in the flesh, cried aloud, suffering as a mother: I cannot bear to see you put to death, hanging upon the Cross, the Giver of breath to all those who live upon the earth, O my Son and my God.

**Third Poetic Kathisma**

You are the destroyer of demons, the healer of the sick, the strength and guardian of the faithful, the victory of kings, the true pride of the Orthodox, the support of the Church of Christ: O Cross, be our assurance, our safeguard, and our rampart, O blessed Wood.

*✠ God is wonderful in his Saints, the God of Israel.*

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

*✠ Glory ... Both now ...*

Most holy Mother of God, during the whole of my life never forsake me, nor abandon me to human protection; but be yourself my Protectress and save me.

**Aposticha**

In the Cross I have obtained my hope, and exulting in it I cry: O Lord, Lover of mankind, overthrow the arrogance of those who do not confess you as God and man.

*✠ We have been filled ...*

Protected by your Cross as by a rampart, we withstand the enemy, unafraid of his wiles and

ambushes; for his pride has been brought down and trampled underfoot by the power of Christ, crucified upon the Wood.

*✠ And may the splendor ...*

Today the whole creation keeps festival, O Lord; men on earth rejoice with the Angels in heaven in memory of your Martyrs. By their intercessions, have mercy on us.

*✠ Glory ... Both now ...*

In my humanity I have been nailed to the Cross, put to death and laid lifeless in the tomb; but as God I will rise again in glory on the third day, O my pure Mother and Virgin.

**FRIDAY EVENING  
AT VESPERS**
**Stichera at Lord, I Have Cried****TO THE LORD**

Deliver me from Gehenna that awaits me, Judge most just; take me, who am condemned, from the everlasting fire; show me, O Word, to be impregnable to the hostile tempest. Wretch that I am, I tremble when I consider the multitude of my faults, and I fall before you with tears and a broken heart as I ask your mercy.

Who would not weep for me, who have transgressed my Mas-

ter's commandment through lack of self-mastery; who dwell in Hades instead of Paradise? Food that seemed to me sweet was turned to gall. I have been shown to be a stranger to your glory, O Compassionate, and to the Angels. But make me repentant, as you are a Lord who is merciful and compassionate, because of your great mercy.

Giver of life, set all those who have fallen asleep in faith in the land of the living, in places of repose, in eternal dwellings, where the light of your face shines out ungrudgingly, where the delight and joy and peace of the Just are found, overlooking all their faults in deed, word and thought, Master, through your great goodness.

**TO THE MARTYRS**

Those who bore witness to you, O Christ, endured many torments, and received the crown of perfection in heaven, that they might intercede on behalf of our souls.

The Martyrs, champions and citizens of heaven, endured many torments as they struggled on earth. At their prayers and entreaties, Lord, protect us all.

Your Cross, Lord, became an invincible weapon for the Martyrs. For they saw the death

that awaited them, and looking to the life to come, they were empowered by their hope in you. At their intercessions, have mercy on us.

**Dogmaticon**

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

**Aposticha**

Your Martyrs, Lord, did not deny you, they did not abandon your commandments. At their prayers, have mercy on us.

*✠ Blessed are those whom you have chosen and taken, O Lord.*

Your command, which fashioned me, was my beginning and my substance; for wishing to compose me as a living creature from visible and invisible natures, you molded my body from the earth, but gave me a soul by your divine and life-giv-

ing breath. Therefore, O Christ, give rest to your servants in the land of the living, in the tents of the Just.

*✠ Their souls shall dwell among good things.*

Tasting of the tree in Eden of old decreed pain for Adam, when a serpent vomited poison, for, through it, death entered and devoured the whole human race. But the Master came, destroyed the dragon and granted us resurrection. To him, let us cry: Savior, spare, too, those whom you have taken, and give them rest with the Just.

*✠ Glory ... Both now ...*

At the prayers of her who gave you birth, O Christ, those of your Martyrs, Apostles, Prophets, Hierarchs, Venerable and Just ones, and all your Saints: give rest to your servants who have fallen asleep.

## SATURDAY MORNING AT MATINS

### First Poetic Kathisma

The tyrants furiously attacked the Martyrs as so many athletes exercising in the stadium. The angelic Choirs prepared crowns of victory for them; their wisdom astonished the tyrants and kings, and confessing Christ, they overcame the devil. As the

One who strengthened them, O Lord, glory to you.

*✠ Many are the afflictions of the just, but the Lord will deliver them from them all.*

Having fought the good fight, the Saints received from you the prize of victory for endurance in the contest, and despising the sentence of the ungodly, they received crowns of immortality. By their prayers, O God, grant us your salvation.

*✠ Glory ... Both now ...*

You, who called your Mother blessed, came to the Passion by your own will; shining by the Cross, wishing to seek out Adam, saying to the Angels: Rejoice with me, for the drachma that was lost is found. You, the wise disposer of all things, glory to you!

### Second Poetic Kathisma

The memorial of your Martyrs, O Lord, recalls the Paradise that was in Eden, for in it, the whole creation rejoices. Therefore, O Lord, by their intercessions, grant us peace and salvation.

*✠ God is wonderful in his Saints, the God of Israel.*

Truly everything is vanity, and life is but a shadow and a dream. Every earth-born mortal troubles himself in vain, as Scripture says. When we have gained the

whole world, then we shall depart to the tomb, where kings and beggars dwell together. Therefore, Christ our God, give rest to your departed servants in your love for mankind.

*✠ Glory ... Both now ...*

Powerful protectress and refuge of mortals, Mother of God and Virgin Mary, who gave birth in time to the timeless Son and Word of God; as a Mother, pray him ceaselessly, with the Prophets, Martyrs, and holy Monastics, to save the faithful departed.

### Stichera at Lauds

All creation keeps festival: heaven with her Angels greatly rejoices; the earth with mankind makes glad in the memory of your Saints, O Lord. By their prayers, have mercy on us.

If we did not have your Saints as intercessors, O Lord, and your goodness that seeks after us, how should we dare to praise you, O Savior, whom Angels hymn ceaselessly?

The memorial of the Martyrs is an exceeding joy to those who fear the Lord. Having suffered for the sake of Christ, they received from him crowns in reward, and they now intercede boldly for our souls.

Our God has done wondrous things in his chosen and holy

ones. Make glad and rejoice with exceeding joy, all you servants of his, for he has prepared crowns for you in reward, and now they intercede boldly for our souls.

*✠ Glory to the Father...*

Your command which fashioned me was my beginning and my substance; for, wishing to compose me as a living creature from visible and invisible nature, you molded my body from the earth, but gave me a soul by your divine and life-giving breath. Therefore, O Christ, give rest to your servants in the land of the living, in the tents of the Just.

*✠ Both now and forever...*

You are our God, who creates and fills all things with wisdom. O Christ, you have sent Prophets to prophesy your coming, and Apostles to proclaim your goodness. The former foretold your advent, while the latter enlightened the nations by baptism, and the Martyrs found that which they desired. Together with your Birth-giver, their choirs pray to you: Give rest, O Lord, to the souls you have taken unto yourself, and make us worthy of your Kingdom, who have endured for us the condemnation of the Cross, our Redeemer and our God.



**Tone 6**

The voice of your efforts have gone out into all the world, O holy Fathers. For this, you have found the reward for your labors in heaven; you have destroyed the armies of the demons and have reached the ranks of angels, whose lives you have blamelessly imitated. Having boldness with the Lord, obtain peace for our souls.

**Kontakion. Tone 8**

As Teachers of virtues and the greatest of Hierarchs, the Church glorifies you, singing: Through your invincible intercessions, grant us who honor you growth in virtue and deliverance from temptations.

**Ikos**

O holy Hierarchs, you have appeared as rivers of piety which have filled the earth with the streams of your dogmas; with clouds of miracles, you have washed away the filth and have worthily inherited the nourishing stream. As we gather to honor your holy memory today with hymns, we cry out in faith: Through your invincible intercessions, grant us who honor you growth in virtue and deliverance from temptations.

**Katavasiae**

¶ **Sing the Seasonal Katavasiae as directed on pages I–II.**

**Exapostilarion. Tone 3**

Let us praise the God-bearing Fathers as radiant beyond sunbeams, lamps of the Trinity, the Origin of light and triple-rayed Unity supernaturally co-mingled.

**Theotokion. Tone 3**

We bless you with ceaseless hymns, O Virgin Mother of our God, for having conceived in your womb one of the Trinity, you have carried in your divine arms the changeless, pre-eternal Word.

**Lauds. Tone 6**

Through the Apostles and Hierarchs, grace has overcome, the Faith is strengthened, everything is filled with the knowledge of God, and we are enriched with salvation. (2)

You have made your Hierarchs wonderful through the heavenly mysteries and human teaching, O Lord, combining graces with corrections that must overcome every heresy.

Let the most wise Teachers of the universe be magnified today, for they have glorified God

by word and deed on earth, and have proclaimed salvation to all.

**Doxasticon. Tone 6**

Good and faithful servants, tireless workers in the vineyard of Christ who have endured the day's burden, you have increased the talent given you without begrudging those who followed you. Therefore, heaven's gate was opened to you, and having entered into the joy

of Christ the Master, pray for us, O holy Hierarchs.

**Theotokion. Tone 6**

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

¶ **The Great Doxology.**

**TO A MALE ASCETIC****AT VESPERS****Lord, I Have Cried. Tone 4**

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

Through self-mastery and brief supplication, you made the passions of the body wither, and you suffocated the crafty serpent with showers of tears, blessed and inspired Father, and you were exceedingly well-pleasing to God. Therefore, Jesus, the Lover of man-

kind and Savior of our souls, adorned you with heavenly gifts of grace.

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

**Doxasticon. Tone 6**

Having preserved the image of God, and set your mind as master over the passions through fasting, you have ascended to that which is in the

likeness of God. Having manfully constrained your nature, you have striven to subdue the lower to the higher, and to make your flesh a slave to the spirit. Thus you have become an instructor of ascetics, a teacher of good living, a most certain rule of virtue. And now in the heavens, no longer seeing through a dark glass, you behold the Trinity clearly, O Father, and you pray for those who honor you in faith and love.

#### *Dogmaticon. Tone 6*

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

#### Readings

¶ The same readings as for a Prophet, pages 585-587.

#### *Aposticha. Tone 1*

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

✠ *Precious in the sight of the Lord is the death of his Saint.*

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

✠ *Blessed is the man who fears the Lord.*

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

#### *Doxasticon. Tone 8*

We honor you, Father, as a teacher of ascetics, for we have truly learned to walk straight in your path. You are blessed, having labored for Christ and laid bare the might of the enemy.

Friend of Angels and companion of the holy and righteous, together with them, pray to the Lord that he may save our souls.

#### *Theotokion. Tone 8*

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

#### *Apolytikion. Tone 8*

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

#### *Theotokion. Tone 8*

You were born for us from a Virgin and endured crucifixion, loving Lord; by your death you despoiled Death and revealed resurrection as God; do not despise those whom you fashioned with your own hand; show us your compassion, O

Merciful; accept the Mother of God who bore you as she intercedes for us, and save, our Savior, a people in despair.

#### AT MATINS

#### *First Poetic Kathisma. Tone 4*

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

✠ *Glory ... Both now ...*

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

#### *Second Poetic Kathisma. Tone 5*

Let us praise in song the Ascetic of the Lord, for by abstinence and patience, he extinguished all the assaults of passions, putting to shame the prideful adversary. O Father, pray to the Lord that our souls may be saved.

✠ *Glory ... Both now ...*

The awesome wonder of conception and indescribable childbirth that came through

you, O Ever-virgin, frighten my spirit and excite my mind with wonder. Your glory, O Mother of God, has reached everywhere to the salvation of our souls.

### Third Poetic Kathisma. Tone 1

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

✠ *Glory ... Both now ...*

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

### Prokeimenon Before the Gospel. Tone 4

✠ Precious in the sight of the Lord is the death of his Saint.

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

### Gospel

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

### After Psalm 50. Tone 2

✠ *Glory to the Father...*

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

✠ *Both now and forever...*

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

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

### Tone 6

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

### Kontakion. Tone 2

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

### Ikos

Having formed a loving attachment to the divine com-

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

### Katavasiae

✠ *Sing the Seasonal Katavasiae as directed on pages I-II.*

### Exapostilarion. Tone 3

You have flourished as David's palm and appeared as the Spirit's abode, for he made you known in all the world. O holy Father, pray for us who honor in faith your memory.

### Theotokion. Tone 3

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

### Lauds. Tone 6

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

Your celebrated memorial shines for us today, O most glorious Father; the festival calls together the multitudes of ascetics and choirs of monastics, the angelic Ranks and all mankind, to praise Christ God, worshiped in the Trinity. Approaching the shrine of your relics, we receive abundant gifts of healing and glorify Christ, the Savior of our souls, who crowned you.

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

*Doxasticon. Tone 2*

From youth you diligently studied virtue, becoming an instrument of the Holy Spirit; and having obtained from him the power to work miracles, you taught the people to shun the sweet things of life. As you now shine with the divine

Light, enlighten also our minds, O Father.

*Theotokion. Tone 2*

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

¶ *The Great Doxology.*

## TO SEVERAL MALE ASCETICS

### AT VESPERS

*Lord, I Have Cried. Tone 8*

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

Holy Fathers, most honorable! You have entered the chariot with your virtues, ascending to God to receive the honors of your victory. But you have left us your relics, placed in the graves, as a favor, to pour out healings and to drive out demons. For this we bless you, O most-praised ones.

You were united to the choirs of Ascetics, having been adorned with the life of fast-

ing. Now, O blessed ones, you joyfully dwell in the heavenly mansions where Angels rejoice, and you are truly deified with the divine light. Remember us who bless you with love and celebrate your holy festival.

*Doxasticon. Tone 6*

Holy Fathers, the word of your struggles has spread throughout all the inhabited world. In heaven you have found the reward of your labors; you destroyed the armies of the demons and have reached the orders of the Angels, whom you have perfectly emulated in your life. Having boldness with Christ God, obtain peace for our souls.

*Dogmaticon. Tone 6*

Who will not call you blessed, all-holy Virgin? Who will

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

### Readings

¶ *The same readings as for a Prophet, pages 585-587.*

*Aposticha. Tone 4*

Having put on Christ, as men wise in God, you have put off the corruption of the old man. Being ever enlightened with spiritual grace, you have shone in the world as luminous stars, and you pray for the deliverance from corruption and dangers of all those who celebrate your honorable memory in faith.

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

You now enjoy the banquet, enrobed in light in the inheritance of eternal life. Deliver us who run to you from dangers, various temptations and every affliction, for as wise ones in

God, you have boldness with him, and you show love truly like unto that of Christ himself.

¶ *Blessed is the man who fears the Lord.*

All-wondrous God-bearers, champions of the Trinity! Having equipped yourselves for the struggle against the prince of this world with manly wisdom, you have put him down with a firmly united front and obtained the crowns of victory. And we, enlightened by grace, celebrate your divine and illustrious memory.

*Doxasticon. Tone 8*

Holy Fathers, you hated the dainties and food of this world, conceiving a greater love for the monastic life. By this, you became associates of the Angels, and as radiant lamps you shine in the universe as a second sun. But do not forget us who celebrate your sacred memory, for we are your children and the sheep of your pastoral teaching. We call on you for help, imploring, that, through you, we may obtain peace and great mercy.

*Theotokion. Tone 8*

Virgin without bridegroom, who ineffably conceived God, accept the supplications of your



servants, all-spotless Mother of God Most High, who grant to all cleansing from faults, now receive our entreaties and beg that we may all be saved.

#### Apolytikion. Tone 4

God of our Fathers, ever dealing with us according to your kindness, do not take your mercy from us, but by their intercessions guide our lives in peace.

#### Theotokion. Tone 4

The mystery hidden from all eternity and unknown to Angels has been revealed to those on earth through you, O Mother of God: God being made flesh in a union without confusion, and willingly accepting the Cross for us, through which he raised the first-formed man and saved our souls from death.

### AT MATINS

#### First Poetic Kathisma. Tone 4

As the brightest lamps of the truth of Christ, O God-spoken Fathers, you have enlightened the world with your teaching. Having destroyed the heresies of the wicked blasphemers, you have extinguished the flames of false teaching. Therefore, you enlighten all as the chosen ones of Christ.

*✠ Glory ... Both now ...*

All-pure Virgin who gave birth to the pre-eternal God, together with the holy Fathers, unceasingly pray to him that he might grant forgiveness of sins and improvement of life before we reach our end, as we dutifully praise you in faith and with love, O only all-praised one.

#### Second Poetic Kathisma. Tone 8

For the sake of Christ, you renounced the flesh and have appeared as spiritual leaders, for you have heeded the words of the mystical teaching. To ascetics, you are the rule of righteousness, having subdued all the passions by force. Having also destroyed to the end the schemes of the demons, O God-bearing Fathers, we beg you to pray to God for the remission of our sins as we honor your holy memory with love.

*✠ Glory ... Both now ...*

Behold, all generations glorify you as you foretold, O Maiden, for you were the palace of the Maker of all and a divine temple in which the Most High has dwelt and put on flesh, that he might save us.

#### Third Poetic Kathisma. Tone 8

O blessed ones, when you focused your minds on the desire of God, you discarded all

the burdensome sophistries. When you made your home in the wilderness, you flourished with good deeds as beautiful lilies, rooting out the thorns and planting the fruits of your labors. Having therefore reaped a rich harvest in heaven that can never be taken away, pray to Christ God, O holy Fathers, to grant forgiveness of sins to those who honor your holy memory in faith.

*✠ Glory ... Both now ...*

Because of you, O full of grace, all creation rejoices: the ranks of Angels and the human race; hallowed temple and spiritual Paradise, pride of virgins; from you God was incarnate, and he who is our God before the ages became a little Child. For he made your womb a throne and caused it to become wider than the heavens. Because of you, O full of grace, all creation rejoices; glory to you.

#### Prokeimenon Before the Gospel. Tone 4

*℟* Precious in the sight of the Lord is the death of his Saints.

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

#### Gospel

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

#### After Psalm 50. Tone 2

*✠ Glory to the Father...*

*℟* Through the prayers of the Saints, O Merciful One, blot out the multitude of my transgression.

*✠ Both now and forever...*

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

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

#### Tone 6

Let us honor the great Fathers who are Angels on earth and men of God in heaven, beautiful ornaments of the world, adornment of shepherds and praise of monks. Planted in the house of the Lord, they flourished in virtue, and as cedars have multiplied in the wilderness the flock of Christ's rational sheep in holiness and righteousness.

#### Kontakion. Tone 2

Passing through a multitude of waves with dry feet, in the streams of your tears you drowned your bodiless enemies, O Saints, wise in God, and have received the gift of miracles. Never cease to pray for us all!



## HOLY WEEK

### PALM SUNDAY

#### SATURDAY EVENING AT VESPERS

Lord, I Have Cried. Tone 6

¶ Sing to ten verses.

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

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

Let us, too, all the new Israel, the Church from the nations,

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

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

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

#### *Doxastica. Tone 6*

¶ *Glory to the Father...*

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

¶ *Both now and forever...*

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

¶ *The usual Saturday Evening Prokeimenon. Then:*

#### Readings

Genesis 49:1-2, 8-12

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

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

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

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

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

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

**Zephaniah 3:14-19**

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

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

#### **Zechariah 9:9-15**

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

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

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

#### **Aposticha. Tone 8**

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

*Ψ From the mouth of babes and sucklings you have made sure of praise.*

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

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

*Ψ Lord, our Lord, how wonderful is your Name in all the earth!*

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

#### **Doxastica. Tone 6**

*Ψ Glory to the Father...*

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

*Ψ Both now and forever...*

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

#### **Apolytikion. Tone 1**

Assuring us before your Passion of the general Resurrec-

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

#### **Another Apolytikion. Tone 4**

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

#### **SUNDAY MORNING AT FESTAL MATINS**

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

#### **First Poetic Kathisma. Tone 4**

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

pleased. O Word, who have disposed all things for our good, glory to you!

*✠ Glory ... Both now ...*

By raising Lazarus, dead for four days, from the grave, Lord, you taught all to cry out to you with palms and branches: Blessed are you who come!

### Second Poetic Kathisma. Tone 4

Over your friend, O Christ, you mystically shed tears and raise from the dead Lazarus who had died. By this, you showed your compassion in your love for mankind. When they learned of your coming, the multitudes of infants went out today, holding palms in their hands, crying out to you: Hosanna! Blessed are you, for you have come to save the world.

#### Tone 1

*✠ Glory ... Both now ...*

Peoples and nations, give praise with one accord. For the King of the Angels has now mounted the colt and is coming willingly to smite his foes by the Cross as All-powerful. Therefore, the children, too, with palms, shout the hymn: Glory to you, the Conqueror who has come! Glory to you, Christ Savior! Glory to you, our God, alone blessed!

### Third Poetic Kathisma. Tone 8

He who sits on the throne of the Cherubim and on the colt for our sake, and has come to his voluntary Passion, hears today the children crying out: Hosanna! and the crowds replying: Son of David, hasten to save those whom you fashioned, blessed Jesus. For this you have come, that we may know your glory.

*✠ Glory ... Both now ...*

He who sits on the throne of the Cherubim...

### Prokeimenon Before the Gospel. Tone 4

*✠* From the mouth of babes and sucklings you have made sure of praise.

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

### Gospel

The Holy Gospel according to Matthew. (21:1-11, 15-17; §83)

### After Psalm 50. Tone 2

*✠ Glory to the Father...*

*✠* Today Christ enters the Holy City seated on a colt, abolishing the wicked folly of the nations, that had been left dry and barren of old.

*✠ Both now and forever...*

*✠* Today Christ enters the Holy City seated on a colt, abol-

ishing the wicked folly of the nations, that had been left dry and barren of old.

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

#### Tone 6

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

### Kontakion. Tone 6

Mounted on the throne in heaven, Christ God, and on the colt on earth, you accepted the praise of the Angels and the hymn of the children who cried to you: Blessed are you who come to call back Adam!

### Ikos

You chained Hades and killed death, O Immortal One, and now the little children with palm branches loudly praise you as the Victor, O Christ, crying out to you: Hosanna to the Son of David! No longer will infants be killed because of the Child of Mary; but for the sake of all, infants and elders, you alone are crucified. No longer will be sword be turned against

us, for your side is pierced by a spear. Therefore, we cry out with joy: Blessed are you who come to call back Adam!

### Katavasiae. Tone 4

**1.** The springs of the abyss appeared bereft of liquid, and the foundations of the stormy sea were revealed, for by your command, you rebuked its fury, but saved your chosen people as they sang a song of victory to you, O Lord.

**3.** The Israelite people drew water from solid rock, at your command becoming a flowing stream. You are the Rock and Life, O Christ, on which the Church has been established as she cries: Hosanna! Blessed are you who come.

**4.** Christ, who comes manifestly as our God, will come and will not delay from a mountain overshadowed by forest, a Maiden who gives birth without knowledge of man, said the Prophet of old. Therefore, let us all cry out: Glory to your power, O Lord!

**5.** You that bring good tidings to Zion, go up onto a mountain, and you that preach to Jerusalem, lift up your voice with strength. Glorious things have been said of you, City of God. Peace upon Israel and salvation



to the nations.

**6.** The spirits of the Just cried out in joy: Now the new covenant is being granted to the world. And let a people be made new through sprinkling with divine Blood.

**7.** You saved the children of Abraham in the fire and slew the Chaldeans who had plotted unjustly against the just, O Lord, highly exalted and God of our Fathers, blessed are you.

*¶ We praise, bless and worship the Lord...*

**8.** Rejoice, Jerusalem, and keep festival, all who love Zion. For the Lord of Powers, who reigns over the ages, has come. Let the whole earth stand in reverence before his face, and let it cry aloud: All you his works, praise the Lord.

*¶ In place of the Song of the Mother of God, the Ninth Ode:*

### *Ninth Ode*

The Lord is God and has appeared to us. Together celebrate a feast, and rejoicing, come, let us magnify Christ with palms and branches as we cry out in hymns: Blessed is he who comes in the Name of the Lord, our Savior.

*¶ Glory to you, our God. Glory to you.*

**Nations, why did you rage? Scribes and priests, why did you meditate vain things, saying: Who is this, to whom children, with palms and branches, shout aloud with hymns: Blessed is he who comes in the Name of the Lord, our Savior?**

*¶ Glory to you, our God. Glory to you.*

**This is our God, and there is none like him. He has found out every just way, and given it to Israel his beloved. But after this, he appeared and lived among mankind. Blessed is he who comes in the Name of the Lord, our Savior.**

*¶ Glory ... Both now ...*

**Disobedient people, why do you put stumbling blocks for us on the path? Your feet are swift to shed the blood of the Master. But he will arise to save all those who cry: Blessed is he who comes in the Name of the Lord, our Savior.**

*¶ And again:*

**The Lord is God and has appeared to us...**

*¶ There is no Exapostilarion. Only Holy is the Lord our God is sung, three times.*

### *Lauds. Tone 4*

*¶ Sing to six verses.*

**A very great crowd, Lord, spread their garments in the way, while others cut down branches from the trees and carried them. Those who went ahead and those who followed cried out, saying: Hosanna to the Son of David! Blessed are you who came, and who are coming again, in the Name of the Lord. (2)**

**As you were about to enter the Holy City, Lord, the people were carrying branches of trees as they hymned you, the Master of all things, seeing you seated on the colt, as though they beheld you on the Cherubim. And, therefore, they cried out: Hosanna in the highest! Blessed are you who came, and who are coming again, in the Name of the Lord. (2)**

**Come forth, you nations, and come forth, you peoples, and look today on the King of Heaven on a humble colt as on a lofty throne, treading the path to Jerusalem. Faithless and adulterous generation of the Jews, look on the one whom Isaiah saw, who has come for our sake in flesh. See how he weds the new Zion, for she is chaste and rejects the syna-**

**gogue that is condemned. As at a marriage that is incorrupt and undefiled, the undefiled and innocent children run together as they sing his praise. As we raise the song with them, let us cry aloud the Angels' song: Hosanna in the highest to him who has great mercy!**

**Before your voluntary Passion, Christ God, foreshadowing the general Resurrection for the assurance of all, in Bethany, you raised Lazarus, dead for four days, by your mighty power, and as Giver of light, gave sight to the blind, O Savior. And with your Disciples, you entered the Holy City, seated, as though riding on the Cherubim, on the colt of an ass, so fulfilling the preaching of the Prophets. And the children of the Hebrews, with branches and palms, went out to meet you. Therefore, we also, carrying branches of olive and palms, cry out to you with thanksgiving: Hosanna in the highest! Blessed is he who comes in the Name of the Lord!**

### *Doxasticon. Tone 6*

*¶ Glory ... Both now ...*

**Six days before the Passover, Jesus came to Bethany and his Disciples approached him, saying: Lord, where do you wish**

us to prepare for you to eat the Passover? But he sent them, saying: Go to the village opposite, and you will find a man carrying a pitcher of water. Follow him and say to the master of the household: The Teacher says: I am celebrating Passover with you along with my Disciples.

¶ **The Great Doxology.**

### AT VESPERS

¶ **Follow the order of Lenten Weekday Vespers.**

#### Lord, I Have Cried. Tone 8

Rejoice and be glad, city of Zion; exult and be joyful, Church of God. For see, your King has come with justice, seated upon a colt, praised by children: Hosanna in the highest! Blessed are you, who have great compassion. Have mercy on us. (2)

Today, the Savior came to the city of Jerusalem to fulfill the Scripture. And all took palms in their hands, spread their garments before him, knowing that he is our God, to whom the Cherubim cry without ceasing: Hosanna in the highest! Blessed are you, who have great compassion. Have mercy on us. (2)

Loving Lord, who ride on

the Cherubim and are praised by the Seraphim, you mounted, like David, on a colt. And children sang your praise in a manner fitting God. Jews unlawfully blasphemed you. Your sitting on a colt prefigured how the untamed nations were being changed from unbelief to faith. Glory to you, O Christ, who alone are merciful and love mankind. (2)

ψ *Glory to the Father...*

Rejoice and be glad...

ψ *Both now and forever...*

Loving Lord...

#### Aposticha. Tone 2

From palms and branches, as we pass from divine Feast to divine Feast, let us believers make haste together to the solemn and saving celebration of the Sufferings of Christ. Let us look upon him as he undergoes voluntary suffering for our sake, and let us raise a fitting hymn of thanksgiving to him, as we cry out: Source of compassion and Harbor of salvation, Lord, glory to you!

#### Tone 3

ψ *Sing to the Lord a new song, for he has done marvelous things.*

It is a fearful thing to fall into the hands of the living God. He

is the Judge of the thoughts and meditations of the heart. Let no one enter, putting the unblemished Faith on trial. But with meekness and fear, let us draw near to Christ, that we make receive mercy and find grace for timely help.

#### Tone 7

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

Evil and adulterous Synagogue, who did not keep faith with your own husband, why do you hold fast to the covenant to which you were not heir? Why do you make the Father your boast, since you have rejected the Son? You did not accept the Prophets when they proclaimed the Son. Be ashamed in front of your own children as they shout: Hosanna to the Son of David. Blessed is he who comes in the Name of the Lord.

#### Doxasticon. Tone 2

ψ *Glory to the Father...*

From palms and branches...

#### Another Doxasticon. Tone 3

ψ *Both now and forever...*

It is a fearful thing...

¶ **And the rest of Lenten Weekday Vespers as on the previous Sunday evenings.**

## HOLY MONDAY

### AT MATINS

¶ **Lenten Weekday Matins is used, but with sung Lauds.**

#### Apolytikion. Tone 8

Behold, the Bridegroom comes in the middle of the night, and blessed is that servant whom he finds watching; but unworthy is the one whom he finds slothful. Take care then, my soul, not to be overcome with sleep, lest you be given up to death, and be shut out of the kingdom; but rouse yourself and cry: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us. (3)†

#### First Poetic Kathisma. Tone 1

The present day makes the holy Sufferings dawn for the world like saving lights; for Christ, in his goodness, is hastening to suffer; he who holds the universe in the hollow of his hand accepts to be hung upon a Tree to save mankind.

#### Second Poetic Kathisma. Tone 1

Invisible Judge, how have you been made visible in flesh

† **Or three times with the daily endings as given at Lenten Weekday Matins, page 193.**

### Fifth Prayer of Saint Macarius

**L**ORD God of Powers, you receive from the Powers of heaven the thrice-holy hymn. Now receive also from me, your unworthy servant, this midnight song, and grant that I may glorify you every year and hour of my life: the Father, Son and Holy Spirit, now and forever, and to the ages of ages. Amen.

### Prayer of Saint Basil the Great

**L**ORD of Powers, the God of the bodiless Powers and of all flesh, you dwell in the highest and care for the humble, searching our hearts and knowing their affections, clearly foreknowing our secrets. You are the eternal and everlasting Light, and there is no change or shadow of moving with you. Immortal King, receive our prayers which we now offer with unclean lips, trusting in your great mercy. Forgive all our sinful thoughts, words, and deeds, whether done intentionally or thoughtlessly. Cleanse our flesh and our spirit from all impurity. Grant us to pass the night of this lifetime with our hearts awake and our minds sober, as we keep watch for the radiant day of the Appearance of your Only-begotten Son, our Lord and God and Savior Jesus

Christ, when the Judge of all will come with glory to reward each according to his deeds. May we not be found fallen and lazy, but awake and alert, ready to join him in the joy of his divine glory, where there is the unending sound of celebration and the unspeakable delight of those who behold the indescribable beauty of your face. For you are the true Light that enlightens and sanctifies all things, and all creation sings to you for all ages. Amen.

### Prayer to the Mother of God

**S**OVEREIGN Lady, I sing your grace and pray that you will grace my mind. Teach me to walk in the way of Christ's commandments. Strengthen me to stay awake in song, and banish the dream of despair. By your prayers, O Bride of God, release me from the chains of sin. Guard me by night and by day, and drive away all my enemies who defeat me. As you gave birth to God, the Giver of life, invigorate me with life as I am dead in my passions. As you gave birth to the unfading Light, give light to my blind soul. As you are the marvelous Palace of the Master, make me a dwelling of the Holy Spirit. Mother of God, heal the ev-

er-present passions of my soul. Guide me to the path of repentance, for I am tossed in the storm of life. Deliver me from eternal fire, from wicked war, and from Gehenna. Expose me, as I am guilty of many sins; and renew me, Most-pure one, as I have grown old in my senseless sins. Present me unscathed by all torments, and pray for me to the Lord of all. Grant that I may receive the joys of heaven with all the Saints. Most-holy Virgin, hear the voice of your worthless slave. Grant me floods of tears, Most-pure one, to wash away the impurity of my soul. I offer you the unceasing groans of my heart. Strive for me, Sovereign Lady; accept my prayer and offer it to Compassionate God. As you are higher than the Angels, raise me above this world's confusion. As you are the heavenly Tabernacle that bears the Light, guide the Spirit's grace within me. I raise my defiled, filthy hands to you, the All-pure one. Deliver me from the evils which corrupt my soul, and intercede fervently with Christ, to whom is due all honor and worship, both now and forever, and to the ages of ages. Amen.

### Prayer to Our Lord Jesus Christ

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

work for you, my Lord and God, Jesus Christ, all the days of my life, both now and forever, and to the ages of ages. Amen.

#### Prayer to the Guardian Angel

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

#### Prayer to the Mother of God

**M**Y most holy Lady, Mother of God, by your holy and all-powerful prayers, banish from me, your humble and

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

#### Prayer of Saint Patrick

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

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

I bind unto myself today the power in the love of the Seraphim, in the obedience of the Angels, in the ministry of the Archangels, in the hope of resurrection unto reward, in the prayers of the Patriarchs, in the

predictions of the Prophets, in the preaching of the Apostles, in the faith of the Confessors, in the purity of the holy Virgins, in the deeds of righteous men.

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

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

I call today upon all these virtues against every hostile, merciless power which may attack my body and my soul, against the incantations of false prophets, against the black laws of heathenism, against the false laws of heresy, against the de-

ceits of idolatry, against the spells of witches, and smiths, and druids, against every knowledge that blinds the soul of man. O Christ, protect me today against poison, against burning, against drowning, against wounding, that I may receive abundant reward.

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

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

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

#### Hymn of Saint Ambrose

**W**E praise you, O God; we acknowledge you to be the Lord.

All the earth magnifies you, the eternal Father.