

**ΩΡΑ Α'.**

**ΑΝΑΓΝΩΣΤΗΣ**

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν  
Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ  
Θεῷ ἡμῶν.

**Ψαλμὸς Ε' (5).**

Τὰ ῥήματά μου ἐνώτισαι, Κύριε, σύνες  
τῆς κραυγῆς μου· πρόσχες τῇ φωνῇ τῆς  
δεήσεώς μου, ὁ βασιλεὺς μου καὶ ὁ Θεός  
μου. Ὅτι πρὸς σὲ προσεύξομαι, Κύριε·  
τὸ πρῶτ' εἰσακούσῃ τῆς φωνῆς μου, τὸ  
πρῶτ' παραστήσομαί σοι καὶ ἐπόψει με,  
ὅτι οὐχὶ Θεὸς θέλων ἀνομίαν σὺ εἶ· οὐ  
παροικήσει σοι πονηρεύμενος, οὐδὲ  
διαμενοῦσι παράνομοι κατέναντι τῶν  
ὀφθαλμῶν σου. Ἐμίσησας πάντας τοὺς  
ἐργαζομένους τὴν ἀνομίαν· ἀπολεῖς πάντας  
τοὺς λαλοῦντας τὸ ψεῦδος. Ἄνδρα αἱμάτων  
καὶ δόλιον βδελύσσεται Κύριος. Ἐγὼ δὲ ἐν  
τῷ πλήθει τοῦ ἐλέους σου εἰσελεύσομαι  
εἰς τὸν οἶκόν σου, προσκυνήσω πρὸς  
ναὸν ἁγίόν σου ἐν φόβῳ σου. Κύριε,  
ὁδήγησόν με ἐν τῇ δικαιοσύνῃ σου ἕνεκα  
τῶν ἐχθρῶν μου, κατεύθυνον ἐνώπιόν  
σου τὴν ὁδόν μου. Ὅτι οὐκ ἔστιν ἐν τῷ  
στόματι αὐτῶν ἀλήθεια, ἡ καρδία αὐτῶν  
ματαιά· τάφος ἀνεωγμένος ὁ λάρυγξ  
αὐτῶν, ταῖς γλώσσαις αὐτῶν ἐδολιοῦσαν.  
Κρῖνον αὐτούς, ὁ Θεός. Ἀποπесάτωσαν  
ἀπὸ τῶν διαβουλιῶν αὐτῶν· κατὰ τὸ  
πλῆθος τῶν ἀσεβειῶν αὐτῶν ἔξωσον  
αὐτούς, ὅτι παρεπύκρναν σε, Κύριε. Καὶ

**FIRST HOUR**

**READER**

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

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

Come, let us worship and bow down  
before Him, Christ our King and God.

**Psalm 5.**

Give ear to my words, O Lord, Hear my  
cry. Give heed to the voice of my supplication,  
my King and my God, for to You will I pray,  
O Lord. In the morning You shall hear my  
voice; in the morning I will stand before  
You, and I will watch. For You are not a God  
who wills lawlessness, nor shall the evildoer  
dwell with You. The lawless shall not stand  
before Your eyes; You hate all the workers  
of lawlessness; You shall destroy all who  
speak falsehood; the Lord abhors the man  
of violence and deceit. But as for me, in the  
fullness of Your mercy I will come into Your  
house; in fear of You I will worship toward  
Your holy temple. Lead me, O Lord, in Your  
righteousness because of my enemies; make  
straight Your way before me. For there is no  
truth in their mouth; their heart is vain; their  
throat is an open grave; they deal deceptively  
with their tongues. Judge them, O God. Let  
them fall by their false accusations; cast them  
out in the multitude of their ungodliness; for  
they provoked You, O Lord. But let all who  
hope in You be glad; they will greatly rejoice  
forever, for You will dwell in them; and all  
who love Your name will boast in You. For

εὐφρανθείησαν πάντες οἱ ἐλπίζοντες  
ἐπὶ σέ· εἰς αἰῶνα ἀγαλλιάσονται, καὶ  
κατασκηνώσεις ἐν αὐτοῖς, καὶ καυχήσονται  
ἐν σοὶ πάντες οἱ ἀγαπῶντες τὸ ὄνομά σου.  
Ὅτι σὺ εὐλογήσεις δίκαιον· Κύριε, ὡς ὅπλω  
εὐδοκίας ἐστεφάνωσας ἡμᾶς.

**Ψαλμὸς ΠΘ' (89).**

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν  
γενεᾷ καὶ γενεᾷ· πρὸ τοῦ ὅρη γεννηθῆναι  
καὶ πλασθῆναι τὴν γῆν καὶ τὴν οἰκουμένην,  
καὶ ἀπὸ τοῦ αἰῶνος καὶ ἕως τοῦ αἰῶνος  
σὺ εἶ. Μὴ ἀποστρέψῃς ἄνθρωπον εἰς  
ταπείνωσιν· καὶ εἶπας· ἐπιστρέψατε υἱοὶ  
τῶν ἀνθρώπων. Ὅτι χίλια ἔτη ἐν ὀφθαλμοῖς  
σου ὡς ἡμέρα ἢ ἐχθές, ἥτις διήλθε, καὶ  
φυλακὴ ἐν νυκτί. Τὰ ἐξουδενώματα αὐτῶν  
ἔτη ἔσονται. Τὸ πρῶτ' ὥσει χλόη παρέλθοι,  
τὸ πρῶτ' ἀνθήσκει καὶ παρέλθοι, τὸ ἐσπέρας  
ἀποπέσοι, σκληρυνθείη καὶ ξηρανθείη.  
Ὅτι ἐξελίπομεν ἐν τῇ ὀργῇ σου καὶ ἐν  
τῷ θυμῷ σου ἐταράχθημεν. Ἔθου τὰς  
ἀνομίας ἡμῶν ἐναντίον σου· αἰὼν ἡμῶν  
εἰς φωτισμὸν τοῦ προσώπου σου. Ὅτι  
πᾶσαι αἱ ἡμέραι ἡμῶν ἐξέλιπον, καὶ ἐν τῇ  
ὀργῇ σου ἐξελίπομεν· τὰ ἔτη ἡμῶν ὥσει  
ἀράχνη ἐμελέτων. Αἱ ἡμέραι τῶν ἐτῶν  
ἡμῶν ἐν αὐτοῖς ἑβδομήκοντα ἔτη, ἐὰν δὲ  
ἐν δυναστείαις, ὀγδοήκοντα ἔτη, καὶ τὸ  
πλεῖον αὐτῶν κόπος καὶ πόνος· ὅτι ἐπῆλθε  
πρᾶότης ἐφ' ἡμᾶς, καὶ παιδευθησόμεθα.  
Τίς γινώσκει τὸ κράτος τῆς ὀργῆς σου  
καὶ ἀπὸ τοῦ φόβου σου τὸν θυμὸν σου  
ἐξαριθμήσασθαι; τὴν δεξιάν σου οὕτω  
γνώρισόν μοι καὶ τοὺς πεπαιδευμένους  
τῇ καρδίᾳ ἐν σοφίᾳ. Ἐπίστρεψον, Κύριε·  
ἕως πότε; καὶ παρακλήθητι ἐπὶ τοῖς  
δούλοις σου. Ἐνεπλήσθημεν τὸ πρῶτ' τοῦ  
ἐλέους σου, Κύριε, καὶ ἡγαλλιασάμεθα

You will bless the righteous; O Lord, You  
crowned us with the shield of Your goodwill.

[SAAS]

**Psalm 89 (90).**

O Lord, You became a refuge to us  
in generation and generation; before the  
mountains were made, and before the earth  
and the world were formed, and from  
everlasting to everlasting, You are. Do not  
let man be turned back to humiliation, and  
You said, "Return, you sons of men." For  
a thousand years in Your sight are like  
yesterday, which passed, and like a watch in  
the night. Years shall be objects of contempt  
to them; in the morning let man pass by like  
grass; in the morning let him blossom, and  
pass by; in the evening let him fall off, be  
dried up and withered. For we fainted in Your  
wrath, and in Your wrath we were troubled.  
You set our transgressions before You, our  
time in the light of Your face. For all our days  
failed, and in Your wrath we fainted; our  
years were spent in thought like a spider.  
As for the days of our years, their span is  
seventy years, but if we stay strong, perhaps  
eighty; and most of them are labor and pain;  
for meekness came upon us, and we shall be  
chastened. Who knows the power of Your  
wrath, and who knows Your anger because of  
Your fear? So make known Your right hand  
to us, that we may number our days, and our  
heart may be bound with wisdom. Return, O  
Lord; how long? and be entreated concerning  
Your servants. We were filled with Your  
mercy in the morning, and in all our days we

καὶ εὐφράνθημεν ἐν πάσαις ταῖς ἡμέραις  
ἡμῶν· εὐφρανθείημεν ἀνθ' ὧν ἡμερῶν  
ἐταπείνωσας ἡμᾶς, ἐτῶν, ὧν εἶδομεν κακά.  
Καὶ ἴδε ἐπὶ τοὺς δούλους σου καὶ ἐπὶ τὰ  
ἔργα σου καὶ ὁδήγησον τοὺς υἱοὺς αὐτῶν,  
καὶ ἔστω ἡ λαμπρότης Κυρίου τοῦ Θεοῦ  
ἡμῶν ἐφ' ἡμᾶς, καὶ τὰ ἔργα τῶν χειρῶν  
ἡμῶν κατεύθυνον ἐφ' ἡμᾶς καὶ τὸ ἔργον  
τῶν χειρῶν ἡμῶν κατεύθυνον.

**Ψαλμὸς Ρ' (100).**

Ἐλεος καὶ κρίσιν ἄσομαί σοι, Κύριε·  
ψαλῶ καὶ συνήσω ἐν ὁδῷ ἀμώμῳ· πότε  
ἤξεις πρὸς με; διεπορευόμην ἐν ἀκακίᾳ  
καρδίας μου ἐν μέσῳ τοῦ οἴκου μου. Οὐ  
προεθέμην πρὸ ὀφθαλμῶν μου πρᾶγμα  
παράνομον, ποιοῦντας παραβάσεις  
ἐμίσησα· οὐκ ἐκολλήθη μοι καρδιά σκαμβή.  
Ἐκκλίνοντος ἀπ' ἐμοῦ τοῦ πονηροῦ οὐκ  
ἐγίνωσκον. Τὸν καταλαλοῦντα λάθρα  
τὸν πλησίον αὐτοῦ, τοῦτον ἐξεδίωκον·  
ὑπερηφάνῳ ὀφθαλμῷ καὶ ἀπλήστῳ καρδίᾳ,  
τούτῳ οὐ συνήσθιον. Οἱ ὀφθαλμοί μου ἐπὶ  
τοὺς πιστοὺς τῆς γῆς τοῦ συγκαθῆσθαι  
αὐτοὺς μετ' ἐμοῦ· πορευόμενος ἐν ὁδῷ  
ἀμώμῳ, οὗτός μοι ἐλειτούργει. Οὐ κατῴκει  
ἐν μέσῳ τῆς οἰκίας μου ποιῶν ὑπερηφανίαν,  
λαλῶν ἄδικα οὐ κατεύθυνεν ἐνώπιον τῶν  
ὀφθαλμῶν μου. Εἰς τὰς πρωίας ἀπέκτεινον  
πάντας τοὺς ἁμαρτωλοὺς τῆς γῆς τοῦ  
ἐξολοθρεῦσαι ἐκ πόλεως Κυρίου πάντας  
τοὺς ἐργαζομένους τὴν ἀνομίαν.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.  
Δόξα σοι ὁ Θεός. (ἐκ γ')

greatly rejoiced and were glad; gladden us in  
return for the days You humbled us, for the  
years we saw evil things. And behold Your  
servants and Your works, and guide their  
sons; and let the brightness of the Lord our  
God be upon us, and prosper for us the works  
of our hands. [SAAS]

**Psalms 100 (101).**

O Lord, I will sing to You of mercy and  
judgment; I will sing and understand in a  
blameless way; when will You come to me?  
I walked in the innocence of my heart in the  
midst of my house. I have not set any lawless  
thing before my eyes; I hated those Who  
commit transgressions; a crooked heart shall  
not cleave to me; as for the evil man who  
turned away from me, I did not know him. He  
who secretly slanders his neighbor, this one  
I chased away; the one with an arrogant eye  
and insatiable heart, with this one I did not  
eat. My eyes were on the faithful of the earth,  
so they might dwell with me; he who walks in  
a blameless way, this one ministered to me. he  
who acts arrogantly did not dwell in the midst  
of my house; he who speaks unjustly did not  
prosper before my eyes. In the morning I slew  
all the sinners of the earth, so as to destroy  
from the city of the Lord all the workers of  
lawlessness. [SAAS]

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

Alleluia. Alleluia. Alleluia. Glory to You,  
O God. (3)

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 2.*

*Καὶ εὐθύς·*

## ΧΟΡΟΣ

**Ἦχος πλ. β'.**

Τὸ πρωῒ εἰσάκουσον τῆς φωνῆς μου, ὁ  
Βασιλεὺς μου καὶ ὁ Θεός μου.

**Στίχ. α'.** Τὰ ρήματά μου ἐνώτισαι, Κύριε,  
σύνες τῆς κραυγῆς μου.

Τὸ πρωῒ εἰσάκουσον τῆς φωνῆς μου, ὁ  
Βασιλεὺς μου καὶ ὁ Θεός μου.

**Στίχ. β'.** Ὅτι πρὸς σὲ προσεύξομαι,  
Κύριε.

Τὸ πρωῒ εἰσάκουσον τῆς φωνῆς μου, ὁ  
Βασιλεὺς μου καὶ ὁ Θεός μου.

## ΑΝΑΓΝΩΣΤΗΣ

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

**Θεοτοκίον.**

Τί σε καλέσωμεν, ὦ Κεχαριτωμένη;  
Οὐρανόν, ὅτι ἀνέτειλας τὸν ἥλιον τῆς  
δικαιοσύνης. Παράδεισον, ὅτι ἐβλάστησας  
τὸ ἄνθος τῆς ἀφθαρσίας. Παρθένον, ὅτι  
ἔμεινας ἄφθορος· ἀγνήν Μητέρα, ὅτι ἔσχες  
σαῖς ἀγίαις ἀγκάλαις υἱόν, τὸν πάντων  
Θεόν. Αὐτὸν ἰκέτευε, σωθῆναι τὰς ψυχὰς  
ἡμῶν.

Lord, have mercy. (3)

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

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 2.*

*And then:*

## CHOIR

**Mode pl. 2.**

In the morning hear my voice, O my King  
and my God. [SD]

**Verse 1:** Give ear to my words, O Lord, hear  
my cry. [SAAS]

In the morning hear my voice, O my King  
and my God. [SD]

**Verse 2:** Give heed to the voice of my  
supplication, my King and my God [SAAS]

In the morning hear my voice, O my King  
and my God. [SD]

## READER

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

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

**Theotokion.**

What shall we call you, O Lady full of  
grace? Heaven? For you gave rise to the  
Sun of righteousness. Paradise? For you  
blossomed the flower of incorruption. Virgin?  
For you remained incorrupt. Pure Mother?  
For you held in your holy embrace a Son who  
is the God of all. Entreat Him to save our  
souls. [SD]

**ΧΟΡΟΣ**

Τὰ διαβήματά μου κατεύθυνον κατὰ  
τὸ λόγιόν σου, καὶ μὴ κατακυριεύσάτω μου  
πᾶσα ἀνομία. (δίς)

Λύτρωσαί με ἀπὸ συκοφαντίας  
ανθρώπων, καὶ φυλάξω τὰς ἐντολάς σου.  
(δίς)

Τὸ πρόσωπόν σου ἐπίφανον ἐπὶ τὸν  
δοῦλόν σου καὶ δίδαξόν με τὰ δικαιώματά  
σου. (δίς)

Πληρωθήτω τὸ στόμα μου αἰνέσεώς  
σου, Κύριε, ὅπως ὑμνήσω τὴν δόξαν σου,  
ὅλην τὴν ἡμέραν τὴν μεγαλοπρέπειάν σου.  
(ἐκ γ')

**ΑΝΑΓΝΩΣΤΗΣ**

**Τρισάγιον.**

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,  
ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,  
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε,  
ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν,  
ἕνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ  
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,  
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον

**CHOIR**

Direct my steps according to Your  
teaching and let no lawlessness rule over me.  
(2)

Ransom me from the slander of men, and  
I will keep Your commandments. (2)

Make Your face shine upon Your servant  
and teach me Your ordinances. (2)

Let my mouth be filled with Your praise,  
O Lord, that I may sing of Your glory and of  
Your magnificence all the day long. (3) [SAAS]

**READER**

**Trisagion Prayers.**

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

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

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

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

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

Our Father, who art in heaven, hallowed  
be Thy name. Thy kingdom come, Thy will  
be done, on earth as it is in heaven. Give us  
this day our daily bread; and forgive us our



ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὥς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. (Ἀμήν.)

### ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

### Σταυροθεοτοκίον.

Ταχὺ προκατάλαβε, πρὶν δουλωθῆναι ἡμᾶς, ἐχθροῖς βλασφημοῦσί σε, καὶ ἀπειλοῦσιν ἡμῖν, Χριστὲ ὁ Θεὸς ἡμῶν· ἄνελε τῷ Σταυρῷ σου, τοὺς ἡμᾶς πολεμοῦντας· γνώτωσαν πῶς ἰσχύει, Ὁρθοδόξων ἡ πίστις, πρεσβείαις τῆς Θεοτόκου, μόνη φιλάνθρωπε.

Κύριε, ἐλέησον. (μ')

Ὁ ἐν παντὶ καιρῷ καὶ πάσῃ ὥρᾳ ἐν οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος καὶ δοξαζόμενος Χριστὸς ὁ Θεός, ὁ μακρόθυμος, ὁ πολυέλεος, ὁ πολυεύσπλαγχνος, ὁ τοὺς δικαίους ἀγαπῶν καὶ τοὺς ἁμαρτωλοὺς ἐλεῶν, ὁ πάντας καλῶν πρὸς σωτηρίαν διὰ τῆς ἐπαγγελίας τῶν μελλόντων ἀγαθῶν, αὐτός Κύριε, πρόσδεξαι καὶ ἡμῶν ἐν τῇ ὥρᾳ ταύτῃ τὰς ἐντεύξεις καὶ ἱθύνον τὴν ζωὴν ἡμῶν πρὸς τὰς ἐντολάς σου. Τὰς ψυχὰς ἡμῶν ἀγίασον, τὰ σώματα ἁγνισον, τοὺς λογισμοὺς διόρθωσον, τὰς ἐννοίας κάθαρον καὶ ρῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ

trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. [GOA]

### PRIEST

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages. (Amen.)

### READER

Amen.

### Stavrotheotokion.

Come quickly, O Lord, and prevent us from being enslaved \* to foes who speak blasphemies against You, Christ our God, \* and boastingly threaten us. \* Annihilate by the power \* of Your Cross those who fight us. \* Let them know how the faith of the Orthodox has power, \* accepting Your Mother's prayers for us in Your love of man.

[SD]

Lord, have mercy. (40)

O Christ our God, who at all times and at every hour, both in heaven and on earth, are worshipped and glorified, long suffering and plenteous in mercy and compassion; who love the just and show mercy to the sinners; who call all men to salvation through the promise of the blessings to come: Do you, the same Lord, receive also our supplications at this present time, and direct our lives according to your commandments. Sanctify our souls; purify our bodies; set our minds right; clear up our thoughts, and deliver us from every sorrow, evil and distress. Surround us with your holy Angels so that being guarded and

ὁδύνης. Τείχισον ἡμᾶς ἀγίοις σου Ἀγγέλοις,  
ἵνα τῇ παρεμβολῇ αὐτῶν φρουρούμενοι  
καὶ ὁδηγούμενοι καταντήσωμεν εἰς τὴν  
ἐνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν  
τῆς ἀπροσίτου σου δόξης, ὅτι εὐλογητὸς εἶ  
εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,  
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

**ΙΕΡΕΥΣ**

Ὁ Θεὸς οἰκτιρῆσαι ἡμᾶς καὶ εὐλογήσαι  
ἡμᾶς· ἐπιφάναι τὸ πρόσωπον αὐτοῦ ἐφ'  
ἡμᾶς, καὶ ἐλεῆσαι ἡμᾶς.

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν.

**ΙΕΡΕΥΣ**

**Εὐχὴ τοῦ Ἁγίου Ἐφραίμ**

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ  
ἀργολογίας μὴ μοι δῶς.

Πνεῦμα δὲ σωφροσύνης,  
ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης  
χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ  
ὁρᾶν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν  
τὸν ἀδελφόν μου.

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

guided by their presence, we may arrive at the  
unity of the faith and the knowledge of your  
ineffable glory; for blessed are you unto the  
ages of ages. Amen.

Lord, have mercy. (3)

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

Greater in honor than the Cherubim, and  
in glory greater beyond compare than the  
Seraphim; you without corruption gave birth  
to God the Word, and are truly Theotokos.  
You do we magnify.

In the name of the Lord, Father, bless!

**PRIEST**

May God have compassion on us and  
bless us; may his face shine upon us and have  
mercy on us.

**READER**

Amen.

**PRIEST**

**Prayer of St. Ephraim**

O Lord and Master of my life, do not  
permit the spirit of laziness and meddling, the  
lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit  
of prudence, humility, patience and love.

Yes, Lord and King, give me the power  
to see my own faults and not to judge my  
brother.

For you are blessed unto the ages of ages.  
Amen. [HC]

**ΑΝΑΓΝΩΣΤΗΣ**

**Τρισάγιον.**

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,  
ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,  
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε,  
ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν,  
ἐνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ  
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,  
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον  
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ  
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ  
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ  
εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι  
ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις  
καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ  
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων. (Ἀμήν.)

**ΑΝΑΓΝΩΣΤΗΣ**

Ἀμήν. Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

Χριστέ, τὸ φῶς τὸ ἀληθινόν, τὸ  
φωτίζον καὶ ἁγιάζον πάντα ἄνθρωπον

**READER**

**Trisagion Prayers.**

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

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

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

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

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

Our Father, who art in heaven, hallowed  
be Thy name. Thy kingdom come, Thy will  
be done, on earth as it is in heaven. Give us  
this day our daily bread; and forgive us our  
trespasses, as we forgive those who trespass  
against us. And lead us not into temptation,  
but deliver us from evil. [GOA]

**PRIEST**

For Thine is the Kingdom and the power  
and the glory, of the Father and of the Son  
and of the Holy Spirit, now and forever and to  
the ages of ages. (Amen.)

**READER**

Amen. Lord, have mercy. (12)

**PRIEST**

O Christ, the true light that enlightens  
and sanctifies every man who comes into



ἐρχόμενον εἰς τὸν κόσμον, σημειωθήτω  
ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, ἵνα  
ἐν αὐτῷ ὀψώμεθα φῶς τὸ ἀπρόσιτον, καὶ  
κατεύθυνον τὰ διαβήματα ἡμῶν πρὸς  
ἐργασίαν τῶν ἐντολῶν σου, πρεσβείαις τῆς  
παναχράντου σου Μητρός, καὶ πάντων σου  
τῶν Ἀγίων. (Ἀμήν.)

#### ΑΝΑΓΝΩΣΤΗΣ

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι.  
Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Εὐλόγησον.

#### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ  
σῶσον ἡμᾶς.

(Ἀμήν.)

the world, let the light of Your countenance  
shine on us, that in it we may behold the  
unapproachable light. And direct our  
steps to keep Your commandments, by the  
intercessions of Your all-immaculate Mother  
and all the saints. (Amen.)

#### READER

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

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

Father, bless!

#### PRIEST

May Christ our true God, through  
the intercessions of His all-pure and all-  
immaculate holy Mother, the power of the  
precious and life-giving Cross, the protection  
of the honorable, bodiless powers of heaven,  
the supplications of the honorable, glorious  
prophet and forerunner John the Baptist, of  
the holy, glorious, and praiseworthy apostles,  
of the holy, glorious, and triumphant martyrs,  
of our righteous and God-bearing fathers,  
(local patron saint); of the holy and righteous  
ancestors of God Joachim and Anna, and of all  
the saints, have mercy on us and save us, for  
He is good and loves mankind.

Through the prayers of our holy fathers,  
Lord Jesus Christ, our God, have mercy on us  
[and save us].

(Amen.)