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The Service of Matins

for Monday, April 1, 2019

**Triodion - Mode 3.
on Monday Morning**

**Triodion - On Monday of the Fourth Week
at Matins**

**Menaion - April 1
Memory of our Devout Mother Mary of Egypt**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 3. On Monday Morning

On Monday of the Fourth Week at Matins

Menaion - April 1

Memory of our Devout Mother Mary of Egypt

Glory.

O Trinity, consubstantial and undivided,

O Unity, with three hypostases and co-eternal, to You as God we shout the hymn of the Angels: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

The Judge will arrive suddenly, and the actions of each of us will be laid bare. So, with fear, let us cry out in middle of the night: Holy, holy, holy are You, our God. Through the Theotokos have mercy on us. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 4. There is no litany, but immediately the following:

From Triodion - -

CHOIR

MATINS

CHOIR

Mode 3.

Verse 1: *My spirit rises early in the morning to You, O God, for Your commands are a light upon the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *Learn righteousness, you who dwell on the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 3: *Jealousy will seize an untaught people; and now fire will devour the adversaries.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 4: *Bring more evils on them, O Lord, bring more evils on them, on the glorious of the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

From Horologion - -

Triadic Hymns

Mode 3.

Daring to glorify the unoriginate Father, the co-unoriginate Son, and the co-eternal Spirit, the one Godhead, we utter in the manner of the Cherubim: Holy, holy, holy are You, our God. By the protection of the Bodiless Hosts have mercy on us. [SD]

Kathisma I.

Kathisma I. For compunction.

Mode 3.

At the dreadful trial, I will be convicted even without accusers, I will be condemned even without witnesses. For the books of my conscience will be opened, and my hidden deeds are revealed. So, before You examine my actions in that most public theater, O God, be gracious to me and save me. [SD]

Verse: *O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger.* [SAAS]

Mode 3.

How long will you persist in your offences, O my soul? Till when will you put off repenting? Call to mind the judgment that is coming, and cry aloud to Christ God: "O sinless Lord, who know the hearts of all, I have sinned. Have mercy on me." [SD]

Glory. Both now. **Theotokion.**

Mode 3.

Everyone, wherever he is saved, rightly runs to you for refuge. Who else can protect us like you, O Theotokos? You are the shelter for our souls. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 5. It would be followed by the short litany.

DEACON

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

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For You, O God, are good and love mankind, and to You we offer glory, to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode pl. 4.

O ye faithful, let us venerate the holy Wood on which the Maker of all was raised. It lies before us, sanctifying in soul and body those who draw near, cleansing the defilement of sin from all who fast with faith and ever sing in praise of Christ, the only Benefactor.

[KW]

Glory. Both now. **Theotokion.**

Mode pl. 4.

The Word of the Father came down to earth, and an angel of light cried to the Theotokos: 'Hail, blessed Maiden, who alone hast guarded safely the bridal chamber: thou shalt conceive the eternal God and Lord, that in His divine power He may save mankind from error.' [KW]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 6. It would be followed by the short litany.

PRIEST

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

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

For blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode 3. (NM) Gabriel marvelled.

Now that we have come, my Christ, to the middle of the time of abstinence, and have reached the veneration of Thy lifegiving Cross, falling down before it we call upon Thee: Mighty art Thou, who lovest mankind,

and mighty are Thy works, for Thou hast made manifest Thy precious Cross. In fear we venerate it as we cry: Glory to Thy boundless compassion. [KW]

Glory. Both now. **Theotokion.**

Mode 3. *Seeing how beautiful.*

O Virgin, the untilled vineyard are you indeed; * and you produced the Lord, that ripest bunch of grapes, * that gushes forth the sweetest drink, the wine of salvation, for us, * gladdening the hearts and souls * and the bodies of everyone. * Therefore we pronounce you blest * as the cause of all theses blessings on us, * and joining the Archangel we shout to you: * Rejoice, O Maiden full of grace! [SD]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn

Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful,

patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; **(local patron saint)**; the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

From Menaion - - -

CHOIR

Canon for the Devout Woman.

Ode i. Mode 2. Heirmos.

Verse: Let us sing to the Lord, for He is greatly glorified.

In the deep, the overwhelming Force
* once completely overthrew * the entire
Pharaonian cavalry. * Now the Word has
put on flesh, * and He utterly obliterated
wicked sin. * He is Lord, forever glorious, *
and gloriously glorified. [SD]

Troparia.

Devout Saint of God, intercede for us

O glorious Mary, since you have now found the illumination of bright-shining splendour and illuminating brilliance, I entreat you, with your prayers to the Lord enlighten my soul that is overshadowed by the passions. [RB]

Verse: Let us sing to the Lord, for He is greatly glorified. Horse and rider He has thrown into the sea. [SAAS]

O glorious Mary, since you have now found the illumination of bright-shining splendour and illuminating brilliance, I entreat you, with your prayers to the Lord enlighten my soul that is overshadowed by the passions. [RB]

Verse: The Lord became my helper and the shield of my salvation; He is my God, and I will glorify Him; my father's God, and I will exalt Him. [SAAS]

Although the snake's schemes once slew your soul and you slipped and fell towards the pit of destruction with your deluded deeds, you chose better things and scorned worldly cares. [RB]

Verse: The Lord brings wars to nothing; the Lord is His name. Pharaoh's chariots and army He cast into the sea. [SAAS]

You passionately stained your soul's original freedom and nobility with indecent thoughts, you wore the most foul garment of corruption, and you did not know your Creator's ineffable glory. [RB]

Verse: The sea covered them; they sank to the bottom like a stone. [SAAS]

Theotokion.

O Full of Grace, you conceived the enhypostatic and life-streaming immortality; rescue me from my missteps and purify me, for my mind is inflamed with passions, and I am bruised and terribly shaken by transgressions. [RB]

(read)

Intermediate Verses of Ode One.

Your right hand, O God, is glorified in strength; Your right hand, O God, dashed the enemy in pieces. In the greatness of Your glory You broke the adversaries to pieces. [SAAS]

You sent forth Your wrath; it consumed them like stubble.

By the Spirit of Your anger the waters were gathered together; the waves stood upright in the midst of the sea; the depths congealed in the heart of the sea.

The enemy said, 'I will pursue, I will overtake, I will divide the spoils; I will satisfy my soul; I will destroy with my sword; my hand shall have dominion.'

You sent forth Your Spirit; the sea covered them; they sank like lead in the mighty waters.

Who is like You, O Lord, among the gods? Who is like You, glorified in holiness, marvelous in praises, doing wonders?

You stretched out Your right hand; the earth swallowed them up.

In righteousness You guided Your people whom You redeemed; in strength You called them to Your holy resting place.

The nations heard and were angry; pangs seized the inhabitants of Philistia. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode i. Mode pl. 4. (NM)

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away.

[SAAS]

The feast of the veneration of the Cross has come, shining as the sun with the light of salvation, and shedding its radiance upon all held fast by the darkness of the passions. Let us then make haste with pure hearts to adore the Cross. [KW]

Verse: Fear and dread fell upon them; by the greatness of Your arm, let them become as stone.

[SAAS]

Cleansed by the grace of the Fast, let us in thanksgiving cry aloud with a pure mind unto Him who alone is pure: Thou hast given Thy blood for all of us, O Word, and Thou dost sanctify us by Thy Cross. [KW]

Verse: Till Your people pass over, O Lord, till Your people pass over, whom You purchased. [SAAS]

Bound hand and foot at all times by the attacks of the serpent, I lie gravely wounded. O Saviour, by Thy Passion on the Cross Thou hast raised up our first parents from their fall: raise me up and guide me to the fulfillment of Thy will. [KW]

Verse: The sanctuary, O Lord, which Your hands established. [SAAS]

Theotokion.

Standing by Thy Cross, O Lord and Master, the Virgin looked upon Thy wounds:

and, pierced to the heart, she cried aloud:
'Woe is me, my Son! I felt no pains of
childbirth when I bore Thee, but now I am
broken by anguish.' [KW]

Canon 2 from the Triodion.

Ode i. Mode 3. (NM) Let us sing to the Lord.

Verse: The Lord reigns forever and ever and
ever. For Pharaoh's horses went with his chariots
and horsemen into the sea. [SAAS]

This is a holy week of light, in which the
precious Cross is exalted in the sight of all the
world. With souls enlightened let us come,
kissing it with fear and love, and let us glorify
in songs Christ who was crucified upon it. [KW]

Verse: But the children of Israel walked on dry
ground in the midst of the sea. [SAAS]

In solemn procession we all venerate Thy
Cross, O Christ, and with expectant hope we
glorify Thy Resurrection; we sing the praises
of the nails that pierced Thee, and we honour
Thy spear, for through them the eyes and lips
of our soul and body are made pure. [KW]

Glory. **For the Trinity.**

O Trinity praised in Unity of Essence,
Father and Son with the All Holy Spirit,
Godhead without beginning, eternal and
uncreated, Life and fountain of Light: with
all mortal men we worship Thee who hast
brought all things into being. [KW]

Both now. **Theotokion.**

We sing thy praises, O pure Virgin
Theotokos, chariot of the cherubim, from
whom God was born. For thou alone wast
made a fountain of incorruption, bringing life
to all, and from thy waters we draw healing.

[KW]

Glory to You, our God, glory to You.

Reaching the middle of the forty days'
Fast, with eager hearts let us go forward
with Christ to the divine Passion; that,
crucified with Him, we may be sharers in His
Resurrection. [KW]

Heirmos (NM). Mode 3.

Let us sing to the Lord, who has worked
marvellous wonders in the Red Sea: for in the
deep waters He has drowned our enemies and
has saved Israel. To Him alone let us sing, for
He is glorified. [KW]

From Menaion - - -

Canon for the Devout Woman.

Ode iii. Mode 2. Heirmos

Verse: Holy are You, O Lord, and my spirit
praises You.

You have now confirmed me on the rock
of faith. You have enlarged my mouth against
my enemies, and my spirit rejoices greatly,
singing: no one is holy as our most holy God,
and no one is righteous but You, O Lord Most
High. [RB]

Troparia.

Devout Saint of God, intercede for us

You soared aloft on divine longing that
surpasses all; you threw aside vainglory and
drew near the Master, crying: no one is holy
as our most holy God, and no one is righteous
but You, O Lord Most High. [RB]

Verse: The Lord went up into the heaven and
thundered. The Lord judges the ends of the earth.

[SAAS]

You soared aloft on divine longing that
surpasses all; you threw aside vainglory and
drew near the Master, crying: no one is holy

as our most holy God, and no one is righteous but You, O Lord Most High. ^[RB]

Verse: He gives strength to our leaders, and He will exalt the horn of His Christ. ^[SAAS]

You approached the tree of sin and were initiated into knowledge that brings death; you then ran to the life-giving Tree, crying out to Christ: You are our God, and no one is righteous but You, O Lord Most High. ^[RB]

Glory.

You yearned after the light's ineffable brightness; you scorned all worldly cares, and you ran towards immaterial divine vision, crying in faith: You are our God, and no one is righteous but You, O Lord Most High. ^[RB]

Both now. **Theotokion.**

O Theotokos, we have become members of the divine choirs of Angels through your giving birth, for you ineffably conceived our Creator and gave Him, the ineffable one, a body; so we all reverence you as the Mother of God. ^[RB]

Heirmos.

You have now confirmed me on the rock of faith. You have enlarged my mouth against my enemies, and my spirit rejoices greatly, singing: no one is holy as our most holy God, and no one is righteous but You, O Lord Most High. ^[RB]

DEACON

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

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For you are our God, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

Mode pl. 4. N/M (By conceiving the wisdom.)

O all-blessed one, you curtailed the disobedience of fallen flesh with ascetic works, and you revealed your soul's courage; for you desired to see the Lord's Cross and changed your ways, crucifying yourself to the world and living a holy life. And so, you earnestly awakened your whole being to holy and unlimited zeal for the angels' blessed life. O renowned Mary, for this we faithfully honor your memory, and we ask that pardon of our trespasses may be granted in abundance at your intercessions with God. ^[RB]

Glory. Both now. **Theotokion.**

Mode pl. 4. N/M (By conceiving the wisdom.)

I am bogged down in the mire of my sins; I have no confidence at all; I am terribly overwhelmed by the storm of trespasses. You gave birth to the Word who alone loves mankind; O Virgin, look upon me, and deliver me quickly from every sin and soul-destroying passions and all evils brought on me by the merciless enemy, so that I may sing

to you joyfully: O immaculate Bride of God, ask your Son and God to grant forgiveness of transgressions to them that seek your shelter with faith. [RB]

From Menaion - - -

Canon for the Devout Woman.

Ode iv. Mode 2. Heirmos

Verse: Glory to Your strength, O Lord.

I extol You, for I hear Your report, Lord, and I was amazed. For You have come down to me, seeking me the lost sheep. Therefore I glorify Your great condescension towards me, O very merciful Lord. [SD]

Troparia.

Devout Saint of God, intercede for us

O glorious Mary, you were taken from your country, and you sailed providentially to the land of Zion because of your desire; and through your confession there, O righteous Mother, you were absolved from your sins. [RB]

Verse: The Lord God is my strength; He will direct my feet to the end. [SAAS]

O glorious one, you continued unknowingly; you saw the ineffable brightness of a better vision, you resolved to be master, and learned the hidden things of what you did not know. [RB]

Verse: He will set me upon high places, so to conquer by His song. [SAAS]

You were strengthened with saving grace, you saw the divine and illuminating brightness, you approached the all-worshipful Cross with your eyes and your heart, and partook of salvation. [RB]

Glory.

O all-blessed Mary, you looked with joy at the bright image of the Virgin Theotokos, and you ran to her with tears, making a covenant with her for your entire life. [RB]

Both now. **Theotokion.**

O all-pure Virgin, the one who has given all things their being of his own accord is united to me in my very being by an indescribable will and God's incomparable provision. He came forth from you who bore flesh, and he entirely renews me. [RB]

From Menaion - - -

Canon for the Devout Woman.

Ode v. Mode 2. Heirmos

Verse: O Lord our God, grant us peace.

O Christ my Savior, you are the Light of those lying in darkness and the Salvation of all who despair. O King of Peace, I rise up early to you. With your brightness you illuminate me; I acknowledge no other God than you. [RB]

Troparia.

Devout Saint of God, intercede for us

O godly-minded Mary, you made your way to the divine path free of passions, figuratively departing this life. You crossed the Jordan's waters with longing and achieved unspeakable glory. [RB]

Verse: The dead shall rise up; and those in the tombs shall arise. Those in the earth shall be glad.

[SAAS]

O Mary, jewel of self-control, you had a courageous soul, you took on struggles, you fought steadfastly against the enemies' delusion, and you persevered with the strength of youth. [RB]

Verse: For your dew is a healing for them, but the land of the ungodly shall come to an end. [SAAS]

O Mother, you shook off your fragility with determination, you washed off the passions through self-control, you wandered in the wilderness as a divine meadow, and you rejoiced seeing your Creator's beauty. [RB]

Glory.

O Mother, with your courageous struggles, you have cast down and trampled upon the one who once corrupted Eve in Eden with his words and banished her from eternal paradise through his machinations. [RB]

Both now. **Theotokion.**

O Virgin, we know that you are the Sun of Glory's dawn, the King's bright chariot which the Son of the Most High is driving, and an ark of goodness that brings Christ into the world. [RB]

From Menaion - - -

Canon for the Devout Woman.

Ode vi. Mode 2. Heirmos.

Verse: Save us, O Lord, like You saved the Prophet Jonah.

In the sea now surrounded by all my sins, * I invoke the sea of Your incomprehensible * compassion and Your tender love. * Raise me up from corruption, O God, I pray. [SD]

Troparia.

Devout Saint of God, intercede for us

O all-blessed Mary, you were thoroughly enrapt with longing for Christ's appearance; you were strengthened by the Spirit, and you repelled the attacks of passions. [RB]

Verse: Those who follow vanity and lies forsake their own mercy. [SAAS]

O all-blessed Mary, you were thoroughly enrapt with longing for Christ's appearance; you were strengthened by the Spirit, and you repelled the attacks of passions. [RB]

Verse: As much as I vowed, I shall offer up to You, to You, the Lord of Deliverance. [SAAS]

You were illumined by the beauty of your deeds, you crushed the rebellions of the shadow; and you darkened your enemies' faces with ascetic works. [RB]

Glory.

O glorious Mary, you fixed your gaze with resolve on her who alone is utterly blameless; you called upon her and rested in her every day. [RB]

Both now. **Theotokion.**

O all-blameless one, you are the King's throne that is above the Heavens; for you contained in your own body his entire divine kingship. [RB]

Heirmos.

In the sea now surrounded by all my sins, * I invoke the sea of Your incomprehensible * compassion and Your tender love. * Raise me up from corruption, O God, I pray. [SD]

DEACON

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

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and

ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For You are the King of peace and the savior of our souls, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Triodion ---

READER

For the Martyrs. Mode 3.

Who does not marvel at the undefeated contests of the holy Martyrs? Who is not amazed by what they ever accomplished? They abhorred any flattery from kings, and ignored any threats from tyrants. And so subjected to pitch and fire, wild beasts and slaughter, by these they routed the avenging foe. Therefore they received the crowns from Christ God, who grants to the world great mercy. [SD]

Synaxarion.

From the Menaion.

On April 1 we commemorate our devout Mother Mary of Egypt.

On this day we also commemorate our devout Father Makarios the Confessor, Abbot of the Hewn Monastery.

On this day we also commemorate the holy martyrs Gerontios and Vasilides.

On this day we also commemorate the holy and righteous Ahaz.

We also commemorate our devout Russian father Efthymios of Suzdal, the wonder-worker.

By their holy intercessions, O God, have mercy on us. Amen.

From Menaion ---

CHOIR

Canon for the Devout Woman.

Ode vii. Mode 2. Heirmos.

Verse: Blessed are You, the God of our fathers.

The image of gold * was in Babylon on Dura being worshiped. * But Your three Servants showed complete disdain * for that abominable decree. * Thrown into the fiery furnace, * in the midst of it they were bedewed, * singing: Blessed are You, O God of our Fathers. [SD]

Troparia.

Devout Saint of God, intercede for us

The self-aggrandizing destroyer who puffs himself up immeasurably and who seeks to conquer the entire earth, is conquered through a woman; he slew man and cast him from life-giving paradise, and he himself is now slain. [RB]

Verse: Blessed are You on the throne of Your kingdom, and You are praised and exalted beyond measure unto the ages. [SAAS]

O godly-minded Mary, the one who once mysteriously fed the people in the wilderness has become nourishment and comfort for you; and he gave you food and drink through his ineffable power as you cried: Blessed are You, the God of our Fathers. [RB]

Verse: Blessed are You in the firmament of heaven, for You are praised and glorified unto the ages. [SAAS]

You shook off the great waves of the passions, securely defended by the Cross, and you parted them as the one who saw God

also parted the sea; and crossing over to the promised land through your dispassion, you dwelled in the immortal inheritance. [RB]

Glory.

He that plots against the pious was not able to conquer the the determination and resolve of your endurance, even with his countless attacks; and so you scorned his downfall and cried out: Blessed are You, the God of our Fathers. [RB]

Both now. **Theotokion.**

O hallowed Virgin Mother, the Incomprehensible One takes flesh from you, and since he is good, he renews humanity in your womb. And so, as we sing hymns to you as the one who mediates these amazing things, we say: Blessed are you, for you conceived God in the flesh. [RB]

Ode viii.

From Menaion - - -

Canon for the Devout Woman.

Ode viii. Mode 2. Heirmos.

Verse: O you works, to the Lord sing a hymn, and exalt Him beyond measure unto the ages.

When God went down into the fire * of the furnace with the holy Hebrew Servants, * He converted the flames there into dew refreshing them. * Extol Him as Lord, O you works of His, * and exalt Him beyond measure, * unto all the ages. [SD]

Troparia.

Devout Saint of God, intercede for us

You are brilliantly arrayed in bright rays of virtues, and the sound of your works has now gone out into the whole world; and so we glorify your memory in faith. [RB]

Verse: Bless the Lord, all you works of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

You are brilliantly arrayed in bright rays of virtues, and the sound of your works has now gone out into the whole world; and so we glorify your memory in faith. [RB]

Verse: Bless the Lord, all you works of the Lord, you heavens of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

The godly-minded Zosimas was found worthy of inexpressible joy when he saw you in the desert and cried: O you works, praise the Lord, and exalt Him beyond measure, unto all the ages. [RB]

Verse: Bless the Lord, all you waters above the heaven, all you powers of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

O God-bearer, you received your rewards and were judged worthy of the divine recompense; you knew where Zosimas had come from; and singing with him, you said: we exalt you beyond measure, O Christ, unto all the ages. [RB]

Verse: Bless the Lord, you sun and moon, you stars of heaven, and exalt Him beyond measure, unto all the ages. [SAAS]

Theotokion.

O Savior, since you are God, you truly appeared on earth bearing flesh to snatch mankind away from the slayer of mortal, and you preserved her in purity that gave you birth. And so we sing hymns to you unto all the ages. [RB]

(read)

Intermediate Verses of Ode Eight.

Bless the Lord, every shower and dew, all you winds, and exalt Him beyond measure, unto all the ages. [SAAS]

Bless the Lord, you fire and heat, you winter cold and summer heat, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you dewes and snows, you frost and cold, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you hoarfrosts and snows, you lightning and clouds, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you light and darkness, you night and day, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you earth, you mountains and hills, and all you things growing on the earth, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you springs, you seas and rivers, you sea-monsters and everything that moves in the waters, and exalt Him beyond measure, unto all the ages. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode pl. 4.

(NM) *The Chaldaean tyrant.*

Verse: Bless the Lord, all you birds of heaven, all ou wild animals and cattle, and exalt Him beyond measure, unto all the ages. [SAAS]

O Lord, have mercy and take pity on my soul and mind that lie wounded by poisonous passions; protect me with the breastplate of Thy Cross and with the Blood that flows from

Thy side, that I may sing with all my heart: O ye priests bless and ye people exalt Him above all for ever. [KW]

Verse: Bless the Lord, O children of men.

Bless the Lord, O Israel, and exalt Him beyond measure, unto all the ages. [SAAS]

Moses of old prefigured thee, O precious Cross, when he lifted up his arms upon the mountain and put Amalek to flight; and today, as we venerate thee, we overthrow the alien hosts of demons and we sing with faith: O ye priests bless and ye people exalt Him above all for ever. [KW]

Verse: Bless the Lord, O priests of the Lord, O servants of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

I am shaken by passions, ensnared by enemies, and led away prisoner by evil habits. Take pity on me, O compassionate Lord, and arm me with the breastplate of Thy Cross, that with heart unshaken I may sing: O ye Children bless, O ye priests praise, O ye people exalt Him above all for ever. [KW]

Verse: Bless the Lord, O spirits and souls of the righteous, O holy ones and humble in heart, and exalt Him beyond measure, unto all the ages.

[SAAS]

Theotokion.

Groaning in anguish, lamenting with a mother's grief, unable to bear the agony in thy heart, thou hast gazed upon the Cross and cried to Him that was born from thy womb: 'O Child, what is this that I see? How dost Thou suffer who by nature canst not suffer? It is because Thou seekest to deliver from corruption all mankind.' [KW]

Canon 2 from the Triodion.

Ode viii. Mode 3. (NM) God is glorified.

Verse: Bless the Lord, O Hananiah, Azariah, and Mishael, and exalt Him beyond measure, unto all the ages. [SAAS]

Beholding the Cross of Christ exalted in the Church, let us draw near in fear and faith, O brethren, and let us venerate it crying: Thou hast brought life to mortal men, O Giver of Light. [KW]

Verse: Bless the Lord, O Apostles, Prophets, and Martyrs, and exalt Him beyond measure, unto all the ages. [SAAS]

Heaven revealed thee, O lifegiving Cross, as the ensign of victory in battle, the unconquerable weapon of kings, the destroyer of enemies, the horn of the Churches, and the salvation of the faithful. [KW]

Verse: We bless the Lord: Father, Son, and Holy Spirit; we sing a hymn to Him and exalt Him beyond measure unto the ages. [SAAS]

For the Trinity.

I glorify the Holy Father, I honour the Holy Son, and I sing in praise of the Holy Spirit, simple Trinity, one in Essence. Each Person is God, three Lights yet one Light coming from a single Sun. [KW]

Both now. **Theotokion.**

Hail, Gate through which none may pass; hail, Bush unconsumed; hail, golden Vessel of manna; hail, Mountain not cut by hand of man; hail, Theotokos, the unbroken hope and rampart of those that put their trust in thee. [KW]

Glory to You, our God, glory to You.

O brethren, having come to the middle of the Fast, in good courage and with willing

hearts let us complete with God's help the part which still remains, that in great joy we may behold the Passover of the risen Christ. [KW]

We praise and we bless and we worship the Lord.

Heirmos (NM). Mode 3.

God is glorified on high by the angels with never-silent voices; let the heaven of heavens, the earth and the mountains, the hills and the deep and all mankind sing to Him, their Maker and Creator, bless, praise and exalt Him above all for ever. [KW]

DEACON

Let us honor and magnify in song the Theotokos and the Mother of the light.

CHOIR

Ode ix.

Megalynarion. Mode 2.

Verse: My soul magnifies the Lord, and my spirit has rejoiced in God my Savior. [NKJV]

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. [SD]

Verse: For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed. [NKJV]

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. [SD]

Verse: For He who is mighty has done great things for me, and holy is His name. And His

mercy is on those who fear Him from generation to generation. [NKJV]

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. [SD]

Verse: *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* [NKJV]

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. [SD]

Verse: *He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.* [NKJV]

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. [SD]

Verse: *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

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. [SD]

From Menaion - - -

Canon for the Devout Woman.

Ode ix. Mode 2. Heirmos.

Lady, from your virginal belly * you ineffably embodied God, * the luminary who

arose before the sun, * and the One who came down to us * and dwelt among us bodily. * O blessed and all-holy one, * you, O Theotokos, do we magnify. [SD]

Troparia.

Devout Saint of God, intercede for us

O all-blessed Mary, you partook of the Mysteries with longing, you were filled with glorious radiance, and you were assured to have your Bridegroom's ineffable grace. And so you were judged worthy of a most blessed and divine translation. [RB]

Verse: *Blessed be the Lord God of Israel, for he has visited and redeemed his people.* [RSV]

O God-bearer, you knew the mystery of your departure, and you walked upon the waters while remaining dry. O all-venerable Mother, you were translated from the world, and now you have comprehended your Creator's inconceivable beauty and delight. [RB]

Verse: *And has raised up a horn of salvation for us in the house of his servant David.* [RSV]

O God-inspired Mary, you carried your lamp and were dressed with the splendor of the virtues. Now you see the throne of the King of all and delight in His sweet beauty, and you dance for joy with the righteous. [RB]

Verse: *As he spoke by the mouth of his holy prophets from of old. That we should be saved from our enemies, and from the hand of all who hate us.* [RSV]

O Mary and godly-minded Zosimas, you richly enjoy God's rewards for your efforts and deed. Ask him to be gracious now to all of us and to grant our souls the forgiveness of sins. [RB]

Verse: To perform the mercy promised to our fathers, and to remember his holy covenant. [RSV]

Theotokion.

O Virgin and Lady, you are higher than all created things. You ineffably carried the Master of all physically in your womb, and you nourished Him with milk as his mother. And so we all magnify you. [RB]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode pl. 4. (NM)

Verse: The oath which he swore to our father Abraham, to grant us that we, be[ing] delivered from the hand of our enemies. [RSV]

When Jacob blessed his grandchildren of old, he openly prefigured the precious Cross. Through the Cross, O compassionate Lord, give us Thy blessing; and to those that venerate it and glorify Thee as the Deliverer of all, grant grace and sanctification. [KW]

Verse: [That we] might serve him without fear, in holiness and righteousness before him all the days of our life. [RSV]

Cleansed in soul and mind by the water of fasting, O ye faithful, let us embrace the lifegiving and divine Wood that is exalted before us all: for it is a fountain of forgiveness and heavenly light, a source of life and true rejoicing. [KW]

Verse: And you, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways. [RSV]

I know, O Lord, that Thou wilt come as dread Judge in the glory of the Godhead, to lay bare the hidden sins of all. Therefore I call upon Thee in Thy love: I have sinned, forgive

me; put me not to shame, but pass over my many and grievous trespasses. [KW]

Verse: To give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God. [RSV]

Theotokion.

When the Ewe beheld the Lamb led to the slaughter and saw the light of the sun darkened, she said weeping: 'O Jesus, sun of glory, Thou hast set in death. But shine forth with the light of Thy Resurrection upon those that love Thee.' [KW]

Canon 2 from the Triodion.

Ode ix. Mode 3. (NM) In the bush upon Mount Sinai.

Verse: When the day shall dawn upon us from on high to give light to those who sit in darkness and in the shadow of death. [RSV]

Today, recalling David's words, let us all worship at the place where the feet of our God and Master stood, and let us venerate the precious Cross. For He who encloses all things in the hollow of His hand, mounted upon it.

[KW]

Verse: To guide our feet into the way of peace.

[RSV]

O ye that dwell on earth, draw near cleansed by fasting, and behold today the honoured Cross that lies before you. Venerate it in fear and be glad in faith, and rejoice as ye draw from it sanctification for your souls. [KW]

Glory. **For the Trinity.**

The Trinity supreme in Godhead is by Essence an undivided Unity. Though single in Nature, it is distinguished in Persons; though indivisible, it is divided; though one, it is

three: Father, Son and Spirit of Life, together guarding all things. [KW]

Both now. **Theotokion.**

Who has ever heard of a virgin that bore child and a mother that knew not man? O Mary, this miracle hast thou accomplished, but tell me how? 'Do not enquire into the mystery of my childbearing: it is altogether true, yet beyond man's understanding.' [KW]

Glory to You, our God, glory to You.

With all mankind let us offer thankful praise to God, as we now behold and kiss the holy Cross. Understand, ye demons, and submit to the Cross; understand, ye barbarian peoples, and submit to it: for God is with us.

[KW]

Heirmos (NM). Mode 3.

In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [KW]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. 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.

DEACON

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

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Horologion - - -

CHOIR

Photagoric Hymns

Mode 3.

Send out Your light, O Christ God, and enlighten our hearts, by the protection of the Bodiless Hosts, and save me. [SD]

Send out Your light, O Christ God, and enlighten our hearts, by the intercessions of the Saints, and save me. [SD]

Send out Your light, O Christ God, and enlighten our hearts, by the intercessions of the Theotokos, and save me. [SD]

READER

Lauds. *(read)*

Psalms 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens.

Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy

on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

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

(Grant this, O Lord.)

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

(Grant this, O Lord.)

For pardon and remission of our sins and transgressions, let us ask the Lord.

(Grant this, O Lord.)

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

(Grant this, O Lord.)

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

(Grant this, O Lord.)

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

(Grant this, O Lord.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

Holy Lord, dwelling on high and beholding things below and, with your eye that observes all, keeping watch over the whole creation, to you we have bowed

the neck of our soul and body, and we beseech you, O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above.

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion ---

Idiomelon. Mode pl. 2.

Thou Thyself hast shown us, O Christ, that the best path to exaltation is humility; and Thou hast emptied Thyself and taken the form of a servant. Thou hast not hearkened to the arrogant prayer of the Pharisee, but in heaven Thou hast accepted the contrite sighing of the Publican as a blameless sacrifice. Therefore I also cry to Thee: Be merciful to me, O God, be merciful, my Saviour, and save me. [KW]

Verse: *I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look to the hands of their masters, as the eyes of the maidservant look to the hands of her mistress, so our eyes look to the Lord our God until He shall have compassion on us.* [SAAS]

Thou Thyself hast shown us, O Christ, that the best path to exaltation is humility; and Thou hast emptied Thyself and taken the form of a servant. Thou hast not hearkened to the arrogant prayer of the Pharisee, but in heaven Thou hast accepted the contrite sighing of the Publican as a blameless sacrifice. Therefore I

also cry to Thee: Be merciful to me, O God, be merciful, my Saviour, and save me. [KW]

For the Martyrs.

Mode pl. 2.

Verse: *Have mercy on us, O Lord, have mercy on us, for we are greatly filled with contempt; our soul is greatly filled with it. We are a disgrace to those who prosper, and a contempt to the arrogant.* [SAAS]

At the commemoration of Thy martyrs, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy upon us. [KW]

Glory. Both now. **Theotokion.**

Mode pl. 2.

Thou hast accepted the word of the Archangel and wast revealed as throne of the cherubim, and in thine arms, O Theotokos, thou hast held the Hope of our souls. [KW]

PRIEST

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [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 trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

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

Standing in your glorious church, O Theotokos, we think we are standing in heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (40)

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

Blessed are You, Christ our God, always now and forever and to the ages of ages.

(Amen.)

O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give peace to the world. Protect this holy Church (or, Monastery); grant our departed fathers and brethren that they may dwell with the righteous, and accept us in repentance and confession; for You are good and love mankind.

(Amen.)

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]

Then we begin the First Hour, saying: "Come let us worship..."

or:

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. (3) 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.)