

# The Book of Hours

**The Daily Services  
of the  
Orthodox Church**



Monastery of the Prophet Elias  
Australia

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# Preface

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This trial edition of the Book of Hours was prepared initially for a parish church in Australia, for those occasions when English was used in the services. It has now been expanded and corrected, and is offered to others who may wish to use it.

There are at present many translations into English of the *Horologion* or *Chasoslov*, most of which are unsatisfactory for various reasons. In many, the language is unsuitable for use in Orthodox worship; some using old forms of English in an attempt to emulate the language of certain heterodox prayer books, thinking that such is somehow a suitable Orthodox liturgical language; others sounding like the work of those for whom English is not the mother tongue, and some are from unauthentic sources reflecting strange deviations.

We believe that the best kind of modern English can be a beautiful liturgical language. Our aim has been to produce a translation into the best and clearest English of our times and therefore have worked according to the following principles:

– Tudor English, or a modernised form of it, is inappropriate and there is no place in our worship for the blatant dishonesty involved in the creation of an unnatural and often incomprehensible ecclesiastical language;

– the word order should be that which is natural to English, rather than that of another language;

– we retain a few foreign terms, for example *amen*, *hosanna*, *alleluia* and others, for they are part of our traditional liturgical usage, rarely translated into Greek, Latin or Slavonic;

– where suitable terms exist in English, some of which are derived from Latin, we use them; for instance *Terce* rather than *Third Hour*;

– a translation must take into account the fact that parts will be sung: our model is the monophonic chant (or a simply harmonised version of it) as embodied in *Sputnik Psalomshika* and its companion volumes.

This work arises from the pioneering translation of monk Lawrence in *Unabbreviated Horologion* of 1984, and I pay tribute to that. Other service books have been consulted, and certain words, phrases and even sentences have been borrowed from them. Our major source is the *Chasoslov* (Book of Hours) as used generally in the Russian Orthodox Church. Any variations from it may be found to be either in accordance with the Typicon or because they reflect the present use of the Church where such is in the spirit of the Typicon.

This edition is offered for use and comment, but as it is a privately distributed edition, published criticism is not invited. I invite suggestions and corrections to be sent to me, so that a final, definitive edition may be produced. At the time of writing, this work does not yet have any official episcopal sanction, nor are certain sources acknowledged, particularly of the Psalms and other scriptural materials: these will appear in a later, formal edition.

For that which is good in this book give glory to God; for what is lacking, may the Lord have mercy.

Abbot Benjamin



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# Vespers

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*If Vespers is part of the Vigil, we begin as shown on page 9*

*Priest*      Blessed is our God, always, now and for ever and to the ages of ages.

*Reader*    Amen.

Glory to you, our God, glory to you.<sup>1</sup>

Heavenly king, Comforter and Spirit of truth, present everywhere and filling all things, the treasury of blessings and giver of life: come and dwell in us, cleanse us of all stain and save our souls, O good one.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest*      For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, now and for ever and to the ages of ages.

*Reader*    Amen.

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<sup>1</sup> Regarding the opening prayers:

If None is read immediately before Vespers, the opening prayers (that is, from *Glory to you, our God...* to *O come, let us worship...*) are read before None; then at Vespers, after the Priest's blessing, the Reader begins *Amen. O come, let us worship...* In Easter-tide we sing *Amen* then *Christ is risen from the dead...* (thrice)

Throughout Easter-tide, *Glory to you, our God...* and *Heavenly king...* are omitted and instead we sing three times *Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.* From Ascension to Pentecost, *Glory to you, our God...* and *Heavenly king...* are omitted and we read immediately *Holy God...*

## Vespers

Lord have mercy. (*12 times*)

Glory be to the Father... both now and for ever...

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

Bless the Lord O my soul. O Lord my God, how great you are, clothed with majesty and honour, wrapped with light as in a garment. You have stretched out the heavens like a tent-cloth, and laid the beams of your dwelling upon their waters. You make the clouds your chariot and ride upon the wings of the wind; you make the winds your messengers and flames of fire your ministers. You have set the earth on its foundations so that it shall never be moved. The deep covered it as with a mantle; the waters stood above the hills. At your rebuke they fled, at the voice of your thunder they hurried away. They went up to the mountains, they went down to the valleys to the place which you had appointed for them. You fixed a limit which they may not pass, they shall not return again to cover the earth. You send springs into the gullies which run between the hills. They give drink to every beast of the field and the wild asses quench their thirst. Beside them the birds of the air build their nests and sing among the branches. You water the mountains from your dwelling on high, and the earth is filled by the fruits of your work. You cause the grass to grow for the cattle and all green things for the servants of mankind. You bring food out of the earth and wine that makes glad the heart of man; oil to give him a shining countenance and bread to strengthen his heart. The trees of the Lord are well-watered; the cedars of Lebanon which he has planted, where the birds build their nests and the stork makes her home in the pine-tops. The high hills are a refuge for the wild goats and the crags a cover for the conies. You created the moon to mark the seasons and the sun knows the hour of its setting. You make darkness and it is night, in which all the beasts of the forest move by stealth. The lions roar for their prey, seeking their food from God. When the sun rises they retire and lay themselves down in their dens. Man goes out to his work and to his labour until the evening. Lord, how various are your works; in wisdom you have made them all, and the earth is full of your creatures. There is the wide immeasurable sea; there move living things without number, great and small. There go the ships to and fro, and there is that Leviathan whom you formed to sport in the deep. These all look to you to give them their food in due season. When you give it to them they gather it; when you open your hand they are satisfied with good things. When you hide your face they are troubled; when you take away their breath they die and return to their dust. When you send forth your spirit they are created and you renew the face of the earth. May the glory of the Lord endure for ever, may the Lord rejoice in his works. If he look upon the earth it shall tremble, if he but touch the mountains they shall smoke. I will sing to the Lord as long as I live, I will praise my God while I have any being. May my meditation be pleasing to him for my joy shall be in the Lord. May sinners perish from the earth, let the wicked be no more. Bless the Lord O my soul.

The sun knows the hour of its setting, you make darkness and it is night.  
Lord, how various are your works, in wisdom you have made them all.

Glory be to the Father and to the Son and to the Holy Spirit; both now and  
for ever and to the ages of ages, amen.

Alleluia, alleluia, alleluia, glory to you O God. (*thrice*)

*The Litany of Peace*

*Then the appointed reading from the Psalter.<sup>2</sup>*

*Then the Little Litany*

*Then we sing the Lamp-lighting Psalms, starting in the appointed tone:*

Lord, I call to you, hear me:

hear me O Lord.

Lord, I call to you, hear me:

receive the voice of my prayer  
when I cry out to you.

Hear me O Lord.

Let my prayer be set forth

as incense before you,

and the lifting up of my hands

as an evening sacrifice.

Hear me O Lord.

*Reader* Set a guard on my mouth, O Lord, and keep the door of my lips.

Let not my heart incline to evil speech to join in wickedness with wrong  
doers: let me not taste the pleasures of their table.

But let the righteous man chastise me, and the faithful man rebuke me.

Let not the oil of the wicked anoint my head, for I pray to you still against  
their wickedness.

They shall be cast down by that mighty one who is their judge; and how  
pleasing shall my words be to them then.

As when a farmer breaks the ground, so shall their bones lie scattered at the  
mouth of Sheol.

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<sup>2</sup> At Vespers, the reading from the Psalter begins with no preamble.

After each of first two parts:

Reader      *Glory be to the Father and to the Son and to the Holy Spirit:*

Choir      *Both now and for ever and to the ages of ages, amen.*

*Alleluia, alleluia, alleluia, glory to you O God. (thrice)*

*Lord have mercy. (thrice)*

*Glory be to the Father and to the Son and to the Holy Spirit;*

Reader      *Both now and for ever... and the next part of the Kathisma.*

After the third part, there is no singing, and the reader concludes: *Glory be to the Father... both now and  
for ever... and then: Alleluia, alleluia, alleluia, glory to you O God. (thrice)*

## Vespers

But my eyes look to you O Lord my God; to you I come for refuge, do not pour out my life.

Keep me from the snare that they have laid for me, and from the traps of the evil doers.

Let the wicked fall together into their own nets while I pass safely by.

I call to the Lord with a loud voice; with a loud voice I entreat his favour.

I pour out my complaint before him and I tell him all my trouble.

When my spirit is faint within me you know my path,

In the way where I walk they have hidden a snare for me.

I look to my right hand and see but no man will know me.

All escape is gone and there is no one who cares for me.

I call to you Lord; I say: You are my refuge, you are my portion in the land of the living.

Heed my loud crying, for I am brought very low.

Save me from my persecutors for they are too strong for me.

*And we insert the appointed verses*

10 Bring me out of the prison-house | that I may praise your name.

When you have given me my reward | then will the righteous gather about me.

8 Out of the depths I call to you O Lord: | O Lord, hear my voice.

Let your ears consider well | the voice of my supplication.

6 If you Lord should note what we do wrong, who then, O Lord, could stand? | But there is forgiveness with you.

I wait for the Lord, my soul waits for him, | and in his word is my hope.

4 More than watchmen for the morning; more, I say than watchmen for the morning | O Israel trust in the Lord.

For with the Lord there is mercy and with him is ample redemption; | and he will redeem Israel from the multitude of his sins.

2 Praise the Lord all you nations, | praise him, all you peoples.

For great is his loving kindness towards us | and the faithfulness of the Lord endures for ever, praise the Lord.

Glory be to the Father and to the Son and to the Holy Spirit;  
Both now and for ever and to the ages of ages, amen.

*and we sing the appointed Theotokion.*

*If there is an Entrance, the Deacon exclaims Wisdom. Be upstanding  
and we sing O gladsome light...*

*If there is no Entrance, O gladsome light is recited<sup>3</sup> (without Wisdom... )*

O gladsome light of the holy glory, of the immortal, heavenly Father; the holy and blessed one, Jesus Christ. Now that we have reached the setting of the sun, we see the evening light and sing to God; Father, Son and Holy Spirit. To you rightfully belongs all praiseful, holy song in elevated voice, O Son of God the giver of life. Behold the universe, singing your glory.

*Deacon* Let us attend.

*Priest* Peace be to all.

*Deacon* Wisdom. Let us attend. The Prokimenon in the... tone.

*Saturday evening, tone 6*

The Lord is king, | he has put on robes of glory.  
*Verse* The Lord has put on his glory, he has girded himself with strength.  
*Verse* He has made the world so firm that it cannot be moved.  
*Verse* Holiness adorns your house O Lord for ever.

*Sunday evening, tone 8*

Behold now, bless the Lord | all you servants of the Lord.  
*Verse* You that stand in the house of the Lord, in the courts of the house of our God.

*Monday evening, tone 4*

The Lord will hear me | when I cry out to him.  
*Verse* You heard me when I called, O God of my righteousness, you listened to me.

*Tuesday evening, tone 1*

Your mercy O Lord shall follow me | all the days of my life.  
*Verse* The Lord is my shepherd, I shall lack nothing: he will make me lie down in green pastures.

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<sup>3</sup> In many places it is customary for the superior (or the most senior person in the choir if the superior be officiating) to recite this and, later, the evening prayer *Lord, protect us this evening...* and also *Lord now let your servant depart...*

## Vespers

*Wednesday evening, tone 5*

*Verse* Save me O God for your name's sake | and in your strength judge me.  
Hear my prayer O God and hearken to the words of my mouth.

*Thursday evening, tone 6*

*Verse* My help comes from the Lord | who made heaven and earth.  
I lift up my eyes to the hills; but where shall I find help?

*Friday evening, tone 7*

*Verse* You are my defender O God | and your mercy shall go before me.  
Deliver me from my enemies O God, and ransom me from those who rise  
up against me.

*On weekdays during the Apostles' Fast and the Nativity Fast,  
if the Menaion indicates that Alleluia may be sung,  
then instead of the Prokimenon of the day, we sing Alleluia with the following verses.*

*Monday evening, tone 6*

*Verse* Lord rebuke me not in your indignation, nor chasten me in your fierce  
displeasure.

*Verse* And to the ages of ages.

*Tuesday and Thursday evening, tone 6*

*Verse* Exult the Lord our God and bow down before his footstool, for he is holy.  
*Verse* And to the ages of ages.

*Wednesday evening, tone 6*

*Verse* Their sound has gone out through all the world and their words to the ends  
of the earth.

*Verse* And to the ages of ages.

*At the service for the dead before Meatfare Sunday and before Pentecost,  
we sing Alleluia on Friday evening as follows:*

*Friday evening, for the dead, tone 8*

*Verse* Blessed are those whom you have chosen and taken to yourself, O Lord.  
*Verse* Their memorial is from age to age.

*The superior reads the evening prayer:*

Lord, protect us this evening without sin. Blessed are you, Lord God of our fathers and praised and glorified is your name for ever, amen. Lord, let your mercy shine upon us as we trust in you. Blessed are you Lord, teach me your statutes. Blessed are you Master, give me understanding of your statutes. Blessed are you holy one, enlighten me by your statutes. Lord, your mercy endures for ever, do not forsake the work of your hands. For to you is due praise, to you is due song, and to you is due glory, Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

*Then the Litany* Let us fulfil our evening prayer to the Lord...

*Priest* Peace be to all.

*Choir* And to your spirit.

*Deacon* Let us bow our heads to the Lord.

*Choir* To you, O Lord.

*Priest* May the might of your kingdom be blessed and exulted...

*Choir* Amen.

*Then the Aposticha, with these verses, unless others are appointed.*

*After the first verse*

To you I lift up my eyes, to you, enthroned in heaven: as the eyes of servants look to the hand of their master, or as the eyes of a maid toward the hand of her mistress, so our eyes look to the Lord our God | until he shows us his mercy.

*After the second verse*

Have mercy on us O Lord, have mercy on us, for we have had our fill of derision. Our souls overflow with the mockery of those at ease, | and with the contempt of the proud.

*After the third verse*

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

*and then the appointed Theotokion.*

## Vespers

*Then the superior reads the Canticle of Simeon:*

Lord, now let your servant depart in peace: your word has been fulfilled. For my eyes have seen your salvation, which you have prepared in the sight of all peoples, a light of revelation to the nations, and the glory of your people Israel.

*Reader*    Holy God... *to Our Father...*

*Priest*    For the kingdom, the power and the glory are yours...

*Choir*    Amen.

*Troparia are sung, as appointed.*

*Then the Litany* Have mercy on us O God...

*Then the Dismissal:*

*Priest*    Wisdom.

*Choir*    Father, bless.

*Priest*    Blessed is He Who Is, Christ our God, always, now and for ever and to the ages of ages.

*Choir*    Amen. Strengthen, O God, the holy Orthodox faith [*this holy monastery*] and Orthodox Christians to the ages of ages.

*Priest*    Most holy Mother of God, save us.

*Choir*    More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God, we magnify.

*Priest*    Glory to you, Christ our God and our hope, glory to you.

*Choir*    Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

Lord have mercy. (*thrice*) Father, bless.

*Priest*    May Christ our true God... *and the Dismissal*

*Choir*    Amen.

## **Great Vespers, alone or at the Vigil**

*If Great Vespers is held as a separate service, that is, not as part of the Vigil, it begins in the same way as Vespers on ordinary days, then after the Litany of Peace we sing Blessed is the man... and the rest as below.*

*But if Great Vespers is part of the Vigil, we begin thus: after the incensing of the Altar and Sanctuary, the Priest begins with Glory to the holy, consubstantial... as below, but if a Deacon is officiating with the Priest, then the Deacon announces firstly:*

*Deacon* Be upstanding. Master, give the blessing.

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

*Choir* Amen.

*And the officiating clergy in the Sanctuary sing:*

O come, let us worship God our king.

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

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

O come, let us worship and fall down before him.

*Then we sing the Evening Psalm; often in this shortened form:*

Bless the Lord O my soul. Blessed are you, O Lord.

Bless the Lord O my soul. O Lord my God, how great you are.

*Antiphon* Blessed are you, O Lord.

Clothed with majesty and honour.

*Antiphon* Blessed are you, O Lord.

The waters stood above the hills.

*Antiphon* Lord, how various are your works.

You send springs into the gullies which run between the hills.

*Antiphon* Lord, how various are your works.

In wisdom you have made them all, you have made them all.

*Antiphon* Glory to you Lord who has made them all.

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

*Antiphon* Glory to you Lord...

## **Great Vespers**

Both now and for ever and to the ages of ages, amen.

*Antiphon*    Glory to you Lord...

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

*Deacon<sup>4</sup>* In peace, let us pray to the Lord...  
*and the rest of the Litany of Peace.*

*Then we sing the verses from the first Kathisma; often in this short form.*

Blessed is the man who has not walked in the counsel of the ungodly.

Alleluia, alleluia, alleluia. — *and we sing this triple Alleluia after each verse.*

For the Lord cares for the way of the righteous, but the way of the ungodly shall perish.

Serve the Lord with awe and govern yourselves in fear and trembling.

Blessed are those who turn to him for refuge.

Arise O Lord and deliver me O my God.

Deliverance belongs to the Lord: O let your blessing be upon your people.

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

Both now and for ever and to the ages of ages, amen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

*Then the Little Litany, and Lord, I call to you...*

*Prior to the singing of O gladsome light...  
the Entrance with Incense occurs, with the exclamation of the Deacon:  
Wisdom, be upstanding.*

*Prokimenon and Readings as appointed.*

*The Litany* Let us all say with our whole soul and our whole mind...

*The prayer* Lord, protect us this evening...

*The Litany* Let us fulfil our evening prayer to the Lord... Peace... etc

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<sup>4</sup> When Great Vespers is sung separately, that is, not as part of the Vigil, then the Deacon normally does not take part until the Little Litany which follows *Blessed is the man...* But at the Vigil, the Deacon is officiating from the start.

## **Great Vespers**

*Then we sing the Entreaty verses of the saint of the Church,  
or those which are appointed.*

*Then the prayers of the Entreaty, either in the Narthex or outside the Church,  
at which we sing Lord have mercy 40 times, 30 times, 50 times, 3 times and 3 times.  
Another custom is to sing it 12 times, 12 times, 12 times, 3 times and 3 times.*

*Aposticha, as appointed.*

*And in the usual manner Lord, now let your servant depart...  
and Holy God... to Our Father...*

*Troparia, as appointed. Often at the Vigil we sing this, in tone 4:*

Virgin Mother of God rejoice;  
Mary, full of grace, the Lord is with you.  
Blessed are you among women  
and blessed is the fruit of your womb,  
for you have borne the Saviour of our souls.

*If Great Vespers is sung alone, that is, not as part of the Vigil,  
then the Dismissal follows, beginning:*

*Priest*      Wisdom.

*Choir*      Father, bless. and the rest as described before.

*Otherwise, the loaves etc are blessed after the Troparia:*

*Deacon*    Let us pray to the Lord.

*Choir*      Lord have mercy.

*And the prayer of blessing of the loaves, which is followed by:*

*Choir*      Amen.

Blessed be the name of the Lord, from now and for ever. (*thrice*)

*and we sing the first 10 verses of Psalm 34:*

I will bless the Lord continually,  
his praise shall be always in my mouth.  
Let my soul boast of the Lord,  
the humble shall hear it and rejoice.

## **Great Vespers**

O praise the Lord with me,  
let us exult his name together.  
For I sought the Lord's help  
and he answered and he freed me from all my fears.

Look towards him and be bright with joy,  
your faces shall not be ashamed.  
Here is a wretch who cried and the Lord heard him  
and saved him from all his troubles.

The angel of the Lord encamps round those who fear him  
and delivers them in their need.  
O taste and see that the Lord is good,  
happy the man who hides in him.

Fear the Lord all you his holy ones,  
for those who fear him never lack.  
Lions may suffer want and go hungry,  
but those who seek the Lord lack nothing good.

*Then the Priest's blessing (if it is a Vigil and Matins is to follow immediately):*

*Priest*      The blessing of the Lord be upon you, through his grace and love for mankind, always, now and for ever and to the ages of ages.

*Choir*      Amen.

*and Matins begins immediately with Glory to God in the highest...  
and the Six Psalms*

*Or, if it is not a Vigil, after the Psalm we use the full Dismissal,  
beginning with Deacon Wisdom. Choir Father bless. and so on, as described before.*

## **Vespers on weekdays in Lent that is, from Sunday evening to Friday evening**

*Generally, the order is that of Vespers outside of Lent, but we sing the Great Prokimenon on Sunday evening after the Entrance and O gladsome light...; we insert two readings from the Old Testament after the Prokimenon, and the ending of the service follows the Lenten order below.*

### **Sunday evening**

*The Great Prokimenon, in tone 8  
on Forgiveness Sunday and alternate Sundays in Lent (the even numbered ones)*

Do not hide your face from your servant, for I am in trouble. | Be swift to answer me, hearken to my soul and deliver me.

*Verse* I am poor and in misery, O God, let your deliverance lift me up.  
*Verse* Consider this you that are meek, and rejoice.  
*Verse* Seek God and let your heart be glad.

*and on the Sunday of Orthodoxy and alternate Sundays in Lent (the odd numbered ones)*

You have given an inheritance | to those who fear your name O Lord.

*Verse* From the ends of the earth I call to you.  
*Verse* I will find shelter in the covering of your wings.  
*Verse* So will I ever sing praises to your name.

*Then on Sunday nights we continue with the prayer Lord protect us this evening...  
and the Litany Let us fulfill our evening prayer to the Lord  
and the rest as usual on weekdays.*

### **Monday to Friday evenings**

*On Monday to Friday nights there is a special Prokimenon after O gladsome light...  
then two readings from the Old Testament separated by a second Prokimenon, thus:*

*Priest* Let us attend. Peace be to all. Wisdom. Let us attend.  
*Reader* The Prokimenon in the... tone.

*and the Reader and Choir perform the Prokimenon in the usual manner*

## Vespers in Lent

*Priest* Wisdom.  
*Reader* A reading from Genesis (*in Holy Week, from Exodus*)  
*Priest* Let us attend.

*and the first reading follows, at the end of which:*

*Priest* Let us attend.  
*Reader* The Prokimenon in the... tone.

*and the Reader and Choir perform the second Prokimenon in the usual manner.*

*Priest* Wisdom.  
*Reader* A reading from the Proverbs (*in Holy Week, from Job*)  
*Priest* Let us attend. — *and the second reading follows.*

*Then the prayer Lord, protect us this evening without sin... and the rest.*

*The conclusion to the service*

*After the Lord's Prayer which follows Lord now let your servant depart... we sing:*

Virgin Mother of God rejoice; Mary, full of grace, the Lord is with you.  
Blessed are you among women and blessed is the fruit of your womb  
for you have borne the Saviour of our souls. (*prostration*)

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

O Baptiser of Christ, remember us all,  
that we may be delivered from dangers, sorrows and afflictions;  
for grace has been given to you to intercede for us. (*prostration*)

Both now and for ever and to the ages of ages, amen.

Holy apostles and all saints pray for us,  
that we may be delivered from dangers, sorrows and afflictions;  
for you are our fervent intercessors with the Saviour. (*prostration*)

Under your mercy we seek refuge, O Mother of God.  
Reject not our prayer in our trouble, but deliver us from harm,  
O most pure and blessed one.

*On Friday evening, if there is no Liturgy of the Presanctified,  
after the Lord's Prayer we sing the Troparion of the day and the Theotokion,  
then the Litany Have mercy...*

*then the Prayer of St Ephraim the Syrian once with three prostrations,  
then the prayer Most holy Trinity and that which follows it, as below.*

*Reader* Lord have mercy (*40 times*)

Glory be to the Father... Both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God, we magnify.

In the name of the Lord, father, bless.

*Priest* Blessed is He Who Is, Christ our God, always now and for ever and to the ages of ages.

*Reader* Amen. Heavenly king, strengthen Orthodox Christians, establish the faith, calm the nations and give peace to the world. Protect this city (town, village or holy monastery); grant that our departed fathers and brothers may dwell with the righteous, and receive us who come in repentance and confession, for you are good and loving to mankind.

*Then the prayer of St Ephraim the Syrian, with 4 prostrations and 12 bows, as below.*

*On Sunday evening, and on Friday evening if there is no Liturgy of the Presanctified,  
the prayer is said only once with 3 prostrations.*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me your servant a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again, O Lord and Master of my life... ages of ages. (*prostration*)<sup>5</sup>*

*Reader* Amen. Holy God... to Our Father... Amen.

Lord have mercy. (*12 times*)

Most Holy Trinity, consubstantial power, undivided kingship, the cause of all good, be gracious even to me a sinner. Confirm and instruct my heart and take from me every defilement. Enlighten my mind that I may ever glorify, praise and

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<sup>5</sup> If the Lenten form of service is being sung during Nativity Fast or the Apostles' Fast, as is described in the Typicon under November 15, after the Prayer of St Ephraim, the Priest says:

*Priest* Glory to you, Christ our God and our hope, glory to you..

*Choir* Glory... Both now... Lord have mercy (*thrice*) Father bless. – and the normal Dismissal.

## Vespers in Lent

worship you, saying: One is holy, One is the Lord, Jesus Christ, to the glory of God the Father, amen.

Blessed be the name of the Lord, from now and for ever. (*thrice*)

Glory be... Both now and for ever...

I will bless the Lord continually, his praise shall be always in my mouth. Let my soul boast of the Lord, the humble shall hear it and rejoice. O praise the Lord with me, let us exult his name together. For I sought the Lord's help and he answered and he freed me from all my fears. Look towards him and be bright with joy, your faces shall not be ashamed. Here is a wretch who cried and the Lord heard him and saved him from all his troubles. The angel of the Lord encamps round those who fear him and delivers them in their need. O taste and see that the Lord is good: happy the man who hides in him. Fear the Lord all you his holy ones, for those who fear him never lack. Lions may suffer want and go hungry, but those who seek the Lord lack nothing good. Come my children, listen to me and I will teach you the fear of the Lord. Which of you relishes life, wants time to enjoy good things? Keep your tongue from evil and your lips from telling lies, turn from evil and do good, seek peace and pursue it. The eyes of God are on the righteous and his ears towards their cry. The Lord sets his face against wrong doers, to root out their memory from the earth. The righteous cry; the Lord hears it and frees them from their afflictions. The Lord is close to those who are broken-hearted, and the crushed in spirit he saves. The trials of the righteous are many, but our God delivers him from them all. He guards all his bones so that not one is broken. Evil will slay the wicked and those who hate the righteous will be destroyed. The Lord ransoms the lives of his servants and none who hide in him will be destroyed.

*In some places it is customary to read also the following Psalm,  
either in the Church or while moving to the Refectory:  
in the latter case, having reached the Refectory, the Dismissal is omitted  
and the blessing of the table begins with The poor shall eat...*

I will exult you O God my king, I will bless your name for ever and ever. Every day will I bless you and praise your name for ever and ever. Great is the Lord and wonderfully worthy to be praised: his greatness is past searching out. One generation shall praise your works to another and declare your mighty acts. As for me, I will be talking of the glorious splendour of your majesty, I will tell the story of your marvellous works. Men shall recount the power of your terrible deeds and I will proclaim your greatness. Their lips shall flow with the remembrance of your abundant goodness, they shall shout for joy at your righteousness. The Lord is gracious and compassionate, slow to anger and of great goodness. The Lord is loving to every man and his mercy is over all his works. All creation praises you O Lord, and your faithful servants bless your name. They speak of the glory of your kingdom and tell of your great might, that all mankind may know your mighty acts and the glorious splendour of your kingdom. Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord upholds all those who

stumble and raises up those that are bowed down. The eyes of all look to you in hope and you give them their food in due season. You open wide your hand and fill all things living with your bounteous gift. The Lord is just in all his ways and faithful in all his dealings. The Lord is near to all who call upon him, to all who call upon him in truth. He will fulfil the desire of those that fear him, he will hear their cry and save them. The Lord preserves all those that love him, but the wicked he will utterly destroy. My mouth shall speak the praises of the Lord, and let all flesh bless his holy name for ever and ever.

*The Lenten Dismissal*

*Priest* Wisdom.

*Choir* Truly it is right to call you blessed, the Bearer of God, the ever blessed and most immaculate Mother of our God.

*Priest* Most holy Mother of God save us.

*Choir* More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God, we magnify.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... both now and for ever...

Lord have mercy. (*thrice*) Father, Bless.

*Priest* May Christ our true God... *and the rest of the usual Dismissal prayer.*

## The Entreaty for the Dead

*On the weekdays of Lent, as we leave the Church after Vespers, we pause in the Narthex or at the place where commemorations of the dead are held and hold this Entreaty for the Dead. In some places this is done after Prime.*

*With no preamble, we sing in tone 4*

With the souls of the righteous who have ended this life,  
give rest to the souls of your servants O Saviour,  
and preserve them in that life of blessedness which is with you, O lover of  
mankind.

In the place of your rest where the saints repose O Lord,  
give rest also to the souls of your servants,  
for you alone love mankind.

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

You are God, who descended into Hades and loosed the bonds of those  
who were there:

give rest also to the souls of your servants.

Both now and for ever and to the ages of ages, amen.

O Virgin alone pure and immaculate who without seed gave birth to God,  
intercede for the salvation of their souls.

*And this litany*

*Priest* Have mercy on us O God, according to your great goodness we pray you,  
hear us and have mercy.

*Choir* Lord have mercy (*thrice*)

*Priest* Furthermore, we pray for the repose of the souls of the departed servants of  
God, our forefathers, fathers and brothers, and Orthodox Christians here and  
everywhere laid to rest, that they may be forgiven every transgression, voluntary or  
involuntary.

*Choir* Lord have mercy (*thrice*)

*Priest* That the Lord God will establish their souls where the righteous repose.

*Choir* Lord have mercy (*thrice*).

## Entreaty for the Dead

*Priest* The mercies of God, the kingdom of Heaven and the remission of their sins, let us ask of Christ the immortal king and our God.

*Choir* Grant this O Lord.

*Priest* Let us pray to the Lord.

*Choir* Lord have mercy.

*Priest (aloud)* O God of spirits and of all flesh who has trampled down death and overthrown the devil and has given life to your world; grant that the souls of your servants our forefathers, fathers and brothers, and Orthodox Christians here and everywhere laid to rest, may rest in the place of light, verdure and repose where sickness, sighing and sorrow have fled away. Since you are a gracious God and the lover of mankind, forgive every sin committed in thought, word, or deed; for there is no one living who does not sin and you alone are without sin, your righteousness is an everlasting righteousness and your Word is truth. For you are the resurrection, the life and repose of your departed servants, O Christ our God, and to you we ascribe glory, with your Father who is from eternity, and your most holy, good and life creating Spirit, now and for ever and to the ages of ages.

*Choir* Amen.

### *Then this Dismissal*

*Priest* Wisdom. Most holy Mother of God save us.

*Choir* More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God, we magnify.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

Lord have mercy. (*thrice*)

Father, bless.

*Priest* May he who arose from the dead, Christ our true God, through the prayers of his most pure Mother, of the holy and most praised apostles, of our holy and God bearing fathers and of all the saints, commit the souls of his servants who have departed from us, our forefathers, fathers and brothers, and Orthodox Christians here and everywhere laid to rest, to the tabernacles of the righteous; give them rest in the bosom of Abraham and number them with the righteous and have mercy on us, for he is gracious and loving to mankind.

## **Entreaty for the Dead**

*Choir* Amen.

*Priest* May you be eternally remembered, our fathers and brothers worthy of blessedness, O ever memorable ones. (*thrice, with a prostration each time*)

*and this is repeated by the singers each time.*

*Priest* May God bless them and give them rest and grant us mercy, for he is gracious and loving to mankind.

*Choir* Amen.

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# Compline (small)

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*Priest*      Blessed is our God, always, now and for ever and to the ages of ages.

*Reader*    Amen.

Glory to you, our God, glory to you.

Heavenly king, Comforter and Spirit of truth, present everywhere and filling all things, the treasury of blessings and giver of life: come and dwell in us, cleanse us of all stain and save our souls, O good one.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest*      For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, both now and for ever and to the ages of ages.

*Reader*    Amen.

Lord have mercy. (*12 times*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

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

## **Compline (small)**

*And the three Psalms, Lesser Doxology and the Creed:*

Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my rebellion, and my sin is ever before me. Against you only have I sinned and done what is evil in your eyes; so you will be just in your sentence and blameless in your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which you have broken rejoice. Hide your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from your presence, do not take your holy spirit from me. Give me the gladness of your help again, and support me with a willing spirit. Then will I teach transgressors your ways and sinners shall turn to you again. Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of your righteousness. Lord, open my lips, and my mouth shall proclaim your praise. You take no pleasure in sacrifice or I would give it: burnt offerings you do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God you will not despise. In your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will you delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon your altar.

O God, be pleased to deliver me, O Lord make haste to help me. Let them be put to shame and confounded who seek my life: let them be turned back and disgraced who wish me evil. Let them turn away for shame who say to me, ‘Aha, aha.’ Let all who seek you be joyful and glad because of you: let those who love your salvation say always, ‘God is great.’ As for me, I am poor and needy: O God be swift to save me. You are my helper and my deliverer: O Lord, make no delay.

Hear my prayer O Lord, in your faithfulness consider my petition and in your righteousness give me answer. Bring not your servant into judgement, for in your sight can no man living be justified. For the enemy has pursued me; he has crushed my life to the ground, he has made me dwell in darkness like those for ever dead. Therefore my spirit grows faint and my heart is appalled within me. I remember the days of old; I think on all that you have done, I consider the works of your hands. I stretch out my hands toward you, my soul yearns for you like a thirsty land. Be swift to hear me O Lord for my spirit fails: hide not your face from me lest I be like those who go down to the Pit. O let me hear of your merciful kindness in the morning for my trust is in you: show me the way that I should go, for you are my hope. Deliver me from my enemies O Lord for I run to you for shelter. Teach me to do your will for you are my God; let your kindly spirit lead me in an even path. For your name’s sake O Lord, preserve my life, and for the sake of your righteousness bring me out of trouble. In your merciful goodness slay my enemies and destroy all those that come against me, for truly I am your servant.

Glory to God in the highest and on earth peace to men of goodwill. We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory, Lord, heavenly king, God the Father Almighty, Lord the only begotten Son Jesus Christ and the Holy Spirit. Lord God, Lamb of God, Son of the Father, you take away the sin of the world, have mercy on us. You take away the sin of the world, receive our prayer. You sit at the right hand of the Father, have mercy on us. For you alone are holy, you alone are the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every night I will bless you and praise your name for ever and ever. Lord, you have been our refuge from age to age. I said, Lord have mercy on me, heal my soul for I have sinned against you. Lord, to you have I fled for refuge, teach me to do your will, for you are my God. In you is the fountain of life: in your light we shall see light. Extend your mercy to those who know you.

Lord, protect us this evening without sin. Blessed are you, Lord, the God of our fathers and praised and glorified is your name to the ages, amen. Let your mercy be upon us O Lord, for our hope is in you. Blessed are you, Lord, teach me your statutes, Blessed are you, Master, give me understanding of your statutes. Blessed are you, holy one, enlighten me by your statutes. Lord, your mercy endures for ever: do not forsake the work of your hands. To you is due praise, to you is due song, and to you is due glory, to the Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

I believe in one God, the Father almighty, maker of heaven and earth, and of all that is, seen and unseen. And in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God. Begotten, not made, of one being with the Father, through whom all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered and was buried. On the third day he arose in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come 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 with the Father and the Son is worshipped and glorified. He has spoken through the prophets. And in one holy, Catholic and Apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come, amen.

*Then the Canon, after which we sing (unless another is appointed):*

Truly it is right to call you blest, the Bearer of God, the ever blessed and most immaculate Mother of our God. More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

*Reader*    Holy God... to Our Father... Amen.

## **Compline (small)**

*And we read the following, according to these directions:*

*If it is a feast or festal period, then we read its Kontakion only.*

*If the Church is of our Lord or the Mother of God, then its Troparion is read first, then the one for the day of the week (as below), then O God of our fathers... and the rest.*

*If the Church is dedicated to a saint, the first Troparion is according to the day of the week (as below), then that of the Church saint, then O God of our fathers... and the rest.*

*On Saturday night we read only the Kontakion of the resurrection in the appointed tone, but during the period of the Lenten Triodion and the Pentecostarion, the Kontakion from there is read instead of the one of the resurrection.*

*Sunday night*                    Supreme commanders of the heavenly host, we unworthy ones implore you that by your supplications you encircle us within the shelter of the wings of your immaterial glory, and guard us who fall down before you and fervently cry: Deliver us from dangers, as you are the leaders of the host on high.

*Monday night*                    The memory of the righteous is celebrated with hymns of praise, | but the Lord's testimony is sufficient for you, O Forerunner. | You are truly proven to be even more venerable than the prophets | for you baptized in the running waters him whom they proclaimed. | Having contested for the truth, | you rejoiced to announce the good tidings even to those in Hades: | that God has appeared, incarnate, || taking away the sin of the world and granting us great mercy.

*Tuesday and Thursday nights*    O Lord, save your people and bless your heritage; grant victory to Orthodox Christians over their enemies, and protect your people by your cross.

*Wednesday night*                O holy apostles, intercede with the merciful God, that he grant to our souls forgiveness of offences. *And also:*

Truly you were revealed to your flock as a standard of faith, a model of humility and a teacher of abstinence. Thus you reached the heights through lowliness and wealth through poverty. Holy hierarch Nicholas, pray to Christ our God for the salvation of our souls.

*Then, on Sunday night to Thursday night, unless others be appointed:*

O God of our Fathers, regard us ever according to your kindness; take not your mercy from us, but through the intercessions of these holy ones, direct our lives in peace.

Adorned with the blood of your martyrs throughout all the world as if with purple and fine linen, your Church through them cries to you, O Christ our God:

Bestow your compassion upon your people, grant peace to your community and to our souls great mercy.

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

With the saints give rest, O Christ, to the souls of your servants, where pain, sorrow and sighing are no more, but life everlasting.

Both now and for ever and to the ages of ages, amen.

Through the prayers of all the saints and of the Mother of God, grant us your peace O Lord, and have mercy on us, as you alone are compassionate.

*Friday night*

Apostles, martyrs, and prophets, holy, venerable and righteous ones, you have fought the good fight and kept the faith and have boldness before the Saviour; we entreat you, as you are gracious, pray for us that our souls be saved.

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

With the saints give rest, O Christ, to the souls of your servants, where pain, sorrow and sighing are no more, but life everlasting.

Both now and for ever and to the ages of ages, amen.

To you, O Lord, the planter of creation, the world offers the God-bearing martyrs as the first fruits of its nature: by their supplications preserve your Church in perfect peace, through the prayers of the Mother of God, O greatly merciful one.

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

## **Compline (small)**

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

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

*But on Sunday nights in Lent, the blessing is  
May God be gracious to us and bless us, show us the light of his countenance  
and be merciful to us.  
and we say the Prayer of St Ephraim once, with three prostrations.*

*The prayer of Paul, a monk of the Monastery of the Protectress*

O Lady, Bride of God, spotless, blameless, pure and immaculate Virgin, by your glorious giving of birth in purity, you have united God the Word to mankind and have united the fallen nature of our race to the heavenly. You are the sure hope of the hopeless, the help of those who flee to you and the refuge of all Christians. Do not reject me, an accursed sinner, defiled by shameful thoughts, words and deeds, who through idleness has become a slave to the pleasures of life; but as the Mother of God who loves mankind, mercifully have compassion on me a sinner and prodigal, and receive this prayer from my impure lips. With your maternal boldness, implore your Son, our Lord and Master, that he open to me the depths of his loving kindness, overlook my numberless transgressions and turn me to repentance that I may fulfil his commandments. As you are merciful, compassionate and benevolent, be ever near me in this present life as an ardent helper and intercessor, defending me from the assaults of adversaries and leading me to salvation: at the time of my departure, care for my miserable soul and drive far from it the dark presence of evil demons: and on the fearful day of judgement, deliver me from eternal punishment and present me as an heir of the inexpressible glory of your Son, our God. May I attain this, O Lady, most holy Mother of God, by your mediation and help, through the grace and love towards mankind of your only begotten Son, our Lord and God and Saviour Jesus Christ, to whom is due all glory, honour and worship, with his eternal Father, and his most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

*Then the prayer of Antiochos, a monk of Pandektis*

And as we go to sleep, O Master, grant us repose of body and soul, and protect us from the murky sleep of sin and from the dark pleasures of the night. Calm the impulses of passions and quench the fiery darts of evil which are craftily thrown against us. Still the turbulence of the flesh and calm all earthly and material thoughts. Grant us, O God, a watchful mind, a prudent reason, a vigilant heart, and tranquil sleep free from satanic delusion. Raise us at the time of prayer strengthened in your commandments, holding firmly within us the remembrance of your

judgement. Grant that we may sing of your glory all through the night, and bless and glorify your most honourable and majestic name, Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

Most glorious ever-virgin, blessed Mother of God, present our prayer to your Son our God, and intercede with him, that through you he may save our souls.

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

*Priest*      Glory to you, Christ our God and our hope, glory to you.

*Choir*      Glory be to the Father... both now and for ever...

Lord have mercy. (*thrice*) Father, bless.

*Priest*      May Christ our true God, through the prayers of his most pure Mother, of (*the patron saint of the Church*) and of all the saints, have mercy on us and save us, for he is gracious and loving to mankind.

*Choir*      Amen.

*Priest*      Bless, holy fathers and brothers, and forgive me a sinner, all my sins this day, of thought, word, or deed, and in all my senses.

*All*            May God forgive and have mercy on you, holy father. Bless, holy father, and forgive me a sinner, all my sins this day of thought, word, or deed, and in all my senses.

*Priest*      Through his grace, may God forgive and have mercy on us all.

*Then this litany, while the brethren sing Lord have mercy slowly and continuously.*

Let us pray for our father his holiness Patriarch Kiril; for Metropolitan Nicholas and Archbishop George; and for our brothers in Christ.

For our nation and its government, and for every Christian land.

For those who love us and those who love us not.

For those who are kind to us, and those who serve us.

For those who have asked us unworthy ones to pray for them.

For the deliverance of those in prison.

For our fathers and brothers who are absent from us.

For those who are travelling.

For those lying in sickness.

For the abundance of the fruits of the earth,  
and for the soul of every Orthodox Christian.

## **Compline (small)**

Let us bless God fearing rulers, Orthodox bishops, the founders of this holy monastery, our parents and teachers, and our fathers and brothers gone before us, the Orthodox here and everywhere asleep in the Lord.

Let us say also for ourselves:

*Choir*     Lord have mercy. (*thrice*)

*Priest*     For the sake of the intercession of your most pure Mother, of (*the patron saint of the Church*) and of all the saints, Lord Jesus Christ our God, have mercy on us.

*Choir*     Amen.

*And we venerate the holy icons, receive a blessing from the superior and depart.*

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# Great Compline

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*Great Compline is used on Monday, Tuesday, Wednesday and Thursday in Lent (but not on Wednesday in the fifth week); on Friday in the first, second, third, fourth and sixth weeks; on Tuesday and Thursday in the week before Lent, and on Monday and Tuesday in Holy Week.*

*Great Compline, up to the end of the Lesser Doxology, forms part of the Vigil Service of certain feasts. One may note that Small Compline is used on every Sunday of Lent, on Wednesday and Friday in the fifth week of Lent, and also on Wednesday, Thursday and Friday of Holy Week.*

*Priest*      Blessed is our God, always now and for ever and to the ages of ages.

*Reader*    Amen.

Glory to you, our God, glory to you.

Heavenly king, Comforter and Spirit of truth, present everywhere and filling all things, the treasury of blessings and giver of life: come and dwell in us, cleanse us of all stain and save our souls, O good one.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest*      For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, both now and for ever and to the ages of ages.

*Reader*    Amen.

## **Great Compline**

Lord have mercy. (*12 times*)

Glory be to the Father... both now and for ever...

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

*In the first week of Lent, we begin with this Psalm:*

O God be pleased to deliver me: O Lord make haste to help me. Let them be put to shame and confounded who seek my life; let them be turned back and disgraced who wish me evil. Let them turn away for shame who say to me, ‘Aha, aha.’ Let all who seek you be joyful and glad because of you: let those who love your salvation say always, ‘God is great.’ As for me I am poor and needy: O God be swift to save me. You are my helper and my deliverer, O Lord, make no delay.

*– and then we read the appointed section of the Great Canon of St Andrew of Crete.*

*After the Canon, we continue with the following Psalms.*

*At other times, after O come let us worship... we begin with these Psalms:*

Answer me when I call O God of my righteousness; when I was hard pressed you set me free, be gracious to me now and hear my prayer. Sons of men, how long will you turn my glory to my shame: how long will you love what is worthless and seek after lies? Know that the Lord has shown me his wonderful kindness: when I call to the Lord he will hear me. Tremble and do no sin: commune with your own heart upon your bed and be still. Offer the sacrifices that are right and put your trust in the Lord. There are many who say, Who will show us any good? The light of your countenance O Lord has gone from us. Yet you have given my heart more gladness; that they have when their corn, wine and oil increase. In peace I will lie down and sleep, for you alone Lord make me dwell in safety.

Lord rebuke me not in your indignation nor chasten me in your fierce displeasure. Have mercy upon me Lord for I am weak, O Lord heal me for my very bones are afraid. My soul also is greatly troubled and you Lord, how long will you delay? Turn again O Lord and deliver my soul, save me for your mercy’s sake. For in death no man remembers you and who can give you thanks from the grave? I am wearied with my groaning, every night I drown my bed with weeping and water my couch with my tears. My eyes waste away for sorrow, they grow dim because of all my enemies. Away from me all you that do evil, for the Lord has heard the voice of my weeping. The Lord has heard my supplication: the Lord will receive my prayer. All my enemies shall be put to shame and greatly dismayed, they shall turn back and be confounded in a moment.

How long O Lord will you so utterly forget me, how long will you hide your face from me? How long must I suffer anguish in my soul and be so grieved in my heart day and night, how long shall my enemy triumph over me? Look upon me O Lord my God and answer me, lighten my eyes lest I sleep in death, lest my enemy say, 'I have prevailed against him;' lest my foes exult at my overthrow. Yet I put my trust in your unfailing love. O Let my heart rejoice in your salvation. And I will make my song to the Lord because he deals so bountifully with me.

Look upon me O Lord my God and answer me, lighten my eyes lest I sleep in death, lest my enemy say, 'I have prevailed against him.'

Glory be... both now and for ever...

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

Lord have mercy. (*thrice*)

Glory be... both now and for ever...

In you O Lord my God have I put my hope, in you have I trusted, let me not be ashamed, nor let my enemies triumph over me. Let none who wait for you be put to shame, but let those that break faith be confounded and gain nothing. Show me your ways O Lord, and teach me your paths. Lead me in the ways of your truth and teach me, for you are the God of my salvation. In you have I hoped all the day long because of your goodness O Lord. Call to mind your compassion and your loving kindness for they are from of old. Remember not the sins of my youth not my transgressions, but according to your mercy think on me. Good and upright is the Lord, therefore will he direct sinners in the way. The meek he will guide in the path of justice and teach the humble his ways. All the paths of the Lord are faithful and true for those who keep his covenant and his commandments. For your name's sake O Lord be merciful to my sin though it is great. Who is he that fears the Lord? Him will the Lord direct in the way that he should choose. His soul shall dwell at ease and his children shall inherit the land. The confidences of God belong to those that fear him and his covenant shall give them understanding. My eyes are ever looking to the Lord for he will bring my feet out of the net. Turn your face toward me and be gracious for I am alone and in misery. O free my heart from pains and bring me out of my distress. Give heed to my affliction and adversity and forgive all my sins. Consider my enemies, how many they are, and they bear a violent hate against me. Keep my life and deliver me; put me not to shame for I come to you for refuge. Let innocence and integrity be my guard, for in you have I hoped. O God, deliver Israel out of all his tribulation.

To you, Lord, have I come for shelter, let me never be put to shame. O deliver me in your righteousness, incline your ear to me and be swift to save me. Be for me a rock of refuge, a fortress to defend me, for you are my high rock and my stronghold. Lead me and guide me for your name's sake: bring me out of the net that they have secretly laid for me, for you are my strength. Into your hand I commit my spirit, you will redeem me O Lord God of truth. I hate those that clutch vain

## **Great Compline**

idols, but my trust is in the Lord. I will rejoice and be glad in your loving kindness, for you have looked on my distress and known me in adversity. You have not given me over to the power of the enemy: you have set my feet where I may walk at liberty. Have mercy upon me O Lord for I am in trouble, my eye wastes away for grief, my throat also and my inward parts. For my life wears out in sorrow and my years with sighing: my strength fails me in my affliction and my bones are consumed. I am become the scorn of all my enemies and my neighbours wag their heads in derision. I am a thing of horror to my friends and those that see me in the street shrink from me. I am forgotten like a dead man out of mind; I have become like a broken vessel. For I hear the whispering of many and fear is on every side. While they plot together against me and scheme to take away my life. But in you Lord have I put my trust: I have said, ‘You are my God.’ All my days are in your hand. Deliver me from the power of my enemies and from my persecutors. Make your face to shine upon your servant and save me for your mercy’s sake. O Lord, let me not be confounded for I have called upon you: but let the wicked be put to shame and brought to silence in the grave. Let the lying lips be dumb that in pride and contempt speak such insolence against the just. How plentiful is your goodness stored up for those that fear you, and prepared in the sight of men for all who come to you for refuge. You will hide them in the cover of your presence from the plots of men: you will shelter them in your refuge from the strife of tongues. Blessed be the Lord our God for he has wonderfully shown me his steadfast love when I was as a city besieged. When I was afraid I said in my haste, ‘I am cut off from your sight.’ But you heard the voice of my supplication when I cried to you for help. Love the Lord all you his faithful ones, for the Lord guards the true but fully requites the proud. Be strong and let your heart take courage all you that hope in the Lord.

He who dwells in the shelter of the Most High, who abides under the shadow of the Almighty, he will say to the Lord, ‘You are my refuge and my stronghold, my God in whom I trust.’ For he will deliver you from the snare of the hunter and from the destroying curse. He will cover you with his wings and you will be safe under his feathers, his faithfulness will be your shield and defence. You shall not be afraid of any terror by night or of the arrow that flies by day, of the pestilence that walks about in darkness or the plague that destroys at noonday. A thousand may fall beside you and ten thousand at your right hand; but you, it shall not touch. Your own eyes shall see and look on the reward of the ungodly. The Lord himself is your refuge, you have made the Most High your stronghold. Therefore no harm will befall you, nor will any scourge come near your tent. For he will command his angels to keep you in all your ways. They will bear you up in their hands lest you dash your foot against a stone. You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. ‘He has set his love upon me and therefore I will deliver him; I will lift him out of danger because he knows my name. When he calls upon me I will answer him: I will be with him in trouble, I will rescue him and bring him to honour. With long life I will satisfy him and fill him with my salvation.’

Glory be to the Father... both now and for ever...  
Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

*Then we sing the following<sup>6</sup> (but on Friday night it is all recited, not sung)*

*Reader* God is with us, understand this you nations and submit yourselves, for God is with us.

*Choir* God is with us, understand this you nations...

*Then we recite these verses while the Choir sings softly and continuously* For God is with us.

Hear this, even to the uttermost ends of the earth.  
Submit yourselves, you mighty ones.  
If you rise up in your might again, you shall be overthrown again.  
Take counsel together but it shall be brought to naught.  
Speak a word, but it will not stand.  
For we fear not your terror, neither are we troubled.  
But the Lord our God you shall regard as holy, let him be your fear.  
For, trusting in him, he will be to me a sanctuary.  
And hoping in him, I shall be saved by him.  
Behold, I and the children whom God has given me.  
The people that walked in darkness have seen a great light.  
On those who lived in a land of deep darkness, light has shone.  
For unto us a child is born, unto us a son is given.  
Authority rests upon his shoulders.  
And there shall be endless peace.  
And he shall be called the Angel of Great Counsel.  
Wonderful Counsellor.  
Mighty God, Ruler and Prince of Peace.  
Everlasting Father.  
God is with us, understand this you nations and submit yourselves.

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

Both now and for ever and to the ages of ages, amen.

*Then the Choir repeats* God is with us, understand this you nations...

*Reader* Now that the day has come to a close, I thank you, O Lord, and I ask that the evening and night may be without sin:

*Choir* Grant me this O Saviour and save me.

*Reader* Glory be to the Father and to the Son and to the Holy Spirit. Now that the day has come to a close, I glorify you O Master, and I ask that the evening and night may be without temptation:

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<sup>6</sup>

This arrangement is a suggested method of performing this piece: there are various possibilities.

## **Great Compline**

*Choir*      Grant me this O Saviour and save me.

*Reader*    Both now and for ever and to the ages of ages, amen. Now that the day has come to a close, I sing to you O holy one, and I ask that the evening and night may be without peril:

*Choir*      Grant me this O Saviour and save me.

*The Choir continues*

With never silent hymns, the bodiless powers of the cherubim glorify you.

With never ceasing voices, the six winged seraphim supremely exult you.

With the song of the thrice-holy, you are praised by all the host of angels.

You are the everlasting Father, with your Son also from everlasting.

And with the life creating Spirit, coequal in honour; manifesting the undivided Trinity.

O most holy Virgin, Mother of God; and you eyewitnesses and servants of the Word:

With the choirs of the prophets and the martyrs, who have attained life immortal:

Intercede fervently for us all, for we are in distress.

That being delivered from the wiles of the evil one, we may sing the angelic hymn:

Holy, holy, holy; thrice-holy Lord, have mercy on us and save us, amen.

*Reader*    I believe in one God, the Father almighty, maker of heaven and earth, and of all that is, seen and unseen. And in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God. Begotten, not made, of one being with the Father, through whom all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered and was buried. On the third day he arose in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come 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 with the Father and the Son is worshipped and glorified. He has spoken through the prophets. And in one holy, Catholic and Apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come, amen.

*Then we sing the following invocations, the first one twice (that is, once by each choir) and the rest alternating between the choirs, making a prostration at each; alternatively, they may be recited by the Priest, with each repeated by the Choir.*

*On Fridays they are read, not sung, and a bow is made at each.*

Most holy Lady, Mother of God, intercede for us sinners.  
Heavenly hosts of the holy angels and archangels, intercede for us sinners.  
Holy John, Prophet and Forerunner, intercede for us sinners.  
Holy and glorious apostles, prophets and martyrs, and all the saints  
intercede for us sinners.

Our venerable and God bearing fathers, pastors and ecumenical teachers,  
intercede for us sinners.

Our venerable and God bearing fathers, Anthony and Theodosius and all  
the miracle workers of the Caves, intercede for us sinners.

(*Patron saint of the Church*), intercede for us sinners.

Invincible, incomprehensible and divine power of the precious and life  
giving cross, forsake not us sinners.

God, cleanse us sinners.  
God, cleanse us sinners and have mercy on us.

*Reader*    Holy God... to Our Father... Amen.

*Then the following  
but if it is a feast, then we sing only the Troparion of the feast.*

*On Monday or Wednesday evening, we sing in tone 2:*

Illumine my eyes, O Christ our God, lest I sleep to my death, lest my  
enemy says: I have prevailed over him.

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

Be my soul's helper, O God, for I walk in the midst of a multitude of  
snares. Deliver me from them and save me O good one, for you are the lover of  
mankind.

Both now and for ever and to the ages of ages, amen.

As there is no boldness in us because of our many sins, invoke him who was  
born of you O virgin Mother of God, for the request of a mother does much to win  
the Master's favour. Reject not the prayers of sinners, O most pure one, for he is  
merciful and mighty to save who condescended also to suffer for our sake.

*But on Tuesday and Thursday in tone 8:*

O Lord my creator, you know the unsleeping vigilance of my invisible  
enemies and the frailty of my miserable flesh. Into your hands I therefore commend  
my spirit. Cover me with the wings of your goodness lest I sleep to death; and  
illumine the eyes of my spiritual understanding, that I may delight in your divine  
words; and raise me in good time to glorify you, as you alone are good and loving of  
mankind.

## **Great Compline**

*Verse*      Look on me and hear me, O Lord my God.

How terrible is your judgement, Lord, with the angels standing by, men being led before you, the books opened, the deeds examined and thoughts weighed. What judgment then shall be given to me who was conceived in sin? Who shall quench the flame for me; who shall enlighten my darkness apart from you, O Lord, who as the lover of mankind is merciful to me?

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

Grant me tears, O God, as you did once to the sinning woman; may they even wash your feet which have delivered me from the path of delusion; may my offering of a pure life be as fragrant myrrh, fashioned in me by repentance, that I may hear the voice I long for, saying: Your faith has saved you, go in peace.

Both now and for ever and to the ages of ages, amen.

As we have in you a hope that cannot be put to shame, O Mother of God, I shall be saved: having your mediation O most pure one, I shall not fear. I shall pursue my enemies and triumph over them, having your refuge as a breastplate of protection. With fervent prayer I cry to you, O Lady: Save me through your intercessions and raise me up from sombre sleep to glorify you, by the might of the Son of God who was incarnate of you.

*Reader*    Lord have mercy (*40 times*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

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

*The prayer of St Basil the Great*

*Reader*    Lord, O Lord, who has delivered us from every arrow that flies by day: deliver us from everything that walks in darkness. Receive the lifting up of our hands as an evening sacrifice, and grant that we may pass without blame through the course of night untempted by evil, and save us from every disturbance and dread that comes from the devil. Give to our souls contrition, and to our minds remembrance of the trial of your fearful and righteous judgment. Implant in our flesh fear of you, and mortify our earthly members so that in the quietness of sleep we may be illumined by contemplating your judgments. Take from us every

unseemly fantasy and injurious desire. Raise us at the time of prayer confirmed in faith and progressing in your commandments, through the grace and favour of your only begotten Son with whom you are blessed, together with your most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

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

Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my rebellion, and my sin is ever before me. Against you only have I sinned and done what is evil in your eyes; so you will be just in your sentence and blameless in your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which you have broken rejoice. Hide your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from your presence, do not take your holy spirit from me. Give me the gladness of your help again, and support me with a willing spirit. Then will I teach transgressors your ways and sinners shall turn to you again. Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of your righteousness. Lord, open my lips, and my mouth shall proclaim your praise. You take no pleasure in sacrifice or I would give it: burnt offerings you do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God you will not despise. In your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will you delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon your altar.

O Lord hear my prayer and let my cry come to you. Do not hide your face from me in the day of my trouble: turn your ear to me; and when I call be swift to answer. For my days pass away like smoke and my bones burn as in a furnace. My heart is scorched and withered like grass, and I forget to eat my bread. I am weary with the sound of my groaning; my bones stick fast to my skin. I have become like an owl in the wilderness, like a screech owl among the ruins. I keep watch and flit to and fro like a sparrow upon a housetop. My enemies taunt me all day long and those who rave at me make oaths against me. Surely I have eaten ashes for bread and mingled my drink with tears because of your wrath and indignation, for you have taken me up and tossed me aside. My days decline like a shadow and I wither away like grass. But you, Lord, are enthroned for ever and your name shall be known throughout all generations. You will arise and have mercy upon Zion, for it is time to pity her, the appointed time has come. Your servants love even her stones and her dust moves them to pity. Then shall the nations fear your name O Lord, and all the kings of the earth your glory, when the Lord has built up Zion, when he shows himself in glory, when he turns to the prayer of the destitute and does not despise their supplication. Let this be written down for those who come after and a people

## **Great Compline**

yet unborn will praise the Lord. For the Lord has looked down from the height of his holiness, from heaven he has looked upon the earth, to hear the groaning of the prisoner, to deliver those condemned to die; that they may proclaim the name of the Lord in Zion and his praises in Jerusalem, when the nations are gathered together and the kingdoms, to serve the Lord. He has broken my strength before my time: he has cut short my days. Do not take me away in the midst of my life, O God whose years extend through all generations. In the beginning you laid the foundations of the earth and the heavens are the work of your hands. They shall perish, but you will endure: they shall all grow old like a garment, like clothes you will change them, and they shall pass away. But you are the same for ever and your years will never fail. The children of your servants shall rest secure and their seed shall be established in your sight.

*The Prayer of Manasseh, king of Judea*

O Lord Almighty, God of our ancestors, of Abraham, Isaac and Jacob and of their righteous offspring; who made heaven and earth with all their order; who shackled the sea by your word of command, who confined the deep and sealed it with your terrible and glorious name; at whose power all things shudder and tremble, for your glorious splendour cannot be borne and the threat of your wrath to sinners is unendurable; yet your promised mercy is immeasurable and unsearchable, for you are the Lord Most High, of great compassion, long suffering and most merciful, and you relent at human suffering. O Lord, according to your great goodness you have promised repentance and forgiveness to those who have sinned against you, and in the multitude of your mercies you have appointed repentance for sinners, so that they may be saved. Therefore you, Lord, God of righteousness, have not appointed repentance for the righteous, for Abraham and Isaac and Jacob who did not sin against you, but rather for me, a sinner. For the sins I have committed are more in number than the sand of the sea: my transgressions are multiplied. O Lord, they are multiplied! I am not worthy to look up and see the height of heaven because of the multitude of my iniquities. I am weighted down with many an iron fetter, so that I cannot lift up my head because of my sins, and I have no relief, for I have provoked your wrath and have done what is evil in your sight, setting up abominations and multiplying offences. And now I bend the knee of my heart, imploring you for your kindness. I have sinned O Lord, I have sinned, and I acknowledge my transgressions. I earnestly implore you, forgive me, Lord, forgive me! Do not destroy me with my transgressions. Do not be angry with me for ever or store up evil for me; do not condemn me to the depths of the earth. For you, O Lord, are the God of those who repent, and in me you will manifest your goodness; for unworthy as I am, you will save me according to your great mercy, and I will praise you continually all the days of my life. For all the host of heaven sings your praise, and yours is the glory for ever, amen.

Holy God... to Our Father... Amen.

*Then we sing, in tone 6:*

Have mercy on us O Lord, have mercy on us,  
for laying aside all excuse we sinners offer to you, as to our Master  
this supplication: have mercy on us.

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

O Lord, have mercy on us,  
for in you have we put our trust.  
Do not be angry with us, nor remember our iniquities,  
but look upon us even now, since you are compassionate,  
and deliver us from our enemies;  
for you are our God and we are your people,  
we are all the work of your hands and we call on your name.

Both now and for ever and to the ages of ages, amen.

O blessed Mother of God,  
open the doors of compassion to us who hope in you,  
that we may not perish  
but be delivered from adversity  
through you, the salvation of Christian people.

*Reader*    Lord have mercy (*40 times*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious  
than the Seraphim, who in purity gave birth to God the Word, the very Mother of  
God we magnify.

In the name of the Lord, Father, bless.

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

*Reader*    Amen. *and the prayer of St Madarios:*

O Master, God the almighty Father, O Lord the only begotten Son Jesus  
Christ and the Holy Spirit, one divinity and one power: have mercy on me a sinner,  
and in the final judgement, save me your unworthy servant, for you are blessed to  
the ages of ages, amen.

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

## **Great Compline**

O God be pleased to deliver me: O Lord make haste to help me. Let them be put to shame and confounded who seek my life; let them be turned back and disgraced who wish me evil. Let them turn away for shame who say to me, ‘Aha, aha.’ Let all who seek you be joyful and glad because of you: let those who love your salvation say always, ‘God is great.’ As for me I am poor and needy: O God be swift to save me. You are my helper and my deliverer, O Lord, make no delay.

Hear my prayer O Lord, in your faithfulness consider my petition and in your righteousness give me answer. Bring not your servant into judgement, for in your sight can no man living be justified. For the enemy has pursued me; he has crushed my life to the ground, he has made me dwell in darkness like those for ever dead. Therefore my spirit grows faint and my heart is appalled within me. I remember the days of old; I think on all that you have done, I consider the works of your hands. I stretch out my hands toward you, my soul yearns for you like a thirsty land. Be swift to hear me O Lord for my spirit fails: hide not your face from me lest I be like those who go down to the Pit. Let me hear of your merciful kindness in the morning for my trust is in you: show me the way that I should go, for you are my hope. Deliver me from my enemies O Lord for I run to you for shelter. Teach me to do your will for you are my God; let your kindly spirit lead me in an even path. For your name’s sake O Lord, preserve my life, and for the sake of your righteousness bring me out of trouble. In your merciful goodness slay my enemies and destroy all those that come against me, for truly I am your servant.

Glory to God in the highest and on earth peace to men of goodwill. We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory, Lord, heavenly king, God the Father Almighty, Lord the only begotten Son Jesus Christ and the Holy Spirit. Lord God, Lamb of God, Son of the Father, you take away the sin of the world, have mercy on us. You take away the sin of the world, receive our prayer. You sit at the right hand of the Father, have mercy on us. For you alone are holy, you alone are the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every night I will bless you and praise your name for ever and ever. Lord, you have been our refuge from age to age. I said, Lord have mercy on me, heal my soul for I have sinned against you. Lord, to you have I fled for refuge, teach me to do your will, for you are my God. In you is the fountain of life: in your light we shall see light. Extend your mercy to those who know you.

Lord, protect us this evening without sin. Blessed are you, Lord, the God of our fathers and praised and glorified is your name to the ages, amen. Let your mercy be upon us O Lord, for our hope is in you. Blessed are you, Lord, teach me your statutes, Blessed are you, Master, give me understanding of your statutes. Blessed are you, holy one, enlighten me by your statutes. Lord, your mercy endures for ever: do not forsake the work of your hands. To you is due praise, to you is due song, and to you is due glory, to the Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

*When Great Compline is part of the Vigil, the Entreaty follows, then the rest of the Vigil.*

## **Great Compline**

*Otherwise, we read the Canon as appointed, and then we sing:*

Truly it is right to call you blest, the Bearer of God, the ever blessed and most immaculate Mother of our God. More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

Holy God... to Our Father... Amen.

*Then we sing the following verses, in tone 6  
but on Friday night we omit this singing completely and read only  
the Kontakion of the Saturday commemoration from the Menaion*

*Right Choir* O Lord of hosts, be with us, for we have no other help in times of sorrow but you, O Lord of Hosts: have mercy on us.

*Left Choir* O Lord of hosts, be with us...

*And then, antiphonally, the following verses:*

Praise God in his sanctuary, praise him in the firmament of his power. O Lord of hosts, be with us, for we have no other help in times of sorrow but you, O Lord of Hosts: have mercy on us.

Praise him for his mighty acts, praise him according to his abundant goodness. O Lord of hosts...

Praise him in the blast of the ram's horn, praise him upon the lute and harp. O Lord of hosts...

Praise him with the timbrel and dances, praise him upon the strings and pipe. O Lord of hosts...

Praise him on the high-sounding cymbals, praise him upon the loud cymbals. Let every breath praise the Lord. O Lord of hosts...

*Then, both choirs standing together.*

Praise God in his sanctuary, praise him in the firmament of his power. O Lord of hosts...

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

Without the saints as intercessors, Lord, and the mercy of your goodness, how could we dare to praise you O Saviour, whom the angels ceaselessly glorify? You know the secrets of our hearts; spare our souls.

## **Great Compline**

Both now and for ever and to the ages of ages, amen.

My iniquities have greatly multiplied, O Mother of God. Therefore I take refuge in you O pure one, seeking salvation. Visit my weak soul and intercede with your Son our God to grant me forgiveness of the sins I have committed, for you alone are blessed.

Most holy Mother of God, through the time of my life do not forsake me: do not entrust me to human protection, but defend me and have mercy on me.

In you, O Mother of God, I place all my hope: keep me under your protection.

*Reader*    Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

*Priest*    May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*And on Monday to Thursday nights, we say the Prayer of St Ephraim twice,  
with three prostrations and 12 bows.*

*The prayer of St Ephraim is not said on Friday night.*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me your servant, a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen (*prostration*)

O God, cleanse me a sinner. (*12 times, with bows*)

*And again, O Lord and master of my life... ages of ages. (prostration)*

*Reader* Amen. Holy God... to Our Father... Amen.

Lord have mercy (*12 times*)

*The prayer of Paul, a monk of the Monastery of the Protectress*

O Lady, Bride of God, spotless, blameless, pure and immaculate Virgin, by your glorious giving of birth in purity, you have united God the Word to mankind and have united the fallen nature of our race to the heavenly. You alone are the hope of the hopeless, the help of those who flee to you and the refuge of all Christians. Do not reject me, an accursed sinner, defiled by shameful thoughts, words and deeds, who through idleness has become a slave to the pleasures of life; but as the Mother of God who loves mankind, mercifully have compassion on me a sinner and prodigal, and receive this prayer from my impure lips. With your maternal boldness, implore your Son, our Lord and Master, that he open to me the depths of his loving kindness, overlook my numberless transgressions and turn me to repentance that I may fulfil his commandments. As you are merciful, compassionate and benevolent, be ever near me in this present life as an ardent helper and intercessor, defending me from the assaults of adversaries and leading me to salvation: at the time of my departure, care for my miserable soul and drive far from it the dark presence of evil demons: and on the fearful day of judgement, deliver me from eternal punishment and present me as an heir of the inexpressible glory of your Son, our God. May I attain this, O Lady, most holy Mother of God, by your mediation and help, through the grace and love towards mankind of your only begotten Son, our Lord and God and Saviour Jesus Christ, to whom is due all glory, honour and worship, with his eternal Father, and his most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

*Then the prayer of Antiochos, a monk of Pandektis*

And as we go to sleep, O Master, grant us repose of body and soul, and protect us from the murky sleep of sin and from all the dark pleasures of the night. Calm the impulses of passions and quench the fiery darts of evil which are craftily thrown against us. Still the turbulence of the flesh and calm all earthly and material thoughts. Grant us, O God, a watchful mind, a prudent reason, a vigilant heart, and tranquil sleep free from all satanic delusion. Raise us at the time of prayer strengthened in your commandments, holding firmly within us the remembrance of your judgement. Grant that we may sing of your glory all through the night, and

## **Great Compline**

bless and glorify your most honourable and majestic name, Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

Most glorious ever-virgin, blessed Mother of God, present our prayer to your Son our God, and intercede with him, that through you he may save our souls.

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

*Priest*      Glory to you, Christ our God and our hope, glory to you.

*Choir*      Glory be to the Father... both now and for ever...  
Lord have mercy. (*thrice*)  
Father, bless.

*On Monday to Thursday nights this special Dismissal prayer is read by the priest (kneeling), while we prostrate ourselves to the earth.*

O Master, plenteous in mercy, Lord Jesus Christ our God, through the prayers of our most pure lady, the Mother of God and ever virgin Mary, by the power of the precious and life giving cross, by the mediations of the honourable, heavenly, bodiless hosts; of the honourable and glorious prophet, Forerunner and Baptist John; of the holy, glorious and most praised apostles; of the holy, glorious and victorious martyrs; of our venerable and God-bearing fathers; of (*the patron saint of the Church*); of the holy and righteous ancestors of God Joachim and Anna and of all your saints: make our prayer acceptable, grant us the remission of our sins, cover us with the shelter of your wings, drive away from us every foe and adversary, make our lives peaceful O Lord, have mercy on us and on your world and save our souls, for you are gracious and loving to mankind.

*But on Friday night, the Dismissal prayer is* May Christ our true God, through the prayers of his most pure Mother, of (*the patron saint of the Church*) and of all the saints, have mercy on us and save us, for he is gracious and loving to mankind.

*Choir*      Amen.

*Priest*      Bless, holy fathers and brothers, and forgive me a sinner...

*And the rest, as at Small Compline.*

*Then we venerate the holy icons, receive a blessing from the superior, and depart.*

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# Midnight Office

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*Priest*      Blessed is our God, always, now and for ever and to the ages of ages.

*Reader*    Amen.

Glory to you, our God, glory to you.

Heavenly king, Comforter and Spirit of truth, present everywhere and filling all things, the treasury of blessings and giver of life: come and dwell in us, cleanse us of all stain and save our souls, O good one.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest*      For the kingdom, the power and the glory are yours...

*Reader*    Amen.<sup>7</sup>

Lord have mercy. (*12 times*)

Glory be to the Father... both now and for ever...

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

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<sup>7</sup> In some places it is customary to insert some of the morning prayers into the Midnight Office at this point for the benefit of monstery workers who cannot stay for the morning services. As these prayers are more of a private devotion than part of the official cycle of the worship of the Church, we do not include them.

## **Midnight Office**

Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my rebellion, and my sin is ever before me. Against you only have I sinned and done what is evil in your eyes; so you will be just in your sentence and blameless in your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which you have broken rejoice. Hide your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from your presence, do not take your holy spirit from me. Give me the gladness of your help again, and support me with a willing spirit. Then will I teach transgressors your ways and sinners shall turn to you again. Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of your righteousness. Lord, open my lips, and my mouth shall proclaim your praise. You take no pleasure in sacrifice or I would give it: burnt offerings you do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God you will not despise. In your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will you delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon your altar.

*Then the reading from the Psalter.*

*On weekdays the 17th Kathisma* Blessed are those whose way is blameless...

*On Saturday the 9th Kathisma* You are to be praised O God in Zion...

*On Sunday, there is no reading from the Psalter  
but after Have mercy on me O God... we continue as described on page 54.*

*After the reading from the Psalter, we read:*

Glory be to the Father... Both now and for ever...

*We do not read Alleluia... but immediately:*

I believe in one God, the Father almighty, maker of heaven and earth, and of all that is, seen and unseen. And in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God. Begotten, not made, of one being with the Father, through whom all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered and was buried. On the third day he arose in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come 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 with the Father and the

Son is worshipped and glorified. He has spoken through the prophets. And in one holy, Catholic and Apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come, amen.

Holy God... to Our Father...

*Priest* For the kingdom, the power and the glory are yours...

*Reader* Amen.

*On Monday to Friday<sup>8</sup> morning, in tone 8*

Behold the bridegroom comes at midnight, and blessed is that servant whom he shall find watching, but unworthy is he whom he shall find heedless. Beware, then O my soul, lest you be weighed down with sleep, lest you be given over to death and be shut out of the kingdom. But rouse yourself and cry, Holy, holy, holy are you O God: through the prayers of the Mother of God, have mercy on us.

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

Mindful of that terrible day, O my soul, be vigilant keeping your lamp bright and filled with oil, for you do not know when the voice will be heard saying, Behold, the bridegroom! Beware, then, O my soul, lest you fall into slumber and be left outside knocking, as were the five virgins. But watch wakefully, enriched with oil, so that you may be ready to meet Christ, and he shall grant you the divine bridal chamber of his glory.

Both now and for ever and to the ages of ages, amen.

We pray you, O virgin Mother of God, the unassailed wall and stronghold of salvation, to dispel the schemes of adversaries and change the grief of your people to joy. Encircle this city (*or* village *or* holy monastery) and come to the aid of the Orthodox; and pray for the peace of the world, for you are our hope, O Mother of God.

*But on Saturday morning, in tone 2*

Creator of all things, the uncreated essence, open our lips that we may proclaim your praises as we cry: Holy, holy, holy are you O God: through the prayers of the Mother of God, have mercy on us.

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

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<sup>8</sup> On certain feasts and festal periods as indicated in the Typicon, including September 9, December 26, January 7, Lazarus Saturday, Mid-Pentecost, Apodosis of Easter and Monday of the Holy Spirit, instead of this group of troparia, we read the Troparion of the feast. Likewise on great feast if the Vigil is not held.

## Midnight Office

Imitating the powers on high, we on earth offer you a hymn of victory, O good one: Holy, holy, holy are you O God: through the prayers of the Mother of God, have mercy on us.

Both now and for ever and to the ages of ages, amen.

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

Lord have mercy (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Reader* Amen.

*On Lenten weekdays we insert here the prayer of St Ephraim the Syrian twice, with 4 prostrations and 12 bows, as below.*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me your servant a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again, O Lord and Master of my life... ages of ages. (prostration)*

*Reader* Amen

*And the Midnight Office continues with the prayer of St Madarios*

*Reader* O Master, God the almighty Father, O Lord the only begotten Son Jesus Christ and the Holy Spirit, one divinity and one power: have mercy on me a sinner, and in the final judgement, save me your unworthy servant, for you are blessed to the ages of ages, amen.

*On Saturday we say also the prayer of St Evstratios*

I magnify you most highly O Lord, for you regarded my lowliness and did not deliver me into the hands of my enemies, but relieved my soul from need. And now O Master, let your hand shelter me and let your mercy descend to me, for my soul is distracted and grieved at its departure from this my wretched and filthy body, lest the evil designs of the adversary overtake it and make it stumble into the darkness of my known and unknown sins amassed in this life. Be merciful to me O master, and do not let my soul see the dark faces of evil spirits, but let it be received by your bright and shining angels. Glorify your holy name and by your might place me before your divine judgement seat. When I am being judged, do not allow the hand of the prince of this world to take hold of me, a sinner, and throw me into the depths of Hades, but stand by me and be my Saviour and mediator. Have mercy on my soul defiled through the passions of this life and receive it Lord, cleansed by repentence and confession, for you are blessed to the ages of ages, amen.

*From September 22 to Palm Sunday on Monday to Friday mornings,  
we add these two prayers, ascribed to St Basil the Great*

Almighty Lord, the God of bodiless powers and of all flesh, dwelling on high and caring for the lowly, searching the heart and innermost being, clearly discerning the things hidden in mankind; O uncreated and everlasting light in whom is no change nor shadow of variation: receive our supplications, O immortal king, which we, trusting in the multitude of your mercies, offer at this present time of the night from our soiled lips. Forgive our sins committed knowingly or unknowingly in thought, word and deed; and cleanse us from every stain of flesh and spirit. Grant that we may pass through the night of this present life with watchful heart and sober mind, ever expecting the coming of the bright day of your only begotten Son, our Lord and Saviour Jesus Christ, when the judge of all shall come with glory to reward each according to his works. May we not be found fallen and idle, but awake, raised to action and ready to accompany him into the bright palace of his glory where

## **Midnight Office**

there is the ceaseless sound of those keeping festival and the unspeakable delight of those beholding the indescribable beauty of your countenance, for you are the true light, enlightening and sanctifying all, and all creation hymns you to the ages of ages, amen.

We bless you, O most high God and Lord of mercies, for you enact in us things both great and unsearchable, glorious and awesome which cannot be measured. You give us sleep, to rest from our infirmities and as relaxation from the labours of our much toiling flesh. We thank you for not destroying us with our sins, for by your usual love for mankind, while we were sunk in despair you have raised us up to glorify your might. Therefore we implore your boundless goodness to enlighten the eyes of our understanding and to raise our minds from the heavy sleep of sluggishness; to open our mouths and fill them with your praise so that we may be able undistracted to hymn and confess you, O God, who is glorified in all and by all, the Father who is from everlasting, with your only begotten Son and your most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

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

*And the two Psalms*

I lift up my eyes to the hills, but where shall I find help? My help comes from the Lord, who has made heaven and earth. He will not suffer your foot to stumble and he who watches over you will not sleep. Be sure, he who has charge over Israel will neither slumber nor sleep. The Lord himself is your defence upon your right hand; the sun shall not strike you by day, nor shall the moon by night. The Lord will defend you from all evil: it is he who will guard your life. The Lord will defend your going out and your coming in from this time forward for evermore.

Come bless the Lord all you servants of the Lord: you that by night stand in the house of our God. Lift up your hands towards the holy place and bless the Lord. May the Lord bless you from Zion, the Lord who made heaven and earth.

Glory be to the Father... both now and for ever...

Holy God... *to* Our Father... Amen.

*Then<sup>9</sup> in tone 2*

Remember your servants in your goodness, O Lord, and forgive those sins committed in life; for no one is without sin but you, O mighty one who gives rest to the departed.

<sup>9</sup> On certain feasts and festal periods as indicated in the Typicon, including September 9, December 26, January 7, Lazarus Saturday, Mid-Pentecost, Apodosis of Easter and Monday of the Holy Spirit, instead of this group of Troparia *Remember O Lord...* we read the Kontakion of the feast. Then the twelve-fold *Lord have mercy*, then the Dismissal. Likewise on great feasts if the Vigil is not held.

With profound wisdom you provide all things in your love for mankind, and grant to all that which is best for them: give rest O Lord to the souls of your servants, for they have set their hope in you our maker, creator and our God.

Glory be to the Father...

With the saints give rest, O Christ, to the souls of your servants, where pain, sorrow and sighing are no more, but life everlasting.

Both now and for ever...

In all generations we call you blessed, O virgin Mother of God, for in you, the uncontainable Christ our God was pleased to be contained. Blessed are we also, having you as a mediator, for day and night you plead for us, and the sceptres of kingdoms are strengthened by your intercession. Therefore, singing your praises, we cry out to you: Rejoice, O full of grace, the Lord is with you.

*Reader*    Lord have mercy. (*12 times*)

Remember, O Lord, those who have fallen asleep in the hope of resurrection to eternal life, our fathers and brothers, and all who have completed this life in reverence and faith; and pardon their transgressions, voluntary and involuntary, whether committed in thought, word or deed. Give to them a place of light, a place of refreshment and a place of rest where sickness, sorrow and sighing have fled away, where shines the light of your countenance which gladdens your holy ones from the ages. Give to us and to them your kingdom and participation in your infinite blessings and the enjoyment of your endless and blessed life. For you are the resurrection, the life and the repose of your departed servants, O Christ our God, and to you we ascribe glory, with your Father who is from eternity and your most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

Most glorious ever-Virgin, blessed Mother of God, present our prayer to your Son our God, and intercede with him that through you he may save our souls.

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

*And we sing in tone 6<sup>10</sup>*

Have mercy on us O Lord, have mercy on us,  
for laying aside all excuse we sinners offer to you, as to our Master  
this supplication: have mercy on us.

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<sup>10</sup> We insert the troparia and litany, following Athonite custom. They are not found in all Slavonic texts.

## Midnight Office

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

Lord, have mercy on us,  
for in you have we put our trust.  
Do not be angry with us, nor remember our iniquities,  
but look upon us even now, since you are compassionate,  
and deliver us from our enemies;  
for you are our God and we are your people,  
we are all the work of your hands and we call on your name.

Both now and for ever and to the ages of ages, amen.

O blessed Mother of God,  
open the doors of compassion to us who hope in you,  
that we may not perish  
but be delivered from adversity  
through you, the salvation of Christian people.

*Priest* Have mercy on us O God, according to your great goodness, we pray you, hear us and have mercy.

*Choir* Lord have mercy. (*thrice*)

*Priest* Furthermore, we pray that this city (village or monastery) and every city and countryside may be preserved from famine, pestilence, earthquake, flood, fire, the sword, invasion and civil war; that God who is gracious and loving to mankind may be merciful and favourable to us, that he may avert all wrath stirred up against us and deliver us from his righteous threat which awaits us and have mercy on us.

*Choir* Lord have mercy. (*40 times, usually in groups of 3, 7, 10, 10, 7, 3*)

*Priest* Hear us, O God our Saviour, the hope of the ends of the earth and of those upon the distant seas: be merciful, be merciful O Master regarding our sins, and have mercy on us. For you are a merciful God and the lover of mankind, and to you we ascribe glory, Father, Son and Holy Spirit, now and for ever and to the ages of ages.

*Choir* Amen.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... both now and for ever...  
Lord have mercy. (*thrice*)  
Father, bless.

*Priest* May Christ our true God, through the prayers of his most pure Mother, of (*the patron saint of the Church*) and of all the saints, have mercy on us and save us, for he is gracious and loving to mankind.

*Choir* Amen.

*Priest* Bless, holy fathers and brothers, and forgive me a sinner, all my sins this day, of thought, word, or deed, and in all my senses.

*All* May God forgive and have mercy on you, holy father. Bless, holy father, and forgive me a sinner, all my sins this day of thought, word, or deed, and in all my senses.

*Priest* Through his grace, may God forgive and have mercy on us all.

*Then this litany, while the brethren sing* Lord have mercy slowly and continuously.

Let us pray for our father his holiness Patriarch Kiril; for Metropolitan Nicholas and Archbishop George; and for our brothers in Christ.

For our nation and its government, and for every Christian land.

For those who love us and those who love us not.

For those who are kind to us, and those who serve us.

For those who have asked us unworthy ones to pray for them.

For the deliverance of those in prison.

For our fathers and brothers who are absent from us.

For those who are travelling.

For those lying in sickness.

For the abundance of the fruits of the earth,

and for the soul of every Orthodox Christian.

Let us bless God fearing rulers, Orthodox bishops, the founders of this holy monastery, our parents and teachers, and our fathers and brothers gone before us, the Orthodox here and everywhere asleep in the Lord.

Let us say also for ourselves:

*Choir* Lord have mercy. (*thrice*)

*Choir* Lord have mercy. (*thrice*)

*Priest* For the sake of the intercession of your most pure Mother, of (*the patron saint of the Church*) and of all the saints, Lord Jesus Christ our God, have mercy on us.

*Choir* Amen.

## **The Midnight Office on Sunday**

*We begin as usual with the opening blessing* Blessed is our God...  
*and the usual introductory prayers and O come, let us worship...*

*Then we read the Psalm* Have mercy on me O God...  
*then the appointed Canon to the Trinity, of Theophanes, according to the tone of the week.*

*Then we sing the Hymns to the Trinity,  
composed by Gregory of Sinai*

Truly it is right to glorify you, God the Word, before whom the Cherubim quake and tremble: with the heavenly hosts let us glorify in awe Christ the giver of life who arose on the third day from the tomb.

With divinely befitting hymns, let us sing the praises of the Father, Son and Holy Spirit, the three personned might, one kingdom and sovereignty.

You are hymned by all born on earth, glorified by the heavenly hosts and faithfully worshipped by all, O unity in essence, in three persons.

The Lord of the Cherubim, from whom the Seraphim beyond compare receive their beginning, the indivisible Trinity in unity, the very Godhead we magnify.

I worship the Father and God who is from eternity, the Word also from eternity together with the Spirit: the inseparable, wholly united essence, the threefold unity, let us honour in hymns.

Illumine me with your resplendent lightning, O my God in three persons, the creator of all: let me be a dwelling place of your unapproachable glory, shining, light bearing and unchanging.

In awe, let us glorify Christ the giver of life, before whom the Cherubim quake and tremble, glorified by the angelic hosts, and incarnate of the Virgin indescribably.

*Reader*    Holy God... to Our Father...

*Priest*    For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, both now and for ever and to the ages of ages.

*Reader*    Amen.

*Then we read the Ipakoe of the tone of the week.*

Lord have mercy. (*40 times*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Reader* Amen.

*And the priest reads the prayer to the Most Holy Trinity,  
composed by John the monk.*

Omnipotent, life creating and light originating holy Trinity, who from goodness alone has created from nothing all that exists, providing for and sustaining all of this world and of that above; who through your other infinite benefits to those born on earth has given repentance because of the infirmity of our mortal bodies. Do not forsake us wretched ones to death in our evil deeds, nor to the source of evil, the envier, lest we become the ridicule of the destroyer; for you see both the extent of his slander and hostility, and the degree of our passion, weakness and negligence, O gracious one. But we pray that your inexhaustible goodness may be shown to us who every day and hour anger you by violating your precious and life giving commandments. Remit and pardon all the sins of our past life to this present hour in thought, word, or deed, and grant that we may finish the remainder of our life in repentance and contrition, observing your holy precepts. If, enticed by pleasure, we have sinned in various ways, or have been seduced by abominable desires and have spent our time in useless and pernicious lusts; if moved thus by anger and irrational fury we have offended one of our brothers; if, by our tongue we have bound ourselves in inescapable, insidious and strong snares; if, by any of our senses, or by all, deliberately or accidentally, knowingly or in ignorance, through trickery or persuasion we have foolishly stumbled; if, with evil and vain thoughts we have defiled our conscience; if, in some other way, we have transgressed, overcome by evil chance or habit: forgive us and remit all. O most compassionate, gracious and merciful one, grant to us for the time to come courage and strength, so that we may fulfil your good, pleasing and perfect will; leaving the evil path of night and darkness, and walking honourably by the light of repentance as in the day, we may appear cleansed though unworthy before your loving kindness to mankind, hymning and magnifying you for ever, amen.

*Priest* Glory to you, Christ our God and our hope, glory to you.

## **Midnight Office (Sunday)**

*Choir*      Glory be to the Father... both now and for ever...

Lord have mercy. (*thrice*)

Father, bless.

*Priest*      May he who arose from the dead, Christ our true God, through the prayers of his most pure Mother, of (*the patron saint of the Church*) and of all the saints, have mercy on us and save us, for he is gracious and loving to mankind.

*Choir*      Amen.

*Priest*      Bless, holy fathers and brothers, and forgive me a sinner, all my sins this day, of thought, word, or deed, and in all my senses.

*All*            May God forgive and have mercy on you, holy father. Bless, holy father, and forgive me a sinner, all my sins this day of thought, word, or deed, and in all my senses.

*Priest*      Through his grace, may God forgive and have mercy on us all.

*Then this litany, while the brethren sing Lord have mercy slowly and continuously.*

Let us pray for our father his holiness Patriarch Kiril; for Metropolitan Nicholas and Archbishop George; and for our brothers in Christ.

For our nation and its government, and for every Christian land.

For those who love us and those who love us not.

For those who are kind to us, and those who serve us.

For those who have asked us unworthy ones to pray for them.

For the deliverance of those in prison.

For our fathers and brothers who are absent from us.

For those who are travelling.

For those lying in sickness.

For the abundance of the fruits of the earth,

and for the soul of every Orthodox Christian.

Let us bless God fearing rulers, Orthodox bishops, the founders of this holy monastery, our parents and teachers, and our fathers and brothers gone before us, the Orthodox here and everywhere asleep in the Lord.

Let us say also for ourselves:

*Choir*      Lord have mercy. (*thrice*)

*Choir*      Lord have mercy. (*thrice*)

*Priest*      For the sake of the intercession of your most pure Mother, of (*the patron saint of the Church*) and of all the saints, Lord Jesus Christ our God, have mercy on us.

*Choir*      Amen.

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# Matins

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*Priest*      Blessed is our God, always now and for ever and to the ages of ages.

*Reader*    Amen.

*(On weekdays of Lent, we begin: Holy God... to Our Father... etc  
and then O come let us worship...)*

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

May the Lord hear you in the day of trouble, the God of Jacob lift you up to safety. May he send you his help from the sanctuary and be your strong support from Zion. May he remember all your offerings and accept with favour your burnt sacrifices, grant you your heart's desire and fulfil all your purposes. May we also rejoice in your victory and triumph in the name of our God: the Lord perform all your petitions. Now I know that the Lord will save his anointed, that he will answer him from his holy heaven with the victorious strength of his right hand. Some put their trust in horses, but we will trust in the name of the Lord our God. They are brought down and fallen but we are made strong and stand upright. O Lord, save the king and hear us when we call upon you.

The king shall rejoice in your strength O Lord, he shall exult in your salvation. You have given him his heart's desire; you have not denied him the request of his lips. For you came to meet him with the blessings of success and placed a crown of gold upon his head. He asked you for life and you gave it him, length of days for ever and ever. Great is his glory because of your salvation; you have clothed him with honour and majesty, you have given him everlasting felicity and make him glad with the joy of your presence. For the king puts his trust in the Lord and through the tender mercy of the Most High he shall never be moved. Your hand shall light upon your enemies and your right hand shall find out all who hate you. You will make them like a blazing furnace in the day of your coming: the Lord will overwhelm them in his wrath and fire shall consume them. You will root out their offspring from the earth and their seed from among the children of men, because they have stirred up evil against you and plotted mischief which they cannot perform. Therefore will you set your shoulder toward them and draw the string of the bow to strike at their faces. Arise O Lord in your great strength and we will sing and praise your power.

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

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Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father... both now and for ever...

Most holy Trinity, have mercy on us; Lord, wash away our sins; Master, pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil.

*Priest* For the kingdom, the power and the glory are yours...

Amen.

*Reader* O Lord, save your people and bless your heritage; grant victory to Orthodox Christians over their enemies, and protect your people by your cross.

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

O Christ our God who willingly chose to be raised upon the cross, grant your mercies to the new nation named after you. Gladden with your power Orthodox Christians granting them victory over enemies. May they have as your help the weapon of peace, the invincible trophy.

Both now and for ever and to the ages of ages, amen.

O awesome intercession that cannot be put to shame; O good one and exulted Mother of God, reject not our entreaty: strengthen the good estate of Orthodox Christians and grant them the heavenly victory, O blessed one who alone gave birth to God.

*Priest* Have mercy on us O God according to your great goodness, we pray you, hear us, and have mercy.

*Choir* Lord have mercy. (*thrice*)

*Priest* Furthermore we pray for Patriarch Kiril, Metropolitan Nicholas and Archbishop George.

*Choir* Lord have mercy. (*thrice*)

*Priest* Furthermore we pray for all our brothers and for all Christians.

*Choir* Lord have mercy. (*thrice*)

*Priest* For you are a merciful God who loves mankind, and to you we ascribe glory, Father, Son and Holy Spirit, now and for ever and to the ages of ages.

*Choir* Amen. In the name of the Lord, father, bless.

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

*Choir* Amen.

*Then the Reader recites the Six Psalms:*

Glory to God in the highest and on earth peace to men of goodwill. (*thrice*)  
Lord, open my lips and my mouth shall declare your praise. (*twice*)

Lord, how numerous are my enemies: many they are that rise against me. Many there are that talk of me and say, ‘There is no help for him in his God.’ But you, Lord, are about me as a shield: you are my glory, and the lifter up of my head. I cry to the Lord with a loud voice and he answers me from his holy hill. I lay myself down and sleep: I wake again, because the Lord sustains me. Therefore I will not be afraid of the multitudes of the nations who have set themselves against me on every side. Arise, Lord, and deliver me, O my God; for you will strike all my enemies upon the cheek, you will break the teeth of the ungodly. Deliverance belongs to the Lord: let your blessing be upon your people.

I lay myself down and sleep: I wake again, because the Lord sustains me.

Lord, rebuke me not in your anger, nor chasten me in your fierce displeasure. For your arrows have been aimed against me, and your hand has come down heavy upon me. There is no health in my flesh because of your indignation, nor soundness in my bones, by reason of my sin. The tide of my iniquities has gone over my head: their weight is a burden too heavy for me to bear. My wounds stink and fester because of my foolishness. I am bowed down and brought so low that I go mourning all the day long. For my loins are filled with a burning pain, and there is no sound part in all my body. I am numbed and stricken to the ground: I cry aloud in the yearning of my heart. O Lord, all I long for is before you and my deep sighing is not hidden from you. My heart is in tumult, my strength fails me, and even the light of my eyes has gone from me. My friends and my companions hold aloof from my affliction and my kinsmen stand far off. Those who seek my life strike at me, and those that desire my hurt spread evil tales, and murmur slanders all the day. But I am like a deaf man and hear nothing; like one that is dumb, who does not open his mouth. So I have become as one who cannot hear, in whose mouth there is no

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retort. For in you, Lord, have I put my trust and you will answer me, O Lord my God. For I prayed ‘Let them never exult over me, those who turn arrogant when my foot slips.’ Truly, I am ready to fall and my pain is with me continually. But I acknowledge my wickedness and I am filled with sorrow at my sin. Those that are my enemies without cause are great in number, and those who hate me wrongfully are many. Those also who repay evil for good are against me because I seek after good. Forsake me not, O Lord, go not far from me, my God: hasten to my help, O Lord my salvation.

Forsake me not, O Lord, go not far from me, my God: hasten to my help, O Lord my salvation.

O God, you are my God, eagerly will I seek you. My soul thirsts for you, my flesh longs for you as a dry and thirsty land where no water is. So it was when I beheld you in the sanctuary and saw your power and your glory. For your unchanging goodness is better than life, therefore my lips shall praise you. And so I will bless you as long as I live, and in your name will I lift my hands on high. My longing shall be satisfied as with marrow and fatness: my mouth shall praise you with exultant lips. When I remember you upon my bed, when I meditate upon you in the night watches, how you have been my helper: then I sing for joy in the shadow of your wings: then my soul clings to you, and your right hand upholds me. Those that seek my life are marked for destruction: they shall go down to the deep places of the earth. They shall be delivered to the sword: they shall be a portion for jackals. The king will rejoice in God, and all who take oaths on his name shall glory, but the mouths of liars shall be stopped.

When I meditate upon you in the night watches, how you have been my helper: then I sing for joy in the shadow of your wings; then my soul clings to you and your right hand upholds me.

*The following is said without the sign of the cross and without bows.*

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

O Lord my God, I call for help by day and by night also I cry out before you. Let my prayer come into your presence and turn your ear to my loud crying. For my soul is filled with trouble and my life has come even to the brink of the grave. I am reckoned among those that go down to the Pit: I am a man that has no help. I lie among the dead, like the slain that sleep in the grave, whom you remember no more, who are cut off from your power. You have laid me in the lowest Pit: in darkness and in the watery depths. Your wrath lies heavy upon me and all your waves are brought against me. You have put my friends far from me and made me to be abhorred by them. I am so fast in prison I cannot get free: my eyes fail because of my affliction. Lord, I call to you every day: I stretch out my hands toward you. Will you work wonders for the dead, or will the shades rise up again to

praise you? Shall your love be declared in the grave, or your faithfulness in the place of destruction? Will your wonders be made known in the dark, or your righteousness in the land where all things are forgotten? But to you, Lord, will I cry: early in the morning my prayer shall come before you. O Lord, why have you rejected me: why do you hide your face from me? I have been afflicted and wearied from my youth upward: I am tossed high and low, I cease to be. Your fierce anger has overwhelmed me and your terrors have put me to silence. They surround me like a flood all the day long: they close upon me from every side. Friend and acquaintance you have put far from me and kept my companions from my sight.

O Lord my God, I call for help by day and by night also I cry out before you. Let my prayer come into your presence and turn your ear to my loud crying.

Praise the Lord, O my soul: and all that is within me, praise his holy name. Praise the Lord, O my soul and forget not all his benefits. Who forgives all your sin and heals all your infirmities, Who redeems your life from the Pit and crowns you with mercy and compassion; Who satisfies your being with good things, so that your youth is renewed like an eagle's. The Lord works righteousness and justice for all who are oppressed. He made known his ways to Moses, and his works to the children of Israel. The Lord is full of compassion and mercy, slow to anger and of great goodness. He will not always be chiding, nor will he keep his anger for ever. He has not dealt with us according to our sins, nor rewarded us according to our wickedness. For as the heavens are high above the earth, so great is his mercy over those that fear him. As far as the east is from the west, so far has he set our sins from us. As a father is tender towards his children, so is the Lord tender to those that fear him. For he knows of what we are made: he remembers that we are but dust. The days of man are but as grass: he flourishes like a flower of the field; When the wind goes over it, it is gone and its place will know it no more. But the merciful goodness of the Lord endures for ever and ever toward those that fear him, and his righteousness upon their children's children; upon those who keep his covenant and remember his commandments to do them. The Lord has established his throne in heaven: and his kingdom rules over all. Praise the Lord, all you his angels, you that excel in strength: you that fulfil his word, and obey the voice of his commandment. Praise the Lord, all you his hosts, his servants who do his will. Praise the Lord, all his works, in all places of his dominion, praise the Lord, O my soul.

In all places of his dominion, praise the Lord, O my soul.

Hear my prayer, O Lord: in your faithfulness consider my petition, and in your righteousness give me answer. Bring not your servant into judgement, for in your sight can no man living be justified. For the enemy has pursued me, he has crushed my life to the ground: he has made me dwell in darkness, like those for ever dead. Therefore my spirit grows faint and my heart is appalled within me. I remember the days of old, I think on all that you have done: I consider the works of your hands. I stretch out my hands toward you: my soul yearns for you like a thirsty land. Be swift to hear me, O Lord, for my spirit fails: hide not your face from me, lest I be like those who go down to the Pit. Let me hear of your merciful kindness in the morning, for my trust is in you: show me the way that I should go, for you are my hope. Deliver me from my enemies, O Lord, for I run to you for shelter. Teach

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me to do your will, for you are my God: let your kindly spirit lead me in an even path. For your name's sake, O Lord, preserve my life, and for the sake of your righteousness, bring me out of trouble. In your merciful goodness slay my enemies, and destroy all those that come against me, for truly I am your servant.

In your faithfulness consider my petition, and in your righteousness give me answer.

In your faithfulness consider my petition, and in your righteousness give me answer.

Let your kindly spirit lead me in an even path.

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

*The Litany of peace* In peace let us pray to the Lord...

*Deacon* God is the Lord who has appeared to us; blessed is he who comes in the name of the Lord. – *and immediately the first verse:*

*Verse* Give thanks to the Lord for he is good; his mercy endures for ever.

*Choir* God is the Lord... *and also after each of the following verses*

*Verse* All the nations surrounded me, but in the name of the Lord I drove them back.

*Verse* I shall not die but live and proclaim the works of the Lord.

*Verse* The stone that the builders rejected has become the head of the corner. This is the Lord's doing and it is marvellous in our eyes.

*Then we sing the appointed Troparia.*

*On Lenten weekdays instead of the above, we sing Alleluia and the Hymns to the Trinity as described on page 77 and in the Lenten Triodion.*

*And at Matins of the Dead, instead of the above, we sing Alleluia with these verses:*

*Priest* Alleluia in the 8th tone.

*Choir* Alleluia (*thrice, and likewise after each verse*)

*Verse* Blessed are those whom you have chosen and taken to yourself, O Lord.

*Verse* Their memorial is from age to age.

*Verse* Their souls shall dwell among good things.

– then we sing the appointed *Troparia*

*Then the readings<sup>11</sup> from the Psalter,  
each followed by the Little Litany (if appointed) and Sessional Hymns.  
Note that the Little Litany is not used at this point on weekdays in Lent  
nor on other weekdays when the Sessional Hymns and Canons from the Octoechos are used.*

*If there is to be the Polyelios or if it is Sunday, we continue as on page 68.*

*Then the Psalm*

Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my rebellion, and my sin is ever before me. Against you only have I sinned and done what is evil in your eyes; so you will be just in your sentence and blameless in your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which you have broken rejoice. Hide your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from your presence, do not take your holy spirit from me. Give me the gladness of your help again, and support me with a willing spirit. Then will I teach transgressors your ways and sinners shall turn to you again. Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of your righteousness. Lord, open my lips, and my mouth shall proclaim your praise. You take no pleasure in sacrifice or I would give it: burnt offerings you do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God you will not despise. In your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will you delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon your altar.

*In Lent, the Priest then reads the prayer O God, save your people...  
with Lord have mercy (12 times)*

*Then we sing and recite the appropriate Canons*

*Odes 1 and 3, then the Little Litany and hymns as appointed.  
Odes 4, 5 and 6, then the Little Litany and Kontakion and Ikos,  
then Odes 7 and 8.*

*Notice that within the 8th Ode we do not say Glory be to the Father...  
but instead, Let us bless the Lord, Father, Son and Holy Spirit.*

<sup>11</sup>

Each reading from the Psalter begins with the following preamble:  
The Choir sings *Lord have mercy* (thrice), and *Glory be to the Father and to the Son and to the Holy Spirit.* and then the Reader recites: *Both now and for ever...* and continues with the Psalms. After each section (or Stasis) and at the conclusion, the procedure is the same as at Vespers.

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*Before the Katavasia ending the 8th Ode, we sing*

We praise, bless and worship the Lord; praising him and exulting him above all for ever.

*and then the Katavasia of the 8th Ode.*

*Deacon* The Mother of God and Mother of the Light, let us magnify in song.

*And we sing the Canticle of the Mother of God:*

My soul magnifies the Lord; my spirit rejoices in God my Saviour.

*Refrain* More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify. —*and likewise after each of the following verses.*

For he has looked with favour on his lowly servant; from this day all generations will call me blessed.

The Almighty has done great things for me and holy is his name. He has mercy on those who fear him in every generation.

He has shown the strength of his arm, he has scattered the proud in their conceit.

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things and the rich he has sent away empty.

He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his seed for ever.

*The Canon continues with Ode 9*

*On weekdays when the Octoechos is used and on weekdays of Lent,  
after the Katavasia of Ode 9, we sing:*

Truly it is right to call you blest, the Bearer of God,  
the ever blessed and most immaculate Mother of our God.  
More honourable than the Cherubim  
and beyond compare more glorious than the Seraphim,  
who in purity gave birth to God the Word,  
the very Mother of God we magnify. —*and we make a prostration.*

*Then the Little Litany and Exapostilarion.*

*If there is a sung Doxology, go to page 74, otherwise the reader continues with the Praises:*

*Reader* Praise the Lord from heaven, praise is due to you O God. Praise the Lord from heaven, praise him in the heights: praise is due to you O God. Praise him, all his angels, praise him all his host: praise is due to you O God. Praise him sun and moon, praise him all you stars of light. Praise him you highest heaven, and you waters that are above the heavens. Let them praise the name of the Lord, for he commanded and they were made. He established them for ever and ever, he made an ordinance which shall not pass away. Praise the Lord from the earth, praise him you sea-monsters and all deeps. Fire and hail, mist and snow, and storm-wind fulfilling his command. Mountains and all hills, fruiting trees and all cedars. Beasts of the wild and all cattle, creeping things and winged birds. Kings of the earth and all peoples, princes and all rulers of the world; Young men and maidens, old men and children together, let them praise the name of the Lord, for his name alone is exulted. His glory is above earth and heaven, and he has lifted high the horn of his people. Therefore he is the praise of all his servants, of the children of Israel, a people that is near him. Sing to the Lord a new song, praise him in the assembly of the faithful. Let Israel rejoice in him that made him, let the children of Zion be joyful in their king. Let them praise him in the dance, let them sing his praise with timbrel and with harp. For the Lord takes pleasure in his people, he adorns the meek with his salvation. Let his faithful ones exult in his glory, let them sing for joy upon their beds. Let the high praise of God be in their mouths, and a two-edged sword in their hands, to execute vengeance on the nations and chastisement upon the peoples; to bind their kings in chains and their nobles with fetters of iron.

*And if any verses are appointed, we insert them here:*

- 6 To visit upon them the judgement that is decreed. | Such honour belongs to all his faithful servants.
- 5 Praise God in his sanctuary | praise him in the firmament of his power.
- 4 Praise him for his mighty acts, | praise him according to his abundant goodness.
- 3 Praise him in the blast of the ram's horn, | praise him upon the lute and harp.
- 2 Praise him with the timbrel and dances, | praise him upon the strings and pipe.
- 1 Praise him on the high-sounding cymbals, praise him upon the loud cymbals. | Let every breath praise the Lord.

*If verses are inserted, we add Glory be to the Father... and Both now and for ever...*

*If the Great Doxology is appointed, we continue as described later*

*Reader* Glory is due to you O Lord our God, and to you we ascribe glory, to the Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

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Glory to you who has shown us the light.<sup>12</sup>

Glory to God in the highest and on earth peace to men of goodwill. We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory, Lord, heavenly king, God the Father Almighty, Lord the only begotten Son Jesus Christ and the Holy Spirit. Lord God, Lamb of God, Son of the Father, you take away the sin of the world, have mercy on us. You take away the sin of the world, receive our prayer. You sit at the right hand of the Father, have mercy on us. For you alone are holy, you alone are the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless you and praise your name for ever and ever. Lord, you have been our refuge from age to age. I said, Lord have mercy on me, heal my soul for I have sinned against you. Lord, to you have I fled for refuge, teach me to do your will, for you are my God. In you is the fountain of life: in your light we shall see light. Extend your mercy to those who know you.

Lord, protect us today without sin. Blessed are you, Lord, the God of our fathers and praised and glorified is your name to the ages, amen.

Let your mercy be upon us O Lord, for our hope is in you. Blessed are you, Lord, teach me your statutes. Blessed are you, Master, give me understanding of your statutes. Blessed are you, holy one, enlighten me by your statutes. Lord, your mercy endures for ever: do not forsake the work of your hands.

To you is due praise, to you is due song, and to you is due glory, to the Father, Son and Holy Spirit, now and for ever and to the ages of ages, amen.

*Litany* Let us fulfil our morning prayer... Peace be to all... etc

*Aposticha as appointed with the following, unless others are appointed:*

*After the first verse* In the morning satisfy us with your mercy Lord, that all our days we may rejoice and sing. Give us joy for the days you have afflicted us, for the years we have suffered adversity. Show your servants your work, | and let their children see your glory.

*After the second verse* May the gracious favour of the Lord our God be upon us; prosper the work of our hands, | O prosper the work of our hands.

*And after the third verse* Glory be to the Father... Both now and for ever... *Theotokion*

*Then the Reader continues*

*Reader* 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 by night. (*twice in Lent*)

Holy God... to Our Father... Amen.

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<sup>12</sup> Note that this line is said by the Reader when there is the Lesser Doxology, and is proclaimed by the Priest (in vestments, standing at the Altar) only when the Great Doxology is sung. In some places the Superior (if not officiating) recites *Glory is due to you...* to the end of the Lesser Doxology.

*Troparia as appointed.*

*On weekdays of Lent, we continue as shown on page 78.*

*The Litany* Have mercy upon us O God... Lord have mercy. (*thrice*)

*And then the Dismissal*

*Priest* Wisdom.

*Choir* Father, bless.

*Priest* Blessed is He Who Is, Christ our God, always, now and for ever and to the ages of ages.

*Choir* Amen. Strengthen, O God, the holy Orthodox faith and Orthodox Christians to the ages of ages.

*On week days and on Saturday when there is no sung Doxology,  
Prime begins at this point with O come let us worship...*

*But when there has been a sung Doxology, we continue with the full Dismissal:*

*Priest* Most holy Mother of God, save us.

*Choir* More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... Both now and for ever...  
Lord have mercy (*thrice*) Father, bless.

*Priest* May Christ our true God...

*Choir* Amen. —and the Reader begins Prime with O come, let us worship...

## **Matins on Sundays and Polyelios-rank feasts**

*The Polyelios, when appointed<sup>l3</sup>,  
(either in this short form, or Psalms 134-135 in full)*

Praise the name of the Lord, praise him, you servants of the Lord, alleluia.  
Blessed be the Lord from Zion, he that dwells in Jerusalem, alleluia.  
O give thanks to the Lord for he is good, for his mercy endures for ever, alleluia.  
O give thanks to the God of heaven, for his mercy endures for ever, alleluia.

*On the Sundays of the Prodigal Son, Last Judgement (Meatfare) and Forgiveness (Cheesefare), we sing also Psalm 137 By the waters of Babylon... (see below)*

*Then the Magnification, if appointed.*

*On a Sunday, the Magnification is usually sung only once, by the Clergy.  
On other days (including Palm Sunday and St Thomas Sunday) it is sung in this manner:*

*Clergy* We magnify you...

*Choir* We magnify you... *and the Verse(s) each followed by* We magnify...  
Glory be to the Father... both now and for ever... We magnify...  
Alleluia, alleluia, alleluia glory to you O God. (*twice*)

*Clergy* Alleluia, alleluia, alleluia glory to you O God. *and* We magnify...

*On Sundays (except Antipascha and Pentecost),  
and Lazarus Saturday and Holy Saturday,  
we sing the Evlogitaria of the Resurrection, in tone 5*

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

The company of angels was amazed, beholding you O Saviour numbered among the dead, who has destroyed the power of death; and has raised up Adam with yourself, and releasing all from Hades.

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

‘Why do you mingle fragrant ointment with tears of pity, O women disciples?’ cried the angel who shone as lightning within the tomb to the women bearing myrrh. ‘Behold the tomb and understand: for the Saviour has risen from the grave.’

<sup>l3</sup> There is a Polyelios at Matins on feasts and certain saints’ days, as indicated in the Menaion. Regardless of this, the Polyelios is sung every Sunday during certain seasons: from September 22 to December 20, and from January 14 to Forgiveness Sunday (but not on the Sunday of the Publican and the Pharisee). Outside of these seasons, the 17th Kathisma is usually recited instead of the Polyelios at Sunday Matins, unless there occurs a feast or saint of Polyelios rank.

On the Sundays of the Prodigal Son, of the Last Judgement and Forgiveness Sunday, we add Psalm 136 *By the waters of Babylon... with Alleluia after each verse (see text below).*

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

The myrrh-bearing women hastened early in the morning to your tomb, lamenting. But the angel arose before them and said, ‘The time for lamentation has ceased: weep not, but tell the apostles of the resurrection.’

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

The myrrh-bearing women came lamenting to your tomb, O Saviour. But they heard an angel say to them, ‘Why do you seek the living among the dead? For as God he has risen from the tomb.’

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

We worship the Father and his Son, and the Holy Spirit; the Holy Trinity, who are one in essence. And we cry out with the seraphim: Holy, holy, holy are you, O Lord.

Both now and for ever and to the ages of ages, amen.

O Virgin who has borne the giver of life, you have delivered Adam from sin and to Eve you have brought joy in place of sorrow. He who took flesh from you, who is both God and man, has restored to life those who had fallen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

*Then the Little Litany and Sessional Hymn or Ipakoe, as appointed.*

*Then the Hymn of Degrees of the tone of the week.  
Often we sing only the first antiphon of the Hymn of Degrees in tone 4:*

From the days of my youth, many passions have warred against me, but succour and save me, O my Saviour.

You that hate Zion shall be put to shame by the Lord: like grass in the fire you shall be withered up.

Glory be to the Father... both now and for ever...

Through the Holy Spirit every soul is enlivened and exulted in purity, and illumined by the threefold unity in mystic holiness.

*Deacon* Let us attend. Wisdom. Let us attend. The Prokimenon in the... tone.

*and the Prokimenon as appointed.*

*Deacon* Let us pray to the Lord.

*Choir* Lord have mercy.

*Priest* For you are holy, O our God...

*Choir* Amen.

*And in the same tone (and in the same manner) as the Prokimenon:*

Let every breath | praise the Lord.

*Verse* O praise God in his sanctuary, praise him in the firmament of his power.

*Deacon* And that we may hear the holy Gospel, let us pray to the Lord our God.

*Choir* Lord have mercy (*thrice*)

*Deacon* Wisdom. Be upstanding. Let us listen to the holy Gospel.

*Priest* Peace be to all.

*Choir* And to your spirit.

*Priest* A reading from the holy Gospel according to *N*

*Choir* Glory to you, Lord, glory to you.

*and after the reading:*

*Choir* Glory to you, Lord, glory to you.

*On Sundays (and certain other times) we sing:*

Having beheld the resurrection of Christ,  
let us worship the holy Lord Jesus, the only sinless one.

We venerate your cross O Christ,  
and we praise and glorify your holy resurrection.

For you are our God and we know no other than you:  
we call on your name.

Come, all you faithful, let us venerate Christ's holy resurrection,  
for behold, through the cross joy has come to all the world.

Let us ever bless the Lord, praising his resurrection,  
for by enduring the cross for us,  
he has destroyed death by death.

*Then the Psalm:*

Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my rebellion, and my

sin is ever before me. Against you only have I sinned and done what is evil in your eyes; so you will be just in your sentence and blameless in your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which you have broken rejoice. Hide your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from your presence, do not take your holy spirit from me. Give me the gladness of your help again, and support me with a willing spirit. Then will I teach transgressors your ways and sinners shall turn to you again. Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of your righteousness. Lord, open my lips, and my mouth shall proclaim your praise. You take no pleasure in sacrifice or I would give it: burnt offerings you do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God you will not despise. In your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will you delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon your altar.

*On the Sunday of the Publican and the Pharisee and ending on the 5th Sunday of Lent, instead of the following we sing Open to me the gates of repentance... (see below)*

*Choir*      Glory be to the Father...

Through the prayers of the apostles, (*or the title and name of the saint*)  
O merciful one,  
blot out the multitude of our offences.

Both now and for ever...

Through the prayers of the Mother of God,  
O merciful one,  
blot out the multitude of our offences.

Have mercy on me O God,  
in your enduring goodness;  
according to the fullness of your compassion,  
blot out my offences.

*And the verse as appointed: on Sundays, usually the following*

Jesus has risen from the tomb,  
as he foretold,  
granting us eternal life,  
and great mercy.

*Then the prayer O God save your people... with Lord have mercy (12 times)*  
*Then the Canon etc, but with the Praises and Great Doxology as on page 73.*

*Starting on the Sunday of the Publican and the Pharisee and ending on the 5th Sunday of Lent (St Mary of Egypt), instead of the above verses we sing Open to me the gates of repentance... as follows, beginning in tone 8.*

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

Open to me the gates of repentance, O giver of life; for early in the morning my soul seeks your holy temple, bearing the temple of the body all defiled. But in your compassion, cleanse it by your merciful loving kindness.

Both now and for ever and to the ages of ages, amen.

Guide me to the paths of salvation, O Mother of God, for I have befouled my soul with shameful sins and have wasted my life in slothfulness. By your prayers deliver me from all uncleanness.

(tone 6) Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences.

As I ponder in my wretchedness the many evil things I have done, I tremble for the fearful day of judgement; but trusting in your merciful compassion, like David I cry to you: Have mercy on me O God, in your enduring goodness.

*On the Sundays of the Prodigal Son, Last Judgement (Meatfare) and Forgiveness (Cheesefare),  
after the Polyelios we sing*

*The Refrain Alleluia is sung after each verse*

By the waters of Babylon we sat down and wept, when we remembered Zion.  
We hung up our harps upon the trees that grew there.

For there those who led us away captive required of us a song; and those who had despoiled us demanded mirth, saying ‘Sing us one of the songs of Zion.’

How can we sing the Lord’s song in a strange land?

If I forget you, O Jerusalem, let my right hand forget its mastery.

Let my tongue cling to the roof of my mouth, if I do not remember you, if I do not prefer Jerusalem above my chief joy.

Remember, O Lord, against the Edomites the day of Jerusalem’s fall; how they said, ‘Down with it, down with it, raze it to its foundations.’

O daughter of Babylon, you that lay waste, happy shall he be who serves you as you have served us.

Happy shall he be who takes your little ones and dashes them against the stones.

## **The conclusion of Matins when there is a sung Doxology**

*After the Little Litany which follows the ninth Ode of the Canon,  
on Sundays, Lazarus Saturday and Holy Saturday:*

*Deacon*    Holy is the Lord our God.

*Choir*    Holy is the Lord our God. (*and also after each of the following verses*)

*Deacon*    For holy is the Lord our God.

*Deacon*    Over all things is our God.

*and then we sing the appointed Exapostilarion.*

*Then we begin the Praises, singing in the appropriate tone:*

Let everything that has breath praise the Lord.  
Praise the Lord from heaven,  
praise him in the heights.  
Praise is due to you O God.

Praise him all his angels,  
praise him all his hosts.  
Praise is due to you O God.

*and we continue:*

Praise him sun and moon, praise him all you stars of light.  
Praise him you highest heaven, and you waters that are above the heavens.  
Let them praise the name of the Lord, for he commanded and they were  
made.

He established them for ever and ever, he made an ordinance which shall  
not pass away.

Praise the Lord from the earth, praise him you sea-monsters and all deeps.  
Fire and hail, mist and snow, and storm-wind fulfilling his command.  
Mountains and all hills, fruiting trees and all cedars.  
Beasts of the wild and all cattle, creeping things and winged birds.  
Kings of the earth and all peoples, princes and all rulers of the world;  
Young men and maidens, old men and children together, let them praise  
the name of the Lord, for his name alone is exulted.

His glory is above earth and heaven, and he has lifted high the horn of his  
people.

Therefore he is the praise of all his servants, of the children of Israel, a  
people that is near him.

Sing to the Lord a new song, praise him in the assembly of the faithful.

Let Israel rejoice in him that made him, let the children of Zion be joyful in their king.

Let them praise him in the dance, let them sing his praise with timbrel and with harp.

For the Lord takes pleasure in his people, he adorns the meek with his salvation.

Let his faithful ones exult in his glory, let them sing for joy upon their beds.

Let the high praises of God be in their mouths and a two edged sword in their hands.

To execute vengeance on the nations, and chastisement upon the peoples,

To bind their kings in chains and their nobles with fetters of iron.

*And we insert the appointed verses:*

6 To visit upon them the judgement that is decreed. | Such honour belongs to all his faithful servants.

5 Praise God in his sanctuary, | praise him in the firmament of his power.

4 Praise him for his mighty acts, | praise him according to his abundant goodness.

3 Praise him in the blast of the ram's horn, | praise him upon the lute and harp.

2 Praise him with the timbrel and dances, | praise him upon the strings and pipe.

1 Praise him on the high-sounding cymbals, praise him upon the loud cymbals. | Let every breath praise the Lord.

*Additional verses for Sunday:* Arise O Lord my God, lift up your hand | and forget not the poor for ever.

I shall give you thanks O Lord with my whole heart | I will tell of all the wonders you have done.

Glory be to the Father and to the Son and to the Holy Spirit.  
Both now and for ever and to the ages of ages, amen.

*Then the appointed Theotokion; on Sunday usually this in tone 2:*

Most blessed are you, virgin Mother of God,  
for through him who took flesh from you, hell was taken captive;  
Adam was recalled and the curse was annulled;  
Eve was set free, death was put to death and we are given life.  
Therefore with hymns we sing:

Glory to you who is thus well pleased:  
blessed are you O Christ our God.

*Priest*      Glory to you who, has shown us the light.

*Choir*      Glory to God in the highest and on earth peace to men of goodwill.  
We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory.

Lord, heavenly king, God the Father Almighty, Lord the only begotten Son Jesus Christ and the Holy Spirit.

Lord God, Lamb of God, Son of the Father, you take away the sin of the world, have mercy on us.

You take away the sin of the world, receive our prayer. You sit at the right hand of the Father, have mercy on us.

For you alone are holy, you alone are the Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless you and praise your name for ever and ever.

Lord, protect us today without sin.

Blessed are you, Lord, the God of our fathers and praised and glorified is your name to the ages, amen.

Let your mercy be upon us O Lord, for our hope is in you.

Blessed are you, Lord, teach me your statutes.

Blessed are you, Lord, teach me your statutes.

Blessed are you, Lord, teach me your statutes.

Lord, you have been our refuge from age to age. I said, Lord have mercy on me, heal my soul for I have sinned against you.

Lord, to you have I fled for refuge, teach me to do your will, for you are my God.

In you is the fountain of life: in your light we shall see light.

Extend your mercy to those who know you.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

Holy immortal, have mercy on us.

Holy God, holy mighty, holy immortal, have mercy on us.

*And the Troparion, Glory... Both now... and the Theotokion;  
but on the great feasts we sing only the Troparion of the feast, once.*

*On Sundays we usually sing one of the following Troparia of the Resurrection*

*For the odd numbered tones*      On this day salvation came to the world. Let us sing to him who arose from the tomb, the author of our life, who, destroying death by death, has given us the victory and great mercy.

*For the even numbered tones*      Having risen from the tomb and bursting the bonds of Hades, you abolished the sentence of death, O Lord, releasing all from the snares of

the enemy. Revealing yourself to your apostles, you sent them out to proclaim you; and through them you gave your peace to the whole world; who alone is rich in mercy.

*The litanies,* Have mercy on us O God...  
and Let us fulfill our morning prayer...

Peace and Bow your heads to the Lord...

*Then the Dismissal*

*Priest* Wisdom.

*Choir* Father, bless.

*Priest* Blessed is He Who Is, Christ our God, always, now and for ever and to the ages of ages.

*Choir* Amen. Strengthen, O God, the holy Orthodox faith, [this holy monastery] and Orthodox Christians to the ages of ages.

*Priest* Most holy Mother of God, save us.

*Choir* More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... Both now and for ever...  
Lord have mercy (*thrice*) Father, bless.

*Priest* May [he who arose from the dead] Christ our true God...

*Choir* Amen.

*Then the reader begins Prime with O come, let us worship...*

## **Matins on Lenten weekdays, that is, Monday to Friday morning**

*After the opening blessing, the Reader begins*

*Reader* Amen.

Holy God... to Our Father... Lord have mercy (*12 times*)

Glory be to the Father... Both now and for ever...

O come let us worship... *and the rest.*

*Instead of* God is the Lord who has appeared to us...  
*we sing Alleluia in the appropriate tone after each of the priest's exclamations, thus:*

*Priest* Alleluia, alleluia, alleluia *and immediately the verse* My soul yearns for you in the night, O God, for your commandments are a light on the earth.

*Choir* Alleluia (*thrice, and likewise after each of the following verses*)

*Verse* When your judgments appear on the earth, the inhabitants of the world learn righteousness.

*Verse* The wrath of God shall fall upon a disobedient people, and fire shall destroy the enemy.

*Verse* Bring more evils upon them O Lord, bring more evils on those that are glorious on earth.

*Then we read the Hymns to the Trinity, singing their endings according to the day of the week,  
as described in the Lenten Triodion.*

*Note that there is an additional Kathisma, and that the Little Litany is not used after each Kathisma, but after each we immediately sing the appointed Sessional Hymns.*

*After the final Kathisma and its Sessional Hymns, we immediately read the Psalm Have mercy... then the Priest reads the prayer O God, save your people... with Lord have mercy (*12 times*)... Amen. Then we begin the Canon, inserting the appropriate Canticles.*

*At the end of the Canon, after the singing of Truly it is right to call you bless'd... and the Little Litany, we read the Hymn of Light and sing its endings, as described in the Lenten Triodion. Then we read the Praises and Lesser Doxology, the Litany and so on.*

## **Matins (Lenten)**

*The verse It is good... is read twice, then Holy God... to Our Father... then:*

*Reader* Standing in the temple of your glory, we consider ourselves to be in Heaven: O Mother of God, Gate of Heaven, open to us the doors of your mercy.

Lord have mercy. (*40 times*)

Glory be to the Father... Both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God, we magnify.

In the name of the Lord, father, bless.

*Priest* Blessed is He Who Is, Christ our God, always, now and for ever and to the ages of ages.

*Reader* Amen. Heavenly king, strengthen Orthodox Christians, establish the faith, calm the nations and give peace to the world. Protect this city (*town, village or holy monastery*); grant that our departed fathers and brothers may dwell with the righteous, and receive us who come in repentance and confession, for you are good and loving to mankind.

*Then the prayer of St Ephraim the Syrian  
twice, with 4 prostrations and 12 bows:*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me your servant a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again, O Lord and Master of my life... ages of ages. (prostration)*

*Immediately the reader says Amen and begins Prime with O come, let us worship...*

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# Prime

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*With no preamble the reader begins:*

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

*Then the three Psalms*

Hear my words O Lord, give heed to my groaning; listen to my cry, you that are my king and my God. In the morning when I pray to you, surely you will hear my voice: at daybreak I lay my prayers before you and look up. For you are not a God who takes pleasure in wickedness, nor can any evil dwell with you. The boastful cannot stand in your sight; you hate all those that work mischief. Those who speak lies you destroy: you abhor the treacherous O Lord and those that are stained with blood. But because of your great goodness I will come into your house. I will bow down toward your holy temple in awe and fear of you. Lead me O Lord in your righteousness for my enemies lie in wait; make straight your way before me. For there is no truth in their mouth and within they are eaten up by malice. Their throat is an open sepulchre and their tongue speaks smooth and flattering words. Destroy them O God, let them fall by their own contriving; cast them out for their many offences, for they have rebelled against you. But let all who put their trust in you rejoice, let them shout with joy for ever. Be the defender of those who love your name, let them exult because of you. For you will bless the man that is righteous, O Lord: you will cover him with your favour as with a shield.

Lord, you have been our refuge from one generation to another. Before the mountains were born, or the earth and the world were brought to be, from eternity to eternity you are God. You turn man back to dust saying, ‘Return to dust you sons of Adam.’ For a thousand years in your sight are like yesterday passing, or like one watch of the night. You cut them short like a dream, like the fresh grass of the morning. In the morning it is green and flourishes; at evening it is withered and dried up. And we are consumed by your anger; because of your indignation we cease to be. You have brought our iniquities before you and our secret sins to the light of your countenance. Our days decline beneath your wrath, and our years pass away like a sigh. The days of our life are three score years and ten, or if we have strength four score; the pride of our labours is but toil and sorrow for it passes quickly away and we are gone. Who can know the power of your wrath; who can know your indignation like those that fear you? Teach us so to number our days, that we may apply our hearts to wisdom. Relent O Lord, how long will you be angry? Take pity on your servants. Satisfy us with your mercy that all our days we may rejoice and sing. Give us joy for all the days you have afflicted us, for the years we have suffered adversity. Show your servants your work and let their children see

## **Prime**

your glory. May the gracious favour of the Lord our God be upon us, prosper the work of our hands, O prosper the work of our hands.

My song shall be of steadfastness and justice; to you Lord will I sing. I will be wise in the way of innocence: O when will you come to me? I will walk within my house in purity of heart. I will set nothing evil before my eyes. I hate the sin of backsliders, it shall get no hold on me. Crookedness of heart shall depart from me; I will know nothing of wickedness. The man who secretly slanders his neighbour I will destroy: the proud look and arrogant heart I will not endure. My eyes shall look to the faithful in the land and they shall make their home with me: one who walks in the way of innocence, he shall minister to me. No man who practises deceit shall live in my house: no one who utters lies shall stand in my sight. Morning by morning I will destroy all the wicked of the land, and cut off all evildoers from the city of the Lord.

Glory be to the Father... both now and for ever...

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

Lord have mercy. (*thrice*)

*If two Troparia are appointed, insert one here.*

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

*Troparion as appointed.*

Both now and for ever and to the ages of ages amen.

What shall we call you, O full of grace? Heaven, for the Sun of Righteousness shone forth from you; Paradise, for you budded forth the flower of Immortality; Virgin, for you have remained in purity. O pure Mother, you held in your holy embrace your Son who is God of all: implore him to save our souls.

Direct my steps according to your word that no evil may get mastery over me. Deliver me from man's oppression that I may keep your precepts. Make your face to shine upon your servant and teach me your statutes. Let my mouth be filled with your praise O Lord, that I may sing of your glory and honour all the day long.

Holy God... to Our Father... Amen. *and the Kontakion*

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our

prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

*Lord have mercy. (thrice)*

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Reader* Amen.

*Priest* O Christ the true light who illuminates and sanctifies all on earth, let the light of your countenance appear to us, so that in it we may see the light ineffable. Guide our steps rightly so that we may keep your commandments, through the prayers of your most pure Mother and of all the saints, amen.

*Choir* To you the champion leader, we your flock dedicate  
a feast of victory and of thanksgiving, as ones rescued out of suffering O  
Mother of God.

But as you are invincible in power, deliver us from all dangers,  
that we may cry to you: Rejoice O Bride unwedded.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... Both now and for ever...

*Lord have mercy (thrice). Father bless.*

*If there has been a sung Doxology, then this short Dismissal.  
At other times we use the full Dismissal as given at the end of Matins.*

*Priest* May Christ our true God, (Sundays: May he who arose from the dead, Christ our true God...) through the prayers of his most pure Mother, of our venerable and God-bearing Fathers and of all the saints, have mercy on us and save us, for he is gracious and loving to mankind.

*Choir* Amen.

## **Prime in Lent, that is, the weekdays Monday to Friday**

*If there is a reading from the Psalter (as there is on Tuesday, Wednesday and most Thursdays), after the three Psalms, the reader continues to Glory be to the Father... and we sing Both now and for ever... as usual when the Psalter is recited. The reading from the Psalter ends in the usual way, but we add Lord have mercy. (thrice)*

*Then the Lenten verses in tone 6:*

*Priest<sup>14</sup>* Hearken in the morning to my voice, my king and my God.

*Choir* Hearken in the morning... (*prostration*)

*Priest* Give ear to my words, O Lord, attend to my cry.

*Choir* Hearken in the morning... (*prostration*)

*Priest* For I will pray to you, O Lord.

*Choir* Hearken in the morning... (*prostration*)

*Priest* Glory be to the Father and to the Son and to the Holy Spirit.

*Reader* Both now and for ever and to the ages of ages, amen.

What shall we call you, O full of grace? Heaven, for the Sun of Righteousness shone forth from you; Paradise, for you budded forth the flower of Immortality; Virgin, for you have remained in purity. O pure Mother, you held in your holy embrace your Son who is God of all: implore him to save our souls.

*Then we sing slowly and solemnly:*

Direct my steps according to your word that no evil may get mastery over me. (*twice*)

Deliver me from man's oppression that I may keep your precepts. (*twice*)

Make your face to shine upon your servant and teach me your statutes. (*twice*)

Let my mouth be filled with your praise O Lord, that I may sing of your glory and honour all the day long. (*thrice*)

*Reader* Holy God... to Our Father... Amen.

*The Lenten Kontakion on Monday, Tuesday and Thursday*

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<sup>14</sup> Typikon: *the appointed reader or the Priest stands in the middle of the church [and says]... Likewise at the other Hours.*

With all our heart and with never silent lips, let us praise the most glorious Mother of God who is more holy than the holy angels: we confess her to be the Mother of God, for she truly gave birth to God incarnate, and without ceasing she prays for our souls.

*But on Wednesday and Friday*

Hasten to our aid before we are enslaved by the enemies that blaspheme you and threaten us, O Christ our God. By your cross, bring down those who wage war against us, that they may come to know of the power of the Orthodox faith; through the prayers of the Mother of God, O lover of mankind.

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Then the prayer of St Ephraim the Syrian,  
with four prostrations and twelve bows:*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me, your servant, a spirit of soberness, humility, patience and love. (*prostration*)

## **Prime (Lenten)**

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again:* O Lord and Master of my life... ages of ages. (*prostration*)

*Reader* Amen. Holy God... *to Our Father...* Amen. Lord have mercy (*12 times*).

*Priest* Christ the true light who illuminates and sanctifies all on earth, let the light of your countenance appear to us, that in it we may see the light ineffable. Guide our steps rightly that we may keep your commandments, through the prayers of your most pure Mother and of all the saints, amen.

*Choir* To you the champion leader, we your flock dedicate  
a feast of victory and of thanksgiving, as ones rescued out of suffering O  
Mother of God.

But as you are invincible in power, deliver us from all dangers,  
that we may cry to you: Rejoice O Bride unwedded.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... Both now and for ever...  
Lord have mercy (*thrice*). Father bless.

*Priest* May Christ our true God... *and the rest of the usual Dismissal.*

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# Terce

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*Priest*      Blessed is our God, always, now and for ever and to the ages of ages.

*Reader*    Amen.

Glory to you, our God, glory to you.

Heavenly king, Comforter and Spirit of truth, present everywhere and filling all things, the treasury of blessings and giver of life: come and dwell in us, cleanse us of all stain and save our souls, O good one.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest*      For the kingdom, the power and the glory are yours...

*Reader*    Amen.

Lord have mercy. (*12 times*)

Glory be to the Father... both now and for ever...

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

## **Terce**

### *And the three Psalms*

Hear my just cause O Lord, give heed to my cry; listen to my prayer that comes from no lying lips. Let judgement for me come forth from your presence and let your eyes discern the right. Though you search my heart and visit me in the night-time; though you try me by fire, you will find no wickedness in me. My mouth does not transgress like the mouth of others, for I have kept the word of your lips. My steps have held firm in the way of your commands and my feet have not stumbled from your paths. I call upon you, O God, for you will surely answer: incline your ear to me and hear my words. Show me the wonders of your steadfast love, O saviour of those who come to you for refuge: by your right hand deliver them from those that rise up against them. Keep me as the apple of your eye, hide me under the shadow of your wings. From the onslaught of the wicked, from my enemies that encircle me to take my life. They have closed their hearts to pity and their mouths speak proud things. They advance upon me, they surround me on every side, watching how they may bring me to the ground, like a lion that is greedy for its prey, like a lion's whelp lurking in hidden places. Arise O Lord, stand in their way and cast them down, deliver me from the wicked by your sword. Slay them by your hand O Lord, slay them so that they perish from the earth: destroy them from among the living. But as for your cherished ones, let their bellies be filled and let their sons be satisfied: let them pass on their wealth to their children. And I also shall see your face because my cause is just: when I awake and see you as you are, I shall be satisfied.

In you, O Lord my God have I put my hope: in you have I trusted, let me not be ashamed nor let my enemies triumph over me. Let none who wait for you be put to shame, but let those that break faith be confounded and gain nothing. Show me your ways O Lord and teach me your paths. Lead me in the ways of your truth and teach me, for you are the God of my salvation. In you have I hoped all the day long because of your goodness O Lord. Call to mind your compassion and your loving kindness for they are from of old. Remember not the sins of my youth nor my transgressions, but according to your mercy think on me. Good and upright is the Lord, therefore will he direct sinners in the way. The meek he will guide in the path of justice and teach the humble his ways. All the paths of the Lord are faithful and true for those who keep his covenant and his commandments. For your name's sake O Lord be merciful to my sin though it is great. Who is he that fears the Lord? – him will the Lord direct in the way that he should choose. His soul shall dwell at ease and his children shall inherit the land. The confidences of God belong to those that fear him and his covenant shall give them understanding. My eyes are ever looking to the Lord for he will bring my feet out of the net. Turn your face toward me and be gracious for I am alone and in misery. Free my heart from pain and bring me out of my distress. Give heed to my affliction and adversity and forgive me all my sins. Consider my enemies how many they are and they bear a violent hate against me. Keep my life and deliver me, put me not to shame for I come to you for refuge. Let innocence and integrity be my guard, for in you have I hoped. O God, deliver Israel out of all his tribulation.

Have mercy on me O God in your enduring goodness, according to the fullness of your compassion blot out my offences. Wash me thoroughly from my wickedness and cleanse me from my sin. For I acknowledge my rebellion, and my sin is ever before me. Against you only have I sinned and done what is evil in your eyes; so you will be just in your sentence and blameless in your judging. Surely in wickedness I was brought to birth and in sin my mother conceived me. You that desire truth in the inward parts, teach me wisdom in the secret places of the heart. Purge me with hyssop and I shall be clean, wash me and I shall be whiter than snow. Make me hear of joy and gladness, let the bones which you have broken rejoice. Hide your face from my sins and blot out all my iniquities. Create in me a clean heart O God and renew a right spirit within me. Do not cast me out from your presence, do not take your holy spirit from me. Give me the gladness of your help again, and support me with a willing spirit. Then will I teach transgressors your ways and sinners shall turn to you again. Lord God of my salvation, deliver me from bloodshed, and my tongue shall sing of your righteousness. Lord, open my lips, and my mouth shall proclaim your praise. You take no pleasure in sacrifice or I would give it: burnt offerings you do not want. The sacrifice of God is a broken spirit; a broken and contrite heart O God you will not despise. In your graciousness do good to Zion; rebuild the walls of Jerusalem. Then will you delight in right sacrifices, in burnt offerings and oblations; then will they offer young bulls upon your altar.

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages amen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

Lord have mercy. (*thrice*)

*If two Troparia are appointed, insert one here.*

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

*Troparion as appointed.*

Both now and for ever and to the ages of ages amen.

O Mother of God, you are the true vine which has blossomed forth for us the fruit of life. We implore you, O Lady, to intercede together with the holy apostles that our souls may find mercy.

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

Holy God... to Our Father... Amen. *and the Kontakion*

Lord have mercy. (*40 times*)

## **Terce**

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

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

*Reader* Amen.

*and immediately the prayer of St Mardarios*

Master, God the almighty Father, Lord the only begotten Son Jesus Christ and the Holy Spirit, one divinity and one power: have mercy on me a sinner, and in the final judgement, save me your unworthy servant, for you are blessed to the ages of ages, amen.

*Sext begins immediately with O come, let us worship...*

## **Terce on Lenten weekdays that is, Monday to Friday**

*There is a reading from the Psalter: after the three Psalms the reader continues to Glory be to the Father... and we sing Both now and for ever... as usual when the Psalter is recited. The reading from the Psalter ends in the usual way, but we add Lord have mercy. (thrice)*

*Then the Lenten verses in tone 6*

*Priest*      Lord, you sent your most holy Spirit upon your apostles at the third hour:  
take him not from us O good one, but renew him in us who pray to you.

*Choir*      Lord, you sent your most holy Spirit  
upon your apostles at the third hour:  
take him not from us O good one,  
but renew him in us who pray to you. (*prostration*)

*Priest*      Create in me a clean heart O God and renew a right spirit within me.

*Choir*      Lord, you sent... (*prostration*)

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

*Choir*      Lord, you sent... (*prostration*)

*Priest*      Glory be to the Father and to the Son and to the Holy Spirit.

*Reader*      Both now and for ever and to the ages of ages, amen.

O Mother of God, you are the true vine which has blossomed forth for us  
the fruit of life. We implore you, O Lady, to intercede together with the holy apostles  
that our souls may find mercy.

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

Holy God... to Our Father... Amen.

*And we read these special Troparia*

Blessed are you O Christ our God, for you have revealed the fishermen to  
be most wise by sending down upon them the Holy Spirit, and through them you  
have drawn the whole world into your net. Glory to you, O lover of mankind.

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

## **Terce (Lenten)**

Grant swift and sure consolation to your servants, O Jesus, when our spirits are despondent, neither leave our souls in affliction, nor be far from our minds in times of trouble, but ever anticipate our needs. Come to us, come to us, for you are present everywhere; and as you were with your apostles, so unite yourself to us who long for you, O compassionate one, that with one accord we may sing to you and glorify your most holy Spirit.

Both now and for ever and to the ages of ages, amen.

O pure Mother of God, you are the hope, the protection and refuge of Christians, an invincible rampart and safe haven for the storm-tossed. You save the world by your unceasing intercession: remember us, O Virgin worthy of all praise.

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Then the prayer of St Ephraim the Syrian, with four prostrations and twelve bows:*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me, your servant, a spirit of soberness, humility, patience and love. (*prostration*)

## **Terce (Lenten)**

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again O Lord and Master of my life... ages of ages. (prostration)*

*Reader*    Amen.

*and immediately the prayer of St Madarios*

*Reader*    O Master, God the almighty Father, O Lord the only begotten Son Jesus Christ and the Holy Spirit, one divinity and one power: have mercy on me a sinner, and in the final judgement, save me your unworthy servant, for you are blessed to the ages of ages, amen.

*Sext begins immediately with O come, let us worship...*

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# Sext

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*Following Terce, without any preamble, the Reader begins*

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

*Then the three Psalms*

Save me O God by the power of your name and vindicate me by your might. Hear my prayer O God and listen to the words of my mouth. For the insolent have risen against me: ruthless men who have not set God before them seek my life. But surely God is my helper, the Lord is the upholder of my life. Let evil recoil on those that would waylay me: O destroy them in your faithfulness. Then will I offer you sacrifice with a willing heart. I will praise your name O Lord for it is good. For you will deliver me from every trouble: my eyes shall see the downfall of my enemies.

Hear my prayer O God and do not hide yourself from my petition. Give heed to me and answer me: I am restless in my complaining. I am in turmoil at the voice of the enemy: at the onslaught of the wicked. For they bring down disaster upon me, they persecute me with bitter fury. My heart writhes within me and the terrors of death have fallen upon me. Fear and trembling come upon me and horror overwhelms me. And I said, ‘O for the wings of a dove that I might fly away and find rest. Then I would flee far off and make my lodging in the wilderness. I would hasten to find me a refuge out of the blast of slander, out of the tempest of their calumny O Lord, and far from their double tongues.’ For I have seen violence and strife in the city; day and night they go round it upon its walls. Evil and wickedness are within it; iniquity is within it, oppression and fraud do not depart from its streets. It was not an enemy that reviled me, or I might have borne it: it was not my foe that dealt so insolently with me, or I might have hidden myself from him; but it was you, a man like myself, my companion and my familiar friend. Together we enjoyed sweet fellowship in the house of our God. Let them pass away in confusion, let death carry them to destruction; let them go down alive to Sheol, for evil is among them in their dwellings. But I will call to God, and the Lord my God will save me. At evening, at morning, and at noon-day I complain and groan aloud. And he will hear my voice and ransom my soul in peace, from those that bear down upon me, for there are many against me. God will hear and bring them low, he that is enthroned for ever. For they do not keep their word, and they have no fear of God. They lay violent hands on those that are at peace with them: they break solemn covenants. Their mouths are smooth as butter, but war is in their hearts: their words are softer than oil, yet they are drawn swords. Cast your burden on the Lord, and he will sustain you: he will never suffer the righteous man to stumble. But as for them, you

will bring them down, O God, even to the depths of the Pit. Bloodthirsty and deceitful men shall not live out half their days, but I will trust in you.

He who dwells in the shelter of the Most High, who abides under the shadow of the Almighty, he will say to the Lord, ‘You are my refuge and my stronghold, my God in whom I trust.’ For he will deliver you from the snare of the hunter and from the destroying curse. He will cover you with his wings and you will be safe under his feathers, his faithfulness will be your shield and defence. You shall not be afraid of any terror by night or of the arrow that flies by day, of the pestilence that walks about in darkness or the plague that destroys at noonday. A thousand may fall beside you and ten thousand at your right hand; but you, it shall not touch. Your own eyes shall see and look on the reward of the ungodly. The Lord himself is your refuge, you have made the Most High your stronghold. Therefore no harm will befall you, nor will any scourge come near your tent. For he will command his angels to keep you in all your ways. They will bear you up in their hands lest you dash your foot against a stone. You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. ‘He has set his love upon me and therefore I will deliver him; I will lift him out of danger because he knows my name. When he calls upon me I will answer him: I will be with him in trouble, I will rescue him and bring him to honour. With long life I will satisfy him and fill him with my salvation.’

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages amen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

Lord have mercy. (*thrice*)

*If two Troparia are appointed, insert one here.*

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

*Troparion as appointed.*

Both now and for ever and to the ages of ages amen.

As there is no boldness in us because of our many sins, invoke him who was born of you O virgin Mother of God, for the request of a mother does much to win the Master’s favour. Reject not the prayers of sinners, O most pure one, for he is merciful and mighty to save who condescended also to suffer for our sake.

Let your compassion quickly precede us O Lord for we have become exceedingly poor. Help us O God our Saviour, for the glory of your name. O Lord, deliver us and cleanse us of sin, for your name’s sake.

Holy God... to Our Father... Amen. *and the Kontakion*

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

*Priest* Through the prayers of our holy Fathers, Lord Jesus Christ our God have mercy on us.

*Reader* Amen.

*And immediately the prayer of St Basil the Great*

O God, the Lord of Hosts and fashioner of all creation; by the tender compassion of your mercy which transcends comprehension you sent your only begotten Son our Lord Jesus Christ for the salvation of our race; who by his precious cross tore up the record of our sins and thereby triumphed over the principalities and powers of darkness. O Master, lover of mankind, accept even from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression and from all enemies visible and invisible that seek to do us harm. Implant in our bodies reverence for you and do not let our hearts incline to words or thoughts of evil, but pierce our souls with longing for you, so that ever looking to you and being guided by your shining, unapproachable and everlasting light, we may send unceasing praise and thanksgiving to you, the unoriginate Father, with your only begotten Son and your most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

*If there is no celebration of the Divine Liturgy, the Typica now follows.*

## **Sext on Lenten Weekdays that is, Monday to Friday**

*There is a reading from the Psalter. After the three Psalms the reader continues to Glory be to the Father... and we sing Both now and for ever... as usual when the Psalter is recited.*

*The reading from the Psalter ends in the usual way, but we add Lord have mercy. (thrice)*

*Then the Lenten verses in tone 2*

*Priest* On the sixth day and at the sixth hour, you nailed to the cross the sin which Adam in Paradise dared to commit: tear up the record of our sins and save us O Christ our God.

*Choir* On the sixth day and at the sixth hour,  
you nailed to the cross the sin which Adam in Paradise dared to commit:  
tear up the record of our sins  
and save us O Christ our God. (*prostration*)

*Priest* Hear my prayer O God, and do not hide yourself from my petition.

*Choir* On the sixth day and at the sixth hour... (*prostration*)

*Priest* I cried to the Lord and the Lord listened to me.

*Choir* On the sixth day and at the sixth hour... (*prostration*)

*Priest* Glory be to the Father and to the Son and to the Holy Spirit.

*Reader* Both now and for ever and to the ages of ages, amen.

As there is no boldness in us because of our many sins, invoke him who was born of you O virgin Mother of God, for the request of a mother does much to win the Master's favour. Reject not the prayers of sinners, O most pure one, for he is merciful and mighty to save who condescended also to suffer for our sake.

*The Troparion of the Prophecy is sung.*

Glory be to the Father... Both now and for ever... *and the Troparion is repeated.*

*Priest* Let us attend.

*Reader* In tone n. (*but the word Prokimenon is not used in this announcement*)

*The Reader and Choir sing the Prokimenon in the usual way.*

## **Sext (Lenten)**

*Priest* Wisdom.

*Reader* A reading from the prophecy of Isaiah. (*Or Ezekiel in Holy Week*)

*Priest* Let us attend.

*The appointed Prophecy is read.*

*Priest* Let us attend.

*And the Reader and Choir sing the second Prokimenon.*

*Then the Reader continues:*

Let your compassion quickly precede us O Lord for we have become exceedingly poor. Help us O God our Saviour, for the glory of your name. O Lord, deliver us and cleanse us of sin, for your name's sake.

Holy God... to Our Father... Amen.

*And we read these special Troparia*

In the midst of the earth you have brought about salvation, O Christ our God. You stretched out your most pure hands on the cross, gathering together all the nations which cry to you: Glory to you, O Lord.

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

We venerate your most pure image O good one and ask forgiveness of our transgressions O Christ our God. Of your good will you ascended the cross bodily to deliver your creatures from bondage to the enemy. Therefore with thankfulness we cry out to you: You have filled all things with joy, O our Saviour who came to save the world.

Both now and for ever and to the ages of ages, amen.

*On Monday, Tuesday and Thursday*

Grant us your mercy O Mother of God the fountain of tenderness: look upon us sinners and reveal your power as of old, for we have put our hope in you. Rejoice, we cry, as once did Gabriel, the leader of the bodiless host.

*But on Wednesday and Friday*

We sing to you, the most glorious virgin Mother of God, for through the cross of your Son, Hades has been destroyed and death put to death; we mortals are

raised to life, and to paradise, our ancient delight. Therefore, giving thanks, we glorify Christ our God who alone is mighty and most merciful.

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Then the prayer of St Ephraim the Syrian,  
with four prostrations and twelve bows*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me, your servant, a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again O Lord and Master of my life... ages of ages. (prostration)*

*Reader* Amen.

## **Sext (Lenten)**

### *The prayer of St Basil the Great*

O God, the Lord of Hosts and fashioner of all creation; by the tender compassion of your mercy which transcends comprehension you sent your only begotten Son our Lord Jesus Christ for the salvation of our race; who by his precious cross tore up the record of our sins and thereby triumphed over the principalities and powers of darkness. O Master, lover of mankind, accept even from us sinners these prayers of thanksgiving and entreaty, and deliver us from every destructive and dark transgression and from all enemies visible and invisible that seek to do us harm. Implant in our bodies reverence for you and do not let our hearts incline to words or thoughts of evil, but pierce our souls with longing for you, so that ever looking to you and being guided by your shining, unapproachable and everlasting light, we may send unceasing praise and thanksgiving to you, the unoriginate Father, with your only begotten Son and your most holy, good and life creating Spirit, now and for ever and to the ages of ages, amen.

*On days when Alleluia has been sung at Matins,  
the Typica (Lenten form) follows None.*

*If the Liturgy of the Presanctified Gifts is to be celebrated, None and Typica (Lenten form) will follow immediately, but if the Liturgy is to be in the evening, then None and Typica may be read then, immediately before the Liturgy, in which case Sext ends with the Dismissal, thus completing this group of services.*

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# Typica

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*With no preamble, the reader begins*

Praise the Lord, O my soul. Blessed are you, O Lord. Praise the Lord O my soul, and all that is within me, praise his holy name. Praise the Lord, O my soul, and forget not all his benefits, who forgives all your sin, and heals all your infirmities, who redeems your life from the Pit, and crowns you with mercy and compassion; who satisfies your being with good things, so that your youth is renewed like an eagle's. The Lord works righteousness and justice for all who are oppressed. He made known his ways to Moses, and his works to the children of Israel. The Lord is full of compassion and mercy, slow to anger and of great goodness. He will not always be chiding, nor will he keep his anger for ever. He has not dealt with us according to our sins, nor rewarded us according to our wickedness. For as the heavens are high above the earth: so great is his mercy over those that fear him. As far as the east is from the west, so far has he set our sins from us. As a father is tender towards his children, so is the Lord tender to those that fear him. For he knows of what we are made: he remembers that we are but dust. The days of man are but as grass: he flourishes like a flower of the field. When the wind goes over it, it is gone, and its place will know it no more. But the merciful goodness of the Lord endures for ever and ever toward those that fear him: and his righteousness upon their children's children; upon those who keep his covenant and remember his commandments to do them. The Lord has established his throne in heaven, and his kingdom rules over all. Praise the Lord, all you his angels, you that excel in strength: you that fulfil his word, and obey the voice of his commandment. Praise the Lord, all you his hosts, his servants who do his will. Praise the Lord, all his works, in all places of his dominion praise the Lord, O my soul.

Glory be to the Father and to the Son and to the Holy Spirit;  
both now and for ever and to the ages of ages, amen.

Praise the Lord O my soul, and all that is within me, praise his holy name:  
blessed are you, O Lord.

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

Praise the Lord, O my soul: while I live I will praise the Lord; while I have any being I will sing praises to my God. Put not your trust in princes, nor in the sons of men, who cannot save. For when their breath goes from them, they return again to the earth, and on that day all their thoughts perish. Blessed is the man whose help is the God of Jacob: whose hope is in the Lord his God, the God who made heaven and earth; the sea, and all that is in them, who keeps faith for ever: who deals justice to those that are oppressed. The Lord gives food to the hungry and sets the captives free. The Lord gives sight to the blind: the Lord lifts up those that are bowed down.

## **Typica**

The Lord loves the righteous: the Lord cares for the stranger in the land. He upholds the widow and the fatherless: as for the way of the wicked, he turns it upside down. The Lord shall be king for ever: your God, O Zion, shall reign through all generations.

Both now and for ever and to the ages of ages, amen.

Only begotten Son and immortal Word of God, who for our salvation condescended to be incarnate of the Holy Mother of God and ever virgin Mary, who without change became man; and was crucified, trampling down death by death. O Christ our God, one of the holy Trinity, glorified with the Father and the Holy Spirit, save us.

In your kingdom remember us O Lord, when you come into your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall obtain mercy. (*We begin the insertions when there are 8 verses*) Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. (*We begin the insertions when there are 6 verses*) Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you, and utter all kinds of evil against you falsely on my account. Rejoice and be glad for your reward is great in heaven.

*In some places, the appointed verses from the Octoechos and/or the Menaion are inserted into the Beatitudes; and the Prokimenon, Epistle, Alleluia and Gospel are also read, just as they are within the Liturgy. After the Gospel, the Reader continues:*

Remember us O Lord, when you come into your kingdom.

Remember us O Master, when you come into your kingdom.

Remember us O Holy One, when you come into your kingdom.

The heavenly choir praises you, saying: Holy, holy, holy Lord of Hosts, heaven and earth are full of your glory.

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

The heavenly choir praises you, saying: Holy, holy, holy Lord of Hosts, heaven and earth are full of your glory.

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

The choir of holy Angels and Archangels with all the heavenly Host praises you saying: Holy, holy, holy Lord of Hosts, heaven and earth are full of your glory.

Both now and for ever and to the ages of ages, amen.

I believe in one God, the Father Almighty, maker of heaven and earth, and of all that is, seen and unseen. And in one Lord Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God. Begotten, not made, of one being with the Father, through whom all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered and was buried. On the third day he arose in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come 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 with the Father and the Son is worshipped and glorified. He has spoken through the prophets. And in one holy, Catholic and Apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead and the life of the world to come, amen.

Forgive, remit and pardon our offences, O God, both voluntary and involuntary, in deed and word, deliberately or in ignorance, by night and by day, in mind and thought: forgive us all things since you are good and the lover of mankind.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest* For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, now and for ever and to the ages of ages.

*Reader* Amen.

*We then read the Kontakia, according to the following rules.*

*If it is a feast or festal period of the Lord, we read its Kontakion only.*

*If there is also a saint celebrated on the same day, we read its Kontakion first, then Glory be to the Father... both now... and then the Kontakion of the feast of the Lord.*

*If the Church is dedicated to a feast of the Lord, then we read its Kontakion first; then the one for the day of the week; then Glory be to the Father... and the rest as below.*

*If the church has a patron other than the Lord, and if it is not a feast day, we read the Kontakion for the particular day of the week (see below), then that of the patron saint of the church, then Glory be to the Father... and the rest as below.*

## Typica

*For the particular days of the week:*

*Monday, tone 2* Supreme commanders of God and ministers of the divine glory, guides of men and leaders of the bodiless host; ask for that which is to our profit and for great mercy, since you are the supreme commanders of the bodiless host.

*Tuesday, tone 2* O prophet of God and herald of grace, having obtained your head from the earth as a most sacred rose, we ever receive healing; for still you preach repentance, as of old in the world.

*Wednesday, tone 4* O Christ our God, who willingly chose to be raised upon the cross, grant your mercies to the new nation named after you. Gladden with your power Orthodox Christians, granting them victory over enemies. May they have as your help the weapon of peace, the invincible trophy.

*Thursday, tone 2* You have taken to yourself those invincible God-proclaiming heralds, the chief apostles, for the enjoyment of your blessings and for repose; and you accepted their labours and death as above all sacrifice, O Lord who alone knows human hearts.

*Friday, tone 4* O Christ our God, who willingly chose to be raised upon the cross, grant your mercies to the new nation named after you. Gladden with your power Orthodox Christians, granting them victory over enemies. May they have as your help the weapon of peace, the invincible trophy.

*Then the Kontakion of the saint of the day from the Menaion, and then:*

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

*Kontakion of the departed* With the saints give rest, O Christ, to the souls of your servants, where pain, sorrow and sighing are no more, but life everlasting.

Both now and for ever and to the ages of ages, amen.

*and then*

*Monday to Friday, Theotokion tone 6* Unfailing intercessor of Christians, constant mediator before the creator, do not reject the cry of prayer of sinners, but in your goodness come quickly to our help as we call on you in faith. Hasten to offer swift intercession and prayer for us, O Mother of God, for you ever intercede for those who honour you.

*But on Saturday, tone 8* O Lord, the planter of creation, the world offers the God-bearing martyrs as the first fruits of its nature: by their supplications, preserve your Church in perfect peace, through the prayers of the Mother of God, O greatly merciful one.

*But if the Church is dedicated to the Mother of God,  
then its Kontakion takes the place of the one above.*

Lord have mercy. (*12 times*)

Most holy Trinity, consubstantial power, undivided kingship, the cause of all good: be gracious even to me a sinner; confirm and instruct my heart and take from me every defilement. Enlighten my mind that I may ever glorify, praise and worship you, saying: One is holy, one is the Lord, Jesus Christ, to the glory of God the Father, amen.

Blessed be the name of the Lord, from now and for ever. (*thrice*)

Glory be to the Father... Both now and for ever...

I will bless the Lord continually, his praise shall be always in my mouth. Let my soul boast of the Lord, the humble shall hear it and rejoice. O praise the Lord with me, let us exult his name together. For I sought the Lord's help and he answered and he freed me from all my fears. Look towards him and be bright with joy, your faces shall not be ashamed. Here is a wretch who cried and the Lord heard him and saved him from all his troubles. The angel of the Lord encamps round those who fear him and delivers them in their need. O taste and see that the Lord is good: happy the man who hides in him. Fear the Lord all you his holy ones, for those who fear him never lack. Lions may suffer want and go hungry, but those who seek the Lord lack nothing good. Come my children, listen to me and I will teach you the fear of the Lord. Which of you relishes life, wants time to enjoy good things? Keep your tongue from evil and your lips from telling lies, turn from evil and do good, seek peace and pursue it. The eyes of God are on the righteous and his ears towards their cry. The Lord sets his face against wrong doers, to root out their memory from the earth. The righteous cry; the Lord hears it and frees them from their afflictions. The Lord is close to those who are broken-hearted, and the crushed in spirit he saves. The trials of the righteous are many, but our God delivers him from them all. He guards all his bones so that not one is broken. Evil will slay the wicked and those who hate the righteous will be destroyed. The Lord ransoms the lives of his servants and none who hide in him will be destroyed.

Glory be to the Father... Both now and for ever...

Lord have mercy. (*thrice*) Father, bless.

*and the Priest says the Dismissal prayer.*

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# None

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*If None is read immediately after Sext,  
then the reader begins at once with O Come, let us worship...  
otherwise we use the full beginning as follows.*

*Priest* Blessed is our God, always, now and for ever and to the ages of ages.

*Reader* Amen. Glory to you, our God, glory to you.

Heavenly king, Comforter and Spirit of truth, present everywhere and filling all things, the treasury of blessings and giver of life: come and dwell in us, cleanse us of all stain and save our souls, O good one.

Holy God, holy mighty, holy immortal, have mercy on us. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

Lord have mercy. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest* For the kingdom, the power and the glory are yours...

*Reader* Amen.

Lord have mercy. (*12 times*)

Glory be to the Father... both now and for ever...

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

*and the three Psalms*

How lovely is your dwelling-place, O Lord God of hosts. My soul has a desire and longing to enter the courts of the Lord: my heart and my flesh rejoice in the living God. The sparrow has found her a home, and the swallow a nest where she may lay her young: even your altar, O Lord of hosts, my king and my God. Blessed are those who dwell in your house: they will always be praising you. Blessed is the man whose strength is in you, in whose heart are the highways to Zion; who, going through the valley of dryness, finds there a spring from which to drink, till the autumn rain shall clothe it with blessings. They go from strength to strength: they appear, every one of them, before the God of gods in Zion. O Lord God of hosts, hear my prayer, give ear, O God of Jacob. Behold, O God, him who reigns over us, and look upon the face of your anointed. One day in your courts is better than a thousand [elsewhere]: I would rather stand at the threshold of the house of my God than dwell in the tents of ungodliness. For the Lord God is a rampart and a shield, the Lord gives favour and honour: and no good thing will he withhold from those who walk in innocence. O Lord God of hosts, blessed is the man who puts his trust in you.

O Lord, you were gracious to your land: you restored the fortunes of Jacob. You forgave the iniquity of your people and covered all their sin. You put aside all your wrath and turned away from your fierce indignation. Return to us again, O God our saviour, and let your anger cease from us. Will you be displeased with us for ever: will you stretch out your wrath from one generation to another? Will you not give us life again, that your people may rejoice in you? Show us your mercy, O Lord, and grant us your salvation. I will hear what the Lord God will speak: for he will speak peace to his people, to his faithful ones, whose hearts are turned to him. Truly his salvation is near to those that fear him, and his glory shall dwell in our land. Mercy and truth are met together: righteousness and peace have kissed each other. Truth shall flourish out of the earth, and righteousness shall look down from heaven. The Lord will also give us all that is good, and our land shall yield its plenty. For righteousness shall go before him and tread the path before his feet.

Incline your ear to me, O God, and answer me, for I am poor and in misery. Preserve my life, for I am faithful: My God, save your servant who puts his trust in you. Be merciful to me, O Lord, for I call to you all the day long. O make glad the soul of your servant, for I put my hope in you, O Lord. For you, Lord, are good and forgiving, of great and continuing kindness to all who call upon you. Hear my prayer, O Lord and give heed to the voice of my supplication. In the day of my trouble I call upon you, for you will surely answer. Among the gods there is none like you, O Lord, nor are there any deeds like yours. All the nations you have made shall come and worship before you: O Lord, they shall glorify your name. For you are great and do marvellous things, and you alone are God. Show me your way, O Lord, and I will walk in your truth: let my heart delight to fear your name. I will praise you, O Lord my God, with all my heart, and I will glorify your name for ever. For great is your abiding love toward me, and you have delivered my life from the

## **None**

lowest depths of the grave. Insolent men have risen against me, O God: a band of ruthless men seek my life, they have not set God before their eyes. But you, Lord, are a God gracious and compassionate, slow to anger, full of goodness and truth. Turn to me and be merciful, give your strength to your servant and save the son of your handmaid. Show me some token of your goodness, that those who hate me may see it and be ashamed, because you, Lord, are my helper and my comforter.

Show me some token of your goodness, that those who hate me may see it and be ashamed, because you, Lord, are my helper and my comforter.

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages amen.

Alleluia, alleluia, alleluia, glory to you, O God. (*thrice*)

Lord have mercy. (*thrice*)

*If two Troparia are appointed, insert one here.*

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

*Troparion as appointed.*

Both now and for ever and to the ages of ages amen.

For our sake you were born of the Virgin and suffered crucifixion, O good one, and destroyed death by death and as God revealed the resurrection. Forsake not those who were fashioned by your hand but show your love for mankind, O merciful one. Receive the intercession for us of the Mother of God who gave you birth, and save us, your despairing people, O our Saviour.

For the sake of your holy name do not utterly deliver us up, neither disannul your covenant nor cause your mercy to depart from us; for the sake of Abraham your beloved, Isaac your servant, and Israel your holy one.

Holy God... to Our Father... Amen. *and the Kontakion as appointed*

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels, so that guided and

guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, Father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Reader* Amen. *and the prayer of St Basil the Great:*

O Master, Lord Jesus Christ our God, with patience towards our sins you have brought us to this present hour in which you were hanging on the life giving tree, making the way to paradise for the wise thief and destroying death by death. Be gracious even to us sinners and unworthy servants, for we have sinned and dealt iniquitously, and are not worthy to lift up our eyes and look upon the heights of heaven, since we have wandered from the path of righteousness and have followed the desires of our own hearts. But we implore your boundless goodness, spare us O Lord according to your great mercy, and save us for your holy name's sake, for our days have passed away in vanity. Rescue us from the hand of the adversary; forgive our sins and mortify our carnal imagination, that putting aside the old, we may be clothed with the new and live for you, our master and benefactor; so that, following your commandments we may attain eternal rest in the abode of those who rejoice. For you are the true joy and exultation of those who love you, O Christ our God, and we ascribe glory to you and your co-unoriginate Father and your holy, good and life creating Spirit, now and for ever and to the ages of ages. Amen.

*If Vespers follows immediately, then after the Priest's blessing Blessed is our God... the reader begins Vespers with Amen. O come, let us worship...*

## **None on Lenten weekdays that is, Monday to Friday**

*On Monday, Tuesday, Wednesday and Thursday, there is a reading from the Psalter, and so after the three Psalms, the reader continues Alleluia... Lord have mercy (thrice), Glory be to the Father... and we sing Both now and for ever... as usual when the Psalter is to be read. Then the appointed Kathisma from the Psalter is recited.*

*The reading from the Psalter ends in the usual way, but we add Lord have mercy. (thrice)*

*Then the Lenten verses in tone 8*

*Priest* At the ninth hour, O Christ our God, you tasted death in the flesh: put to death the pride of our flesh, and save us.

*Choir* At the ninth hour, O Christ our God,  
you tasted death in the flesh:  
put to death the pride of our flesh,  
and save us. (*prostration*)

*Priest* Let my prayer draw near to you O Lord: give me understanding according to your word.

*Choir* At the ninth hour... (*prostration*)

*Priest* Let my supplication come before you O Lord: deliver me according to your word.

*Choir* At the ninth hour... (*prostration*)

*Priest* Glory be to the Father and to the Son and to the Holy Spirit.

*Reader* Both now and for ever and to the ages of ages amen.

For our sake you were born of the Virgin and suffered crucifixion, O good one, and destroyed death by death and as God revealed the resurrection. Reject not those who were fashioned by your hand but show your love for mankind, O merciful one. Receive the intercession for us of the Mother of God who gave you birth, and save us, your despairing people, O our Saviour.

For the sake of your holy name do not utterly deliver us up, neither disannul your covenant nor cause your mercy to depart from us; for the sake of Abraham your beloved, Isaac your servant, and Israel your holy one.

Holy God... to Our Father... Amen.

*Then the following*

When the thief beheld the author of life hanging on the cross, he said: If it were not the incarnate God who is crucified with us, the sun would not have hid its rays nor would the earth have quaked and trembled: most patient Lord, remember me in your kingdom.

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

Between the two thieves, your cross became a balance beam of righteousness; for one was carried down to Hades by the burden of his blasphemy, while the other was lightened of his sins and brought to the knowledge of God. Glory to you, O Christ our God.

Both now and for ever and to the ages of ages, amen.

When she who gave birth to him saw on the cross the lamb and shepherd and Saviour of the world, she said weeping: The world rejoices, for it receives deliverance, but inwardly I burn, seeing your crucifixion which you suffered for all mankind, O my Son and God.

Lord have mercy. (*40 times*)

At all times and at every hour you are worshipped and glorified in heaven and on earth, O Christ our God; long suffering, plenteous in mercy and most compassionate. You love the righteous and have mercy on sinners, calling all to salvation through the promise of good things to come. At this very hour receive our prayers O Lord, and guide our life toward your commandments. Sanctify our souls, chasten our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil and pain. Surround us with your holy angels so that guided and guarded by their array, we may attain the unity of faith and the knowledge of your unapproachable glory, for you are blessed to the ages of ages, amen.

Lord have mercy. (*thrice*)

Glory be to the Father... both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, father, bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Then the prayer of St Ephraim the Syrian, once, with three prostrations:*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me, your servant, a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. (*prostration*)

*Reader Amen. and the prayer of St Basil the Great:*

O Master, Lord Jesus Christ our God, with patience towards our sins you have brought us to this present hour in which you were hanging on the life giving tree, making the way to paradise for the wise thief and destroying death by death. Be gracious even to us sinners and unworthy servants, for we have sinned and dealt iniquitously, and are not worthy to lift up our eyes and look upon the heights of heaven, since we have wandered from the path of righteousness and have followed the desires of our own hearts. But we implore your boundless goodness, spare us O Lord according to your great mercy, and save us for your holy name's sake, for our days have passed away in vanity. Rescue us from the hand of the adversary; forgive our sins and mortify our carnal imagination, that putting aside the old, we may be clothed with the new and live for you, our master and benefactor; so that, following your commandments we may attain eternal rest in the abode of those who rejoice. For you are the true joy and exultation of those who love you, O Christ our God, and we ascribe glory to you and your co-unoriginate Father and your holy, good and life creating Spirit, now and for ever and to the ages of ages. Amen.

*And immediately we begin the Lenten form of the Typica.*

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# Typica in Lent

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*Immediately after None, with no preamble, we sing the Beatitudes, in tone 8:*

In your kingdom remember us O Lord, when you come into your kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

*Refrain* Remember us O Lord, when you come into your kingdom.

*—and this refrain is sung after each of the following:*

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

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

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

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

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when men revile you and persecute you, and utter all kinds of evil against you falsely on my account.

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

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

Both now and for ever and to the ages of ages, amen.

*And we sing more slowly and with greater solemnity:*

Remember us O Lord, when you come into your kingdom. (*prostration*)

Remember us O Master, when you come into your kingdom. (*prostration*)

Remember us O Holy One, when you come into your kingdom.  
(*prostration*)

*Reader* The heavenly choir praises you, saying: Holy, holy, holy Lord of Hosts, heaven and earth are full of your glory.

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

The heavenly choir praises you, saying: Holy, holy, holy Lord of Hosts, heaven and earth are full of your glory.

## **Typica (Lenten)**

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

The choir of holy Angels and Archangels with all the heavenly Host praises you saying: Holy, holy, holy Lord of Hosts, heaven and earth are full of your glory.

Both now and for ever and to the ages of ages, amen.

I believe in one God, the Father Almighty, maker of heaven and earth, and of all that is, seen and unseen. And in one Lord Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God. Begotten, not made, of one being with the Father, through whom all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered and was buried. On the third day he arose in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come 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 with the Father and the Son is worshipped and glorified. He has spoken through the prophets. And in one holy, Catholic and Apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead and the life of the world to come, amen.

Forgive, remit and pardon our offences, O God, both voluntary and involuntary, in deed and word, deliberately or in ignorance, by night and by day, in mind and thought: forgive us all things since you are good and the lover of mankind.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*Priest* For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, now and for ever and to the ages of ages.

*Reader* Amen.

*We then read the Kontakia, according to the following rules.*

*If it is a feast or festal period of the Lord, we read its Kontakion only. If there is also a saint celebrated on the same day, we read its Kontakion first, then Glory be to the Father... both now and for ever... and then the Kontakion of the feast of the Lord.*

*If the Church is dedicated to a feast of the Lord, then we read its Kontakion first; then the one for the particular day of the week; then Glory be to the Father... and the rest as below.*

*If the church has a patron other than the Lord and if it is not a feast day, we read the Kontakion for the particular day of the week (see below), then that of the patron saint of the church, then Glory be to the Father... and the rest as below.*

*For the particular days of the week*

*Monday, tone 2*      Supreme commanders of God and ministers of the divine glory, guides of men and leaders of the bodiless host; ask for that which is to our profit and for great mercy, since you are the supreme commanders of the bodiless host.

*Tuesday, tone 2*      O prophet of God and herald of grace, having obtained your head from the earth as a most sacred rose, we ever receive healing; for still you preach repentance, as of old in the world.

*Wednesday, tone 4*      O Christ our God, who willingly chose to be raised upon the cross, grant your mercies to the new nation named after you. Gladden with your power Orthodox Christians, granting them victory over enemies. May they have as your help the weapon of peace, the invincible trophy.

*Thursday, tone 2*      You have taken to yourself those invincible God-proclaiming heralds, the chief apostles, for the enjoyment of your blessings and for repose; and you accepted their labours and death as above all sacrifice, O Lord who alone knows human hearts.

*Friday, tone 4*      O Christ our God, who willingly chose to be raised upon the cross, grant your mercies to the new nation named after you. Gladden with your power Orthodox Christians, granting them victory over enemies. May they have as your help the weapon of peace, the invincible trophy.

*Then we read the Kontakion of the patron saint of the Church,  
then the Kontakion of the saint of the day from the Menaion, and then:*

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

With the saints give rest, O Christ, to the souls of your servants, where pain, sorrow and sighing are no more, but life everlasting.

Both now and for ever and to the ages of ages, amen.

*Theotokion*      Unfailing intercessor of Christians, constant mediator before the creator, do not reject the cry of prayer of sinners, but in your goodness come quickly to our help as we call on you in faith. Hasten to offer swift intercession and prayer for us, O Mother of God, for you ever intercede for those who honour you.

*If the Church is dedicated to the Mother of God, then its Kontakion is read instead of this one.*

Lord have mercy. (40 times)

## **Typica (Lenten)**

Glory be to the Father... Both now and for ever...

More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, father bless.

*Priest* May God be gracious to us and bless us, show us the light of his countenance and be merciful to us.

*Then the prayer of St Ephraim the Syrian,  
twice, with four prostrations and twelve bows:*

O Lord and Master of my life, give me not a spirit of sloth, despondency, lust for power or idle talk. (*prostration*)

But give to me, your servant, a spirit of soberness, humility, patience and love. (*prostration*)

O Lord and king, grant that I may see my own faults and not condemn my brother, for you are blessed to the ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner (*12 times, with bows*)

*And again O Lord and Master of my life... ages of ages. (prostration)*

*Reader* Amen.

*If there is no Liturgy of the Presanctified Gifts,  
the reader immediately begins Vespers with O come, let us worship... and the Psalm,  
without the introductory blessing from the Priest.*

*If the Liturgy of the Presanctified Gifts is to follow, or if Vespers does not follow immediately,  
then the reader continues:*

Lord have mercy. (*12 times*)

Most holy Trinity, consubstantial power, undivided kingship, the cause of all good: be gracious even to me a sinner; confirm and instruct my heart and take from me every defilement. Enlighten my mind that I may ever glorify, praise and worship you, saying: One is holy, One is the Lord, Jesus Christ, to the glory of God the Father, amen.

*And this Dismissal*

*Priest* Wisdom.

*Choir* Truly it is right to call you blessed, the Bearer of God; the ever blessed and most immaculate Mother of our God.

*Priest* Most holy Mother of God, save us.

*Choir* More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

*Priest* Glory to you, Christ our God and our hope, glory to you.

*Choir* Glory be to the Father... Both now and for ever...  
Lord have mercy. (*thrice*) Father bless.

*and the Dismissal.*

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# **Appendix A**

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## **The Sunday Troparion, Kontakion and Ipakoe of each tone**

### *Tone 1*

*Troparion* When the stone had been sealed by the Jews,  
and the soldiers were guarding your immaculate body,  
you arose on the third day O Saviour,  
granting life to the world.

Therefore the heavenly powers cried to you O giver of life:  
~Glory to your resurrection O Christ;  
~glory to your kingdom;  
glory to your providence, O lover of mankind.

*Kontakion* As God you arose from the tomb in glory,  
and with you, you have raised the world:  
mortal nature praises you as God,  
for death has been obliterated.  
Adam dances for joy O Master;  
~and Eve being released from fetters now cries out rejoicing:  
It is you, O Christ, who grants resurrection to all.

*Ipakoe* The repentance of the thief gained him paradise,  
and the lamentation of the myrrh bearing women  
heralded the joy of your rising O Christ our God,  
granting the world great mercy.

### *Tone 2*

*Troparion* When you descended to death O life immortal,  
you slayed Hades with the lightning of your divinity.  
And when you raised the dead also from the nethermost depths,  
all the heavenly powers cried out:  
Glory to you, O Christ our God, the giver of life.

*Kontakion* You have risen from the tomb, O omnipotent Saviour,  
and Hades was amazed to see the wonder;  
at the sight of the dead arising, all creation rejoiced with you:  
Adam also rejoices,  
and the world praises you for ever, O my Saviour.

*Ipakoe* Coming to the tomb after the passion  
to anoint your body, O Christ our God,  
the women saw angels in the sepulchre and were afraid,  
for they heard them say that the Lord had risen,  
granting the world great mercy.

*Tone 3*

*Troparion* Let the heavens rejoice and let the earth be glad,  
for the Lord has shown the strength of his arm.  
He has trampled down death by death.  
He has become the firstborn of the dead,  
and has saved us from the depths of Hades,  
and has granted the world great mercy.

*Kontakion* You arose from the tomb today O compassionate one,  
and led us out from the gates of death.  
Today Adam dances for joy and Eve rejoices;  
the prophets and patriarchs unceasingly praise with them  
the divine power of your dominion.

*Ipakoe* The radiant angel saw the myrrh-bearing women  
who marvelled as his words fell on them like the dew as he said:  
Why do you seek the living among the dead?  
He who has emptied the tomb is risen:  
you know that he who has changed corruption is changeless.  
Sing to God: How awesome are your works,  
for you are the Saviour of the human race.

*Tone 4*

*Troparion* When the women disciples of the Lord  
heard from the angel the joyful news of the resurrection,  
casting aside the ancestral condemnation,  
with exultation they announced to the apostles:  
Death is despoiled,  
Christ our God is risen;  
who grants great mercy to the world.

*Kontakion* My Saviour and redeemer,  
as God has raised the earthborn from their bonds.  
He has broken the gates of Hades;  
and as our Master,  
has risen on the third day.

## Sunday Troparia etc

*Ipakoe* The myrrh-bearing women hastened to announce to the apostles the glad news of your most glorious resurrection: that you, O Christ, were risen as God, granting the world your great mercy.

### Tone 5

*Troparion* Let us faithful ones praise and worship the Word, who is without beginning, together with the Father and the Spirit, who was born of the Virgin for our salvation and was pleased to ascend the cross in the flesh and to endure death, and to raise the dead by his glorious resurrection.

*Kontakion* You descended to hell my Saviour; as almighty you broke down its gates; as creator you raised yourself with those long dead. You broke the sting of death, and released Adam from condemnation, O lover of mankind. Therefore we all cry to you to save us O Lord.

*Ipakoe* The myrrh bearing women, their minds dazzled by the sight of the angel and their souls enlightened by your divine resurrection, announced the good news to the apostles: Proclaim to the nations the resurrection of the Lord; he who works wonders and grants us his great mercy.

### Tone 6

*Troparion* The angelic powers were at your sepulchre, and the guards became like dead men; and Mary was standing by the grave, seeking your immaculate body. You had despoiled Hades without being tried by it: you came to the Virgin granting life. Glory to you Lord, who arose from the dead.

*Kontakion* By his life bestowing hand; by raising all the dead from the dark abyss, Christ our God gave resurrection to our mortal nature; for he is the Saviour, the resurrection and the life, and the God of all.

*Ipakoe* By your voluntary and life-creating death O Christ,  
as God you shattered the gates of Hades  
and opened to us the paradise of old,  
and by rising from the dead you delivered our lives from corruption.

*Tone 7*

*Troparion* You abolished death on the cross,  
to the thief you opened Paradise.  
You transformed the myrrh bearers' lamentation  
and commanded them to tell the apostles of your rising O Christ our God,  
granting great mercy to the world.

*Kontakion* No longer can the power of death hold mortals captive,  
for Christ descended, destroying and dispelling its powers.  
Hell is enchain'd and the prophets rejoice together saying:  
A Saviour has come for those having faith.  
Come forth to the resurrection, you faithful ones.

*Ipakoe* Because of your love for mankind O Christ our God,  
you assumed human form and your body suffered on the cross:  
save me by your resurrection.

*Tone 8*

*Troparion* From on high you descended O compassionate one.  
You submitted to burial for three day that you might free us from our  
passions.  
Glory to you, O Lord, our life and resurrection.

*Kontakion* Having risen from the tomb you raised the dead and revived Adam.  
Eve also dances for joy because of your resurrection;  
the ends of the world celebrate your rising from the dead, O greatly  
merciful one.

*Ipakoe* The myrrh bearing women were at the tomb of the giver of life,  
seeking the immortal Master among the dead.  
Receiving from the angel the glad tidings they announced to the apostles  
that Christ our God had risen, he who grants great mercy to the world.

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# Appendix B

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## The prayers of the Refectory

*One may take note that there are various traditions at this point: the details in Chapter 35 of the Typicon are interpreted rather than followed. We do not include the Elevation of the Most-holy, as it is often done in a simplified form only in the first week of Eastertide.*

*At the evening meal*

*Reader* The poor shall eat and be satisfied and those who seek the Lord shall praise him; their hearts shall live for ever and ever.

*We sing* Glory be to the Father and to the Son and to the Holy Spirit; both now and for ever and to the ages of ages, amen.

Lord have mercy. (*thrice*)

Father, bless.<sup>15</sup>

*Priest* Christ our God, bless the food and drink of your servants, for you are holy; both now and for ever and to the ages of ages.

*After approaching the Superior and receiving a blessing,  
the reader announces the title of the reading thus:*

*Reader* A reading from our holy father N. Father bless.

*Superior* Through his (her or their, according to whose writings are to be read) prayers, Lord Jesus Christ our God have mercy on us.

*When it is time to finish the reading,  
at the signal of the Superior, the reader concludes:*

*Reader* To our God be the glory.

*Superior* To him be honour and glory, now and for ever and to the ages of ages.

*Reader* Amen.

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<sup>15</sup> If there is no priest, Father, bless is omitted. A pious custom is for the senior person present to bless the table with the fingers held together in the same way as if making the sign of the cross, using the same words as the Priest.

*We stand and sing:*

*All*      Glory be to the Father... both now and for ever...

*Superior*   O Mother of God, your womb became a holy table bearing the heavenly bread, Christ our God; and all who eat of it shall not die, as said he who is the nourisher of all.

*We sing*   More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God we magnify.

*Superior*   You have gladdened us by your deeds, O Lord, and we rejoice in the work of your hands. The light of your countenance has been signed upon us and you have given our hearts gladness. From the fruit of wheat, wine and oil have we been filled: in peace we shall lie down and sleep, for you alone, Lord, make us dwell in hope.

*We sing*   Glory be to the Father... both now... Lord have mercy. (*thrice*) Father bless.

*Priest*      God is with us through his grace and love for mankind, now and for ever and to the ages of ages.

*And we*   Amen.

*At the first meal of the day*

*Reader*   Most holy Trinity, have mercy on us; Lord wash away our sins; Master pardon our transgressions; holy one, visit us and heal our infirmities, for your name's sake.

*But if there has been Liturgy, we sing the Lord's prayer, or else the Troparion of the feast.*

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread and forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil.

*And*      Glory be to the Father... both now and for ever...  
Lord have mercy. (*thrice*)  
Father bless.

*Priest*      Christ our God, bless the food and drink of your servants, for you are holy; both now and for ever and to the ages of ages.

*And the blessing of the reading, etc, as before.*

## **Prayers of the Refectory**

*After the meal, we sing this in tone 8, or the Kontakion of the feast:*

We give you thanks O Christ our God, for you have satisfied us with your earthly goods. Do not deprive us of your heavenly kingdom, O Saviour, but as you came among your disciples giving them peace, come also among us and save us.

*And also* Truly it is right to call you blessed, the Bearer of God, the ever blessed and most immaculate Mother of our God. More honourable than the Cherubim and beyond compare more glorious than the Seraphim, who in purity gave birth to God the Word, the very Mother of God, we magnify.

Glory be to the Father... both now and for ever...

Lord have mercy. (*thrice*)

Father bless.

*Priest* Blessed is our God who has mercy on us and feeds us from his abundant gifts, through his grace and love for mankind, now and for ever and to the ages of ages.

*All* Amen.

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# Appendix C

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## The Hours of Easter

*During the first week of Easter-tide, the Week of Light, the Hours of Prime, Terce, Sext, None and Compline are sung in this manner; and also the morning and evening prayers of the faithful.*

*Priest*      Blessed is our God, always, now and for ever and to the ages of ages.

*Choir*      Amen.

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (*thrice*)

*Then in tone 6*

Having beheld the resurrection of Christ,  
let us worship the holy Lord Jesus, the only sinless one.  
We venerate your cross O Christ,  
and we praise and glorify your holy resurrection.  
For you are our God, and we know no other than you:  
we call on your name.  
Come, all you faithful, let us venerate Christ's holy resurrection,  
for behold, through the cross joy has come to all the world.  
Let us ever bless the Lord, praising his resurrection,  
for by enduring the cross for us,  
he has destroyed death by death. (*thrice*)

*Then in tone 8 (usually)*

When they who were with Mary came, anticipating the dawn,  
they found the stone rolled away from the tomb and heard the angel say:  
Why do you seek among the dead as if a mortal him who dwells in everlasting light?

Behold, the shrouds in the grave: go quickly and proclaim to the world  
that the Lord is risen and has slain death,  
for he is the Son of God who saves mankind.

Though you descended into the grave, O immortal one,  
you destroyed the power of hell and arose in victory, O Christ our God,  
announcing to the myrrh bearing women, Rejoice;  
giving peace to your apostles and resurrection to the fallen.

## **Hours of Easter**

In the tomb bodily and in hell with the soul,  
in paradise with the thief and enthroned with the Father and the Spirit,  
O boundless Christ, you were fulfilling all things.

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

Bearing life more fruitful than paradise and brighter than any royal chamber,  
your tomb O Christ is the fountain of our resurrection.

Both now and for ever and to the ages of ages, amen.

Rejoice, O sanctified and divine abode of the Most High.  
Through you, O Mother of God, joy is given to those who cry:  
Blessed are you among women, O Lady most pure.

Lord have mercy (*40 times*)

Glory be to the Father and to the Son and to the Holy Spirit:  
both now and for ever and to the ages of ages, amen.

More honourable than the Cherubim  
and beyond compare more glorious than the Seraphim;  
who in purity gave birth to God the Word, the very Mother of God we magnify.

In the name of the Lord, father, bless.

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

*Choir* Amen.

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. (*thrice*)

Glory be to the Father and to the Son and to the Holy Spirit, both now and for ever and to the ages of ages, amen.

Lord have mercy. (*thrice*) Father, bless.

*Priest* May Christ our true God, arisen from the dead, trampling down death by death and upon those in the tombs bestowing life, through the prayers of his most pure Mother and of all the saints have mercy on us and save us, for he is gracious and loving to mankind.

*Choir* Amen.

## Apppendix D: Plan of Vespers and Matins

<b>Daily Vespers</b>	<b>Great Vespers</b>	<b>Great Vespers at the Vigil</b>
Opening: <i>Blessed is our God...</i>	Opening: <i>Blessed is our God...</i>	Opening: <i>Glory to the holy...</i>
Opening prayers	Opening prayers	Clergy sing: <i>O come let us worship...</i>
Psalm (reader): <i>Bless the Lord, O my soul...</i>	Psalm (reader): <i>Bless the Lord, O my soul...</i>	Psalm (sung): <i>Bless the Lord, O my soul...</i> (selected verses, great incensing)
Litany: <i>In peace let us pray to the Lord</i>	Litany: <i>In peace let us pray to the Lord</i>	Litany: <i>In peace let us pray to the Lord</i>
Reading from the Psalter as appointed – in Lent, a second Kathisma	Reading from the Psalter (often 1st Kathisma: <i>Blessed is the man...</i> )	Reading from the Psalter (usually 1st Kathisma: <i>Blessed is the man...</i> )
Little Litany	Little Litany	Little Litany
<i>Lord I call to you, hear me... with verses</i>	<i>Lord I call to you, hear me... with verses</i>	<i>Lord I call to you, hear me... with verses</i>
<i>O gladsome light</i> (recited, not sung)	<i>O gladsome light</i> (sung)	<i>O gladsome light</i> (sung)
Prokimenon	<p style="border: 1px solid black; padding: 5px; text-align: center;"><b>Lent:</b> 1st reading Prokimenon 2nd reading</p>	Prokimenon
Prayer: <i>Lord protect us this evening...</i>	Prayer: <i>Lord protect us this evening...</i>	Prayer: <i>Lord protect us this evening...</i>
Litany: <i>Let us fulfill our evening prayer...</i>	Litany: <i>Let us fulfill our evening prayer...</i>	Litany: <i>Let us fulfill our evening prayer...</i>
Peace and prayer with bowed heads	Peace and prayer with bowed heads	Peace and prayer with bowed heads
Aposticha	Aposticha	Aposticha
Reader: <i>Lord, now let your servant depart...</i>	Reader: <i>Lord, now let your servant depart...</i>	Reader: <i>Lord, now let your servant depart...</i>
<i>Holy God... to Our Father</i>	<i>Holy God... to Our Father</i>	<i>Holy God... to Our Father</i>
Troparion & Theotokion	<p style="border: 1px solid black; padding: 5px; text-align: center;"><b>In Lent:</b> Special Troparia and ending – see below</p>	Troparia
Litany: <i>Have mercy on us...</i>		Blessing of Bread etc
Dismissal	Dismissal	<i>Blessed be the name of the Lord...</i> (thrice) and <i>I will bless the Lord...</i> (10vv)
<b>In Lent</b> , after the Lord's prayer: Troparia : <i>Virgin Mother of God...</i> etc <i>Lord have mercy</i> (40) <i>Glory...both now... More honourable...</i> <i>In the name of the Lord, father bless.</i> <i>Blessed is He Who Is...</i> <i>Amen. Heavenly King...</i> Prayer of St Ephraim the Syrian <i>Holy God... to Our Father...</i> <i>Lord have mercy</i> (12) <i>Most holy Trinity...</i> <i>Blessed be the name of the Lord...</i> <i>Glory... both now...</i> Psalm: <i>I will bless the Lord continually...</i> Wisdom and Lenten form of Dismissal	<b>In Lent</b> , after the Lord's prayer: Troparia : <i>Virgin Mother of God...</i> etc <i>Lord have mercy</i> (40) <i>Glory...both now... More honourable...</i> <i>In the name of the Lord, father bless.</i> <i>Blessed is He Who Is...</i> <i>Amen. Heavenly King...</i> Prayer of St Ephraim the Syrian <i>Holy God... to Our Father...</i> <i>Lord have mercy</i> (12) <i>Most holy Trinity...</i> <i>Blessed be the name of the Lord...</i> <i>Glory... both now...</i> Psalm: <i>I will bless the Lord continually...</i> Wisdom and Lenten form of Dismissal	<i>Blessed be the name of the Lord...</i> (thrice) and <i>I will bless the Lord...</i> (10vv)
		Matins begins at once with the Six-Psalms
		.

## Apppendix D: Plan of Vespers and Matins

<b>Daily Matins</b>	<b>Matins with Polyelios and Great Doxology</b>	<b>Matins on Sunday</b>
Opening: <i>Blessed is our God...</i>	Opening: <i>Blessed is our God...</i>	Opening: <i>Blessed is our God...</i>
Reader: <i>O come let us worship...</i> (Lent, start with <i>Holy God...</i> ) Psalms 19 and 20 <i>Holy God... to Our Father...</i> <i>Lord, save your people...</i> <i>Glory... O Christ our God...</i> <i>Both now...</i> <i>O awesome intercession...</i>	Reader: <i>O come let us worship...</i> Psalms 19 and 20 <i>Holy God... to Our Father...</i> <i>Lord, save your people...</i> <i>Glory... O Christ our God...</i> <i>Both now...</i> <i>O awesome intercession...</i>	Reader: <i>O come let us worship...</i> Psalms 19 and 20 <i>Holy God... to Our Father...</i> <i>Lord, save your people...</i> <i>Glory... O Christ our God...</i> <i>Both now...</i> <i>O awesome intercession...</i>
Litany: <i>Have mercy on us O God...</i>	Litany: <i>Have mercy on us O God...</i>	Litany: <i>Have mercy on us O God...</i>
Blessing: <i>Glory to the holy, consubstantial, life creating...</i>	Blessing: <i>Glory to the holy, consubstantial, life creating...</i>	Blessing: <i>Glory to the holy, consubstantial, life creating...</i>
Six Psalms	Six Psalms	Six Psalms
Litany: <i>In peace, let us pray to the Lord</i>  <i>God is the Lord .. Troparia (But Alleluia with verses in Lent)</i> Readings from Psalter, each followed by Little Litany and Sessional Hymns. (Litany is omitted Mon - Fri when the Octoik is used, ie when the Menaion does not provide a full service.)	Litany: <i>In peace, let us pray to the Lord</i>  <i>God is the Lord... Troparia</i> Readings from Psalter, each followed by the Little Litany and Sessional Hymns.	Litany: <i>In peace, let us pray to the Lord</i>  <i>God is the Lord... Troparia</i> Readings from Psalter, each followed by the Little Litany and Sessional Hymns.
Psalm 51 <i>Have mercy...</i>  (Lent: Prayer with <i>Lord have mercy 12</i> )	Little Litany and Sessional Hymns Hymn of Degrees (usually tone 4) Prokimenon - Gospel  Psalm 51 <i>Have mercy...</i> <i>Verses</i> Prayer with <i>Lord have mercy (12)</i>	Little Litany and Sessional Hymns Hymn of Degrees Prokimenon - Gospel <i>Having beheld the resurrection...</i> Psalm 51 <i>Have mercy...</i> <i>Verses</i> Prayer with <i>Lord have mercy (12)</i>
Canon: (In Lent with Canticle verses) Odes 1 & 3, Litany and Sessional Hymn Odes 4 to 6, Litany, Kontakion, Ikos Odes 7 & 8 and Canticle of M of G Ode 9 <i>Truly it is right...</i> (M-F, if Octoic is used) Little Litany	Canon: Odes 1 & 3, Litany and Sessional Hymn Odes 4 to 6, Litany, Kontakion, Ikos Odes 7 & 8 and Canticle of M of G Ode 9  Little Litany	Canon: Odes 1 & 3, Litany and Sessional Hymn Odes 4 to 6, Litany, Kontakion, Ikos Odes 7 & 8 and Magnificat Ode 9  Little Litany
Exapostilarion	Exapostilarion	<i>Holy is the Lord our God...</i> and Resurrectional Exapostilarion
Praises, with verses if appointed	<i>Let everything that has breath...</i> verses	<i>Let everything that has breath...</i> verses
Reader: <i>Glory is due to you...</i> <i>Glory to you, who has shown...</i> <i>Glory to God in the highest...</i>	Priest: <i>Glory to you, who has shown....</i> Singers: Great Doxology	Priest: <i>Glory to you, who has shown...</i> Singers: Great Doxology
Litany: <i>Let us fulfill our morning prayer</i> Peace and prayer with bowed heads	Litany: <i>Have mercy on us...</i> Litany: <i>Let us fulfill our morning prayer</i> Peace and prayer with bowed heads	Litany: <i>Have mercy on us...</i> Litany: <i>Let us fulfill our morning prayer</i> Peace and prayer with bowed heads
Aposticha <i>It is good to give thanks...</i> <i>Holy God... Our Father</i> Troparia (Lent: from here it is different)		
Litany: <i>Have mercy on us...</i>		
<i>Wisdom - Father bless.</i> etc as far as <i>Strengthen O God...</i>	<i>Wisdom</i> etc and full Dismissal	<i>Wisdom</i> etc and full Dismissal
<i>O come let us worship...</i> and Prime	<i>O come let us worship...</i> and Prime	<i>O come let us worship...</i> and Prime