

## **Daily Lenten Orthros (according to normal Parish Usage)**

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

Reader: Amen.

Priest: Glory to Thee, O Christ our God, glory to Thee.

O heavenly King, O Comforter, the Spirit of Truth, Who art in all places and fillest all things, the Treasury of good things and the Giver of life, Come and abide in us, cleanse us from every stain and save our souls, O good One.

Reader: Holy God, Holy Mighty, etc.

Priest: For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages.

Reader: Amen.

Lord, have mercy. (12 times)

Bless, Father, in the Name of the Lord.

Priest: Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always: now and ever, and unto ages of ages.

Reader: Amen.

Glory to God in the highest, and on earth peace, good will toward men. (Thrice)

O Lord, open Thou my lips, and my mouth shall show forth Thy praise. (Twice)

### **THE SIX PSALMS**

(Psalm 3) Lord, how are they increased that trouble me! Many are they that rise up against me. Many there be which say of my soul, There is no help for him in God. But Thou, O Lord, art a shield for me; my glory, and the lifter up on mine head. I cried unto the Lord with my voice, and he heard me out of his holy hill. I laid me down and slept; I awaked; for the Lord sustained me. I will not be afraid of ten thousands of people, that have set themselves against me round about. Arise, O Lord; save me, O my God: for Thou hast smitten all mine enemies upon the cheek bone; Thou hast broken the teeth of the ungodly. Salvation belongeth unto the Lord: Thy blessing is upon Thy people. I laid me down and slept; I awaked; for the Lord sustained me.

(Psalm 37) O Lord, rebuke me not in Thy wrath: neither chasten me in Thy hot displeasure. For Thine arrows stick fast in me, and Thy hand presseth me sore. There is no soundness in my flesh because of Thine anger; neither is there any rest in my bones because of my sin. For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me. My wounds stink and are corrupt because of my foolishness. I am troubled; I am bowed down greatly; I go mourning all the day long. For my loins are filled with a loathsome disease: and there is no soundness in my flesh. I am feeble and sore broken: I have roared by reason of the disquietness of my heart. Lord, all my desire is before Thee; and my groaning is not hid from Thee. My heart panteth, my strength faileth me: as for the light of mine eyes, it is also gone from me. My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off. They also that seek after my life lay snares for me: and they that seek my hurt speak mischievous things, and imagine deceits all the day long. But I, as a deaf man, heard not; and I was as a dumb man that openeth not his mouth. Thus I was as a man that heareth not, and in whose mouth are no reproofs. For in Thee, O Lord, do I hope: Thou wilt hear, O Lord my God. For I said, Hear me, lest otherwise they should rejoice over me: when my foot slippeth, they magnify themselves against me. For I am ready to halt, and my sorrow is continually before me. For I will declare mine iniquity; I will be sorry for my sin. But mine enemies are lively, and they are strong: and they that hate me wrongfully are multiplied. They also that render evil for good are mine adversaries; because I follow the thing that good is. Forsake me not, O Lord: O my God, be not far from me. Make hast to help me, O Lord my salvation. Forsake me not, O Lord: O my God, be not far from me. Make haste to help me, O Lord my salvation.

(Psalm 62) O God, Thou art my God; early will I seek Thee: my soul thirsteth for Thee, my flesh longeth for Thee in a dry and thirsty land, where no water is; to see Thy power and Thy glory, so as I have seen Thee in the sanctuary. Because Thy lovingkindness is better than life, my lips shall praise Thee. Thus will I bless Thee while I live: I will lift up my hands in Thy name. My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips: when I remember Thee upon my bed, and meditate on Thee in the night watches. Because Thou hast been my help, therefore in the shadow of thy wings will I rejoice. My soul followeth hard after Thee: Thy right hand upholdeth me. But those that seek after my soul, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword: thy shall be a portion for foxes. But the king shall rejoice in God; everyone that sweareth by Him shall glory: but the mouth of them that speak lies shall be stopped. I meditate on Thee in the night watches: Because Thou hast been my help, therefore in the shadow of Thy wings will I rejoice. My soul followeth hard after Thee: Thy right hand upholdeth me.

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (Thrice)

Lord, have mercy. (Thrice)

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

Spirit: both now and ever, and unto ages of ages. Amen.

(Psalm 87) O Lord God of my salvation, I have cried day and night before Thee: let my prayer come before Thee: incline Thine ear unto my cry; for my soul is full of troubles: and my life draweth nigh unto the grave. I am counted with them that go down into the pit: I am as a man that hath no strength: free among the dead, like the slain that lie in the grave, whom Thou rememberest no more: and they are cut off from Thy hand. Thou hast laid me in the lowest pit, in darkness, in the deeps. Thy wrath lieth hard upon me, and Thou hast afflicted me with all Thy waves. Thou hast put away mine acquaintance far from me: Thou hast made me an abomination unto them: I am shut up, and I cannot come forth. Mine eye mourneth by reason of affliction: Lord, I have called daily upon Thee, I have stretched out my hands unto Thee. Wilt Thou shew wonders to the dead? Shall the dead arise and praise Thee? Shall Thy lovingkindness be declared in the grave? Or Thy faithfulness in destruction? Shall Thy wonders be known in the dark? And Thy righteousness in the land of forgetfulness? But unto Thee have I cried, O Lord, and in the morning shall my prayer come before Thee. Lord, why castest Thou off my soul? Why hidest Thou Thy face from me? I am afflicted and ready to die from my youth up: while I suffer Thy terrors I am distracted. Thy fierce wrath goeth over me: Thy terrors have cut me off. They came round about me daily like water; they compassed me about together. Lover and friend hast Thou put far from me, and mine acquaintance into darkness. O Lord God of my salvation, I have cried day and night before Thee: let my prayer come before Thee: incline Thine ear unto my cry.

(Psalm 102) Bless the Lord, O my soul: and all that is within me, bless His holy name. Bless the Lord, O my soul, and forget not all His benefits: who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. The Lord executeth righteousness and judgment for all that are oppressed. He made known His ways unto Moses, His acts unto the children of Israel. The Lord is merciful and gracious, slow to anger, and plenteous in mercy. He will not always chide: neither will He keep His anger forever. He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is His mercy toward them that fear Him. As far as the east is from the west, so far hath He removed our transgressions from us. Like as a father pitieth his children, so the Lord pitieth them that fear Him. For He knoweth our frame; He remembereth that we are dust. As for man, his days are as grass: as a flower of the field, so he flourisheth. For the wind passeth over it, and it is gone; and the place thereof shall know it no more. But the mercy of the Lord is from everlasting to everlasting upon them that fear Him, and His righteousness unto children's children; to such as keep His covenant, and to those that remember His commandments to do them. The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all. Bless the Lord, ye His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word. Bless ye the Lord, all ye His hosts; ye ministers of His, that do His pleasure. Bless the Lord, all His works in all places of His dominion: bless the Lord, O my soul. In all places of His dominion: bless the Lord, O my soul.

(Psalm 142) Hear my prayer, O Lord, give ear to my supplications: in Thy faithfulness answer me, and in Thy righteousness. And enter not into judgment with Thy servant: for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate. I remember the days of old; I meditate on all Thy works; I muse on the work of Thy hands. I stretch forth my hands unto Thee: my soul thirsteth after Thee, as a thirsty land. Hear me speedily, O Lord: my spirit faileth: hide not Thy face from me, lest I be like unto them that go down into the pit. Cause me to hear Thy lovingkindness in the morning; for in Thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto Thee. Deliver me, O Lord, from mine enemies: I flee unto Thee to hide me. Teach me to do Thy will; for Thou art my God: Thy spirit is good; lead me into the land of uprightness. Quicken me, O Lord, for Thy name's sake: for Thy righteousness' sake bring my soul out of trouble. And of Thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am Thy servant. O Lord, give ear to my supplications: and enter not into judgment with Thy servant. O Lord, give ear to my supplications: and enter not into judgment with Thy servant. Thy spirit is good; lead me into the land of uprightness.

Glory to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto age of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (Thrice)

O Lord our Hope, glory to Thee.

### **THE GREAT LITANY**

Priest: In peace, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For the peace from above and the salvation of our souls, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For the peace of the whole world, the good estate of the holy churches of God, and the union of all men, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For this holy house, and those who with faith, reverence and the fear of God enter therein, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For our (metropolitan or archbishop or bishop), N., the honorable presbytery, the diaconate in Christ, all the clergy and the people, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For our President (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For this city, and every city and countryside, and the faithful who dwell therein, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For healthful seasons, abundant of the fruits of the earth and peaceful times, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For travelers by sea, by land and by air, the sick, the suffering, captives and their salvation, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: For our deliverance from all tribulation, wrath, danger and necessity, let us pray to the Lord.

Reader: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Reader: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Reader: To Thee, O Lord.

Priest: For unto Thee are due all glory, honor and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.

Reader: Amen.

**Instead of "GOD IS THE LORD ..." we sing:**

Alleluia, Alleluia, Alleluia  
*(in the tone of the week)*

Reader: My spirit seeks Thee early in the morning, O God; for Thy commandments are a light upon the earth.

Alleluia, Alleluia, Alleluia

Reader: Learn righteousness, ye that dwell upon the earth.

Alleluia, Alleluia, Alleluia

Reader: The wrath of God shall fall upon a disobedient people, and fire shall now devour the enemy.

Alleluia, Alleluia, Alleluia

Reader: Bring more evils upon them, O Lord, bring more evils upon them that are glorious on earth.

*We then chant the Hymns to the Trinity in the tone of the week with the ending proper to each day (see blue Triodion, pp. 662-667, for text).*

Reader: Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

## PSALM 50

Have mercy upon me, O God, according to Thy great mercy: according to the multitude of Thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity: and my sin is ever before me. Against Thee only have I sinned, and done evil in Thy sight: that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was shapened in iniquity: and in sin did my mother conceive me. For behold, Thou hast loved truth: the unclear and hidden things of Thy wisdom Thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean: Thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which Thou hast broken shall rejoice. Turn away Thy 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. Cast me not away from Thy presence: and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation: and steady me with a guiding Spirit. Then will I teach transgressors Thy ways: and the impious shall be converted unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation: and my tongue shall sing aloud of Thy righteousness. O Lord, open Thou my lips: and my mouth shall declare Thy praise. For if hadst Thou desired sacrifice, I would have given it Thee: Thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, O God, Thou wilt not despise. Do good, O Lord, in Thy good will unto Sion: that the walls of Jerusalem may be built up. Then shalt Thou be pleased with the sacrifice of righteousness, with burnt-offering and whole-burnt offerings: then shall they offer bullocks upon Thine altar.

## THE READINGS

Reader: A Reading from (The Ladder of Divine Ascent, from the Philokalia, Unseen Warfare, the

Ascetic Homilies of St. Isaac the Syrian)

*reads the appointed section*

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

Reader: Amen.

**THE 8<sup>TH</sup> SCRIPTURAL ODE**

Bless the Lord, all ye works of the Lord:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, ye angels of the Lord, and ye heavens of the Lord.

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, all ye waters above the heavens, and all ye powers of the Lord:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O sun and moon, and ye stars of heaven:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, every rain and dew, and all ye winds:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, fire and heat of burning, winter cold and summer heat:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O falls of dew and snow, O ice and cold:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O hoar frosts and snows, O lightnings and clouds:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O light and darkness, O nights and days:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O earth, mountains and hills, and all things that spring up therein:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O fountains, seas and rivers, O monsters of the sea, and all things that move in the waters:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, all ye winged creatures of the sky, O beasts and all cattle:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, ye sons of men; let Israel bless the Lord:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, ye priests of the Lord, ye servants of the Lord:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, ye spirits and ye souls of the righteous, ye saints and ye that be humble of heart:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, O Ananias, Azarias and Misael:

O praise ye the Lord and supremely exalt Him unto the ages.

Bless the Lord, ye Apostles, Prophets and Martyrs of the Lord:

O praise ye the Lord and supremely exalt Him unto the ages.

We bless the Father, Son and Holy Spirit, the Lord:

We praise the Lord and supremely exalt Him unto the ages.

We praise, we bless and we worship the Lord:

Praising the Lord and supremely exalting Him unto the ages of ages.

Priest: The Theotokos and Mother of the Light, let us honor and magnify in song.

## **THE MAGNIFICAT**

Reader: My soul doth magnify the Lord and my spirit hath rejoiced in God my Savior.

Refrain: More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

Reader: For He hath regarded the lowliness of his handmaiden; for behold from henceforth all



generations shall call me blessed.

Refrain: More honorable ...

Reader: For He that is mighty hath magnified me, and holy is His Name; and his mercy is on them on them that fear Him, throughout all generations.

Refrain: More honorable ...

Reader: He hath shown strength with His arm; He hath scattered the proud in the imagination of their hearts.

Refrain: More honorable ...

Reader: He hath put down the mighty from their thrones and exalted the humble and meek. He hath filled the empty with good things, and the rich He hath sent empty away.

Refrain: More honorable ...

Reader: He remembering His mercy hath holpen His servant Israel, as He promised to our forefathers, Abraham and his seed forever.

Refrain: More honorable ...

It is truly meet to bless Thee, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the cherubim and more glorious beyond compare than the seraphim; thou who without stain barest God the Word and art truly Theotokos, we magnify thee.

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

Reader: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Reader: Lord, have mercy.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

Reader: To Thee, O Lord.

Priest: For all the powers of heaven praise Thee and unto Thee do they ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen.

## THE PSALMS OF PRAISE

(Psalm 148) Praise the Lord from the heavens, praise Him in the highest. Praise Him, all ye His angels; praise Him, all ye His hosts. Praise Him, O sun and moon; praise Him, all ye stars and light. Praise Him, ye heavens of heavens, and thou water that art above the heavens. Let them praise the name of the Lord; for He spake and they came to be; He commanded and they were created. He established them forever, yea, for ever and ever; He hath set an ordinance, and it shall not pass away. Praise the Lord from the earth, ye dragons, and ye abysses; fire, hail, snow, ice, blast of tempest, which perform His word; the mountains and all hills, fruitful trees and all cedars; the beasts and all the cattle, creeping things and winged birds; kings of the earth and all peoples, princes and all the judges of the earth; young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone. His praise is above the earth and the heaven, and He shall exalt the horn of His people. This is the hymn of all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

(Psalm 149) Sing unto the Lord a new song; His praise is in the church of the saints. Let Israel be glad in Him that made Him, let the sons of Sion rejoice in their King. Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him. For the Lord taketh pleasure in his people, and He shall exalt the meek with salvation. The saints shall boast in glory, and they shall rejoice upon their beds. The high praise of God shall be in their throat, and two-edged swords shall be in their hands, to do vengeance among the heathen, punishment among the peoples; to bind their kings with fetters, and their nobles with manacles of iron; to do among them the judgment that is written, This glory shall be to all His saints.

(Psalm 150) Praise ye God in His saints, praise Him in the firmament of His power. Praise Him for His mighty acts, praise Him according to the multitude of His greatness. Praise Him with the sound of the trumpet, praise Him with the psaltery and harp. Praise Him with timbrel and dance, praise Him with strings and flute. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

To Thee belongeth glory, O Lord our God, and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

## THE LITTLE DOXOLOGY

Glory to God in the highest, and on earth peace, good will among men. We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory. O Lord King, heavenly God, Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and the Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, Thou that takest away the sins of the world. Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us. For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen. Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and forever. Lord, Thou hast been our refuge from generation to generation. I said: Lord, be merciful unto me; heal my soul, for I have sinned against Thee. Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God. For with Thee is the fountain of life; in Thy light shall we see light. O continue Thy mercy unto them

that know Thee. Vouchsafe, O Lord, to keep us this day without sin. Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name forever. Amen. Let Thy mercy be upon us, O Lord, even as we have set our hope on Thee. Blessed art Thou, O Lord: teach me Thy statutes. Blessed art Thou, O Master: make me to understand Thy statutes. Blessed art Thou, O Holy One: enlighten me with Thy statutes. Thy mercy, O Lord, endureth forever. O despise not the works of Thy hands. To Thee belongeth worship, to Thee belongeth praise, to Thee belongeth glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

## THE LITANY OF SUPPLICATION

Priest: Let us complete our morning prayer unto the Lord.

Reader: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Reader: Lord, have mercy.

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

Reader: Grant this, O Lord.

Priest: An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

Reader: Grant this, O Lord.

Priest: Pardon and forgiveness of our sins and transgressions, let us ask of the Lord.

Reader: Grant this, O Lord.

Priest: All things good and profitable for our souls and peace for the world, let us ask of the Lord.

Reader: Grant this, O Lord.

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

Reader: Grant this, O Lord.

Priest: A Christian ending to our life, painless, blameless, peaceful and a good defense before the fearful judgment seat of Christ, let us ask.

Reader: Grant this, O Lord.

Priest: Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and

all our life unto Christ our God.

Reader: To Thee, O Lord.

Priest: For Thou art the God of mercy and compassions and love toward mankind, and unto Thee we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen.

Priest: Peace be to all.

Reader: And to thy spirit.

Priest: Bow your heads unto the Lord.

Reader: (slowly) To Thee, O Lord.

Priest: (prays the prayer appointed for the bowing of the heads)

For Thine it is to show mercy and to save us, O our God, and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen.

Priest: It is a good thing to confess unto the Lord, to sing praise to Thy name, O Most High, to declare Thy mercy in the morning and Thy truth by night.

Reader: Holy God, Holy Mighty, etc.

Priest: For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages.

Reader: Amen.

Standing in the Temple of Thy glory, we think that we are in heaven. O Theotokos, thou heavenly gate, open to us the door of thy mercy.

Lord, have mercy. (40 times)

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

More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without stain barest God the Word and art truly Theotokos, we magnify Thee.

Bless, Father, in the Name of the Lord.

Priest: Christ our God, the Existing One is blessed, always, now and ever and unto ages of ages.

Reader: Amen.

O heavenly King, support the faithful; confirm the faith; guide the nations; give peace to the world; and preserve well this holy church and this city. Grant repose to our departed fathers and brethren in the dwelling place of the righteous. Receive us in repentance and confession, for Thou art a good and merciful God and lovest mankind. Amen.

### **THE PRAYER OF ST. EPHRAIM THE SYRIAN**

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk.

*(prostration)*

But give rather the spirit of chastity, humility, patience and love to Thy servant.

*(prostration)*

Yea, O Lord and King, grant me to see my own sins and not to judge my brother: for Thou art blessed unto ages of ages. Amen.

*(prostration)*

*12 metanias*

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother: for Thou art blessed unto ages of ages. Amen.

*(prostration)*

Priest: Wisdom.

Reader: The Reading is from the Prophecy of Isaiah.

(reads the appointed prophecy from the sixth hour)

Priest: Glory to Thee, O Christ our God, our sure Hope, glory to Thee.

Reader: Glory to the Father and to the Son and to the Holy Spirit, both now and ever and unto ages of ages. Amen.

Lord, have mercy. (3 times)

Father, bless.

Priest: *gives the Little Dismissal*