

Lenten Matins with Canon of St Andrew &
Life of St Mary of Egypt

Tone 2

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

Reader: Amen. Glory to Thee, our God, Glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere present and fillest all things. Treasury of blessings and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One!

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

Most Holy Trinity, have mercy on us! Lord, cleanse us from our sins! Master, pardon our transgressions! Holy One, visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (3 times)

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

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

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

Reader: Amen. Lord, have mercy. (12x)

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

Come, let us worship God our King.

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

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

Psalm 19/20

The LORD answer you in the day of trouble! The name of the God of Jacob protect you! 2: May he send you help from the sanctuary, and give you support from Zion! 3: May he remember all your offerings, and regard with favor your burnt sacrifices! [Selah] 4: May he grant you your heart's desire, and fulfill all your plans! 5: May we shout for joy over your victory, and in the name of our God set up our banners! May the LORD fulfill all your petitions! 6: Now I know that the LORD will help his anointed; he will answer him from his holy heaven with mighty victories by his right hand. 7: Some boast of chariots, and some of horses; but we boast of the name of the LORD our God. 8: They will collapse and fall; but we shall rise and stand upright. 9: Give victory to the king, O LORD; answer us when we call.

Psalm 20/21

In thy strength the king rejoices, O LORD; and in thy help how greatly he exults! 2: Thou hast given him his heart's desire, and hast not withheld the request of his lips. [Selah] 3: For thou dost meet him with goodly blessings; thou dost set a crown of fine gold upon his head. 4: He asked life of thee; thou gavest it to him, length of days for ever and ever. 5: His glory is great through thy help; splendor and majesty thou dost bestow upon him. 6: Yea, thou dost make him most blessed for ever; thou dost make him glad with the joy of thy presence. 7: For the king trusts in the LORD; and through the steadfast love of the Most High he shall not be moved. 8: Your hand will find out all your enemies; your right hand will find out those who hate you. 9: You will make them as a blazing oven when you appear. The LORD will swallow them up in his wrath; and fire will consume them. 10: You will destroy their offspring from the earth, and their children from among the sons of men. 11: If they plan evil against you, if they devise mischief, they will not succeed. 12: For you will put them to flight; you will aim at their faces with your bows. 13: Be exalted, O LORD, in thy strength! We will sing and praise thy power.

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

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

O Most Holy Trinity, have mercy on us! O Lord, cleanse us from our sins! O Master, pardon our transgressions! O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (3 times)

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

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

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

Reader: Amen. O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

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

Do thou, who of Thine own good will wast lifted up upon the cross, O Christ our God, bestow Thy bounties upon the new nation which is called by Thy name. Make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

Both now and ever and unto ages of ages. Amen

O fearsome Champion , who cannot be put to confusion, despise not our petitions, O Good and All-praised Mother of God. Establish the way of the Orthodox, save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God and alone art blessed.

Priest: Have mercy on us, O God, according to thy great mercy, we pray thee, hearken and have mercy.

Choir: Lord, have mercy. (3x)

Priest: Again we pray for His Beatitude, our Metropolitan N, and for His Grace/Eminence the Right/Most Reverend] Bishop N.

Choir: Lord, have mercy. (3x)

Priest: Again we pray for all the brethren & for all Christians

Choir: Lord, have mercy. (3x)

Priest: For thou art a merciful God who lovest man, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

Reader: Amen. In the name of the Lord, bless Father.

Priest: Glory to the holy, consubstantial, life-creating and undivided Trinity, now and ever and unto ages of ages.

Reader: Amen.

Glory to God in the highest and on earth, peace, good will towards men. (3x)

Lord, open my lips and my mouth shall show forth Thy praise! (2x)

Psalm 3

O LORD, how many are my foes! Many are rising against me;

2: many are saying of me, there is no help for him in God. [Selah] 3: But thou, O LORD, art a shield about me, my glory, and the lifter of my head. 4: I cry aloud to the LORD, and he answers me from his holy hill. [Selah] 5: I lie down and sleep; I wake again, for the LORD sustains me. 6: I am not afraid of ten thousands of people who have set themselves against me round about. 7: Arise, O LORD! Deliver me, O my God! For thou dost smite all my enemies on the cheek, thou dost break the teeth of the wicked. 8: Deliverance belongs to the LORD; thy blessing be upon thy people! [Selah]

Psalm 38

O LORD, rebuke me not in thy anger, nor chasten me in thy wrath! 2: For thy arrows have sunk into me, and thy hand has come down on me. 3: There is no soundness in my flesh because of thy indignation; there is no health in my bones because of my sin. 4: For my iniquities have gone over my head; they weigh like a burden too heavy for me. 5: My wounds grow foul and fester because of my foolishness, 6: I am utterly bowed down and prostrate; all the day I go about mourning. 7: For my loins are filled with burning, and there is no soundness in my flesh. 8: I am utterly spent and crushed; I groan because of the tumult of my heart. 9: Lord, all my longing is known to thee, my sighing is not hidden from thee. 10: My heart throbs, my strength fails me; and the light of my eyes -- it also has gone from me. 11: My friends and companions stand aloof from my plague, and my kinsmen stand afar off. 12: Those who seek my life lay their snares, those who seek my hurt speak of ruin, and meditate treachery all the day long. 13: But I am like a deaf man, I do not hear, like a dumb man who does not open his mouth. 14: Yea, I am like a man who does not hear, and in whose mouth are no rebukes. 15: But for thee, O LORD, do I wait; it is thou, O LORD my God, who wilt answer. 16: For I pray, "Only let them not rejoice over me, who boast against me when my foot slips!" 17: For I am ready to fall, and my pain is ever with me. 18: I confess my iniquity, I am sorry for my sin. 19: Those who are my foes without cause are mighty, and many are those who hate me wrongfully. 20: Those who render me evil for good are my adversaries because I follow after good. 21: Do not forsake me, O LORD! O my God, be not far from me! 22: Make haste to help me, O Lord, my salvation!

Psalm 63

O God, thou art my God, I seek thee, my soul thirsts for thee; my flesh faints for thee, as in a dry and weary land where no water is. 2: So I have looked upon thee in the sanctuary, beholding thy power and glory. 3: Because thy steadfast love is better than life, my lips will praise thee. 4: So I will bless thee as long as I live; I will lift up my hands and call on thy name. 5: My soul is feasted as with marrow and fat, and my mouth praises thee with joyful lips, 6: when I think of thee upon my bed, and meditate on thee in the watches of the night; 7: for thou hast been my help, and in the shadow of thy wings I sing for joy. 8: My soul clings to thee;

thy right hand upholds me. 9: But those who seek to destroy my life shall go down into the depths of the earth; 10: they shall be given over to the power of the sword, they shall be prey for jackals. 11: But the king shall rejoice in God; all who swear by him shall glory; for the mouths of liars will be stopped.

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

Alleluia, alleluia, alleluia! Glory to You, O God! (3 times)

Lord have mercy. (3x)

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

Psalm 88

O LORD, my God, I call for help by day; I cry out in the night before thee. 2: Let my prayer come before thee, incline thy ear to my cry! 3: For my soul is full of troubles, and my life draws near to Sheol. 4: I am reckoned among those who go down to the Pit; I am a man who has no strength, 5: like one forsaken among the dead, like the slain that lie in the grave, like those whom thou dost remember no more, for they are cut off from thy hand. 6: Thou hast put me in the depths of the Pit, in the regions dark and deep. 7: Thy wrath lies heavy upon me, and thou dost overwhelm me with all thy waves. [Selah] 8: Thou hast caused my companions to shun me; thou hast made me a thing of horror to them. I am shut in so that I cannot escape; 9: my eye grows dim through sorrow. Every day I call upon thee, O LORD; I spread out my hands to thee. 10: Dost thou work wonders for the dead? Do the shades rise up to praise thee? [Selah] 11: Is thy steadfast love declared in the grave, or thy faithfulness in Abaddon? 12: Are thy wonders known in the darkness, or thy saving help in the land of forgetfulness? 13: But I, O LORD, cry to thee; in the morning my prayer comes before thee. 14: O LORD, why dost thou cast me off? Why dost thou hide thy face from me? 15: Afflicted and close to death from my youth up, I suffer thy terrors; I am helpless. 16: Thy wrath has swept over me; thy dread assaults destroy me. 17: They surround me like a flood all day long; they close in upon me together. 18: Thou hast caused lover and friend to shun me; my companions are in darkness.

Psalm 103

1 Bless the LORD, O my soul; and all that is within me, bless his holy name! 2 Bless the LORD, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the Pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good as long as you live so that your youth is renewed like the eagle's. 6 The LORD works vindication and justice for all who are oppressed. 7 He made known his ways to Moses, his acts to the people of Israel. 8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. 9 He will not always chide, nor will he keep his anger for ever. 10 He does not deal with us according to our sins, nor requite us according to our iniquities. 11 For as the heavens are high above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us. 13 As a father pities his children, so the LORD pities those who fear him. 14 For he knows our frame; he remembers that we are dust. 15 As for man, his days are like grass; he flourishes like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the LORD is from everlasting to everlasting upon those who fear him, and his righteousness to children's children, 18 to those who keep his covenant and remember to do his commandments. 19 The LORD has established his throne in the heavens, and his kingdom rules over all. 20 Bless the LORD, O you his angels, you mighty ones who do his word, hearkening to the voice of his word! 21 Bless the LORD, all his hosts, his ministers that do his will! 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

Psalm 143

1: Hear my prayer, O LORD; give ear to my supplications! In thy faithfulness answer me, in thy righteousness! 2: Enter not into judgment with thy servant; for no man living is righteous before thee. 3: For the enemy has pursued me; he has crushed my life to the ground; he has made me sit in darkness like those long dead. 4: Therefore my spirit faints within me; my heart within me is appalled. 5: I remember the days of old, I meditate on all that thou hast done; I muse on what thy hands have wrought. 6: I stretch out my hands to thee; my soul thirsts for thee like a parched land. [Selah] 7: Make haste to answer me, O LORD! My spirit

fails! Hide not thy face from me, lest I be like those who go down to the Pit. 8: Let me hear in the morning of thy steadfast love, for in thee I put my trust. Teach me the way I should go, for to thee I lift up my soul. 9: Deliver me, O LORD, from my enemies! I have fled to thee for refuge! 10: Teach me to do thy will, for thou art my God! Let thy good spirit lead me on a level path! 11: For thy name's sake, O LORD, preserve my life! In thy righteousness bring me out of trouble! 12: And in thy steadfast love cut off my enemies, and destroy all my adversaries, for I am thy servant. In Thy faithfulness answer me, in Thy righteousness! Enter not into judgment with Thy servant. Let Thy good Spirit lead me on a level path.

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

Alleluia, alleluia, alleluia! Glory to Thee, O God! (3 times)

The Great Litany

Priest: In peace let us pray to the Lord.

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

Priest: For our (Most Blessed] Metropolitan N., for the Most Reverend] Archbishop N., and/or [the Right Reverend] Bishop N.,) for the honorable presbytery, the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For the President (or title of the highest civil authority), for all civil authorities, and for the armed forces, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For this city (or this village), for every city and country, and for those who in faith dwell therein, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For favorable weather, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

Priest: Remembering 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.

Choir: To thee, O Lord.

Priest: For to thee belong 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.

Choir: Amen.

Alleluia

Priest/Deacon: Alleluia, Alleluia, Alleluia! By night my spirit riseth early unto thee, O Lord, for thine ordinances are a light upon the earth.

Choir Refrain: Alleluia, Alleluia, Alleluia!

Priest: Learn righteousness, ye that dwell upon the earth!

Choir Refrain

Priest: Envy shall take hold of an untaught people.

Choir Refrain

Priest: Add evils upon them, O Lord. Add evils upon the glorious of the earth.

Choir Refrain

Reader: O Trinity, one in Essence and undivided, a unity in three coeternal Hypostases, to Thee as God we sing the angels' hymn:

Choir: Holy, Holy, Holy art Thou, O God!

Through the prayers of Thy holy apostles and St. Nicholas, have mercy on us.

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

Daring to render glory to the one Godhead, to the eternal Father, the coeternal Son, and the beginningless Spirit, we, like the cherubim, cry aloud:

Choir: Holy, Holy, Holy art Thou, O God!

Through the prayers of all Thy saints, have mercy on us.

Reader: Now and ever and unto ages of ages. Amen.

Suddenly the judge will come and the deeds of every person will be laid bare. But at midnight let us cry with fear:

Choir: Holy, Holy, Holy are Thou, O God!

Through the prayers of the Theotokos, have mercy on us.

Reader: Lord have mercy. (3 times)

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

Life of St. Mary of Egypt—Part 1 (To be read Saturday Eve)

Psalm 50/51

1: Have mercy on me, O God, according to thy steadfast love; according to thy abundant mercy blot out my transgressions. 2: Wash me thoroughly from my iniquity, and cleanse me from my sin! 3: For I know my transgressions, and my sin is ever before me. 4: Against thee, thee only, have I sinned, and done that which is evil in thy sight, so that thou art justified in thy sentence and blameless in thy judgment. 5: Behold, I was brought forth in iniquity, and in sin did my

mother conceive me. 6: Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart. 7: Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. 8: Fill me with joy and gladness; let the bones which thou hast broken rejoice. 9: Hide thy face from my sins, and blot out all my iniquities. 10: Create in me a clean heart, O God, and put a new and right spirit within me. 11: Cast me not away from thy presence, and take not thy holy Spirit from me. 12: Restore to me the joy of thy salvation, and uphold me with a willing spirit. 13: Then I will teach transgressors thy ways, and sinners will return to thee. 14: Deliver me from blood guiltiness, O God, thou God of my salvation, and my tongue will sing aloud of thy deliverance. 15: O Lord, open thou my lips, and my mouth shall show forth thy praise. 16: For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased. 17: The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise. 18: Do good to Zion in thy good pleasure; rebuild the walls of Jerusalem, 19: then wilt thou delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on thy altar.

CANON OF ST. ANDREW OF CRETE

ODE 1

Irmos (Choir): A helper and a protector, He has become my salvation. This is my God, I will glorify Him, my father's God will I exalt, for gloriously has He been glorified.

Refrain: Have mercy on me, O God, have mercy on me.

1. Where shall I begin to lament the deeds of my wretched life? How shall I begin, O Christ, to relieve my present tears? But as Thou art deeply compassionate, grant me forgiveness of sins.
2. Come, O wretched soul, and together with thy body confess to the Creator of all so that henceforth, thou shalt abstain from thy past foolishness and offer tears of repentance to God.
3. Having rivaled the first-formed Adam by my transgressions, I have found myself stripped naked of God, of the everlasting kingdom and all of its delights, because of my sins.
4. Woe is me, O wretched soul, for thou art become like the first Eve!

For thou hast looked in wickedness and wast bitterly wounded; for thou hast touched the tree and rashly tasted the forbidden fruit.

5. In the place of the physical Eve, the temptation of Eve hath taken flesh in my mind, showing me what seems to be sweet; but making me taste and swallow bitterness.

6. Adam was rightly banished from Eden, O Savior, because he disobeyed one of Thy commandments. What then shall I suffer, for constantly rejecting Thy words of life?

7. Of mine own free will have I incurred Cain's guilt of murder; for I have murdered my own conscience by cultivating my flesh and making war upon my soul's awareness by my wicked actions.

8. I have refused to imitate Abel's righteousness, O Jesus: never have I offered Thee any acceptable gift or godly work; neither a pure sacrifice nor a blameless life.

9. Like Cain, we are condemned, O wretched soul, for we have offered to the Creator of all only our defiled actions, a polluted sacrifice and a useless life.

10. As a potter molds his clay, Thou hast fashioned my flesh and my bones, giving me breath and life. Now accept me in repentance, O my Maker and Redeemer and my Judge.

11. I confess to Thee, O Savior, all the sins I have committed and the wounds of my soul and body, which my murderous thoughts, like thieves, have inflicted upon me.

12. Though I have sinned, O Savior, yet I know that Thou art the Lover of mankind. Thou dost chastise with mercy and art fervent in compassion. Thou dost see my tears and Thou dost run to meet me, like the Father toward his Prodigal Son.

13. I lay prostrate now before Thy gates, O Savior. Oh, cast me not into hell in my old age, but before the end comes, grant me remission of sins, as Thou art the Lover of mankind.

14. I am the man who fell in among robbers who now lies wounded in

body, beaten and bruised because of my thoughts. But come to me, O Christ my Savior, and heal me.

15. The Priest first saw me and passed me by, then the Levite looked on me in my distress but despised my nakedness. But do Thou, O Jesus, Son of Mary, come to me and take pity on me.

16. O Lamb of God that takest away the sins of all, take from the heavy burden of sin, and in Thy compassion, grant me tears of repentance.

17. The time for repentance has come and I draw near to Thee, O my Creator. Take from me the heavy burden of sin, and in Thy compassion, grant me tears of repentance.

18. Reject me not, O my Savior, neither cast me away from Thy presence. Take from me the heavy yoke of sin, and in Thy compassion grant me remission of sins.

19. Forgive, O Savior, all my transgressions, both voluntary and involuntary, known and unknown, whether done in knowledge or in ignorance, and as God, have mercy on me and save me.

20. From my youth, O Christ, I have rejected Thy commandments.

Being entirely ruled by my passions, I have passed my entire life in indolence and sloth. Therefore I cry to Thee, O Savior, even now at the end: Save me!

21. Like the Prodigal, I have squandered all my riches in riotous living, O my Savior, and I am left barren of virtue and piety; but in my hunger I cry: O Bountiful Father, run quickly out to meet me and take pity on me.

22. I fall down before Thee, O Jesus, for I have sinned against Thee. Be merciful to me; take away from me the heavy burden of sin, and in Thy compassion, grant me tears of repentance.

23. Enter not into judgement with me by recalling all my deeds, demanding an account of all my words or by examining my motives and desires. But in Thy compassion, O Almighty One, disregard my terrible past and save me.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Grant me that illuminating Grace which was given thee

by Providence on High, that I may escape the darkness of my passions and praise the glorious feats of thy life, O Mother Mary.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: By submitting to Christ's divine laws, thou hast drawn near to Him, O Mother Mary; and by forsaking thy unbridled longings for pleasure, thou hast gained as one, all of the godly virtues.

Holy Father Andrew, pray to God for us.

To Saint Andrew: Deliver us from our shameful passions, O Andrew, through thine intercessions, and, we pray thee, make us now partakers of the Kingdom of Christ; for with faith and love we sing thy praises.

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

To the Trinity: O Trinity, Who surpasses all creation and is adored in Unity, take from me the heavy yoke of sin, and in Thy compassion grant me tears of compunction.

Now and ever, and unto ages of ages. Amen.

Theotokion: O Theotokos, the hope and protection of those who praise thee, take from me the heavy yoke of sin and as thou art our Most-pure Lady, accept me in repentance.

ODE 2

Irmos (Choir): Attend, O heaven and I will speak, I will sing of Christ, Who from the Virgin took flesh to dwell with us.

Refrain: Have mercy on me, O God, have mercy on me.

1. Attend, O heaven and I will speak; give ear, O earth to the voice of one who repents before God and sings His praises.

2. Look upon me, O God my Savior, with Thy merciful eye, and accept my fervent confession.

3. I have sinned above all men, I alone have sinned against Thee; but as God take pity on Thy creature, O Savior.

4. A storm of passions surrounds me, O compassionate Lord. But stretch out Thine hand to me, as once Thou didst to Peter.

5. I offer to Thee, O merciful One, the tears of a harlot. Cleanse me, O Savior, in Thy compassion.
6. I have darkened the beauty of my soul with passionate pleasures and have turned my whole mind entirely to dust.
7. I have torn the garment that the Creator first wove for me in the beginning, and therefore I lie naked.
8. I have clothed myself in the torn robe that the serpent hath spitefully stitched for me by his counsel, and now I am ashamed.
9. I looked upon the beauty of the forbidden tree and my mind was deceived; and now I lie naked and ashamed.
10. The demons of passion have ploughed long furrows on my back, prolonging their wickedness upon me.
11. I have lost my original beauty and splendor and now I lie naked and ashamed.
12. My sins have stripped me of the garment that God had woven for me, and have stitched for me robes of skin.
13. Now I am clothed with a raiment of shame as if with fig leaves in reproof of my self-willed desires.
14. Now I am clad in a coat of disgrace that is shamefully bloodstained by the flow of my passions and my pleasure-loving life.
15. I have stained the garment of my flesh and have defiled that which was made in Thine image and likeness, O Savior.
16. I have fallen under the burden of my passions and the corruption of my body, and ever since, have been oppressed by the enemy.
17. Having preferred a life of pleasure and material things to a life free of possessions, I have been harnessed with a heavy burden, O Savior.
18. I have adorned the idol of my flesh with the diverse clothing of my shameful thoughts and now I am condemned.
19. I have been concerned only with outward adornment, and have neglected the inner temple made in the image of God.
20. My lustful desires have formed in me the deformity of my passions

and have disfigured the beauty of my mind.

21. I have buried the beauty of my original image with my passions, O Savior; but seek me, as once Thou hast sought the lost coin, and find me.

22. Like the Harlot I cry to Thee: I have sinned, I alone have sinned against Thee. Oh, accept my tears as a sweet ointment, O Savior.

23. Like David, I have fallen into lust and am covered in filth; but wash me clean with my tears, O my Savior.

24. Like the Publican I cry to Thee: Be merciful, O Savior, be merciful unto me; for no child of Adam has ever sinned as I against Thee.

25. I have neither any tears, nor repentance, neither have I any compunction; but as God do Thou grant them to me, O my Savior.

26. Lord, O Lord, do not shut Thy door against me in that last day, but open it to me, for I repent before Thee.

27. O Lover of mankind, Who desirest that all shall be saved, call me back and in Thy goodness, accept me in my repentance.

28. Give ear to the groaning of my soul, and accept the drops of my tears, O Savior, and save me.

Most Holy Theotokos, save us

Theotokion: O Most-pure Theotokos and All-laudable Virgin, fervently intercede for our salvation.

Second Irmos (Choir): See, see that I am God, Who sent manna, Who made water to spring from the rock in ancient times for My people in the wilderness, by My right hand, and by My strength alone.

Refrain: Have mercy on me, O God, have mercy on me.

29. 'See, see that I am God': Listen, O my soul, to the Lord as He cries to thee; forsake thy former sin and fear Him as a Just Lord, as thy Judge and God.

30. Whom dost thou resemble, O most sinful soul? Surely thou art like Cain and that wicked Lamech; for thou hast stoned thy body with thine evil deeds and murdered thy mind with irrational desires.

31. Of all those who have lived before the law, O my soul, thou hast not patterned thyself after Seth, nor has thou followed after Enos or Enoch, who was translated to Heaven, or Noah; but hast shown thyself destitute and without a share in the life of the Righteous.

32. Thou alone hast released the torrents of the wrath of God, O my soul, and hast flooded, as the earth, all thy flesh and works and life. Therefore, thou hast remained outside the Ark of salvation.

33. Lamech cried aloud, lamenting: 'I have killed a man and wounded myself, and a young man unto my pain'. But thou, O my soul, dost not even tremble while defiling thy flesh and polluting thy mind.

34. O see, how much I have become like Lamech, the murderer of old, slaying my soul as if it were the man, my mind as if it were the youth, and my body as did Cain murdering his brother, with my sensual passions.

35. Skillfully hast thou planned to build a tower, O my soul, and to fortify it with thy passions; but the Creator hast confounded thy designs and has dashed all thy devices to the ground.

36. I am wounded, I am smitten, and the arrows of the enemy have pierced my body and my soul. See the wounds, the open sores and the mutilations, which betray the blows of my self-inflicted passions.

37. Angered by their transgressions, the Lord once rained down fire from Heaven and burnt up the men of Sodom; but thou, O my soul, hast kindled the fires of Gehenna, in which thou shalt surely burn.

38. 'See and understand that I am God: I search men's hearts, I chasten their thoughts, I reprove their actions and I burn their sins; and I sit in judgment defending the orphaned and the humble and the poor.'

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Plunged into the depths of sin, thou didst raise thy hands, O Mary, towards the merciful God. And, as to Peter, in His loving-kindness He stretched out His hand to thee in help, ever seeking thy conversion.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Turning from the path of sin thou didst run with all eagerness to Christ, O Venerable Mother Mary, finding nourishment in the trackless wilderness and fulfilling in purity the commandments of God.

Holy Father Andrew, pray to God for us.

To Saint Andrew: We see, we see the Love of our God and Master for mankind, O my soul; and before the end comes, let us fall down with tears before Him, crying: through the prayers of Saint Andrew, have mercy on us, O Savior.

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

To the Trinity: O Trinity unoriginate and uncreated, O Unity undivided: accept me in repentance and save me, a sinner. Despise me not, for I am Thy creation; but spare me and deliver me from the fire of condemnation.

Now and ever, and unto ages of ages. Amen.

Theotokion: O Most-pure Lady, Mother of God, the hope of those who run to thee and haven of the storm-tossed and oppressed; pray to the merciful God, thy Creator and thy Son, that He will have mercy on me through thine intercessions.

ODE 3

Irmos (Choir): Establish Your Church, O Christ, on the unshakable rock of Your commandments.

Refrain: Have mercy on me, O God, have mercy on me.

1. The Lord once rained fire from heaven and consumed the land of Sodom.
2. Seek salvation on the mountain as did Lot, O my soul, and find thy refuge in Zoar.
3. Flee from the flames, O my soul, flee from the burning heat of Sodom, flee the destruction of the divine fire.
4. I confess that I have sinned, I have sinned against Thee, O Savior. But in Thy compassion absolve me and forgive me.
5. I alone have sinned against Thee, I have sinned above all men; reject me not, O Christ my Savior.
6. Thou art the Good Shepherd: seek me, the lamb that has gone

astray and do not forsake me.

7. Thou art my sweet Jesus, Thou art my Creator, and in Thee shall I be justified, O Savior.

Most Holy Trinity, our God, have mercy on us.

To the Trinity: O God, the Trinity, One in Unity, save us from delusion and temptation and distress.

Most Holy Theotokos, save us.

Theotokion: Rejoice, O Womb that bore Divinity! Rejoice, O Throne of the Lord! Rejoice, O Mother of our Life!

Second Irmos (Choir): Establish, O Lord, my unstable heart on the rock of Your commandments, for You alone are Holy and the Lord.

Refrain: Have mercy on me, O God, have mercy on me.

8. In Thee I have found the Fountain of Life, O Conqueror of Death, and before the end, I cry out from my heart: I have sinned, O Lord, cleanse me and save me.

9. I have imitated the example of those, O Savior, who lived in wantonness in the days of Noah; and like them I am condemned to drown in the Flood.

10. I have sinned, O Lord, I have sinned against Thee; be gracious unto me and cleanse me, for there is no one who surpasses me in my offenses.

11. Thou hast followed the example of Ham, O my soul, who mocked his father; for thou hast not covered the disgrace of thy neighbor keeping thy face turned away.

12. Thou hast not inherited the blessing of Shem, O my wretched soul, nor hast thou received, like Japheth, thine inheritance in the land of forgiveness.

13. Depart from sin and from the land of Haran, O my soul, and come to the land that Abraham inherited, which flows with incorruption and eternal life.

14. Thou hast heard how Abraham in days of old left the land of his

fathers and became a wanderer. Imitate his strength and resolution, O my soul.

15. The Patriarch entertained the Angels at the Oak of Mamre, and he inherited in his old age the reward of the promise.

16. Thou knowest, O my wretched soul, how Isaac was mystically offered as a new sacrifice and whole-burnt offering to the Lord. Imitate his strength and resolution, O my soul.

17. Thou hast heard how Ishmael was driven out as the son of a slave; Beware, O my soul, lest the same should happen to thee because of thy sin.

18. Thou hast become like Hagar the Egyptian, O my soul; for of thine own free will hast thou become enslaved and given birth to contempt, as to another Ishmael.

19. Thou knowest of the ladder that was shown to Jacob, reaching up from earth to Heaven, O my soul. Why then, hast thou not set foot upon the firm step of piety?

20. Imitate Melchizedek, the Priest of God and solitary king, who was the image of Christ among men in the world.

21. Turn back, O my wretched soul, and lament, before the festival of life comes to an end, before the Lord shuts the door of the bridal chamber.

22. Do not look back, O my soul, and so become a pillar of salt; but rather, fear the example of Sodom, and take refuge on the mountain of Zoar.

23. Flee like Lot, O my soul, from the burning of sin; flee from Sodom and Gomorrah; flee from the flames of wanton desire.

24. Have mercy, O Lord, have mercy on me, when Thou comest with Thine Angels to reward each according to his deeds, have mercy on me.

25. Reject not the prayer of those who praise Thee, O Master, but take pity on us and grant forgiveness to those who call on Thee with faith, O Lover of mankind.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: I am overcome by the tempest and the billows of sin, O Mother Mary, but do thou rescue me and lead me to the safe haven of divine repentance.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Offer thy fervent supplications to the compassionate Mother of God, O Venerable Mary, and through thine intercessions open unto me the door that leads to God.

Holy Father Andrew, pray to God for us.

To Saint Andrew: Through thy prayers, grant for me also the remission of my sins, O Andrew, Bishop of Crete, for thou art the most excellent guide to the mysteries of repentance.

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

To the Trinity: O simple Unity praised in a Trinity of Persons; O uncreated Nature without beginning, save us who in faith worship Thy power.

Now and ever, and unto ages of ages. Amen.

Theotokion: O Virgin Theotokos, thou hast given birth within time to the timeless Son of the Father. O strange wonder! Thou givest Him milk while still remaining Virgin!

After the 3rd Ode - Life of St. Mary - Part 2 (To be read Saturday evening)

ODE 4

Irmos (Choir): The prophet heard of Your coming, O Lord, and was afraid that You were to be born of a Virgin and appear to men, and he said, 'I have heard the report of You and am afraid.' Glory to Your power, O Lord.

Refrain: Have mercy on me, O God, have mercy on me.

1. Despise not Thy works, O Righteous Judge, and forsake not Thy creation though I alone have sinned more than any other man. Yet Thou, as the Lord of all, hast the power to remit all sins, O Lover of mankind.
2. The end draws near, O my soul, the end draws near; yet thou dost not prepare, neither dost thou care. The time grows short. Arise, for the Judge is at the very doors. The days of our lives pass quickly, as if they were a dream, as if they were a flower. O why do we trouble ourselves in vain?
3. Arise, O my soul and consider all the deeds which thou hast done,

and set them up before thine eyes. Now pour out the drops of thy tears and boldly confess to Christ of thy deeds and thoughts, and so be thou justified.

4. In life's course, O Savior, there has been no sin, no deed, no wicked thing, that I did not commit. I have sinned as no one has ever before, in mind, word and intent, in purpose, deed and thought.

5. For this I am condemned and for this, wretch that I am, I am convicted by mine own conscience, more severe than all else in the world. O my Judge and Redeemer, Who knowest my heart, spare me, deliver me and save me, Thy servant.

6. The ladder seen of old by the great Patriarch Jacob is an example, O my soul, both of ascent through action and of ascent through spiritual understanding. If, therefore, it is thy desire to live by thy works, with understanding and contemplation, be thou made new.

7. Bearing the burning heat by day and the frost by night because of his privation, Jacob endured making daily gains, shepherding, struggling and slaving in order to win two wives.

8. By the two wives, understand that one is action and the other is spiritual understanding in contemplation. Leah represents action, for she had many children; and Rachel spiritual understanding, for she endured great toil. For without labor, O my soul, neither action nor contemplation will succeed.

9. Watch, O my soul, and take courage like the Great Patriarch Jacob of old, that thou mayest acquire action with spiritual understanding, and be named Israel, 'the mind that sees God'; and so shalt thou penetrate the impassable darkness through contemplation, and obtain a great treasure as thy reward.

10. By fathering the twelve Patriarchs, the Great Patriarch Jacob established a mystical ladder of active ascent for thee, O my soul; wisely setting his sons as the steps at each level of ascent.

11. Thou hast rivaled the hated Esau, O my soul, for thou hast given up the birthright of thy first beauty to the deceiver thus forsaking thy father's blessing. Twice then, hast thou fallen, once in action and once in understanding;

Repent now, thou wretched soul.

12. Esau was known as Edom because of his raging love for women; for burning always with desires and stained with sensual pleasures, he was named 'Edom' which means the red-hot heat of a sin-loving soul.

13. Thou hast heard of Job, O my soul, who was justified on a dung heap; yet thou hast not imitated his courage nor hast thou shown any firmness of will in the face of thy trials and temptations but hast proved cowardly and weak.

14. He that once sat upon a throne now lies naked on a dung heap, covered with his sores. He that had many children and was once admired by all is suddenly bereft of children and is left without a home; yet for him the dung heap is a palace, and his sores a chain of pearls.

15. Job, the righteous man of great possessions, with an abundance of riches and cattle, was clothed in royal dignity, in crown and purple robe. He was suddenly deprived of his wealth and kingship and glory, and reduced to the state of a beggar.

16. If he who was righteous and blameless above all men could not escape the snares and assaults of the deceiver, what wilt thou do, O wretched and sinful soul, when some sudden misfortune befalls thee?

17. My body is corrupt, my spirit is defiled, and I am all covered with sores; but as Physician, O Christ, heal both my body and my spirit through my repentance. Wash me, purify me and cleanse me, O Savior, and make me whiter than snow.

18. Thou hast offered Thy Body and Thy Blood for the sake of us all, O Crucified Word: Thy Body to renew me, Thy Blood to cleanse me, and Thou hast given up Thy Spirit, O Christ, to bring me to Thy Father.

19. Thou hast worked Salvation in the midst of the earth, O Compassionate Lord, so that we might be saved. Thou wast voluntarily crucified upon the Tree; and Eden has been opened once again. All creation, both the things above and the things below, and all the nations have been saved and they praise and worship Thee.

20. May the Blood that flows from Thy side be a cleansing font for me,

and may the Water that flows with it be a drink of forgiveness. May I be cleansed by both, O Word, anointed and refreshed, having as chrism and drink, Thy words of Life.

21. I am deprived of the bridal chamber and of the wedding feast because my lamp has gone out for want of oil; the chamber was closed while I was asleep, and the supper has been eaten; I am bound both hand and foot and now I am cast out.

22. Thy Life-giving side, O my Savior, has been granted to the Church as a chalice from which flows a two-fold stream of forgiveness and spiritual understanding, representing the two Covenants, both the Old and the New.

23. The time of life is short, full of wickedness and pain. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

24. Although I am boastful and vain, hard-hearted and arrogant in speech, condemn me not with the Pharisee, O righteous Judge. But rather, grant me the humility of the Publican and number me with him, O only merciful One.

25. I know, O compassionate Lord, that I have sinned, having defiled the vessel of my flesh. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

26. I have become mine own idol and have defaced my soul through my passions, O compassionate One. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

27. I have disobeyed Thy Scripture and not listened to Thy voice, O Giver of the Law. But accept me in repentance and call me back to spiritual awareness, that I may not fall as prey and become the possession of the enemy, and take pity on me, O Savior.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Having lived a bodiless life in the body, O Venerable Mary, thou didst receive great grace from God. Therefore, protect us who honor

thee with faith and through thy prayers, we entreat thee, deliver us from every attack of the evil one.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Though brought down into the abyss of great iniquity, thou didst not remain there, O Mother Mary; but through thy steadfast intent, thou hast ascended to the heights of virtue, astonishing even the Angels.

Holy Father Andrew, pray to God for us.

To Saint Andrew: O Andrew, the praise of the fathers and the glory of Crete, as thou dost stand before the Supreme and Holy Trinity, in thy prayers do not forget to ask that we may be delivered from every trial and torment, who call upon thee with love as our advocate in heaven.

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

To the Trinity: I confess Thee as undivided in Essence, unconfused in Persons, One Triune Divinity, co-reigning and co-enthroned! And to Thee, I raise the great Thrice-holy hymn that is sung on high.

Now and ever, and unto ages of ages. Amen.

Theotokion: Thou givest birth and art a virgin, and in both thou remainest a virgin by nature. He Who is born renews the laws of nature, and the womb gives birth without travail. When God so wills, the order of nature is overruled, for He does whatsoever He wills.

ODE 5

Irmos (Choir): Out of the night watching early for You, enlighten me I pray, O Lover of man, and guide me in Your commandments and teach me O Savior, to do Your will.

Refrain: Have mercy on me, O God, have mercy on me.

1. The whole of my life has passed by in the night, for the darkness of sin has covered me like a thick fog in the middle of the night. But make me a son of the day, O Savior.

2. Imitating Rueben, I have devised a wicked and lawless act against God Most High, having defiled my bed as he defiled the bed of his father.

3. I confess to Thee, O Christ my King, that I have sinned. I have sinned like the brothers of Joseph of old, who sold the fruit of purity and chastity.
4. His righteous and gentle soul was bound by his kinsmen and he was sold into slavery as a foretelling of the Lord. But thou, O my soul, hast sold thyself entirely to thy sins.
5. O my miserable and wretched soul, imitate the righteous and chaste mind of Joseph; and do not defile thyself by continuing to indulge thy wanton and irrational desires.
6. When Joseph was cast down into the pit, O Lord and Master, it was to prefigure Thy Burial and Resurrection. But what offering such as this shall I ever make to Thee?
7. Thou hast heard, O my soul, of the basket of Moses and how he was carried on the waves of the river as if in an ark; and so he avoided the execution of Pharaoh's bitter decree.
8. Thou hast heard, O wretched soul, of the midwives who were ordered to put to death in infancy the fruit of manly chastity. Be then like Moses who survived, and ponder wisdom.
9. Thou, O wretched soul, hast not struck and killed the lustful mind of the Egyptian, as did Moses. How then, shalt thou dwell in that desert where all passions are slain through repentance?
10. Moses the great went to dwell in the desert; Come then, O my soul, and emulate his life that thou mayest also behold through contemplation, the vision of God in the bush not consumed by the fire.
11. Imagine, O my soul, the rod of Moses, which divided the sea and dried up the abyss as an image of the Divine and Holy Cross. Through the Cross thou canst also accomplish great things.
12. While Aaron offered to God a fire that was pure and undefiled, Hophni and Phineas brought to Him, as didst thou, O my soul, a strange sacrifice and a polluted life.
13. In both soul and body, O Lord, I have become like Jannes and

Jambres, the magicians of cruel Pharaoh, for my will is heavy and my mind is drowned beneath the waters: but do Thou come and help me.

14. Wretch that I am, I have soiled my mind with filth; but cleanse me, O Master, I pray Thee, in the waters of my tears and make the garment of my flesh as white as snow.

15. When I examine my deeds, O Savior, I see that I have surpassed all men in sin for; I have sinned not in ignorance, but consciously, and with understanding.

16. Spare, O spare the work of Thine hands, O Savior. I have sinned, forgive me; for Thou alone art pure by Nature, and none save Thee is free from defilement.

17. As Thou art God, Thou didst take on my form for my sake, O Savior, and didst accomplish miracles; healing the lepers and the paralytics, and stopping the issue of blood when the woman touched the hem of Thy garment.

18. Imitate, O wretched soul, the woman with the issue of blood: run quickly to Christ and grasp the hem of His garment so that thou mayest be delivered from all thine afflictions and hear Him say, 'Thy faith has saved thee.'

19. Imitate the woman who was bowed to the ground, O my soul, and fall at the feet of Jesus, that He strengthen thy back to walk upright in the steps of the Lord.

20. As Thou art a deep well, O Master, pour out the streams from Thine immaculate Wound, that like the woman of Samaria, I may drink of Thy streams of life and thirst no more.

21. O my Master and my Lord, may my tears be like the Pool of Siloam that I may wash the eyes of my heart, and with my mind I may behold Thee, the pre-eternal Light.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: With incomparable love, O Most-blessèd Saint, thou didst yearn to venerate the Tree of Life, and thou wast counted worthy of thy desire. Make me also worthy to obtain that glory from on high.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Having crossed the stream of the Jordan, thou didst find peace by escaping the temptations of the flesh. Deliver us from them also, O Venerable Mother Mary, through thine intercessions.

Holy Father Andrew, pray to God for us.

To Saint Andrew: As pre-eminent among pastors, O wise Andrew, with great love and fear I implore thee, that through thine intercessions I may attain salvation and eternal life.

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

To the Trinity: We glorify Thee, O Trinity, as One God! Holy, Holy, Holy, art Thou, Father, Son and Holy Spirit; simple Essence and Unity worshipped for ever.

Now and ever, and unto ages of ages. Amen.

Theotokion: From thee, O Virgin undefiled and maiden Mother, has God the Creator of the ages, become vested in my human flesh, uniting to Himself the nature of man.

ODE 6

Irmos (Choir): With my whole heart, I cried unto the compassionate God: and He heard me, and He lifted up my soul from the depths of hell and from corruption.

Refrain: Have mercy on me, O God, have mercy on me.

1. I offer to Thee in purity the tears of mine eyes and the sighs from the depth of my heart, which cries: I have sinned against Thee, O God, have mercy on me.
2. Thou hast turned thyself away from thy Lord, O my soul, as did Dathan and Abiram; but cry out from the lowest depths of hell: 'Spare me', that the earth may not open up and swallow thee.
3. Do not be like Ephraim stung to madness like a stampeding calf, O my soul, but rather, save thy life like a gazelle fleeing from the snare on the wings of action, resolve and contemplation.
4. Let the hand of Moses assure us, O my soul, that God can cleanse and make again as white as snow a leprous life. So do not despair, though thou

thyself art leprous.

5. The waves of my sins, O Savior, have returned and have suddenly overwhelmed me, as the waters of the Red Sea engulfed the Egyptians of old and their charioteers.

6. Like the Israelites in the desert, thou hast made a foolish decision, O my soul; for thou hast preferred the pleasures of gluttony and passions to the refreshment of divine manna.

7. Thou hast preferred, O my soul, the wells of delusion to the cleft Rock from which, as from a chalice, flow rivers of divine theology.

8. Thou hast preferred, O my soul, the meat of swine and the tempting food of Egypt to the food of Heaven, as did the ungrateful people of old in the wilderness.

9. When Thy servant Moses struck the rock with his staff, O Savior, he mystically foreshadowed Thy Life-creating Body from which we all draw the water of life.

10. Be like Joshua, the son of Nun, and explore the Promised Land, O my soul, and take up thine abode in it through obedience to the Law.

11. Arise, O my soul, and make war against the passions of the flesh as Joshua did against Amalek, ever gaining the victory over the Gibeonites, thine evil thoughts.

12. Pass through the flowing waters of time, O my soul, and like the Ark of old, take possession of the Promised Land as God hath commanded.

13. As Thou hast saved Peter when he cried, 'Save me', come quickly and save me from the beast before it is too late. Stretch out Thine hand, O my Savior, and raise me from the depths of sin.

14. I know Thee as the calm haven, O Lord and Master Christ: come quickly, and deliver me from the lowest abyss of sin and despair.

15. I am the coin marked with the royal image which was lost of old; but seek me by the light of Thy candle and Forerunner, and find again Thine Image, O my Savior.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: With thy soul afire, O Mary, thou hast shed copious streams of tears that quenched the burning of thy passions. O grant them also unto me, thy servant, these tears of grace.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Through the perfection of thine earthly life, O Venerable Mother, thou hast acquired heavenly freedom from thy passions. Pray that we who sing thy praises may also be delivered from our passions, through thine intercessions.

Holy Father Andrew, pray to God for us.

To Saint Andrew: Seeing thee as the Shepherd and Bishop of Crete and as an intercessor for the universe, I run to thee, O Andrew, and I cry: 'Deliver me, O Father, from the abyss of sin.'

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

To the Trinity: 'I am the Trinity, simple and undivided, yet divided in Three Persons; and I am the Unity, united by Nature', says the Father and the Son and the Divine Spirit.

Now and ever, and unto ages of ages. Amen.

Theotokion: Thy womb bore God for us, fashioned in our image. Implore thou Him as the Creator of all, O Theotokos, that we may be justified through thine intercessions.

Kontakion (TONE 6):

My soul, my soul arise /

Why are you sleeping? /

The end draws near, and soon you will be confounded /

Awake then and be watchful /

So that Christ our God may spare you ///

For He is everywhere and fills all things

ODE 7

Irmos (Choir): We have sinned, transgressed, done wrong before You. We have not watched or done as You have commanded us. But do not give us up utterly, O God of our fathers.

Refrain: Have mercy on me, O God, have mercy on me.

1. I have sinned, I have transgressed, and I have rejected Thy commandments, for in sins have I progressed and have added sores to my wounds. But in Thy compassion have mercy on me, O God of our fathers.
2. I have confessed to Thee the secrets of my heart, O my Judge. See my humility and behold my affliction, and consider now my condemnation. But in Thy compassion have mercy on me, O God of our fathers.
3. Once, when Saul went searching for his father's lost herds he found himself proclaimed as king. Be watchful, O my soul, lest while searching for thine animal desires thou shouldst overlook the Kingdom of Christ.
4. David, the forefather of God, once sinned doubly, O my soul; being pierced with the arrow of adultery and struck with the spear of murder's remorse. But thou, my soul, art more gravely ill than he, for worse than any acts are the urgings of thy will.
5. David once joined sin to sin when he mixed adultery with murder; yet then he showed at once a twofold repentance. But thou, my soul, hast done worse things than he, yet thou hast not repented before God.
6. David once composed a hymn, setting forth, as in an icon, all the evils he had done; and he condemned them, crying, 'Have mercy on me, for against Thee only have I sinned, O God of all, cleanse me!'
7. When the Ark of the Covenant was being carried in a cart and one of the oxen stumbled, Uzzah only touched it, and yet he experienced the wrath of God. Flee from his presumption, O my soul, and respect with reverence the things of God.
8. Thou hast heard of Absalom, and how he rebelled against nature; thou knowest of his wicked deeds and how he defiled his father David's bed; yet thou hast followed him in his passionate and sensual desires.

9. Thy free dignity hast thou enslaved to thy body. O my soul, for thou hast found in the enemy another Ahithophel and hast become an accomplice to his designs. But Christ Himself has shattered his bonds so that thou mayest be saved.

10. Solomon the wonderful was full of grace and wisdom, yet he too, committed evil in the sight of Heaven and turned away from God; and thou, my wretched soul, have followed him, by thine accursèd life.

11. Carried away by his sensual passions, he defiled himself, Alas! Solomon the lover of wisdom became a lover of harlots and estranged himself from God. And thou, my soul hath imitated him through thy shameful desires.

12. Thou hast taken the example, O my soul, of Rehoboam who would not listen to his father's counselors, and of Jeroboam, that evil and apostate servant. But flee from their example and cry aloud: I have sinned, O God, take pity on me.

13. Thou hast rivaled Ahab in his defilements, O my soul, and alas, thou hast become a palace of pollution and a shameful vessel of the passions. But sigh from the depths of thy heart, and confess all thy sins to God.

14. Elijah once destroyed by fire one hundred of Jezebel's servants when he destroyed her shameful prophets as a reproof against Ahab. Oh, flee their example, my soul, and be thou made strong.

15. Heaven is closed to thee, O my soul, and a famine from God has seized thee; for thou hast been as disobedient as Ahab to the words of Elijah the Tishbite. But be thou like the widow of Zarephath, and provide for the Prophet's soul.

16. Of thine own free will hast thou deliberately amassed the sins of Manasseh, by setting up thy passions as idols and multiplying abominations. But fervently emulate his repentance now, and be truly sorry for thy sins.

17. I fall down before Thee, and as tears I offer Thee my words: I have sinned like the Harlot, and transgressed as no one else on earth; but take pity on me Thy creature, O Master, and call me back to Thee.

18. I have buried Thine image and have broken Thy commandment.

All my beauty is destroyed and my lamp is gone out because of all my sins. But do Thou as David sings, 'take pity on me, O Savior, and restore me to Thy joy'.

19. Turn back, repent, and uncover all that thou hast hidden. Come and say unto God, to Whom all things are known: Thou alone knowest all my secrets, O Savior, 'have mercy on me', as David sings, 'according to Thy mercy'.

20. My days have vanished like a dream of one awaking. Therefore, like Hezekiah, I weep while lying on my bed, that years may be added to my life. But what Isaiah will come to me, O soul, except the God of all?

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: By raising thy cry to the Most-pure Theotokos, thou hast driven back the fury of the passions that had violently assailed thee, putting to shame the enemy that tempted thee. But grant thy help to me, thy servant, in this, my time of trouble.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Pray to Him Whom thou hast loved, pray to Him Whom thou hast desired, and for Whose sake thou hast exhausted thy flesh, O Venerable Mary; pray to Christ for us, thy servants, that He may show mercy on us all, and grant peace to those who worship Him.

Holy Father Andrew, pray to God for us.

To Saint Andrew: Firmly establish me on the rock of faith through thine intercessions, O Venerable Father; fortify me with fear Divine, and grant me repentance now, I implore thee, O Andrew, and deliver me from the snares of the enemies that seek after my life.

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

To the Trinity: O Trinity, simple and undivided, consubstantial and of One Nature. We praise Thee, Light and Lights, One Holy and Three Holies, God the Trinity! Sing, O my soul, and glorify the Life of Lives, the God of all.

Now and ever, and unto ages of ages. Amen.

Theotokion: We praise thee, we bless thee, we venerate thee, O Mother of God: for thou hast given birth to Christ God, One of the undivided Trinity, and hast opened the Heavens to us on earth.

ODE 8

Irmos (Choir): Him whom the hosts of heaven glorify, whom the Cherubim and Seraphim dread, let every breath and creature praise, bless and magnify throughout all ages.

Refrain: Have mercy on me, O God, have mercy on me.

1. I have sinned, O Savior, have mercy on me. Awaken my mind to conversion, accept my repentance and take pity on me as I cry: Against Thee only have I sinned and have done evil in Thy sight, have mercy on me.
2. Elijah once ascended above all earthly things in the chariot of his virtues as if to Heaven. Meditate, then O my soul, on this ascent.
3. Elisha once took up the mantle of Elijah and received a double portion of grace from the Lord. But thou, O my soul, hast no share in this grace because of thine uncontrolled desires.
4. With the mantle of Elijah, Elisha made the streams of the Jordan stand still on either side. But thou, O my soul, hast no share in this grace because of thine uncontrolled desires.
5. The Shunammite woman graciously gave shelter to the righteous man, but thou, O my soul, hast welcomed neither stranger nor traveler into thy house. Therefore shalt thou be cast out weeping from the bridal chamber.
6. In all ways hast thou imitated the unclean thoughts of Gehazi, O my wretched soul. At least now, in thine old age, rid thyself of his greed and flee from the fires of hell, turning away from thine evil ways.
7. Having imitated Uzziah, O my soul, thou hast contracted a double leprosy: for thy deeds are wicked and thy thoughts, impure. Leave these all behind, and hasten to repentance.
8. Thou hast heard of the Ninevites, O my soul, who repented before God wearing sackcloth and ashes; yet thou hast not imitated them and hast become worse than all who have ever sinned both before and after the Law.
9. Thou hast heard, O my soul, how Jeremiah in the muddy pit cried out with lamentations and sought tears for the city of Sion. Imitate his life of

lamentation, therefore, and be saved.

10. Jonah fled to Tarshish foreseeing the conversion of the Ninevites, for as a Prophet he knew of God's compassion and was anxious that his prophecy be fulfilled.

11. Thou hast heard, O my soul, how Daniel stopped the mouths of the lions in the pit; and how the Three Youths quenched the fiery flames of the furnace through faith.

12. I have set before thee the names of people from the Old Testament to serve as examples, O my soul. Imitate the God-pleasing deeds of the Righteous, and flee from the sins of the wicked.

13. O righteous Judge and Savior, have mercy on me and deliver me from the fire and from the punishment that I deserve to suffer at the Judgement. O grant me Thy forgiveness before the end, through my practice of the virtues and through my repentance.

14. Like the thief I cry, 'Remember me', and like Peter I weep, 'Forgive me'; Like the Publican I cry 'Have mercy on me', and like the Harlot I weep bitterly, O Savior. Accept these, my lamentation, as once Thou didst accept those of the woman of Canaan.

15. Heal, O Savior, the corruption of my humbled soul; and as the One Physician, apply the healing salve and oil and wine — the works of repentance, compunction and tears.

16. Like the woman of Canaan, I cry to Thee, 'Have mercy on me, O Son of David.' Like the woman with the issue of blood, I touch the hem of Thy garment; and I weep as Martha and Mary wept for Lazarus.

17. As precious myrrh, O Savior, I empty on Thine head the alabaster jar of my tears, and like the Harlot I cry beseeching Thy mercy: I offer Thee my supplications and I beg for Thy forgiveness.

18. No one has sinned against Thee as I have; yet accept even me, O compassionate Savior, for I repent with fear and I cry out with love: against Thee only have I sinned, have mercy on me, O Most merciful One.

19. Spare the work of Thine hands, O Savior, and as the Shepherd, seek

the lost sheep that has gone astray. Snatch me away from the wolf and make me as a lamb, safe among the sheep of Thy pasture.

20. When Thou sittest upon Thy throne, O merciful Judge, and revealest Thy dread glory, O what fear there will be then; when the furnace shall burn, and all shall tremble before the majesty of Thy Judgement seat, O Christ! Holy Mother Mary, pray to God for us.

To St Mary of Egypt: The Mother of the eternal Light hath illumined thee and freed thee from the darkness of the passions. Therefore, having received the Grace of the Spirit, O Mary, enlighten even us who praise thee now in faith. Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Beholding in thee a new wonder, O Venerable Mother, the holy Zosimas was truly amazed; for he saw an Angel in the flesh, and was filled with great astonishment, praising Christ unto all ages.

Holy Father Andrew, pray to God for us.

To Saint Andrew: As thou hast boldness before the Lord, O Andrew of Crete, worthy of all praise, intercede I implore thee, that through thy prayers I may be delivered from the bonds of iniquity, for thou art the instructor of repentance and the glory of the Saints.

Let us bless the Father, and the Son and the Holy Spirit, the Lord.

To the Trinity: O Eternal Father, Co-eternal Son and Gracious Comforter, the Spirit of Righteousness, Father of the Divine Word, Word of the Eternal Father, and Living and Creating Spirit. O Trinity, One in Unity, have mercy on me! Now and ever, and unto ages of ages. Amen.

Theotokion: The spiritual purple of Emmanuel was woven inside thy womb as if from scarlet silk, O Most-pure Virgin. Therefore we honor thee as truly Theotokos.

After the 8th Ode we sing the Magnificat

Priest: The Theotokos and the Mother of the Light let us honor and magnify in Song!

Choir: My soul mágnifies the Lórd, * and my spirit rejoices in Gód my Savior!

Refrain: More honorable than the cherubim, and more glorious beyond compare than the seraphim! * Without corruption thou gavest birth to God the Word.

True Theotokos, we magnify thee!

For He has regarded the lowliness of His handmaiden. * For behold, henceforth all generations will call me blessed.

Refrain

For He who is mighty has done great things for me, and holy is His name. * And His mercy is on those who fear Him from generation to generation.

Refrain

He has shown strength with His arm, * He has scattered the proud in the imagination of their hearts.

Refrain

He has put down the mighty from their thrones and exalted those of low degree. * He has filled the hungry with good things and the rich He has sent empty away.

Refrain

He has helped His servant Israel in remembrance of His mercy, * as He spoke to our fathers, to Abraham and to his posterity forever!

Refrain

ODE 9

Irmos (Choir): Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so in all ages we magnify you in an Orthodox manner as the Mother and Bride of God.

Refrain: Have mercy on me, O God, have mercy on me.

1. My mind is wounded, my body is feeble, my spirit is sick, my speech has lost its power, my life is ebbing, and the end is at the door. What shalt thou do, O miserable soul, when the Judge comes to examine thy deeds?
2. I have reviewed for thee, O my soul, Moses' account of the creation of the world, and then all of the canonical Scripture that tells the story of both the righteous and the wicked. But thou, my soul, hast followed the ways of the wicked and hast sinned against God.

3. The Law is grown weak, the Gospel unpracticed, and the whole of Scripture is ignored by thee; the Prophets fail and the words of the righteous are useless. Thy wounds, O soul, have multiplied, and there is no physician to heal thee.
4. I will now show thee, O my soul, examples from the New Testament, to lead thee to repentance. Follow the example of the righteous and avoid following the ways of the sinners and strive to regain the grace of Christ through prayer and fasting, purity and reverence.
5. Christ became man, calling thieves and harlots to repentance. Repent then, O my soul! For the doors of the Kingdom are already opened and the Publicans and penitent Pharisees and adulterers pass through before thee.
6. Christ became man by assuming my flesh and He willingly experienced all that belongs to our nature apart from our sin. Thus He set before thee, O my soul, an example and image of His own condescension.
7. Christ saved the Magi, called the Shepherds, transformed a host of infants into Martyrs and glorified the Elders and the aged Widows, whose lives and deeds thou hast chosen to ignore, O my soul. But woe unto thee when the time of thy Judgement comes!
8. When the Lord had fasted for forty days in the wilderness He became hungry thus showing us His human nature. Do not be dismayed, O my soul, and when the enemy attacks thee, drive him away through prayer and fasting.
9. Christ suffered temptation, being tempted by the devil, who showed Him stones that they might be made into bread; and he led Him up into a mountain to see in an instant, all the kingdoms of the world. Be careful, O my soul, when thou art tempted; be watchful and pray every hour to Christ our God.
10. The Forerunner of God, the Dove of the desert, the Lamp of Christ, the voice of one crying in the wilderness, was heard preaching repentance while Herod was lying in sin with Herodias. Be careful, O my soul, that thou art not trapped in the snares of the wicked, but rather, embrace repentance.
11. The Forerunner of Grace went to dwell in the wilderness, and all of

Judea and Samaria ran to hear him; they confessed all their sins and eagerly they were baptized. But thou, O my soul, hast not imitated them.

12. Marriage is an honorable estate, and the marriage bed is undefiled, for Christ blessed both: by eating at the wedding feast in Cana and by turning the water into wine thus revealing His first miracle, so that thou, O my soul, might be transformed.

13. Christ cured the paralytic who then took up his bed; He raised from the dead the widow's son and the Centurion's servant; He appeared to the Samaritan woman and taught thee, O my soul, how to worship in the spirit.

14. By the touch of the hem of His garment the Lord healed the woman with the issue of blood; He cleansed the lepers, gave sight to the blind and made the lame to walk; with His word He cured the deaf and the dumb and the woman who was bent to the ground. He did this, O my wretched soul, so that thou might be saved.

15. Healing sickness, Christ the Word preached the Gospel to the poor, cured the crippled, ate with publicans, and conversed with the sinners; and with the touch of His hand, He brought back the departed soul of Jairus' daughter.

16. The Publican was saved and the Harlot turned to chastity, but the Pharisee with his boasting was condemned; for the first cried out, 'Be merciful unto me', and the second, 'Lord, have mercy on me'. But the third said in his vanity, 'I thank Thee, O God, that I am not like them', and other words of madness.

17. Zacchaeus was a publican yet he was saved, but Simon the Pharisee went astray, while the Harlot received remission and release from Him Who has the power to forgive all sins. Make haste then, O my soul, to follow her example.

18. Thou hast not imitated the Harlot, O my wretched soul, who took the alabaster jar of myrrh and with tears anointed the feet of the Savior and wiped them with her hair. For this, He tore up the handwriting of her sins.

19. Thou knowest, O my soul, how the cities to which Christ offered the Gospel were cursed. Fear their example and their punishment, for the Master likened them to Sodom and condemned them all to hell.

20. Do not be overcome with despair, O my soul, for thou hast heard of the faith of the woman of Canaan, and how her daughter was healed by the Word of God. Cry out like her from the depth of thy heart, 'O Son of David, save me', as she once cried to Christ.

21. Take pity on me, save me and have mercy on me, O Son of David, Who didst heal the man possessed by demons with Thy Word; and let me hear Thy compassionate voice speak to me as to the Thief: 'Truly, I say unto thee, thou shalt be with me in Paradise, when I shall come in My glory.'

22. One thief reviled Thee and the other thief confessed Thy Divinity while each was hanging on his cross. So open even unto me, O Most compassionate One, the door of Thy glorious Kingdom, as unto Thy believing Thief, who acknowledged Thee as God.

23. All of creation was in anguish, seeing Thee crucified. The mountains and rocks fell asunder from fear, the earth did quake, hell was laid bare, and the light grew dark in the middle of day, seeing Thee, O Jesus, nailed to the Cross.

24. Do not require of me worthy fruits of repentance, for my strength has failed within me. Rather, grant me an ever-contrite heart and a poor and simple spirit, that I may offer them to Thee as a pleasing sacrifice, O only Savior.

25. O my Judge Who knowest me, look upon me with Thy merciful eye when Thou comest again with the Angels to judge the whole world, and spare me; take pity on me, O Jesus, for I have sinned more than any other.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Thou didst astonish both the ranks of Angels and the assemblies of men by thy wondrous life, O Mother Mary; for by living in the spirit thou hast surpassed all nature, and like a bodiless Angel, thou didst cross the River Jordan as if with immaterial feet.

Holy Mother Mary, pray to God for us.

To St Mary of Egypt: Intercede with the Creator for us who sing thy praises, O Venerable Mother Mary, that we may be set free from the sufferings and afflictions that assail us from every side, and that being delivered from

misfortunes we may unceasingly magnify the Lord Who has glorified thee.

Holy Father Andrew, pray to God for us.

To Saint Andrew: O Venerable and Thrice-blessèd Father Andrew, the shepherd of Crete; cease not to offer thy prayers for us who sing thy praises; that we may be delivered from every danger and affliction, from corruption and sin, who honor thy memory with faith.

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

To the Trinity: We sing Thy praises, O Trinity, One in Essence and Unity in Three Persons: we glorify the Father, we magnify the Son and we worship the Spirit – One in Nature truly God, Life and Lives, Kingdom without end.

Now and ever, and unto ages of ages. Amen.

Theotokion: Protect this, thy habitation, O Most-pure Mother of God, for through thee she reigns in faith, by thee she is made strong, by thee she is made victorious defeating every trial and temptation, despoiling every enemy and ruling over her obedient servants.

Katavasia, Irmos 9: – Ineffable is the childbearing of a seedless conception; a mother remaining pure. For the birth of God renews nature's birth; so in all ages we magnify thee in an Orthodox manner as the Mother and Bride of God.

Little Litany

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

Priest: Remembering 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.

Choir: To thee, O Lord.

Priest: For all the Powers of heaven praise Thee, and unto Thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen

The Hymn of Light – Tone 3 (Thursday)

Reader: Lord, send down Your eternal light and enlighten the eyes of my heart.

Choir: Through the prayers of Your holy apostles, have mercy on me.

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

Lord, send down Your eternal light and enlighten the eyes of my heart.

Choir: Through the prayers of all Your saints, have mercy on me.

Reader: Now and ever and unto ages of ages. Amen.

Lord, send down Your eternal light and enlighten the eyes of my heart.

Choir: Through the prayers of the Theotokos, have mercy on me.

The Praises

Psalm 148

Reader: 1: Praise the LORD! Praise the LORD from the heavens, praise him in the heights 2: Praise him, all his angels, praise him, all his host! 3: Praise him, sun and moon, praise him, all you shining stars! 4: Praise him, you highest heavens, and you waters above the heavens! 5: Let them praise the name of the LORD! For he commanded and they were created. 6: And he established them for ever and ever; he fixed their bonds which cannot be passed. 7: Praise the LORD from the earth, you sea monsters and all deeps, 8: fire and hail, snow and frost, stormy wind fulfilling his command! 9: Mountains and all hills, fruit trees and all cedars! 10: Beasts and all cattle, creeping things and flying birds! 11: Kings of the earth and all peoples, princes and all rulers of the earth! 12: Young men and maidens together, old men and children! 13: Let them praise the name of the LORD, for his name alone is exalted; his glory is above earth and heaven. 14: He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him. Praise the LORD!

Psalm 149

1: Praise the LORD! Sing to the LORD a new song, his praise in the assembly of the faithful! 2: Let Israel be glad in his Maker, let the sons of Zion rejoice in their

King! 3: Let them praise his name with dancing, making melody to him with timbrel and lyre! 4: For the LORD takes pleasure in his people; he adorns the humble with victory. 5: Let the faithful exult in glory; let them sing for joy on their couches. 6: Let the high praises of God be in their throats and two-edged swords in their hands, 7: to wreak vengeance on the nations and chastisement on the peoples, 8: to bind their kings with chains and their nobles with fetters of iron, 9: to execute on them the judgment written! This is glory for all his faithful ones. Praise the LORD!

Psalm 150

1: Praise the LORD! Praise God in his sanctuary; praise him in his mighty firmament! 2: Praise him for his mighty deeds; praise him according to his exceeding greatness! 3: Praise him with trumpet sound; praise him with lute and harp! 4: Praise him with timbrel and dance; praise him with strings and pipe! 5: Praise him with sounding cymbals; praise him with loud clashing cymbals! 6: Let everything that breathes praise the LORD! Praise the LORD!

The Lesser Doxology

Reader: Glory to God in the highest, and on earth peace, good will towards men!

We praise Thee! We bless Thee! We worship Thee! We glorify Thee! We give thanks to Thee for Thy great glory.

O Lord God, Heavenly King, God the Father Almighty!

O Lord, the only-begotten Son, Jesus Christ and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, who takest away the sin of the world, have mercy on us.

Thou that takest away the sin of the world: receive our prayer. Thou that sittest at the right hand of God the Father: have mercy on us.

For Thou only art Holy, Thou only art the Lord, Jesus Christ to the glory of God the Father. Amen.

Every day will I bless Thee and praise Thy name for ever and ever. Lord, Thou hast been our refuge from generation to generation. I said: Lord, be merciful to 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 and in Thy light shall we see light. Continue Thy mercy to those who know Thee.

Vouchsafe. O Lord, to keep us this day without sin. Blessed are Thou, Lord 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 are Thou, O Lord, teach me Thy statutes.

Blessed are Thou, O Master, make me to understand Thy commandments.

Blessed are Thou, O Holy One, enlighten me with Thy precepts.

Thy mercy, 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 ages of ages. Amen.

The Morning Litany

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

Choir: Lord, have mercy.

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

Choir: Lord, have mercy.

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

Choir: Grant this, O Lord.

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

Choir: Grant this, O Lord.

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

Choir: Grant this, O Lord.

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

Choir: Grant this, O Lord.

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

Choir: Grant this, O Lord.

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

Choir: Grant this, O Lord.

Priest: Remembering 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.

Choir: To thee, O Lord.

Priest: For thou art the God of mercies and compassion and of love of man, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

Priest: Peace be to all.

Choir: And to thy spirit.

Deacon: Let us bow our heads unto the Lord.

Choir: To thee, O Lord.

And the priest says this prayer

O holy Lord, who dwellest on high and lookest upon the humble, and who with thine all-seeing eye lookest down upon all creation, unto thee have we bowed the neck of our soul and body, and we pray thee, O Holy of Holies, stretch forth thine invisible hand from thy holy dwelling place and bless us all. And if in aught we have sinned, either willingly or unwillingly, pardon us, inasmuch as thou art a good and man-loving God, granting unto us thy good things in this world and beyond this world

Priest: For Thine it is to have mercy on us and to save us, O our God, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

Apostikha

Tone 8 – Into the ambushes of thieves thou hast fallen, O my soul, and thou are sorely wounded, delivered through thine own sins into the hands of enemies without reason. But while Thou still has time, cry out with compunction: O hope of the hopeless, life of the despairing, raise me up, O Saviour, and save me.

Verse: Satisfy us in the morning with Thy steadfast love that we may exult and rejoice; Make us glad as many days as Thou hast afflicted us and as many years as we have seen evil.

Into the ambushes of thieves thou hast fallen, O my soul, and thou art sorely wounded, delivered through thine own sins into the hands of enemies without reason. But while Thou still has time, cry out with compunction: O hope of the hopeless, life of the despairing, raise me up, O Saviour, and save me.

Verse: Look upon Thy servants and upon Thy works and guide Thy children. Let the favor of the Lord our God be upon us and establish the work of our hands.

Putting on the breastplate of the Faith and armed with the Sign of the Cross, ye showed yourselves courageous fighters. Bravely ye resisted tyrants and cast down the delusions of the devil; and ye were rewarded with a victor's crown. Ever intercede on our behalf, for the salvation of our souls.

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

Theotokion—O all-pure Virgin Theotokos, accept the supplications of Thy servants, and pray without ceasing that we may be given peace and the remission of our sins.

Reader: It is good to give thanks to the Lord; to sing praises to Thy name, O Most High, to declare Thy mercy in the morning, and Thy truth by night!

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

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

Most Holy Trinity, have mercy on us! Lord, cleanse us from our sins! Master, pardon our transgressions! Holy One, visit and heal our infirmities, for Thy name's sake.

Lord have mercy. (3x)

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

Our Father who art in heaven, hallowed be Thy name.

Thy kingdom come. Thy will be done, on earth as it is in heaven.

Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

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

Reader: Amen. Standing in the temple of thy glory, we think that we are in heaven! Theotokos, gate of heaven, open to us the gate of thy mercy!

Lord have mercy. (40 times)

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

More honorable than the cherubim and more glorious beyond compare than the seraphim; without corruption you gave birth to God the Word: true Theotokos, we magnify you!

In the name of the Lord, bless, Father.

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

Reader: Amen. Heavenly King, preserve the Orthodox Christians, confirm the faith, pacify the nations, give peace to the world, preserve this holy house and place our departed fathers and brethren in the mansions of the just. Accept us in repentance and confession, for Thou art good and the Lover of mankind.

Amen.

The Prayer of St. Ephraim

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. (Prostration)

But give rather the spirit of chastity, humility, patience and love to Your servant. (Prostration)

Yea, Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are Thou unto ages of ages. Amen. (Prostration)

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

Choir: Glory...Now and ... Lord, have mercy. (thrice) Father, Bless.

Priest: May Christ our true God, through the prayers of His Most Pure Mother, the Birth-giver of God, of the holy and all-laudable apostles, our heavenly patron the Venerable John of Damascus, of our father among the saints, Innocent, Metropolitan of Moscow, Enlightener of the Aleuts, Tikhon, Patriarch of Moscow, Enlightener of North America, the Confessor, John of Shanghai and San Francisco, the Wonderworker, Nikolai of South Canaan, Bishop of Zhicha, Raphael Bishop of Brooklyn, the holy Hieromartyrs, Juvenal of Iliamna, Alexander and John, Peter the Aleut, Martyr of San Francisco, the Venerable Herman of Alaska and all America, the Wonderworker, the holy and Righteous priests Alexis of Wilkes-Barre and Minneapolis, and Yakov, enlightener of the native peoples of Alaska, the holy and Righteous Ancestors of God Joachim and Anna and all the saints, have mercy on us and save us, for He is a good God and loveth mankind.

PRAYERS OF LIGHT

(Read by Priest Quietly During 6 Psalms)

First Prayer

We give thanks unto thee, O Lord our God, who hast raised us up from our beds, and hast put into our mouths the word of praise that we may worship and call upon thy holy name. We pray, by thy compassion which thou hast always exercised in our life, send forth now also thine aid upon those who stand before the presence of thy holy glory, and await the rich mercy which is from thee. And grant that they always with fear and love may adore, praise and hymn thee, and worship thine indescribable goodness.

For to thee belong 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. Amen.

Second Prayer

By night our spirit riseth early unto thee, O our God, for thine ordinances are a light upon the earth. Make us to understand the perfection of righteousness and holiness in thy fear. We glorify thee, O our God, who dost truly exist. Bow down thine ear and hear us; remember by name, O Lord, all those that are with us and pray with us, and save them by thy power. Bless thy people and sanctify thine inheritance. Give peace to thy world, to thy churches, to the priests, (to the authorities,) and to all thy people.

For blessed and glorified is thine all-honorable and magnificent name, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Third Prayer

By night our spirit riseth early unto thee, O God, for thine ordinances are a light. Teach us, O God, thy righteousness, thy commandments, and thy statutes; enlighten the eyes of our intelligence that we may never fall asleep unto death in sin. Drive out all gloom from our hearts. Grant unto us the Sun of Righteousness, and keep our life unassailed by the seal of thy Holy Spirit. Direct our steps in the way of peace. Give us the morning, and the day in joy, that we may send up morning prayers unto thee.

For thine is the strength, and thine are 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. Amen.

Fourth Prayer

O Master, God, holy and unsearchable, who didst command the light to shine forth from the darkness; who hast given us rest in the sleep of the night, and hast raised us up to the glorification and supplication of thy goodness; we implore thy tenderheartedness, accept us also now who worship thee and give thanks unto thee according to our power; and grant us all our petitions which are unto salvation. Show us to be sons of the light and of the day, and heirs of thine eternal good things. Remember, O Lord, in the multitude of thy compassions, all thy people who are present and who pray with us, and all our brethren on land and on the sea and in all places of thy dominion, who are in need of thy love toward man and of thy help; and grant unto all thy great mercy, that, always remaining in safety of soul and body, we may with boldness glorify thy wondrous and blessed name.

For thou art the God of mercies, and of compassion, and of love of man, and to thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Fifth Prayer

O Treasury of good things, ever-flowing fountain, holy Father, wonderworker, all-powerful, almighty, we all worship thee and pray unto thee, calling thy mercies and compassion to the help and succor of our humility. Remember, O Lord, thy suppliants; accept the morning prayers of us all as incense before thee; and let not one of us be made unfit, but encompass us all with thy compassion. Remember, O Lord, those who watch and those who sing to thy glory, and to that of thine only-begotten Son and our God, and of thy Holy Spirit. Be thou their helper and succor. Accept thou their supplications upon thy most heavenly and ideal altar.

For thou art our God, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Sixth Prayer

We thank thee, O Lord God of our salvation, for thou doest all things for the welfare of our life, that we may always set our gaze upon thee, the Savior and Benefactor of our souls. For thou hast given us rest in that part of the night which is past, and hast roused us up from our beds, and hast set us in the worship of thine honorable name. Wherefore, we pray thee, O Lord, give us grace and power that we may be found worthy to sing unto thee with wisdom and pray unto thee unceasingly in fear and trembling, accomplishing our own salvation with the succor of thy Christ. Remember, O Lord, also those that cry out in the night unto thee, hear them, and have mercy. Crush under their feet invisible and warring enemies.

For thou art the King of peace and the Savior of our souls, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Seventh Prayer

O God and Father of our Lord Jesus Christ, who hast raised us from our beds, and hast gathered us together at the hour of prayer, give us grace in the opening of our mouths, and accept the thanks that we give according to our ability, and teach us thy statutes. For we know not how to pray as we ought, if thou, O Lord, by thy Holy Spirit, dost not lead us. Wherefore, we pray thee, remit, forgive, pardon what so ever sins we have committed until this present hour, in word, in deed, or in thought; for if thou wilt regard transgression, O Lord, Lord, who shall stand? For with thee is deliverance. For thou art holy, a helper, and the strong defender of our life, and our song shall always be of thee.

Blessed and glorified is the might of thy kingdom, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Eighth Prayer

O Lord our God, who hast banished from us the slothfulness of sleep and hast summoned us by a holy bidding, that also in the night we may lift up our hands and confess unto thee the judgments of thy righteousness, accept our prayers, supplications, confessions, and nocturnal worship, and grant us, O God, faith unashamed, firm hope, and love without hypocrisy. Bless our goings out and our comings in, our deeds, works, words, and thoughts. And grant us to reach the

beginning of the day praising, singing, and blessing the ineffable beneficence of thy goodness.

For blessed is thine all-holy name, and glorified is thy kingdom, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

Ninth Prayer

Make shine in our hearts, O Master who lovest man, the incorrupt light of thy divine knowledge, and open the eyes of our mind to the comprehension of the preaching of thy Gospel. Instill in us also the fear of thy blessed commandments that, trampling down all carnal desires, we may pursue a spiritual way of life, both considering and doing all things well-pleasing unto thee.

For thou art the sanctification and the enlightenment of our souls and bodies, and unto thee do we send up glory, together with thy Father, who is without beginning, and thine all-holy and good and life-creating Spirit, now and ever, and unto ages of ages. Amen.

Tenth Prayer

O Lord our God, who hast granted forgiveness unto men through repentance, and hast shown, as an example unto us of the knowledge of sins and confession, the repentance of the Prophet David unto pardon, do thou thyself, O Master, in the manifold and great offenses into which we have fallen, have mercy according to thy great mercy, and according to the multitude of thy compassions, blot out our transgressions; for against thee have we sinned, O Lord, who knowest both the hidden and secret things of the heart of man, and alone hast authority to forgive sins; in as much as thou hast created a clean heart in us, and with thy guiding Spirit hast thou established us, and hast made known unto us the joy of thy salvation, cast us not away from thy face; but be graciously willing for us to offer unto thee even until our last breath a sacrifice of righteousness and an offering upon thy holy altars.

Through the mercies and compassion and love of man of thine only-begotten Son, with whom thou art blessed, together with thine all-holy and good and life-creating Spirit, now and ever, and unto ages of ages. Amen.

Eleventh Prayer

O God our God, who by thy will hast brought into being intelligent and rational powers, we pray thee and supplicate thee, accept the glorification which together with all thy creatures we offer according to our ability, and reward us with the rich gifts of thy goodness. For unto thee every knee doth bow, whether in heaven, on earth, or in the infernal regions, and every breath and every creature doth sing thine unsearchable glory. For thou alone art the true and most merciful God.

For all the powers of heaven praise thee, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Twelfth Prayer

We praise thee, we hymn thee, we bless thee, we give thanks unto thee, O God of our fathers, that thou hast brought us through the shadows of the night and hast again shown us the light of day. But we pray of thy goodness, cleanse us from our sins and accept our prayers in thy great tenderness of heart. For we take refuge in thee, the merciful and all-powerful God. Illumine in our hearts the true Sun of thy righteousness, enlighten our minds and guard all our senses, that, as in the day, walking nobly in the way of thy commandments, we may attain unto life eternal, for with thee is the fountain of life, and that we may be vouchsafed to come to the enjoyment of thine unapproachable light.

For thou art our God, and unto thee do we send up glory, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.