

## LITURGY OF PRE-SANCTIFIED GIFTS

### NOTE

Before the service the priest (and deacon):

1 Make three bows with "Through the prayers.."

2 Venerate the two principal icons.

3 Bow to the people.

4 Bow at the Holy table three times without words.

5 Sign and kiss vestments with "Kyrie Eleison."

6 The pectoral cross and epigonation is not worn.

6 Open the curtain.

4 Make three bows with "O God be merciful..."

P: Blessed is the Kingdom of the Father, and of the Son, and of the Holy Spirit, now and always, and to ages of ages.

Close doors

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

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

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

### Psalm 103

Bless the Lord, O my soul!

O Lord my God, you are highly exalted;  
you have clothed yourself in renown and splendour.

<sup>2</sup> He wraps *himself* with light like a cloak,  
*and* stretches out the heavens like a curtain.

<sup>3</sup> He covers his upper rooms with water,  
makes clouds for his step  
and walks on wings of wind.

<sup>4</sup> He makes his angels spirits  
and his ministers tongues of fire.

<sup>5</sup> He has set the earth on its foundations;  
it will never be moved.

<sup>6</sup> The deep *is* its covering like a cloak;  
the waters will stand above the mountains.

<sup>7</sup> They will flee at your rebuke  
and be afraid at the sound of your thunder.

<sup>8</sup> Mountains rise and plains sink  
to the place which you have appointed for them.

<sup>9</sup> You have set a boundary which they will not pass,  
neither return to cover the earth.

<sup>10</sup> He sends springs into the valleys;  
the waters run between the mountains.

<sup>11</sup> They will provide drink for every animal of the field;  
the wild asses will take for their thirst.

<sup>12</sup> The birds of the air will settle on them  
and give voice from among the rocks.

<sup>13</sup> He waters the mountains from his lofty places;  
the earth will be filled with the fruit of *his* works.

<sup>14</sup> He makes grass grow for the cattle  
and green plants for the human use,  
so that he may produce bread from the earth.

<sup>15</sup> Wine gladdens a human heart *and* oil cheers a face;  
bread strengthens a human heart.

<sup>16</sup> The trees of the plain will be satisfied;  
the cedars of Lebanon which you planted.

<sup>17</sup> The sparrows will nest there;  
the lodging of the heron is foremost.

<sup>18</sup> The high mountains are for the deer;  
the cliff is a refuge for the hares.

<sup>19</sup> He made the moon for the seasons;  
the sun knows its setting.

<sup>20</sup> You appointed darkness and it became night;  
all the forest animals roam in it,

<sup>21</sup> lion cubs lions roaring to seize  
and seeking their food from God.

<sup>22</sup> The sun rises, they gather together  
and lie down in their dens.

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<sup>23</sup> Man will go out to his work  
and to his labour until the evening.

<sup>24</sup> O Lord, how splendid are your works;  
you have made them all in wisdom;  
the earth has been filled with your creation.

<sup>25</sup> There *is* the great and wide sea  
where there are gliding creatures beyond number,  
living beings both small and large.

<sup>26</sup> There go the ships and *there is* this *sea* monster  
which you have made to play in it.

<sup>27</sup> All *creatures* wait for you  
to give them their food in season.

<sup>28</sup> When you give to them, they will gather;  
when you open your hand all will be filled with goodness.

<sup>29</sup> When you turn away your face, they will be troubled;  
when you take away their breath,  
they will fail and return to their dust.

<sup>30</sup> You will send out your Spirit and they will be created;  
you will renew the face of the earth.

<sup>31</sup> May the Lord's glory be for ever;  
the Lord will rejoice in all his works.

<sup>32</sup> He looks on the earth and makes it tremble;  
he touches the mountains and they smoke.

<sup>33</sup> I will sing to the Lord throughout my life;  
*and* make music to the Lord as long as I live.

<sup>34</sup> May my speech be pleasing to him;  
I will rejoice in the Lord.

<sup>35</sup> May sinners cease on the earth  
and the lawless be no more.  
Bless the Lord, O my soul!

O Lord, the holy Powers sing to you with perpetual hymns and ceaseless doxologies. Fill our mouths with your praise so that we may glorify your holy name. Grant us a place and inheritance with all those that fear you in truth and keep your commandments, through the intercessions of the holy Theotokos and of all your Saints.

O Lord *our* Lord, you uphold everything in the most pure hollow of your hand, are patient towards us all and turn away from our evil. Remember your compassion and your mercy. Look on us with your goodness. Grant us also by your grace to avoid the many subtle snares of the Evil One during the remainder of the present day. Keep our lives without assault through the grace of your All-Holy Spirit.

O God, great and wonderful, you order everything with ineffable goodness and rich providence; you grant us earthly good things. You have given us a pledge of the promised Kingdom through the good things already given to us. You have made us shun all harm during that part of the present day which is past. Grant also that we may blamelessly complete the remainder of this day before your holy glory, and praise you, our God, for you alone are good and love the human race.

O great and most high God, you alone have immortality and live in unapproachable light. You have formed all creation in wisdom and divided the light from the darkness. You have set the sun to rule the day, the moon and stars to rule the night. You have also allowed us sinners at this present hour to come before your presence with confession and offer you our evening praise. O Lord, Lover of the human race, guide our prayer like incense before you; accept it as a perfume of sweet fragrance. Allow our present evening and the coming night to be peaceful. Clothe us with the armour of light. Save us from the fear of night and from everything that walks in darkness. Grant that the sleep, which you have given for the repose of our infirmity, may be free from every fantasy of the Devil. O Master of all, Leader of the good, may we be moved to contrition on our beds and remember your name in the night. Let us be enlightened by keeping your commandments. Let us rise in joyfulness of soul to glorify your goodness and offer pleas and prayers to your tenderness of heart, both for our own sins and those

of all your people. Regard them in mercy through the intercessions of the holy Theotokos.

### Eirinika

D: In peace, let us pray to the Lord, *Lord, have mercy.*

<sup>2</sup> For the peace from above and for the salvation of our souls, let us pray to the Lord

<sup>3</sup> For the peace of the whole world, for the welfare of the Holy Churches of God and for the union of all, let us pray to the Lord

<sup>4</sup> For this holy house and for those who enter it with faith, reverence and the fear of God, let us pray to the Lord

<sup>5</sup> For all faithful and Orthodox Christians, let us pray to the Lord

<sup>6</sup> For our Archbishop N, for the honourable order of presbyters, for the diaconate in Christ, for all the clergy and people, let us pray to the Lord

<sup>7</sup> For *our countries* and for every power and authority in them, let us pray to the Lord

<sup>8</sup> For this *city*, for every city, monastery, island and village and for the faithful who live in them, let us pray to the Lord

<sup>9</sup> For favourable weather, an abundance of the earth's fruits and temperate seasons, let us pray to the Lord

<sup>10</sup> For those who travel by land, air or water, for the sick and suffering, for those in captivity and for their safety and salvation, let us pray to the Lord

<sup>11</sup> For our release from every affliction, fury, danger and anguish, let us pray to the Lord

<sup>12</sup> O God, help us, save us, have mercy on us and keep us by your grace

<sup>13</sup> As we remember our all-holy, pure, most blessed and glorious Lady Theotokos and Ever-Virgin Mary, with all the saints, let us entrust ourselves and one another and our whole life to Christ our God. *To you, O Lord.*

O Lord, compassionate and merciful, long-suffering and of great mercy, listen to our prayer and attend to the voice of our plea. Bring about a sign for good on us. Guide us in your way so that we may walk in your truth. Make our hearts glad so that we may fear your holy name, for you are great and accomplish wonders. O Lord, you alone are God and there is no one like you among the gods. You are powerful in mercy and gracious in might in order to help, comfort and save all those who hope in your holy name.

P: For to you belong all glory, honour and worship, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen*

### NOTE

*At the set times during the Kathisma the priest (and deacon):*

1 Wash hands.

2 Close the Holy Doors and curtain.

3 Unfold the antimension.

4 Put the Diskarion, Asterisk and Kalyma on the Holy Table.

5 Place the Pre-sanctified Gifts on the Diskarion with reverence.

6 Place the asterisk over them and say "Through the prayers..."

7 Cover with the Kalyma and say, "Through the prayers..."

8 Cense three times.

9 Make three prostrations.

10 The Kandilanaptos takes the censer and a candle.

11 Put the Diskarion on head and go to the Table of the Prothesis.

12 Put wine and water into the Poterion and say "Through the prayers..."

13 Place the veils and say "Through the prayers..."

14 Cense the Holy Table, Sanctuary and Prothesis.

### Kathisma 18

Use Kathisma 7 on Wednesday of Lent 5.

Use Kathisma 11 on Thursday of Week 5.

### Stasis 1

### Psalm 119

R: I have cried to the Lord in my affliction

and he listened to me.

<sup>2</sup> O Lord, save my soul from unjust lips and from a deceitful tongue.

<sup>3</sup> What will be given to you or placed before you for your deceitful tongue?

<sup>4</sup> The sharpened arrows of the champion with glowing embers of the desert.

<sup>5</sup> Woe is me, for my stay has been prolonged; I have camped among the tents of Kedar and my soul has been a lodger for too long.

<sup>7</sup> I was peaceful with those who hate peace; when I spoke to them, they made war against me without a cause.

### Psalm 120

I have raised my eyes to the mountains; from where does my help come?

<sup>2</sup> My help *comes* from the Lord who has made heaven and earth.

<sup>3</sup> Do not allow your foot to be moved or your watchman to doze.

<sup>4</sup> See, the *Lord* who guards Israel does not doze or sleep.

<sup>5</sup> The Lord will protect you; the Lord is your shelter on your right hand.

<sup>6</sup> The sun will not burn you by day or the moon by night.

<sup>7</sup> The Lord will guard you from all evil; the Lord will keep watch over your soul.

<sup>8</sup> The Lord will guard your home-coming and your leaving both now and for ever.

### Psalm 121

I was glad when they said to me, "Let us enter the House of the Lord."

<sup>2</sup> Our feet were standing in your courts, O Jerusalem.

<sup>3</sup> Jerusalem has been built as a city which is united in itself.

<sup>4</sup> For there the tribes went up, the tribes of the Lord, as a witness for Israel, to confess the name of the Lord.

<sup>5</sup> For there thrones are placed for judgement, thrones over the House of David.

<sup>6</sup> Request now the *terms* for the peace of Jerusalem *let there be* prosperity for those who love you.

<sup>7</sup> Let peace come now from your strength and prosperity be within your palaces.

<sup>8</sup> For the sake of my brothers and neighbours, I have talked about peace for you.

<sup>9</sup> For the sake of the House of the Lord our God I have sought good *things* for you.

### Psalm 122

I have raised my eyes towards you who live in heaven.

<sup>2</sup> See, as servants' eyes are *on* their masters' hands and as a maid's eyes are *on* her mistress' hands,

<sup>2b</sup> so our eyes *look* towards the Lord our God until he has compassion on us.

<sup>3</sup> Have mercy on us, O Lord, have mercy on us, for we are abundantly filled with scorn.

<sup>4</sup> Our soul has been filled to overflowing *with* the rebuke from those who prosper and the taunts of the proud.

### Psalm 123

"If the Lord had not been with us," now let Israel say,

<sup>2</sup> "if the Lord had not been with us when men rose up against us,

<sup>3</sup> "then they would have swallowed us alive, when they raged with anger against us,

<sup>4</sup> "then the water would have drowned us  
and our soul would have passed through a torrent;  
then our soul would have passed through irresistible water."  
<sup>6</sup> Blessed is the Lord  
who has not given us as a prey for their teeth.  
<sup>7</sup> Our soul was set free like a sparrow  
from the snare of the hunters;  
the trap was broken and we have been freed.  
<sup>8</sup> Our help is in the name of the Lord  
who has made heaven and earth.  
<sup>8</sup> Our help is in the name of the Lord  
who has made heaven and earth.  
Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.  
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3  
Lord have mercy, Lord have mercy, Lord have mercy.  
Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.

### Little Litany

O Lord, O Physician and Healer of our souls do not rebuke us in your displeasure or discipline us in your anger, but deal with us according to your tenderness. Guide us to the haven of your will and enlighten the eyes of our hearts with the knowledge of your truth. Grant that the rest of the present day and the whole of our life may be peaceful and sinless for us, through the intercessions of the holy Theotokos and of all the Saints.

P: For yours is the might, the Kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen.*

### Stasis 2

#### Psalm 124

R: Those who trust in the Lord will be like Mount Zion;  
whoever lives in Jerusalem will never be moved.  
<sup>2</sup> Mountains encircle her  
and the Lord will surround his people  
both now and for ever.  
<sup>3</sup> For the Lord will not allow the rod of sinners  
to be against the inheritance of the just  
in case the just stretch out their hands to lawlessness.  
<sup>4</sup> O Lord, be good to those who are good  
and to those who are upright in heart.  
<sup>5</sup> The Lord will banish those who incline to devious ways  
together with the lawless;  
may peace be on Israel!

#### Psalm 125

When the Lord turned round the captivity of Zion,  
we became like *those* who are consoled.  
<sup>2</sup> Then our mouth was filled with joy  
and our tongue with rejoicing.  
<sup>2b</sup> Then they will say among the nations,  
"The Lord has done great things for them."  
<sup>3</sup> The Lord has done great things for us  
and we have become joyful.  
<sup>4</sup> O Lord, turn round our captivity  
like watercourses in the south.  
<sup>5</sup> Those who sow with tears  
will reap with joy.  
<sup>6</sup> They truly went *out* with tears  
as they scattered their seed.  
<sup>6b</sup> They truly returned with joy  
as they carried their sheaves.

#### Psalm 126

Unless the Lord builds the house,  
the builders toil in vain.  
<sup>1b</sup> Unless the Lord watches over the city,  
the guards keep watch in vain.

<sup>2</sup> It is pointless for those of you who eat the bread of sorrow  
to wake at dawn and rouse yourself after rest  
while he gives sleep to his loved *ones*.  
<sup>3</sup> See, sons *are* an inheritance *from* the Lord,  
the reward of the fruit of the womb.  
<sup>4</sup> The sons of those who were outcasts  
*are* like arrows in the hand of a champion.  
<sup>5</sup> Blessed is *the one* who satisfies his desire with them;  
they will not be shamed  
when they speak with their enemies at the gates.

#### Psalm 127

Blessed are all who fear the Lord  
*and* walk in his ways.  
<sup>2</sup> You will eat the fruit of your labours;  
you are blessed and *life* will go well for you.  
<sup>3</sup> Your wife will be like a fruitful vine  
on the sides of your house.  
<sup>3b</sup> Your sons *will be* like freshly planted olives  
around your table.  
<sup>4</sup> See the man who fears the Lord  
will be blessed in this way.  
<sup>5</sup> May the Lord bless you from Zion;  
may you see the prosperity of Jerusalem  
all the days of your life.  
<sup>6</sup> May you see the sons of your sons;  
may peace be on Israel!

#### Psalm 128

They have often made war against me from my youth,"  
let Israel now say.  
<sup>2</sup> "They have often made war against me from my youth,  
yet have not prevailed against me.  
<sup>3</sup> "The sinners ploughed my back  
and have prolonged their lawlessness."  
<sup>4</sup> The Lord is just  
and has cut the necks of sinners.  
<sup>5</sup> Let all who hate Zion be shamed  
and turned back.  
<sup>6</sup> Let them become like grass on the housetops  
which withers before it is pulled out.  
<sup>7</sup> Whoever reaps does not fill his hand with it,  
nor the one who gathers sheaves to his bosom.  
<sup>8</sup> Those who have passed by have not said,  
"May the blessing of the Lord be on you;  
we have blessed you in the name of the Lord."  
Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.  
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3  
Lord have mercy, Lord have mercy, Lord have mercy.  
Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.

### Little Litany

O Lord our God, remember us your sinful and unprofitable servants when we call on your holy and venerable name. O Lord, do not put us not to shame in our expectation of your mercy, but grant us all our petitions which are for salvation. Make us worthy to love and fear you with all our hearts and to do your will in everything.

P: For you are a good God who loves the human race and we send up glory to you, to the Father, the Son and the Holy Spirit, now and ever, and to the ages of ages. *Amen.*

### Stasis 3

#### Psalm 129

R: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
<sup>2b</sup> Let your ears be attentive  
to the voice of my plea.

- <sup>3</sup> O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.
- <sup>5</sup> O Lord, I have waited for you  
for the sake of your name.
- <sup>5b</sup> My soul has waited for your word;  
my soul has hoped in the Lord.
- <sup>6b</sup> Let Israel hope in the Lord  
from the morning watch until night,  
from the morning watch.
- <sup>7</sup> For there is mercy with the Lord  
and abundant redemption with him.
- <sup>8</sup> He will redeem Israel  
from all his offences.

### Psalm 130

- O Lord, my heart is not exalted,  
nor are my eyes raised from the ground.
- <sup>1b</sup> I have not walked along grand *paths*  
or fine *ways* which are beyond me.
- <sup>2</sup> If I were not humble in mind,  
but exalted my soul like a *child* weaned from his mother,  
you would repay my soul.
- <sup>3</sup> Let Israel hope in the Lord,  
both now and for ever.

### Psalm 131

- O Lord, remember David  
and all his humility.
- <sup>2</sup> How he swore *an oath* to the Lord  
and made a vow to the God of Jacob.
- <sup>3</sup> "I will not enter the shelter of my house  
*or* climb into the covering of my bed.
- <sup>4</sup> "I will not give sleep to my eyes,  
slumber to my eyelids  
or rest to my forehead
- <sup>5</sup> "until I find a place for the Lord,  
a tabernacle for the God of Jacob."
- <sup>6</sup> See, we heard about it in Ephratha  
*and* found it in the plains of the wood.
- <sup>7</sup> Let us enter his tabernacle  
and worship at the place where his feet have stood.
- <sup>8</sup> O Lord, rise into your resting-place,  
you and the ark of your holiness.
- <sup>9</sup> Your priests will be clothed with justice  
*and* your holy ones will rejoice.
- <sup>10</sup> Do not turn your face away from your anointed  
for the sake of your servant David.
- <sup>11</sup> The Lord has sworn in truth to David  
and will not set it aside,
- <sup>11b</sup> "I will place *a king* on your throne  
from the fruit of your loins.
- <sup>12</sup> "If your sons keep the covenant  
as also my testimonies which I will teach them,  
their sons will also sit on your throne for ever."
- <sup>13</sup> For the Lord has selected Zion  
*and* chosen her to be his home.
- <sup>14</sup> "This is my resting-place for ever;  
I will settle here for I have chosen her.
- <sup>15</sup> "I will surely bless her gate  
and satisfy her needy with bread.
- <sup>16</sup> "I will clothe her priests with salvation  
and her holy ones will rejoice with gladness.
- <sup>17</sup> "I will make a horn grow there for David  
and have prepared a lamp for my anointed.
- <sup>18</sup> "I will clothe his enemies with shame,  
but my holiness will bloom on him."
- Lord, remember David  
and all his humility.
- <sup>2</sup> How he swore *an oath* to the Lord  
and made a vow to the God of Jacob.
- <sup>3</sup> "I will not enter the shelter of my house  
*or* climb into the covering of my bed.

- <sup>4</sup> I will not give sleep to my eyes,  
slumber to my eyelids  
or rest to my forehead
- <sup>5</sup> until I find a place for the Lord,  
a tabernacle for the God of Jacob."
- <sup>6</sup> See, we heard about it in Ephratha  
*and* found it in the plains of the wood.
- <sup>7</sup> Let us enter his tabernacle  
and worship at the place where his feet have stood.
- <sup>8</sup> O Lord, rise into your resting-place,  
you and the ark of your holiness.
- <sup>9</sup> Your priests will be clothed with justice  
*and* your holy ones will rejoice.
- <sup>10</sup> Do not turn your face away from your anointed  
for the sake of your servant David.
- <sup>11</sup> The Lord has sworn in truth to David  
and will not set it aside,
- <sup>11b</sup> "I will place *a king* on your throne  
from the fruit of your loins.
- <sup>12</sup> "If your sons keep the covenant  
as also my testimonies which I will teach them,  
their sons will also sit on your throne for ever."
- <sup>13</sup> For the Lord has selected Zion  
*and* chosen her to be his home.
- <sup>14</sup> "This is my resting-place for ever;  
I will settle here for I have chosen her.
- <sup>15</sup> "I will surely bless her gate  
and satisfy her needy with bread.
- <sup>16</sup> "I will clothe her priests with salvation  
and her holy ones will rejoice with gladness.
- <sup>17</sup> "I will make a horn grow there for David  
and have prepared a lamp for my anointed.
- <sup>18</sup> "I will clothe his enemies with shame,  
but my holiness will bloom on him."

### Psalm 132

- See now, what is so good or delightful,  
but for brothers to live together in unity.
- <sup>2</sup> *It is* like the oil of myrrh on the head  
which runs down the beard, the beard of Aaron,  
and flows to the edge of his clothing.
- <sup>3</sup> *It is* like the dew of Hermon  
which falls on the hills of Zion,  
<sup>3b</sup> for there the Lord ordered the blessing,  
life for evermore.

### Psalm 133

- See, now bless the Lord, all you servants of the Lord,  
*for you* stand in the House of the Lord,  
in the courts of the House of our God.
- <sup>2</sup> Raise your hands at night towards the holy *place*  
and bless the Lord.
- <sup>3</sup> May the Lord, who made heaven and earth,  
bless you from Zion.
- Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.
- Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3  
Lord have mercy, Lord have mercy, Lord have mercy.
- Glory to the Father, and to the Son, and to the Holy Spirit,  
Both now, and for ever, and to the ages of ages. Amen.

### Little Litany

O Lord, you are praised by the holy Powers with never silent hymns  
and unceasing doxologies. Fill our mouth with your praise so that  
we may glorify your holy Name. Give us a share and inheritance  
with all those who truthfully fear you and keep your  
commandments through the prayers of the holy Theotokos and of  
all your Saints.

P: For you are our God, a God of mercy and salvation, and we give  
glory to you, to the Father, the Son and the Holy Spirit, now and for

ever, and to the ages of ages. Amen.

**NOTE**

*Open curtain and perform the great censuring at "Let my prayer...".  
The 10 sticherá are in the Sticherá and Readings File.*

**Lord I have cried (Lamp-lighting Psalms)**

**Psalm 140**

*Sung introduction*

- <sup>1</sup> O Lord, I have cried to you, listen to me;  
O Lord, listen to me.  
O Lord, I have cried to you, listen to me;  
be attentive to the voice of my plea when I cry to you.  
O Lord, listen to me.  
<sup>2</sup> Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
O Lord, listen to me.

*Continuation:*

- <sup>3</sup> O Lord, place a guard on my mouth  
and a door of enclosure around my lips.  
<sup>4</sup> Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with lawless men;  
I will not join their chosen *people*.  
<sup>5</sup> The just will discipline me in mercy and reprimand me;  
do not let the oil of the sinner anoint my head,  
for my prayer is still *against* their intentions.  
<sup>6</sup> Their judges have been submerged beside the rock;  
*people* will hear my words for they are sweet.  
<sup>7</sup> Their bones have been scattered beside Hades  
as a clod of earth is shattered on the ground.  
<sup>8</sup> O Lord *our* Lord, my eyes *look* towards you;  
I have hoped in you, do not take my soul away.  
<sup>9</sup> Guard me from the snare which they have set for me  
and from the traps of the lawless.  
<sup>10</sup> The sinners will fall into their own net;  
*but I remain* alone until I escape.

**Psalms 141, 129 and 116**

- I have cried with my voice to the Lord;  
with my voice I have pleaded to the Lord.  
<sup>3</sup> I will pour out my plea before him  
*and* declare my affliction in his presence.  
<sup>4</sup> When my spirit was fainting within me,  
you knew my paths.  
<sup>4b</sup> In the very way where I walked,  
they hid a snare for me.  
<sup>5</sup> I looked to my right and gazed,  
but no one knew me.  
<sup>5b</sup> Escape is lost for me  
and no one searched for my soul.  
<sup>6</sup> O Lord, I have cried to you;  
I said, "You are my hope  
and my share in the land of the living."  
<sup>7</sup> Be attentive to my plea,  
for I have been greatly humiliated.  
<sup>7b</sup> Set me free from my persecutors,  
for they are too strong for me.
- S10: Bring my soul out of prison  
that I may acknowledge your name.  
S9: The just will wait,  
until you reward me.  
S8: O Lord, I have cried to you from the depths;  
O Lord listen to my voice.  
S7: Let your ears be attentive  
to the voice of my plea.  
S6: O Lord *our* Lord, if you mark offences,  
who will stand?  
But there is forgiveness with you.  
S5: O Lord, I have waited for you for the sake of your name;  
my soul has waited for your word,

- my soul has hoped in the Lord.  
S4: Let Israel hope in the Lord  
from the morning watch until night,  
from the morning watch.  
S3: For there is mercy with the Lord  
and abundant redemption with him.  
He will redeem Israel from all his offences.  
S2: Every nation, praise the Lord;  
every people, acclaim him!  
S1: For he has strengthened his mercy over us  
and the truth of the Lord remains for ever.  
Glory: Both now:

*Theotokion*

**NOTE**

*Open the doors and make the entrance with the censer.  
If there is a Gospel reading, enter with the Book instead.*

O Master of all and Lord, you love the human race, so we praise, thank, bless and pray to you in the evening, morning and at noon. Direct our prayer like incense in your sight and do not incline our hearts to words or thoughts of evil. O Lord, rescue us from all those who seek our souls, for we have set our eyes on you and have hoped in you. O our God, do not shame us. For to you is due all glory, honour and worship, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amen

P: Wisdom. Stand upright.

**Phos Ilarón**

O Jesus Christ, joyful light of the holy glory  
of the immortal, heavenly, holy, blessed Father,  
when we come to the setting of the sun  
and see the light of evening,  
we praise God: Father, Son and Holy Spirit.  
For it is right at all times to worship you  
with voices of praise,  
O Son of God *and* Giver of life.  
Therefore the world glorifies you.

P/D: The Evening Prokeimenon

**The Old Testament Readings**

*See Sticherá and Readings File*

**Psalm 140 Dialogue**

- P: Wisdom!  
P: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
*Cense from the west.*  
P: O Lord, I have cried to you, listen to me;  
be attentive to the voice of my plea when I cry to you.  
*Cense from the south.*  
R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
P: O Lord, place a guard on my mouth  
and a door of enclosure around my lips.  
*Cense from the east.*  
R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
P: Do not incline my heart to evil words,  
to justify *myself* with excuses for sins with lawless men;  
*Cense from the north.*  
R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
P: Glory be:  
*Cense the Prothesis.*  
R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
P: Both now:  
*Cense from the west.*  
R: Let my prayer be presented before you like incense,  
the raising of my hands be an evening sacrifice.  
P: Let my prayer arise

*Cense the holy table.*

P: in your sight

*Cense the icon of the Saviour.*

R: the raising of my hands be an evening sacrifice.

*Cense the other icons and people.*

*Make three prostrations and close the doors.*

### New Testament Readings

*If appointed*

D: Let us attend!

R: *First verse of the Prokeimenon*

D: Wisdom!

R: The reading from..

D: Let us attend!

R: *Apostolos*

P: Peace be to you.

R: Alleluia, Alleluia, Alleluia.

O Master, Lover of the human race, make the pure light of your divine knowledge shine in our hearts. Open the eyes of our mind to understand the proclamation of your Gospel. Instill in us also the fear of your blessed commandments, so that after we have trampled down every carnal desire, we may pursue a spiritual way of life, and consider and do everything which is well-pleasing to you. For you are the sanctification and the enlightenment of our souls and bodies, and we send up glory to you, to the Father, the Son and the Holy Spirit, now and ever, and to the ages of ages. Amen.

P: Wisdom! Stand up; let us listen to the Holy Gospel.

Peace be with you all.

D: And with your spirit.

D: The reading from the Holy Gospel according to N.

P: Let us attend!

R: Glory to you, O Lord, glory to you!

D: *Gospel*

P: Peace to you who proclaim the good news.

R: Glory to you, O Lord, glory to you!

### Ektenia

D: Let all of us say with all our soul with all our mind, *Lord, have mercy.*

<sup>2</sup> O almighty Lord, O God of our fathers, we plead with you, "Listen and have mercy."

<sup>3</sup> O God, have mercy on us in your great compassion. We plead with you, "Listen and have mercy." *Lord have mercy X3*

<sup>4</sup> Again we pray for our father and Archbishop N.

<sup>5</sup> Again we pray for our brothers: the priests, hieromonks, hierodeacons, monastics and all our brotherhood in Christ.

<sup>6</sup> Again we pray for mercy, life, peace, health, salvation, visitation, pardon and forgiveness of sins for the servants of God, for all faithful and Orthodox Christians, for those who live in and visit this (city); for the parishioners, councillors and members of this holy church.

<sup>7</sup> Again we pray for the blessed founders of this holy church who are continually-remembered, and for our fathers and brothers who have gone to their rest before us. The Orthodox who lie asleep here and elsewhere in the true faith.

<sup>8</sup> Again we pray for those who bring offerings and do good works in this holy and venerable church, for those who serve and sing and for all the people who are present who wait for your great and rich mercy.

O Lord, our God, receive this fervent plea from your servants and have mercy on us according to the abundance of your mercy. Send down your pity on us and on all your people, for we wait for your rich mercy.

P: For you, O God, are merciful and love mankind, and to you we give glory, to the Father and to the Son and to the holy Spirit, now and for ever, and to the ages of ages. Amen.

### Litany of Catechumens

P: Catechumens, pray to the Lord. *Lord have mercy.*

Believers, let us pray for the catechumens:

That the Lord will have mercy on them,

Instruct them in the word of truth,

Reveal the Gospel of justice to them,

Unite them to his Holy, Catholic and Apostolic Church.

O God, save them, have mercy on them, help them and keep them

God, by your grace.

Catechumens, bow your heads to the Lord.

R: To you, O Lord.

O God our God, Creator and Maker of everything, you want everyone to be saved and come to the knowledge of the truth, so observe your servants the catechumens. Rescue them from the ancient delusion and cunning of the enemy. Summon them to eternal life. Enlighten their souls and bodies. Number them with your rational flock which is called by your holy name.

P: So that they also, together with us, may glorify your all-honourable and majestic name, of the Father, the Son and the Holy Spirit, now and always, and to ages of ages. *Amen.*

P: As many as are Catechumens, depart. Catechumens, depart.

### NOTE

*From the Wednesday of the fourth week of the Fast, after Catechumens have departed, the Litany for those who are Preparing for Enlightenment is added.*

D: All of you who prepare for enlightenment, approach.

Pray for those who are for enlightenment.

Let us pray to the Lord. *Lord have mercy.*

Believers, let us pray to the Lord for our brothers who prepare for holy enlightenment,

That the Lord our God will give them strength and power, let us pray to the Lord.

That he will enlighten them with the light of knowledge and true religion, let us pray to the Lord.

That he will count them worthy at the right time of the washing of rebirth, the forgiveness of sins and the garment of incorruption, let us pray to the Lord.

That he will grant them rebirth through water and Spirit, let us pray to the Lord.

That he will grant them the perfection of the faith, let us pray to the Lord.

That he will number them with his holy and chosen flock, let us pray to the Lord.

O God, save them, have mercy on them, help them and keep them by your grace.

All of you who prepare for enlightenment, bow your heads to the Lord. *To you, O Lord.*

O Master, reveal your face to those who prepare for holy enlightenment and long to shake off the defilement of sin. Illuminate their understanding, confirm them in the faith, establish them in hope, perfect them in love and reveal them as honourable members of your Christ, who gave himself as a ransom for our souls.

P: For you are our enlightenment, and we give glory to you, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen.*

D: All of you who prepare for enlightenment, depart.

Those who are for enlightenment, depart.

D: All of you who are Catechumens, depart.

None of the Catechumens.

All of you who are believers. Again and again, in peace, let us pray to the Lord. *Lord have mercy*

O God, help us, save us, have mercy on us and keep us by your grace. Wisdom.

O God, you are great and praiseworthy, for you have brought us from corruption to incorruption through the life-giving death of your Christ. Free all our senses from the death caused by the passions. Put the thought which comes from within over them as a good guide. Let the eye refrain from every evil sight, the hearing be inaccessible to idle words and the tongue be cleansed from unsuitable speech. O Lord, purify our lips which praise you. Make our hands abstain from evil deeds and perform only whatever is well-pleasing to you. Make all our members and thinking secure through your grace.

P: For to you are due all glory, honour and worship, Father, Son and Holy Spirit, now and always, and to ages of ages. Amen.

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

*Lord have mercy*

O God, help us, save us, have mercy on us and keep us by your grace. Wisdom.

O Holy Master, supreme in goodness, we plead with you, for you are rich in mercy, to have mercy on us sinners and make us worthy of the reception of your only-begotten Son and our God, the King of glory. For see, his most pure Body and life-giving Blood which enter at this present hour, are about to be placed on this mystical table invisibly escorted by a throng of the heavenly host. Grant us communion in them which is without condemnation, so that, because the eye of our mind is illuminated through them, we may become sons of the light.

P: Through the gift of your Christ, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and ever and to the ages of ages. *Amen.*

#### NOTE

1 *Psalm 50 is used during the censuring.*

2 *A short entrance is made in silence with the faithful kneeling. The aer is placed on the head and the diskos held by the right hand above the chalice.*

#### Cherubikon

R: Now the hosts of heaven invisibly worship with us, for see, the King of Glory enters.

See, the completed mystical sacrifice is being carried in.

*At the entrance all prostrate to the ground.*

R: Let us approach with faith and love, so that we may become partakers of eternal life. Alleluia, Alleluia, Alleluia.

*We make three Prostrations*

#### Aitesis

D: Let us complete our evening prayer to the Lord.

*Lord have mercy*

<sup>2</sup> For the precious pre-sanctified gifts placed here, let us pray to the Lord.

<sup>3</sup> That our God, who loves the human race, because he has received them on his holy, heavenly and spiritual altar as a sweet-smelling taste of spiritual fragrance, will send down on us his divine grace and the gift of the Holy Spirit, let us pray.

<sup>4</sup> For our rescue from all tribulation, fury, danger and anguish, let us pray to the Lord.

<sup>5</sup> O God, help us, save us, have mercy on us and keep us by your grace.

<sup>8</sup> That the whole evening may be perfect, holy, peaceful and sinless, let us ask the Lord. *Grant this, O Lord.*

<sup>9</sup> An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

<sup>10</sup> Pardon and forgiveness of sins and offences, let us ask the Lord.

<sup>11</sup> Things good and profitable for our souls, and peace for the world, let us ask the Lord.

<sup>12</sup> That we may complete the rest of our life in peace and repentance, let us ask the Lord.

<sup>13</sup> A Christian ending to our life, painless, unashamed and peaceful, and a good defence before the fearful judgement seat of Christ, let us ask..

<sup>14</sup> As we remember our all-holy, pure, most blessed and glorious Lady Theotokos and Ever-Virgin Mary, with all the saints, let us entrust ourselves and one another, and our whole life to Christ our God. *To you, O Lord.*

O God of ineffable and unseen mysteries, the hidden treasures of wisdom and knowledge are with you. You have revealed to us the service of this ministry and, through your great love for the human race, have appointed us sinners to offer you gifts and sacrifices for our own sins, and for those committed in ignorance by the people. O invisible King, you accomplish great and unfathomable things, things glorious and extraordinary which are without number. Observe us, your unworthy servants, who stand before this your holy altar, as though before the throne of the Cherubim, for through the dread mysteries presented here, your Son and our God rests on it. After you have freed us and your faithful people from every impurity, sanctify the souls and bodies of us all with a sanctification which cannot be taken away. In this way, as we receive communion in these divine and holy things with a pure conscience, a face without shame, an enlightened heart and, being given life through them, we may be united to your Christ, our true God. For he said, "Whoever eats my flesh and drinks my blood lives in me and I in them." Therefore, O Lord, because your Word dwells in us and lives among us, we may become a temple of your holy and adorable Spirit, after we have been rescued from every deceit of the devil caused by word, deed or thought. May we obtain the good things promised to us, together with all your Saints who have been well-pleasing to you since the beginning of time.

And count us worthy, O Master, God of heaven, to dare address you as Father with boldness and without condemnation, and to say:

R: Our Father...

P: For yours is the kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen.

P: Peace be with you all. *And with your spirit.*

P: Let us bow our heads to the Lord. *To you, O Lord.*

O God, you are alone good and compassionate. You live on high and watch over lowly things. Observe all your people with a compassionate eye, guard them and make us all worthy to partake without condemnation in these, your life-giving mysteries. For we have bowed our heads to you and expect rich mercy from you.

P: Through the grace, mercy and love for the human race of your uniquely-fathered Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and always and to ages of ages. Amen.

O Lord Jesus Christ our God, be attentive from your holy dwelling-place and from the glorious throne of your kingdom. You are enthroned on high with the Father and invisibly present here with us, so come to sanctify us. With your mighty hand grant communion in your most pure Body and precious Blood to us, and through us, to all the people.

D: Let us attend.

P: The Pre-sanctified Holy Things are for the holy.

R: One is Holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

R: O taste and see that the Lord is good.

Alleluia, Alleluia, Alleluia.

- 1 The Lamb of God is broken and distributed. It is broken, yet not divided. It is always eaten, yet never consumed, but sanctifies those who partake.  
 2 The fullness of the Holy Spirit.  
 3 Blessed is the warmth of your holy things,  
 always, now and for ever and to the ages of ages. Amen.  
 4 The warmth of the Holy Spirit. Amen.

*The Communion prayers are used.*

See, I approach Christ, our immortal King and our God.  
 The unworthy priest, N, receives the precious and all-holy Body of our Lord and God and Saviour Jesus Christ, for the forgiveness of sins and for eternal life.

The unworthy priest, N, receives the precious and all-holy Blood of our Lord and God and Saviour Jesus Christ, for the forgiveness of sins and for eternal life.

See, this has touched my lips. It will take away my lawless deeds and cleanse my sins

P: Approach with the fear of God, with faith and with love.

R: Blessed is he who comes in the name of the Lord.

The Lord is God and has appeared to us.

P: O God, save your people and bless your inheritance.

R: I will bless the Lord at all times. His praise will always be in my mouth. Taste the heavenly Bread and the Cup of life and see that the Lord is good. Alleluia, Alleluia, Alleluia.

O God, be exalted above the heavens  
 and your glory over all the earth.

P: [Blessed is our God]

now and for ever and to ages of ages.

R: O Lord, let our mouth be filled with your praise, so that we may sing about your glory, for you have allowed us to share in your holy, divine, immortal and life-giving mysteries. Keep us in your holiness, so that we may meditate on your justice all through the day. Alleluia. Alleluia. Alleluia.

D: Stand upright.

We have received the divine, holy, pure, immortal, heavenly, life-giving and fearful mysteries of Christ, so let us give worthy thanks to the Lord. *Lord have mercy*

O God, help us, save us, have mercy on us and keep us by your grace.

We have asked that the whole evening may be perfect, holy, peaceful and sinless, so let us entrust ourselves, one another and our whole life to Christ our God. *To you O Lord.*

O God the Saviour of all things, we thank you for all the good things which you have granted us and for the communion of the holy Body and Blood of your Christ. O Master, you love the human race, so guard us under the shadow of your wings and grant us, until our last breath, to partake worthily of your holy gifts, for enlightenment of soul and body and for inheritance of the kingdom of heaven.

P: For you are our sanctification, and we give glory to you, to the Father, the Son and the Holy Spirit, now and always and to ages of ages. *Amen.*

P: Let us depart in peace. *In the name of the Lord.*

P: Let us pray to the Lord. *Lord, have mercy.*

P: All-powerful Master, you formed creation with wisdom. Through your ineffable foresight and great goodness, you have brought us to these most holy days for the cleansing of souls and bodies, for the mastery of the passions and for the hope of resurrection. You entrusted your servant Moses with the tablets of

the Law with *their* divinely inscribed letters. O good Master, grant us also to fight the good fight, to complete the course of the fast, to keep the faith intact, to destroy the heads of invisible monsters, and to reach and worship your holy Resurrection without condemnation. For your all-honourable and splendid name is blessed and glorified, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *Amen.*

R: Blessed be the name of Lord,

from this time forward and for evermore. *X3*

O Lord our God, you have brought us to these most holy days and made us communicants in your fearful mysteries. Join us to your rational flock and declare us to be heirs of your kingdom, now and for ever, and to the ages of ages. Amen.

P: The blessing of the Lord be on you, through his divine grace and love for the human race, always, now and ever, and to ages of ages. *Amen.*

P: Glory to you, O Christ God, our hope, glory to you!

R: Glory: Both now:

Lord, have mercy. *X3* Father, give the blessing.

P: May Christ our true God, through the prayers of his all-pure and holy mother, by the power of the precious and life-giving cross, through the protection of the honoured bodiless powers of heaven, through the intercessions of the honourable glorious Prophet, Forerunner and Baptist John, of the holy glorious and all-praised apostles, of the holy, glorious and triumphant martyrs, of our holy God-bearing fathers, of the holy, just forebears of God, Joachim and Anna, of N whose memory we keep today, and of all the saints, have mercy on us and save us, for he is good and loves the human race. Amen.

P: May the Holy Trinity bless you all.

### Psalm 33

*Read while the priest distributes the Antidoron.*

R: I will bless the Lord at all times;

his praise will continually be in my mouth.

<sup>3</sup> My soul will boast in the Lord;

let the humble hear and rejoice.

<sup>4</sup> Proclaim the greatness of the Lord with me

and exalt his name together.

<sup>5</sup> I sought the Lord and he heard me;

he released me from all my afflictions.

<sup>6</sup> Approach him and be enlightened;

your faces will not be ashamed.

<sup>7</sup> This poor man cried and the Lord heard him;

he saved him from all his afflictions.

<sup>8</sup> The angel of the Lord will camp around those who fear him

and deliver them.

<sup>9</sup> Taste and see that the Lord is good;

blessed is the man who hopes in him.

<sup>10</sup> All his saints, fear the Lord,

for there is no want for those who fear him.

<sup>11</sup> Rich men have become poor and gone hungry,

but those who seek the Lord lack nothing good.

<sup>12</sup> O children, come and listen to me;

I will teach you the fear of the Lord.

<sup>13</sup> What man is there who desires life

and loves to see good days?

<sup>14</sup> Make your tongue cease from evil

and your lips from speaking deceit.

<sup>15</sup> Turn away from evil and do good;

seek peace and pursue it.

<sup>16</sup> The eyes of the Lord are on the just;

his ears are on their plea.

<sup>17</sup> The face of the Lord is against those who do evil

and will root out their remembrance from the earth.

<sup>18</sup> The just cried and the Lord heard them;

he released them from all their afflictions.

<sup>19</sup> The Lord is near those who are broken-hearted

and will save the humble in spirit.

- <sup>20</sup> The afflictions of the just are many,  
but the Lord will deliver them from everything.
- <sup>21</sup> The Lord guards all their bones  
*and* not one of them will be broken.
- <sup>22</sup> The death of sinners *will be* bad;  
those who hate the just will do wrong.
- <sup>23</sup> The Lord will redeem the souls of his servants;  
none of those who hope in him will do wrong.

**[Psalm 44**

- My heart has poured out a good word  
*and* I speak about my works to the king;  
my tongue is the pen of a fast writer.
- <sup>3</sup> You are more beautiful than the sons of men;  
grace has been poured on your lips,  
therefore God has blessed you for ever.
- <sup>4</sup> O champion, fasten your sword to your thigh  
with your good looks and your beauty.
- <sup>5</sup> Bend *your bow*, prosper and rule  
because of truth, gentleness and justice;  
your right hand will marvellously guide you.
- <sup>6</sup> O champion, your arrows are sharp  
*and* people will fall under you;  
*they are* in the heart of the king's enemies.
- <sup>7</sup> Your throne is divine *and* for all time;  
the sceptre of your kingdom is a sceptre of equity.
- <sup>8</sup> You have loved justice and hated lawlessness,  
therefore God your God has anointed you  
with the oil of gladness over your companions.
- <sup>9</sup> Myrrh, aloes and cassia *perfume* your clothing;  
*musical instruments* from ivory palaces have made you glad.
- <sup>10</sup> The daughters of kings *are present* in your honour;  
the queen stood at your right;  
*she is* clothed in a robe embroidered with gold.
- <sup>11</sup> O daughter, listen, see and incline your ear;  
forget your own people and your father's house.
- <sup>12</sup> The king will greatly desire your beauty,  
for he is your lord and you will worship him.
- <sup>13</sup> The daughters of Tyre will adore him with gifts  
and the rich people beg your favour.
- <sup>14</sup> All the glory of the king's daughter is within;  
she is clothed with embroidered gold-fringed robes.
- <sup>15</sup> The virgins who follow her will be brought before the king;  
her attendants will be led to you.
- <sup>16</sup> They will be brought with gladness and rejoicing  
*and* be conducted into the temple of the king.
- <sup>17</sup> Sons will be born to you in the place of your fathers;  
you will make them princes over all the earth.
- <sup>18</sup> I will remember your name from generation to generation;  
therefore people will acknowledge you for ever and ever.]

P: O Lord Jesus Christ *our* God, have mercy on us through  
the prayers of our holy Fathers. *Amen.*