

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 "At the prayers of our holy fathers, O Lord Jesus Christ, have mercy on us. Amen."*

6 *The pectoral cross and epigonation are not worn.*

6 *Open the curtain.*

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

Introduction

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.

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.

Psalms 103

Bless the Lord, O my soul! O Lord my God, you are highly exalted; you have clothed yourself in renown and splendour.² He wraps *himself* with light like a cloak, *and* stretches out the heavens like a curtain.³ He covers his upper rooms with water, makes clouds for his step and walks on wings of wind.⁴ He makes his angels spirits and his ministers tongues of fire.⁵ He has set the earth on its foundations; it will never be moved.⁶ The deep *is* its covering like a cloak; the waters will stand above the mountains.⁷ They will flee at your rebuke and be afraid at the sound of your thunder.⁸ Mountains rise and plains sink to the place which you have appointed for them.⁹ You have set a boundary which they will not pass, neither return to cover the earth.¹⁰ He sends springs into the valleys; the waters run between the mountains.¹¹ They will provide drink for every animal of the field; the wild asses will take for their thirst.¹² The birds of the air will settle on them and give voice from among the rocks.¹³ He waters the mountains from his lofty places;

the earth will be filled with the fruit of *his* works.¹⁴ He makes grass grow for the cattle and green plants for the human use, so that he may produce bread from the earth.¹⁵ Wine gladdens a human heart *and* oil cheers a face; bread strengthens a human heart.¹⁶ The trees of the plain will be satisfied; the cedars of Lebanon which you planted.¹⁷ The sparrows will nest there; the lodging of the heron is foremost.¹⁸ The high mountains are for the deer; the cliff is a refuge for the hares.¹⁹ He made the moon for the seasons; the sun knows its setting.²⁰ You appointed darkness and it became night; all the forest animals roam in it,²¹ lion cubs lions roaring to seize and seeking their food from God.²² The sun rises, they gather together and lie down in their dens.²³ Man will go out to his work and to his labour until the evening.²⁴ O Lord, how splendid are your works; you have made them all in wisdom; the earth has been filled with your creation.²⁵ There *is* the great and wide sea where there are gliding creatures beyond number, living beings both small and large.²⁶ There go the ships and *there is* this *sea* monster which you have made to play in it.²⁷ All *creatures* wait for you to give them their food in season.²⁸ When you give to them, they will gather; when you open your hand all will be filled with goodness.²⁹ When you turn away your face, they will be troubled; when you take away their breath, they will fail and return to their dust.³⁰ You will send out your Spirit and they will be created; you will renew the face of the earth.³¹ May the Lord's glory be for ever; the Lord will rejoice in all his works.³² He looks on the earth and makes it tremble; he touches the mountains and they smoke.³³ I will sing to the Lord throughout my life; *and* make music to the Lord as long as I live.³⁴ May my speech be pleasing to him; I will rejoice in the Lord.³⁵ May sinners cease on the earth and the lawless be no more. Bless the Lord, O my soul!
Glory: Both now:

P: (*quietly*) 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.*

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

³ 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

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

⁵ For all faithful and Orthodox Christians, let us pray to the Lord

⁶ 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

⁷ For (our countries) and for every power and authority in them, let us pray to the Lord

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

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

¹⁰ 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

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

¹² O God, help us, save us, have mercy on us and keep us by your grace

¹³ 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.*

P: (*quietly*) 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

During the Kathisma the priest (and deacon) at various stages: 1 Wash hands. 2 Close the curtain. 3 Unfold the antimimension. 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. ² O Lord, save my soul from unjust lips and from a deceitful tongue. ³ What will be given to you or placed before you for your deceitful tongue? ⁴ The sharpened arrows of the champion with glowing embers of the desert. ⁵ 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. ⁷ 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? ² My help comes from the Lord who has made heaven and earth. ³ Do not allow your foot to be moved or your watchman to doze. ⁴ See, the Lord who guards Israel does not doze or sleep. ⁵ The Lord will protect you; the Lord is your shelter on your right hand. ⁶ The sun will not burn you by day or the moon by night. ⁷ The Lord will guard you from all evil; the Lord will keep watch over your soul. ⁸ 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." ² Our feet were standing in your courts, O Jerusalem. ³ Jerusalem has been built as a city which is united in itself. ⁴ For there the tribes went up, the tribes of the Lord, as a witness for Israel, to confess the name of the Lord. ⁵ For there thrones are placed for judgement, thrones over the House of David. ⁶ Request now the terms for the peace of Jerusalem let there be prosperity for those who love you. ⁷ Let peace come now from your strength and prosperity be within your palaces. ⁸ For the sake of my brothers and neighbours, I have talked about peace for you. ⁹ 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. ² See, as servants' eyes are on their masters' hands and as a maid's eyes are on her mistress' hands, ^{2b} so our eyes look towards the Lord our God until he has compassion on us. ³ Have mercy on us, O Lord, have mercy on us, for we are abundantly filled with scorn. ⁴ 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, ² "if the Lord had not been with us when men rose up against us, ³ then they would have swallowed us alive, when they raged with anger against us, ⁴ 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." ⁶ Blessed is the Lord who has not given us as a prey for their teeth. ⁷ Our soul was set free like a sparrow from the snare of the hunters; the trap was broken and we have been freed. ⁸ Our help is in the name of the Lord who has made heaven and earth.
Glory: Both now:
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3
Lord have mercy X3
Glory:

Little Litany

P: (*quietly*) 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: (*aloud*) 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*.

R: Both now:

Stasis 2

Psalm 124

Those who trust in the Lord will be like Mount Zion; whoever lives in Jerusalem will never be moved. ² Mountains encircle her and the Lord will surround his people both now and for ever. ³ 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. ⁴ O Lord, be good to those who are good and to those who are upright in heart. ⁵ 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. ² Then our mouth was filled with joy and our tongue with rejoicing. ^{2b} Then they will say among the nations, "The Lord has done great things for them." ³ The Lord has done great things for us and we have become joyful. ⁴ O Lord, turn round our captivity like watercourses in the south. ⁵ Those who sow with tears will reap with joy. ⁶ They truly went *out* with tears as they scattered their seed. ^{6b} They truly returned with joy as they carried their sheaves.

Psalm 126

Unless the Lord builds the house, the builders toil in vain. ^{1b} Unless the Lord watches over the city, the guards keep watch in vain. ² 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*. ³ See, sons *are* an inheritance *from* the Lord, the reward of the fruit of the womb. ⁴ The sons of those who were outcasts *are* like arrows in the hand of a champion. ⁵ 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. ² You will eat the fruit of your labours; you are blessed and *life* will go well for you. ³ Your wife will be like a fruitful vine on the sides of your house. ^{3b} Your sons *will be* like freshly planted olives around your table. ⁴ See the man who fears the Lord will be blessed in this way. ⁵ May the Lord bless you from Zion; may you see the prosperity of Jerusalem all the days of your life. ⁶ 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. ² "They have often made war against me from my youth, yet have not prevailed against me. ³ "The sinners ploughed my back and have prolonged their lawlessness." ⁴ The Lord is just and has cut the necks of sinners. ⁵ Let all who hate Zion be shamed and turned back. ⁶ Let them become like grass on the housetops which withers before it is pulled out. ⁷ Whoever reaps does not fill his hand with it, nor the one who gathers sheaves to his bosom. ⁸ 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: Both now:

Alleluia, Alleluia, Alleluia, Glory to you, O

Lord! X3

Lord have mercy X3

Glory:

Little Litany

P: (*quietly*) 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: (*aloud*) 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*.

R: Both now:

Stasis 3

Psalm 129

R: O Lord, I have cried to you from the depths; O Lord listen to my voice. ^{2b} Let your ears be attentive to the voice of my plea. ³ O Lord *our* Lord, if you mark offences, who will stand? But there is forgiveness with you. ⁵ O Lord, I have waited for you for the sake of your name. ^{5b} My soul has waited for your word; my soul has hoped in the Lord. ^{6b} Let Israel hope in the Lord from the morning watch until night, from the morning watch. ⁷ For there is mercy with the Lord and abundant redemption with him. ⁸ 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. ^{1b} I have not walked along grand *paths* or fine *ways* which are beyond me. ² If I were not humble in mind, but exalted my soul like a *child* weaned from his mother, you would repay my soul. ³ Let Israel hope in the Lord, both now and for ever.

Psalm 131

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

for my anointed. ¹⁸ "I will clothe his enemies with shame, but my holiness will bloom on him." O Lord, remember David and all his humility. ² How he swore *an oath* to the Lord and made a vow to the God of Jacob. ³ "I will not enter the shelter of my house *or* climb into the covering of my bed. ⁴ I will not give sleep to my eyes, slumber to my eyelids or rest to my forehead ⁵ until I find a place for the Lord, a tabernacle for the God of Jacob." ⁶ See, we heard about it in Ephratha *and* found it in the plains of the wood. ⁷ Let us enter his tabernacle and worship at the place where his feet have stood. ⁸ O Lord, rise into your resting-place, you and the ark of your holiness. ⁹ Your priests will be clothed with justice *and* your holy ones will rejoice. ¹⁰ Do not turn your face away from your anointed for the sake of your servant David. ¹¹ The Lord has sworn in truth to David and will not set it aside, ^{11b} "I will place *a king* on your throne from the fruit of your loins. ¹² "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." ¹³ For the Lord has selected Zion *and* chosen her to be his home. ¹⁴ "This is my resting-place for ever; I will settle here for I have chosen her. ¹⁵ "I will surely bless her gate and satisfy her needy with bread. ¹⁶ "I will clothe her priests with salvation and her holy ones will rejoice with gladness. ¹⁷ "I will make a horn grow there for David and have prepared a lamp for my anointed. ¹⁸ "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. ² *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. ³ *It is* like the dew of Hermon which falls on the hills of Zion, ^{3b} 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. ² Raise your hands at night towards the holy *place* and bless the Lord. ³ May the Lord, who made heaven and earth, bless you from Zion.
Glory: Both now:
Alleluia, Alleluia, Alleluia, Glory to you, O Lord! X3

Lord have mercy X3
 Glory: Both now:

Little Litany

P: (*quietly*) 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: (*aloud*) 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.

Open curtain and perform the great censuring at "Let my prayer...".

Lord I have cried (Lamp-lighting Psalms)

Psalms 140

Sung introduction

¹ 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.

² Let my prayer be presented before you like incense, the raising of my hands be an evening sacrifice. O Lord, listen to me.

Psalms 140, 141 and 129 are used with stichéras, of which 10 are used, except in Holy and Great Week.

Open the doors and make the entrance with the censor.

If there is a Gospel reading, enter with the Gospel Book instead.

P: (*quietly*) 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

R: Glory; Both now:

Theotókion or Doxástikon during entrance

P: Wisdom. Stand upright.

Phos Ilarón

Without note

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.

D: The Evening Prokeimenon

The Old Testament Readings

See Stichéras and Readings Section, pages 8-24

Psalms 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...

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...

P: Glory be:

Cense the Prothesis.

R: Let my prayer...

P: Both now:

Cense from the west.

R: Let my prayer...

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 be attentive!

R: *First verse of the Prokeimenon*

D: Wisdom!

R: The reading from..

D: Let us be attentive!

R: *Apostolos*

P: Peace be to you.

R: Alleluia, Alleluia, Alleluia.

P: (*quietly*) 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 be attentive!

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.*

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

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

⁴ Again we pray for our father and Archbishop N.

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

⁶ 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.

⁷ 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.

⁸ 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.

P: (*quietly*) 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: (*aloud*) 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

D: (*aloud*) 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.

P: (*quietly*) 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: (*aloud*) 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.

Litany of the Enlightened

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.

² Pray for those who are for enlightenment. Let us pray to the Lord. *Lord have mercy.*

³ Believers, let us pray to the Lord for our brothers who prepare for holy enlightenment,

⁴ That the Lord our God will give them strength and power, let us pray to the Lord.

⁵ That he will enlighten them with the light of knowledge and true religion, let us pray to the Lord.

⁶ 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.

⁷ That he will grant them rebirth through water and Spirit, let us pray to the Lord.

⁸ That he will grant them the perfection of the faith, let us pray to the Lord.

⁹ That he will number them with his holy and chosen flock, let us pray to the Lord.

¹⁰ O God, save them, have mercy on them, help them and keep them by your grace.

¹¹ All of you who prepare for enlightenment, bow your heads to the Lord. *To you, O Lord.*

P: (*quietly*) 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: (*aloud*) 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. All of you who are Catechumens, depart. None of the Catechumens.

First Litany of the Faithful

D: 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.

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

Second Litany of the Faithful

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.

P: (*quietly*) 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: (*aloud*) 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.*

1 Psalm 50 is used during the censuring.

2 A short entrance is made in silence with the faithful kneeling. The aer is place 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*

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

³ 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.

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

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

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

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

¹⁰ Pardon and forgiveness of sins and offences, let us ask the Lord.

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

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

¹³ A Christian ending to our life, painless, unashamed and peaceful, and a good defence

before the fearful judgement seat of Christ, let us ask.

¹⁴ 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.*

P: *quietly*) 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.

P: *aloud*) 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.

P: (*quietly*) 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: (*aloud*) 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.

P: (*quietly*) 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.

P: (*quietly*) 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: With the fear of God, with faith and with love, draw near.

R: Blessed is he who comes in the name of the Lord. The Lord is God and has appeared to us.

Communion of the people

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.

P: (*quietly*) O God, be exalted above the heavens and your glory over all the earth.

P: (*quietly*) Blessed is our God, (*aloud*) always, 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.

¹ Now that we have received the divine, holy, pure, immortal, heavenly, life-giving and fearful mysteries of Christ, let us give worthy thanks to the Lord. *Lord have mercy*

² O God, help us, save us, have mercy on us and keep us by your grace.

³ Having asked that the whole evening may be perfect, holy, peaceful and sinless, let us entrust ourselves, one another and our whole life to Christ our God. *To you O Lord.*

P: (*quietly*) 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: (*aloud*) 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*

P: (*quietly*) 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, bless.

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 all of you.

Psalm 33

Read while the priest distributes the Antidoron.

R: I will bless the Lord at all times; his praise will always be in my mouth. ³ My soul will be commended by the Lord; let the humble listen and rejoice. ⁴ Glorify the Lord with me, and exalt his name together. ⁵ I sought the Lord and he heard me; he freed me from all my distress. ⁶ Approach him and be enlightened; your faces will not be shamed. ⁷ This poor man cried and the Lord listened to him; he saved him from all his distress. ⁸ The Lord's angel will camp round those who fear him, and rescue them. ⁹ Taste and see that the Lord is good; blessed is the man who hopes in him. ¹⁰ Fear the Lord, all his saints, for there is no want for those who fear him. ¹¹ The rich have become poor and gone hungry, but those who seek the Lord lack nothing good. ¹² O children, come and listen to me; I will teach you the fear of the Lord. ¹³ Who is there who wants life, and loves to see good days? ¹⁴ Make your tongue cease from evil, and your lips from speaking deceit. ¹⁵ Turn away from evil and do good; seek peace and pursue it. ¹⁶ The Lord's eyes are on the just; his ears are on their plea. ¹⁷ But the Lord's face is against evildoers, to uproot their remembrance from the earth. ¹⁸ The just cried and the Lord heard them; he freed them from all their distress. ¹⁹ The Lord is near those who are broken-hearted, and will save the humble in spirit. ²⁰ The troubles of the just are many, but the Lord will rescue them from everything. ²¹ The Lord guards all their bones; not one of them will be broken. ²² The death of sinners *will be* bad; those who hate the just will offend. ²³ The Lord will free the souls of his servants; none of those who hope in him will do wrong.

Psalm 44

WEDNESDAY LENT 1

Lord I have cried

Tone 8

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

O brothers, while fasting physically, let us also fast spiritually. Let us loose every knot of lawlessness. Let us tear up every unjust bond. Let us distribute bread to the hungry and welcome those who have no roof over their heads into our homes, so that we may receive great mercy from Christ our God. X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

Fame and praise are correct for the saints, for they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you who emptied yourself and took the form of a servant. By emulating your poverty, they too humbled themselves even to death. O God, have mercy on us through their prayers according to the abundance of your great mercies.

Tone 2

S7: Let your ears note the voice of my plea. O Apostles and eye-witnesses of God, Jesus, the spiritually radiant Sun, has sent you into the world as brilliant lightning flashes. The error of darkness was swept away, by the rays of your divine doctrines and enlightened those who were held in the gloom of ignorance. Implore him to grant us enlightenment and great mercy.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you. Elias was enlightened through fasting; he mounted the chariot of good works and was taken up to the heights of heaven. O humble soul, emulate him. Abstain from every evil deed, jealousy and fleeting pleasure, so that you may be cleansed from corrupting disease and the fires of Gehenna. Cry to Christ, "O Lord, glory to you!"

Tone 5

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. ³ You are more beautiful than the sons of men; grace has been poured on your lips, therefore God has blessed you for ever. ⁴ O champion, fix your sword to your thigh with your good looks and beauty. ⁵ Bend *the bow*, prosper and rule for truth, gentleness and justice; your right hand will amazingly guide you. ⁶ O champion, your arrows are sharp in the heart of the king's enemies. *and* people will fall under you; ⁷ O God, your throne is for ever and ever the sceptre of your kingdom is a fair ceptre. ⁸ You have loved justice and hated lawlessness, therefore God your God has anointed you with the oil of gladness over your companions. ⁹ Myrrh, oil and cassia are in your clothing in ivory palaces where they have made you glad. ¹⁰ Kings' daughters *are present* in your honour; the queen stood at your right arrayed in a golden robe. ¹¹ O daughter, listen, see and bend your ear; forget your people and your father's house. ¹² The king will desire your beauty, for he is your lord and you will bow before him. ¹³ The daughters of Tyre will adore him with gifts and the rich people beg your favour. ¹⁴ All the glory of the king's daughter is within; she is clothed with embroidered gold-fringed robes. ¹⁵ The virgins following her will be brought before the king; her attendants will be led to you. ¹⁶ They will be brought with gladness and rejoicing *and* be led into the king's court. ¹⁷ Sons will be born to you in place of your fathers; you will make them princes in every land. ¹⁸ I will remember your name from generation to generation; so people will know you for ever, and to the ages of ages.

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

PROPER STICHERA AND READINGS

For convenience the titles are of Wednesday and Friday because the service often takes place in the morning, but the service is the sunset Vespers of the evening, that is the first service for Thursday and Saturday. Consequently the saint celebrated from the Menaion is of the following calendar day.

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O divine Apostles, zealous intercessors for the world, defenders of the Orthodox, you have authority to plead boldly with Christ our God. O honourable ones, we implore you to pray for us, so that we may spend the good time of fasting with joy and receive the grace of the consubstantial Trinity. O great and glorious preachers, pray for our souls,

4 Stchera of the day from the Menaion. Repeat the first.

Glory: Both now:
Theotokion from the Menaion

Prokeímenon Ps 11 Tone 5

R: O Lord, I will thank you with all my heart.
S: O Lord, you will guard us *and* keep us.

Law

From the Book of Genesis (1:24-2:3)
God said: Let the earth produce the living creature according to its kind, quadrupeds and reptiles and wild animals of the earth according to their kind, and it was so. ²⁵ And God made the wild beasts of the earth according to their kind, and cattle according to their kind, and all the reptiles of the earth according to their kind, and God saw that they were good. ²⁶ And God said: Let us make man according to our image and likeness, and let them have dominion over the fish of the sea, and over the birds of heaven, and over the cattle and all the earth, and over all the reptiles that creep on the earth. ²⁷ God made man, according to the image of God he made him, male and female he made them. ²⁸ And God blessed them, saying: Increase and multiply; fill the earth and subdue it; have dominion over the fish of the seas and the birds of heaven, and all the cattle and all the earth, and all the reptiles that creep on the earth. ²⁹ And God said: See I have given to you every seed-bearing herb sowing seed which is on the whole earth, and every tree which has in itself the fruit of seed that is sown, to you it shall be for food, ³⁰ as also to all the wild animals of the earth, and to all the birds of heaven, and to every reptile creeping on the earth, which has in itself the breath of life, even every green plant for food; and it was so. ³¹

God saw all the things that he had made, and see, they were very good. And there was evening and there was morning, the sixth day. ¹ So the heaven and the earth were finished, together with their whole world. ² On the sixth day God finished his works which he had made, and he rested on the seventh day from all his works which he had made. ³ God blessed the seventh day and sanctified it, because in it he rested from all his works which God began to do.

Prokeímenon Ps 12 Tone 6

R: O Lord my God, look at me and listen to me.
S: How long, O Lord? Will you forget me for ever?

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (2:1-22)
O son, if you receive the utterance of my commandment, and hide it within you, ² your ear will listen to wisdom. You will also apply your heart to understanding, and apply it to the instruction of your son. ³ For if you call out to wisdom, and utter your voice for understanding, ⁴ and if you seek it like silver, and search diligently for it as for treasure, ⁵ then you will understand the fear of the Lord, and find the knowledge of God. ⁶ For the Lord gives wisdom, and from his presence come knowledge and understanding. ⁷ He stores salvation for those who walk uprightly. He will protect their way ⁸ to guard the just ways, and preserve the way of those who fear him. ⁹ Then you will understand justice and judgment, and direct all your course correctly. ¹⁰ For if wisdom comes into your understanding and discernment seems pleasing to your soul, ¹¹ good counsel will guard you, and holy understanding will keep you, ¹² to deliver you from the evil way, and from the man that speaks nothing with faith. ¹³ Alas for those who forsake upright paths, to walk in ways of darkness; ¹⁴ who rejoice in evil, and delight in wicked perverseness, ¹⁵ whose paths are crooked, and their courses winding, ¹⁶ to remove you far from the straight way, and to separate you from a just purpose. O son, do not let evil counsel overtake you, ¹⁷ from the one who has forsaken the instruction of her youth, and

forgotten the covenant of God. ¹⁸ For she has fixed her house near death, and guided her wheels near Hades with the giants. ¹⁹ No one who goes with her will return, neither will they seize just paths, for they do not know the years of life. ²⁰ For if they had gone along good paths, they would have found the paths of Justice easy. ²¹ For the upright will live on the earth, and the holy shall be left behind on it. ²² The paths of the ungodly will perish from the earth, and offenders will be driven away from it.

FRIDAY LENT 1

Lord I have cried

Tone 5

S10: Lead my soul from prison
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

O faithful, come and let us perform the works of God in the light. Let us walk honestly as in the day. Let us rid ourselves of unjust accusations against our neighbours so that we place no stumbling blocks in their way. Let us put aside the pleasures of the flesh so that we may increase gifts to our souls. Let us give bread to those in need. Let us draw near to Christ in repentance and say, "Our God, have mercy on us." X2

4 stichera of the martyrs in the tone of the week, then:

Tone 2

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch. All you lovers of the martyrs, come, let us celebrate and rejoice in spirit. Today the martyr Theodore offers a mystical banquet, making us glad in the feast that we might sing to him, "Hail, unconquerable bearer of suffering and victor over torturers! Hail, for you gave your body over to torture for Christ God! Hail, for by many trials you were revealed as a true soldier of the heavenly army! O adornment of martyrs, pray for our souls.

S3: For there is mercy with the Lord and abundant redemption with him. He will redeem Israel from all his offences.

O martyr Theodore, you extend the divinely-granted grace of your miracles to all those who run to you in faith; therefore we praise you with song. You release the captives, heal the sick, reward the poor and save those who are drowning. You intercede for all those who honour your sacred memory. O holy martyr, implore Christ to grant great mercy even to us who praise your suffering.

S2: Every nation, praise the Lord; every people, acclaim him!

O martyr Theodore, you were revealed as the highest gift of God. Even after your end you grant help to those who run to you. When the widow came to your temple in tears, you appeared in mercy and returned her son who had been taken captive by alien soldiers. You do not cease to work wonders. Implore Christ our God to save our souls.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever. O thrice-blessed Theodore, I honour you as the true gift of God. You were revealed as an unflinching candle of the divine Light. Your sufferings illuminated the creation. More powerful than fire, you quenched the flames and crushed the head of the evil serpent. When you went to your suffering, Christ placed the crown on your divine head. O great martyr, since you have boldness before God, pray fervently for our souls.

Glory: Tone 6

The devil used the apostate individual as a vessel of evil. It filled him with the foul thoughts of polluting the food of the fasting people. But you overcame his craftiness with wiser reasoning. You appeared to the Archbishop in a dream and revealed the wicked plot to him. O martyr Theodore, we give thanks to you for this; we honour you as a helper and deliverer. Every year we remember the miracle at this season. May we be rescued from the reasoning of the Evil One through your intercessions to God.

Both now:

Dogmatikon in the tone of the week

Entrance

Prokeímenon Ps 19 Tone 5

R: May the Lord listen to you on the day of trouble.

S: May the name of the God of Jacob defend you!

Law

From the Book of Genesis (2:20-3:20)

Adam gave names to all the cattle and to all the birds of the air, and to all the wild animals of the field, but for Adam there was not found a help like himself. ²¹ So God brought a trance on Adam, and he slept. He took one of his ribs, and filled up the flesh instead of it. ²² Then God formed the rib which he took from Adam into a woman, and brought her to Adam. ²³ And Adam said: This now is bone of my bones, and flesh of my flesh; she shall be called woman, because she was taken from her husband. ²⁴ Therefore a man will leave his father and his mother and will cling to his wife, and these two will become one flesh. ¹ And the two were naked, both Adam and his wife, but were not ashamed. ² Now the serpent was the most crafty of all the wild animals on the earth, which the Lord God had made, so the serpent said to the woman: Why has God said: Do not eat from every tree of Paradise? ³ And the woman said to the serpent: We may eat from the fruit of the trees of Paradise, ⁴ but from the fruit of the tree which is in the midst of Paradise, God said: You must not eat from it, neither must you touch it, in case you die. ⁵ And the serpent said to the woman: Certainly you will not die. ⁶ For God knew that on whatever day you eat from it your eyes would be opened, and you would be like gods, knowing good and evil. ⁷ And the woman saw that the tree was good for food, and that it was pleasant for the eyes to regard and beautiful to contemplate, so having taken from its fruit she ate, and gave to her husband also with her, and they ate. ⁸ Then the eyes of both were opened, they perceived that they were naked, so they sowed fig leaves together and made themselves aprons to go round them. ⁹ And they heard the voice of the Lord God walking in Paradise in the afternoon; both Adam and his wife hid themselves from the face of the Lord God in the midst of the trees of Paradise. ¹⁵ And the Lord God said to the serpent: Because you have done this you are cursed above all cattle and all the animals of the earth. On your breast and belly

you must go, and you must eat earth all the days of your life. ¹⁶ I will put enmity between you and the woman and between your seed and her seed. He will guard against your head and you will guard against his heel. ¹⁷ And to the woman he said: I will greatly multiply your pains and your groaning; in pain you will produce children, and your submission will be to your husband, and he will rule over you. ¹⁸ And to Adam he said: Because you have listened to the voice of your wife and eaten from the tree about which I ordered you not to eat, but you have eaten from it, cursed is the ground in your labours, in pain you will eat from it all the days of your life. ¹⁹ It will produce thorns and thistles for you, and you will eat the herb of the field. ²⁰ In the sweat of your face you will eat your bread until you return to the earth from which you were taken, for you are earth and to earth you will return. And Adam called the name of his wife Eve, for she was the mother of everyone living.

Prokeímenon Ps 20 Tone 6

R: O Lord, be exalted in your strength.

S: O Lord, the king will be glad in your strength.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (3:19-34)

God by wisdom founded the earth, and by prudence he prepared the heavens. ²⁰ By understanding were the depths broken up, and the clouds dropped water. ²¹ O son, do not let them pass from you, but keep my counsel and understanding, ²² so that your soul may live, and there may be grace around your neck. It will be health to your flesh, and safety to your bones, ²³ so that you may go confidently in peace along all your ways and your foot may not stumble. ²⁴ For if you rest, you will be undismayed, and if you sleep, you will slumber sweetly. ²⁵ You will not be afraid of alarm coming to you, neither of approaching attacks from ungodly men. ²⁶ For the Lord will be over all your ways, and establish your foot so that you are not moved. ²⁷ Refrain from not doing good to the poor, whenever your hand may have power to help him. ²⁸ Do not say: Come back another time, tomorrow I will give, while you are able to do him good, for you do not know what the next day

will bring. ²⁹ Do not plan evil against your friend, who lives near you and trusts in you. ³⁰ Do not be prepared to quarrel with a man without a cause, in case he does you some harm. ³¹ Do not obtain the rebukes of bad men, neither envy their ways. ³² For every offender is unclean before the Lord; neither does he sit among the just. ³³ The curse of God is on the houses of the ungodly, but the dwellings of the just are blessed. ³⁴ The Lord resists the proud, but he gives grace to the humble.

WEDNESDAY LENT 2

Lord I have cried

Tone 1

S10: Lead my soul from prison
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

O brothers, because we have undertaken the spiritual fast, let us speak no lies with our tongues or give one another cause for scandal, but illuminate the light of our souls through repentance. Let us cry to Christ with tears, "O Lover of the human race, set aside our lapses into sin." X2

S8: O Lord, I have cried to you from the depths;

O Lord listen to my voice.

O martyrs, worthy of praise, the earth did not cover you, but heaven received you and opened to you the gates of Paradise, where you live and delight in the tree of life. Implore Christ to grant our souls peace and great mercy.

Tone 3

S7: Let your ears note the voice of my plea.
O Lord, O gracious and merciful God, enable us to accomplish a proper fast with contrition of mind through the prayers of your divine apostles, so that, after we have been saved by you, we may glorify you.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

O Lord, your coming will be great and fearful when you come in just judgment. Even though I stand convicted, do not condemn me, but spare me through the acceptable prayers of your apostles, for you are the compassionate God.

Tone 6

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O apostles of Christ, the lights of those born on earth and treasuries of divine knowledge for the world, rescue those who praise you from temptation through your prayers. Enable us to pass the time of fasting in peace like children, so that, when we have reached the passion of Christ, we may boldly offer songs of praise to our God.

4 stichera from the Menaion. Repeat the first.

Glory: Both now:

Theotokion from Menaion

Prokeímenon Ps 31 Tone 6

R: O just, be glad in the Lord and rejoice.

S: Blessed are those whose lawless deeds have been forgiven.

Law

Births

From the Book of Genesis (4:16-26)

Cain went out from the presence of God and lived in the land of Nod over against Eden. ¹⁷ Then Cain knew his wife, who conceived and gave birth to Enoch. He built a city and called the city after the name of his son, Enoch. ¹⁸ To Enoch was born Irad; and Irad was the father of Mehujael, and Mehujael the father of Methushael, and Methushael the father of Lamech. ¹⁹ And Lamech took two wives for himself; the name of the one was Adah, and the name of the second Zillah. ²⁰ And Adah bore Jabel; he was the father of those that live in tents, feeding cattle. ²¹ And the name of his brother was Jubal; he it was who invented the psaltery and harp. ²² And Zillah bore Tubalcain; he was a smith, a manufacturer both of brass and iron; and the sister of Tubalcain was Naamah. ²³ And Lamech said to his wives, Adah and Zillah: Listen to my voice, O wives of Lamech, consider my words, because I have killed a man to my sorrow and a youth to my grief. ²⁴ Because vengeance has been exacted seven times on Cain's behalf, on Lamech's it will be seventy times seven. ²⁵ Then Adam knew Eve his wife, and she conceived and bore a son, and called his name Seth, saying: For God has raised up for me

another offspring instead of Abel, whom Cain slew. ²⁶ And Seth had a son, and he called his name Enosh, who hoped to call on the name of the Lord God.

Prokeímenon Ps 32 Tone 1

R: O Lord, let your mercy be on us.

S: O just *people*, rejoice in the Lord.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

Love your wife. Poetic

From the Book of Proverbs (5:15-6:3)

O son, drink water from your own vessels, and from your own flowing springs. ¹⁶ Do not let not water from your spring be spilt by you, but let your waters go into your squares. ¹⁷ Let them be only your own, and do not let a stranger partake with you. ¹⁸ Let your spring of water be truly your own and rejoice with the wife of your youth. ¹⁹ Let your loving heart and your graceful colt accompany you, and let her be considered your own, and be with you at all times, for when you are ravished with her love, you will be greatly increased. ²⁰ Do not be intimate with a strange woman, neither fold yourself into the arms of a woman not your own. ²¹ For the ways of a man are before the eyes of God and he regards all his paths. ²² Offences ensnare a man; everyone is bound in the chains of his own sins. ²³ Such a man dies with the uninstructed, is banished from the abundance of his own substance and has perished through folly. ¹ My son, if you become surety for your friend, you will deliver your hand to an enemy. ² For a man's own lips become a strong snare to him, and he is caught with the lips of his own mouth. ³ My son, do what I command you, and deliver yourself.

FRIDAY LENT 2

Lord I have cried

Tone 4

S10: Lead my soul from prison
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

Now is the acceptable time! Now is the day of salvation! Visit my soul in the abundance of

your mercy. Only Lover of the human race, take away the heavy burden of my lawless deeds. X2

4 stichera of the martyrs in the tone of the week

4 sichera from the Menaion. Repeat the first.

Glory:

Nekrosimon of Tone

Both now:

Dogmatikon in tone of week

Entrance

Prokeímenon Ps 39 Tone 4

R: O Lord, let your mercy and truth always help me.

S: I truly waited for the Lord.

Law

From the Book of Genesis (5:32-6:9)

It came to pass when men began to be numerous on the earth, and daughters were born to them, ³ that the sons of God having seen the daughters of men that they were beautiful, took to themselves wives from all whom they chose. ⁴ And the Lord God said: My Spirit will certainly not remain among these men for ever, because they are flesh, but their days must be a hundred and twenty years. ⁵ Now there were giants on the earth in those days; and after that when the sons of God were accustomed to go in to the daughters of men, they bore children to them, those were the giants of old, the men of renown. ⁶ But the Lord God, having seen that the wicked deeds of men were increased on the earth, and that everyone in his heart was intently and continually brooding over evil, ⁷ then God laid it to heart that he had made man on the earth, and he pondered it deeply. ⁸ And God said: I will blot out man whom I have made from the face of the earth, from man to cattle, and from reptiles to birds of heaven, for I am grieved that I have made them. ⁹ But Noah found grace before the Lord God.

Prokeímenon Ps 40 Tone 6

R: I said: O Lord, have mercy on me.

S: Blessed is the one who notices the needy.

R: Command

P: Wisdom. Stand upright. The light of Christ

enlightens all.

Wisdom

Fatherly advice - Poetic

From the Book of Proverbs (6:20-7:1)

O son, keep the laws of your father, and do not reject the ordinances of your mother, ²¹ but bind them on your soul continually, and hang them like a chain around your neck. ²² Whenever you walk, take this along and let it be with you, so that it may talk to you when you wake. ²³ For the commandment of the law is a lamp and a light, a way of life, rebuke also and correction, ²⁴ to keep you continually from a married woman, and from the slander of a strange tongue. ²⁵ Do not let the desire of beauty overcome you, nor be caught by your eyes, nor be charmed by her eyelids. ²⁶ For the value of a prostitute is as that of one loaf, and a woman hunts for the precious souls of men.

WEDNESDAY LENT 3

Lord I have cried

Tone 4

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have blindly squandered my father's riches and am now empty and live in a land of evil men. I have become like the senseless beasts in my foolishness and have now been stripped from every divine grace, but as I turn back I cry to you, "O merciful and compassionate Father, I have sinned. O God, receive me in repentance and have mercy on me." X2

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

O martyrs of the Lord, you are living sacrifices, rational offerings, perfect incense burnt to God, sheep who know God, and are known by him, into whose folds the wolves cannot break. Pray that we may be led with you to rest beside the still waters.

Tone 6

S7: Let your ears note the voice of my plea. O apostles, eye-witnesses of God, rays of light from the spiritual sun, pray that our souls may be granted light. Rescue us from the gloomy

darkness of the passions and ask that we may see the day of salvation. Cleanse our hearts wounded by the Evil One through your prayers and intercessions. When we are saved through faith, we will honour you for ever by preaching the truth, for you preserve the world.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you. I have journeyed into a far country of wickedness like the Prodigal Son. O compassionate Father, I have wasted the wealth you gave me in evil things. I have been starved of good deeds and clothed in the shame of my lawlessness, for I have been stripped bare of divine grace. I cry out to you, "I have sinned, yet I know your loving kindness. O merciful Christ, accept me as one of your hired servants at the prayers of the apostles who loved you."

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O apostles of the Lord, lights, benefactors and saviours of the world, you declare the glory of God like the heavens. You are adorned with the stars of your miracles and the wonders of healing. Intercede fervently before the Lord for us that our prayers may be accepted as pure and sweet-smelling incense, that we may all be counted worthy to venerate the life-giving cross and to see it with fear. Therefore, O Saviour, send down your mercy on us, for you are the Lover of the human race.

4 stichera from the Menaion. Repeat the first.

Glory: Both now:

Theotokion from Menaion

Prokeímenon Ps 51 Tone 4

R: I have always hoped in God's mercy.

S: O champion, why do you boast about evil.

Law

From the Book of Genesis (7:6-9)

Noah was six hundred years old when the flood of water was over the earth. ⁷ Then Noah went into the ark, together with his sons, his wife, and his sons' wives with him, because of the water from the flood. ⁸ And from clean birds and from unclean birds, and from clean cattle and from

unclean cattle, and from everything that creeps over the earth,⁹ pairs went with Noah into the ark, male and female, as God had commanded Noah.

Prokeimenon Ps 52 Tone 4

R: The Lord turns the captivity of his people.
S: A fool has said in his heart: There is no God.
R: Command
P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (9:12-18)
O Son, if you are wise for yourself, you will also be wise for your neighbours; and if you should prove wicked, you alone will bear the evil. Whoever rests himself on falsehoods, attempts to rule the winds, and the same person will pursue birds in their fight, for he has forsaken the ways of his own vineyard, and has caused the axles of his own husbandry to go astray. He goes through a dry desert, a land appointed to drought, and he gathers infertility with his hands.¹³ A foolish and bold woman, who knows no modesty, comes to want a morsel.¹⁴ She sits at the doors of her house on a seat openly in the streets,¹⁵ calling to passers by, and to those who are going uprightly along their ways:¹⁶ Whoever is most senseless among you, let him turn aside to me, and I urge those who want prudence, saying:¹⁷ Take and enjoy secret bread and the sweet water of theft.¹⁸ But he knows that strong men die by her, and he falls in with a snare of Hades.^{18b} But hurry away, do not delay in the place, neither fix your eye on her,^{18c} for in this way you will go through strange water.^{18d} But abstain from strange water, and do not drink from a strange fountain,^{18e} so that you may live long, and years of life may be added to you.

FRIDAY LENT 3

Lord I have cried

Tone 7

S10: Lead my soul from prison
that I may acknowledge your name.
S9: The just will wait for me until you reward me.
I have turned away from your grace like the Prodigal. O Lord, I have spent the riches of your goodness. I now run to you and cry, "O tender-

hearted Lord, I have sinned. O God, have mercy on me. X2

4 stichera of the martyrs in the tone of the week

4 stichera from the Menaion. Repeat the first.

Glory:
Nekrosimon of Tone

Both now:
Dogmatikon in tone of week

Entrance

Prokeimenon Ps 59 Tone 4

R: Give us help in distress, for human salvation is in vain.
S: O God, you have rejected and destroyed us.

Law

From the Book of Genesis (8:4-21)
The water continued to decrease until the tenth month.⁵ Then in the tenth month, on the first day of the month, the summits of the mountains were seen.⁶ And it came to pass that after forty days Noah opened the window of the ark which he had made.⁷ And he sent out a raven; it went out and did not return until the water had dried from the earth.⁸ Then he sent a dove after it to see if the water had ceased from the earth.⁹ But the dove having found no rest for her feet, returned to him in the ark, because the water was over all the face of the earth, so he stretched out his hand took her, and brought her to himself in the ark.¹⁰ Then having waited another seven other days, he again sent out the dove from the ark.¹¹ The dove returned to him in the evening, and had a leaf of olive, a sprig in her mouth, so Noah knew that the water had ceased from the earth.¹² Then having waited another seven days, he again sent out the dove, and she did not return to him again any longer.¹³ And it came to pass in the six hundred and first year of the life of Noah, in the first month, on the first day of the month, the water subsided from the earth, and Noah opened the covering of the ark which he had made, and he saw that the water had subsided from the face of the earth.¹⁴ And in the second month, on the twenty-seventh day of the month, the earth became dry.¹⁵ Then the Lord God spoke to Noah, saying:¹⁶ Leave the ark,

together with your wife, your sons, and your sons' wives with you. ¹⁷ Bring out with you all the wild animals who are with you, all flesh both of birds and cattle, and every reptile creeping over the earth. You must increase and multiply on the earth. ¹⁸ Then Noah came out, together with his wife, his sons, and his sons' wives with him. ¹⁹ All the wild animals came out from the ark, together with all the cattle, every bird, and every reptile creeping on the earth after their kind. ²⁰ Then Noah built an altar to the Lord, took some from all clean beasts, and some from all clean birds, and offered a whole burnt-offering on the altar. ²¹ So the Lord God smelt a fragrance of sweetness.

Prokeimenon Ps 60 Tone 6

R: O God, listen to my plea *and* note my prayer.
S: Therefore I will make music to your name for ever.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (10:31-11:12)
The mouth of the just distils wisdom, but the tongue of the unjust will perish. ³² The lips of just men drop grace, but the mouth of the ungodly is perverse. ¹ False balances are an abomination before the Lord, but a just weight is acceptable to him. ² Wherever pride enters, there will also be disgrace, but the mouth of the lowly meditates on wisdom. ³ When a just man dies he leaves regret, but the destruction of the ungodly is speedy and causes joy. ^{4 5} Justice traces out blameless paths, but ungodliness encounters unjust dealing. ⁶ The justice of upright men frees them, but offenders are caught in their own destruction. ⁷ At the death of a just man his hope does not perish, but the boast of the ungodly perishes. ⁸ A just man escapes from a snare, but the ungodly man is delivered up in his place. ⁹ In the mouth of the ungodly there is a snare to citizens, but the discernment of just men is prosperous. ¹⁰ In the prosperity of just men a city prospers, ¹¹ but by the mouth of ungodly men it is overthrown. ¹² A man without understanding sneers at his fellow citizens, but a sensible man is quiet.

WEDNESDAY LENT 4

Lord I have cried

Tone 4

S10: Lead my soul from prison
that I may acknowledge your name.
The fast, which is the means of receiving blessings, has now led us halfway through its course. It has pleased God with the days which are past and proposed purposeful tasks for the days ahead, for the increase of blessings produces a greater number of good deeds. Therefore let us cry to Christ, the Giver of all blessings, "You fasted and endured the cross for our sake, so enable us to partake without condemnation of your divine Pascha and to lead our lives in peace, as we worthily glorify you with the Father and the Spirit."

Tone 5

S9: The just will wait for me until you reward me.
Those who thirst for spiritual blessings perform their good deeds in secret, do not make a noise about them in the markets, but cherish and keep them in their hearts. O fool, the *Lord* who sees all that is done in secret will reward us for our abstinence. Let us complete the fast without sad faces, but ceaselessly pray from the depths of our hearts, "Our Father in heaven, do not bring us to the time of trial, but rescue us from evil."

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.
O martyrs, your souls were filled with unquenchable love. You endured the most terrible sufferings without denying Christ and cast down the Tyrant's pride. You have kept the faith unchanged and unharmed, and have gone to live in heaven. Since you have boldness before the Lord, pray him to grant us great mercy.

Tone 1

S7: Let your ears note the voice of my plea.
Let us cleanse our souls with the water of the fast. Let us approach the precious and pure cross of the Lord, venerate it with faith and draw divine enlightenment. Even now we will obtain eternal salvation, peace and great mercy.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

O cross, boast of apostles, surrounded by principalities, powers and archangels, save those who bow before you from all harm. Enable us to complete successfully the divine course of abstinence in order to reach the saving day by which we are saved.

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord. Today, as we bow before the cross of the Lord, let us cry, "Hail, O tree of life *and* tormentor of Hades! Hail, O joy of the world *and* destroyer of corruption! Hail, O power which banishes demons! Hail, confirmation of the faithful *and* invincible weapon! Preserve and sanctify those who kiss you."

4 stichera from the Menaion. Repeat the first.

Glory: Both now:

Today the *Lord who is* unapproachable by nature approaches me and frees me from passions by enduring the passion. The Light of the blind is spat on by sinful men and gives his back to scourging for the sake of the captives. When the pure virgin Mother saw him on the cross, she cried out in pain, "Woe is me! What is this that you have done, my Child? Your beauty was fairer than that of any man, yet you appear lifeless. You have no form or beauty. Woe is me, my Light! I cannot bear to look on you sleeping. My being is wounded, for a sword has pierced my heart, but I praise your passion and bow before your mercy." Glory to you, O long-suffering Lord!

Prokeímenon Ps 71 Tone 4

R: Blessed be the Lord God of Israel who alone does wonders.

S: O God, give the king your judgement.

Law

From the Book of Genesis (9:18-10:1)
The sons of Noah who came from the ark were Shem, Ham and Japheth. Ham was father of Canaan. ¹⁹ These three are the sons of Noah, from them people were dispersed over all the earth. ²⁰ Noah began to be a cultivator of the ground and he planted a vineyard. ²¹ He drank from the wine, was drunk and was naked in his

house. ²² Ham, father of Canaan, saw the nakedness of his father; he went out and told his two brothers outside. ²³ Then Shem and Japheth, having taken a garment, put it on both their backs, went backwards and covered the nakedness of their father. Their face was turned away, so they did not see the nakedness of their father. ²⁴ When Noah recovered from the wine, he knew all that his younger son had done to him. ²⁵ So he said: Cursed be the servant Canaan, he will be a slave to his brothers. ²⁶ And he said: Blessed be the Lord God of Shem, and Canaan will be his slave. ²⁷ May God make room for Japheth and let him live in the habitations of Shem; let Canaan be his servant. ²⁸ Then Noah lived after the flood for three hundred and fifty years. ²⁹ And all the days of Noah were nine hundred and fifty years, then he died. ¹ These were the generations of the sons of Noah, Shem, Canaan, Japheth; sons were born to them after the flood.

Prokeímenon Ps 72 Tone 4

R: It is good for me to cling to God.

S: How good is God to Israel, to those who are upright in heart.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (12:23-13:9)
An understanding man is a throne of wisdom, but the heart of fools will meet with curses. ²⁴ The hand of the chosen will easily rule, but the deceitful will be for a prey. ²⁵ A terrible word troubles the heart of someone just, but a good message makes him rejoice. ²⁶ A just arbitrator will be his own friend, but mischief will pursue sinners, and the way of the ungodly will lead them astray. ²⁷ Someone deceitful will catch no game, but a blameless man is a precious possession. ²⁸ In the ways of justice is life, but the ways of those who remember injuries lead to death. ¹ A wise son is obedient to his father, but a disobedient son will be destroyed. ² A good man will eat from the fruits of justice, but the lives of offenders will perish before their time. ³ Whoever keeps his own mouth keeps his own life, but whoever is hasty with his lips will bring terror on himself. ⁴ Every slothful man desires, but the hands of the active are diligent. ⁵ A just

man hates an unjust word, but an ungodly man is ashamed, and will have no confidence. ⁶ ⁷ There are some who, having nothing, enrich themselves, and there are some who bring themselves down in the midst of much wealth. ⁸ A man's own wealth is the ransom of his life, but the poor does not suffer threatening. ⁹ The just always have light, but the light of the ungodly is quenched. Crafty souls go astray in sin, but just men pity, and are merciful.

FRIDAY LENT 4

Lord I have cried

Tone 7

S10: Lead my soul from prison
that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have ruined my the nobility of my soul by my passions. O Most High *Lord*, I cannot look up to you, but bow low like an animal. O Christ, I pray like the Tax Collector and cry, "O God, have mercy on me and save me." X2

4 stichera of the martyrs

4 stichera from the Menaion. Repeat the first.

Glory:

Nekrosimon of Tone

Both now:

Dogmatikon in tone of week

Entrance

Prokeímenon Ps 79 Tone 4

R: Show yourself, for you sit on the Cherubim.

S: O Shepherd of Israel, listen.

Law

From the Book of Genesis (12:1-7)

The Lord said to Abram: Leave your land, your relatives and the house of your father, then enter the land which I will show you. ² I will make you a great nation, I will bless you, glorify your name and you will be blessed. ³ I will bless those who bless you, curse those who curse you, and in you will all the tribes of the earth be blessed. ⁴ So Abram went as the Lord God had spoken to him, and Lot left with him. Abram was seventy-

five years old when he left Haran. ⁵ Then Abram took Sarai his wife, and Lot the son of his brother, with all their possessions, as many as they had, and every soul which they had in Haran, then they left to go to the land of Canaan. ⁶ Abram travelled through the land lengthwise as far as the place of Shechem, to the high oak. (The Canaanites inhabited the land at that time.) ⁷ And the Lord appeared to Abram and said to him: I will give this land to your seed. And Abram built an altar there to the Lord who appeared to him.

Prokeímenon Ps 80 Tone 4

R: Rejoice in God our helper.

S: Make music, sound a cymbal.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (14:15-26)

The simple man believes every word, but the prudent man comes to afterthought. ¹⁶ A wise man fears and departs from evil, but the fool trusts in himself and joins himself to the offender. ¹⁷ A passionate man acts without thought, but a sensible man bears up under many things. Fools will have evil for their portion, but the prudent will hold fast to discernment. ¹⁹ Evil men will slip before the good, and the ungodly will attend the gates of the just. ²⁰ Friends will hate poor friends, but the friends of the rich are many. ²¹ Whoever dishonours the needy sins, but whoever has pity on the poor is most blessed. ²² Whoever goes astray constructs evil, but the good construct mercy and truth. The constructors of evil do not understand mercy and truth, but compassion and faithfulness are with the framers of good. ²³ With everyone who is careful there is abundance, but the pleasure-taking and indolent will be in want. ²⁴ A prudent man is the crown of the wise, but the occupation of fools is evil. ²⁵ A faithful witness will free a soul from evil, but a deceitful man kindles falsehoods. ²⁶ There is strong hope in the fear of the Lord, and he leaves his children a support of peace.

WEDNESDAY LENT 5

VESPERS

The acrostic stichera are omitted in this volume.

Lord I have cried

Tone 8

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I have fallen among the thieves of my own thoughts in my misery. My mind has been despoiled and I have been cruelly beaten. My whole soul is wounded and stripped of the virtues; I lie naked on the highway of life. When he saw me in bitter pain and considered my wounds incurable, the priest turned away and would not look at me. Because he was unable to endure my soul-destroying agony, the Levite saw me and passed by on the other side. But you, O Christ my God, were pleased to come, not from Samaria, but from the flesh of Mary. Grant me healing and pour out your great mercy on me, for you are the Lover of the human race.
X2

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

Fame and praise are correct for the saints! For they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you, for you emptied yourself and took the form of a servant. They also humbled themselves even to death by emulating your poverty. O God, through their prayers have mercy on us according to the abundance of your great mercies.

S7: Let your ears note the voice of my plea. O Lord, you have made your holy disciples into living heavens. Rescue me from the evils of the earth through their intercessions. Raise my thoughts through abstinence to understand your passion, for you are the merciful Lover of the human race.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you. The time of the fast helps us all to accomplish the works of God. Therefore let us weep with our whole heart and cry to the Saviour, "O Lord of great mercies, through your disciples save us who, with reverent fear, praise your great love for the human race."

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O apostles, worthy of all praise, intercessors for the world, physicians of the sick and protectors of health, guard us as we pass through the time of the fast. Let us remain at peace with one another other by the grace of God. Preserve our minds untroubled by passions, so that we may all sing a hymn of praise to the risen and victorious Christ.

4 stichera from the Menaion. Repeat the first.

Glory: Both now:

O Ineffable condescension, strange and wonderful birth! How can the Virgin carry you as a Child in her arms, for you are her Creator and God? O Benefactor, O Lord, as you consented to take flesh from her, save me before I utterly perish.

Prokeimenon Ps 93 Tone 4

R: The Lord God is God of vengeance.

S: O Judge of the earth, be exalted.

Law

From the Book of Genesis (17:1-9)

When Abram was ninety-nine years old, the Lord appeared to Abram and said to him: I am your God, be well-pleasing before me and be blameless. ² I will establish my covenant between myself and you, and I will greatly increase you. ³ Then Abram fell on his face and God spoke to him, saying: ⁴ See, my covenant is with you and you will be a father of a host of nations. ⁵ Your name will no longer be called Abram, but your name will be Abraham, for I have made you a father of many nations. ⁶ I will greatly increase you; I will make nations from you, and kings will come from you. ⁷ I will establish my covenant between you and your seed after you, to their generations, for an everlasting covenant, to be your God, and the God of your seed after you. ⁸ I will give you, and your seed after you, the land in which you stay, even all the land of Canaan for an everlasting possession; I will be a God to them. ⁹ Then God said to Abraham: You also must completely keep my covenant, you and your seed after you for their generations.

Prokeimenon Ps 95 Tone 6

R: Sing a new song to the Lord.

S: Sing to the Lord *and* bless his name.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (15:20-16:9)

A wise son gladdens his father, but a foolish son sneers at his mother. ²¹ The ways of a foolish man are empty of sense, but a wise man proceeds on his way correctly. ²² Those who do not honour councils delay deliberation, but counsel lives in the hearts of counsellors. ²³ A bad man will never pay attention to counsel, neither will he say anything appropriate, or good for the people. ²⁴ The thoughts of the wise are ways of life, so that he may turn aside and be saved from Hades. ²⁵ The Lord pulls down the houses of scorners, but he establishes the border of the widow. ²⁶ An unjust thought is

abomination to the Lord, but the sayings of the pure are honoured. ²⁷ A receiver of bribes destroys himself, but the one who hates receiving bribes is safe. Through alms and faithful dealings sins are purged, and through the fear of the Lord everyone departs from evil. ²⁸

The hearts of the just think about faithfulness, but the mouth of the ungodly answers evil things. The ways of just men are acceptable to the Lord, and through them even enemies become friends. ²⁹ God is far from the ungodly, but he listens to the prayers of the just. Better are small receipts with justice, than abundant fruits with injustice. Let the heart of a man think

justly, so that his steps may be rightly ordered by God. ³⁰ The eye that sees rightly rejoices the heart, and a good report fattens the bones. ³¹ ³² Whoever rejects instruction hates himself; but whoever pays attention to rebukes loves his soul. ³³ The fear of the Lord is instruction and wisdom, and the highest honour will correspond with it. ² All the works of the humble man are known to God, but the ungodly will perish in an evil day. ⁵ Every one who is proud in heart is unclean before God, whoever unjustly strikes hands with hand will not be held guiltless. ⁷ The beginning of a good way is to do justly, and it is more acceptable to God than to offer sacrifices. ⁸

Whoever seeks the Lord will find knowledge

with justice, and those who rightly seek him will find peace. ⁹ All of the works of the Lord are accomplished with justice, and the ungodly man is kept for the evil day.

THURSDAY LENT 5**Lord I have cried**

Tone 8

S10: Lead my soul from prison

that I may acknowledge your name.

S9: The just will wait for me until you reward me.

O Word of God, I have wilfully forsaken the splendour of virtues by my first sin, but I have now been clothed in that splendour again through your condescension. You did not despise me, even when I was wounded by evil passions and trampled on the way as a law-breaker. O merciful Lord, you kept me safe by your mighty strength and have granted me your protection. X2

S8: O Lord, I have cried to you from the depths;
O Lord listen to my voice.

O martyrs of the Lord, you sanctify every place and heal every ill. Now we implore you to rescue our souls from the snares of the enemy.

Tone 1

S7: Let your ears note the voice of my plea.

O Lord, you destroyed the curse on Adam by your crucifixion. O Word, destroy my bonds so that I may offer you a sacrifice of praise with joy and faith during this acceptable time of fasting which you have revealed for the salvation of all.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

When Moses shone with the grace of fasting, he saw the glory of God. My humble soul, emulate him in prayer and abstinence for the sake of the *Lord* who graciously stretched out his hands on the cross. Do this to receive divine enjoyment.

Tone 6

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O Christ, we venerate your life-creating cross which is granted to us by your boundless goodness. We always sing your praise with

enlightened souls. Enable us to complete the course of the fast with joy and with sincerity of heart, so that we may sing the praises of your passion through which you have saved us.

4 Stichera from the Menaion. Repeat the first.

Glory: Both now:

Stavrotheotokion of the tone

Prokeímenon Ps 98 Tone 7

R: Exalt the Lord our God and worship at his footstool, for he is holy.

S: The Lord reigns, let the peoples rage.

Law

From the Book of Genesis (18:20-33)

The Lord said: The cry of Sodom and Gomorrah has been increased towards me and their sins are very great. ²¹ I will therefore go down to see whether they have acted in accordance with the cry which comes to me or not, so that I may know. ²² Then the men, having departed from there, came to Sodom; Abraham was still standing before the Lord. ²³ Abraham approached and said: Would you destroy the just with the ungodly and will the just be like the ungodly? ²⁴ If there are fifty just in the city, will you destroy them? Will you not spare the whole place for the sake of the fifty just, if they are in it? ²⁵ In no way must you do this thing to destroy the just with the wicked, so the just will be like the wicked; by no means. You judge the whole earth, so will you not do right? ²⁶ And the Lord said: If there are in Sodom fifty just *men* in the city, I will spare the whole city, and the whole place for their sakes. ²⁷ Then Abraham answered and said: Now I have begun to speak to my Lord, and I am earth and ashes, ²⁸ but if the fifty just should be diminished to forty-five, will you destroy the whole city for lack of five? And he said: I will not destroy it, if I should find there forty-five. ²⁹ Then he still continued to speak to him, and said: But if there could be found forty there? And he said: I will not destroy it for the forty's sake. ³⁰ Then he said: Will there be anything against me, Lord, if I speak? But if there can be found thirty there? And he said: I will not destroy it for the thirty's sake. ³¹ Then he said: Since I am able to speak to the Lord, what if there could be found twenty there? And he said: I will not destroy it, if I should find

twenty there. ³² Then he said: Will there be anything against me, Lord, if I speak yet once? But if there could be found ten there? And he said: I will not destroy it for the ten's sake. ³³ Then the Lord left after he had finished speaking to Abraham, and Abraham returned to his place.

Prokeímenon Ps 99 Tone 6

R: All the earth, shout with joy to God.

S: Serve the Lord with gladness.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

Aphorisms - Poetic

From the Book of Proverbs (16:17-17:17)

Whoever receives instruction will be in prosperity, and whoever regards rebukes will be made wise. Whoever keeps his ways, preserves his own soul, and whoever loves his life will spare his mouth. ¹⁸ Pride goes before destruction, and foolishness before a fall. ¹⁹ Better is a meek-spirited man with lowliness, than someone who divides plunder with the proud. ²⁰ Whoever is skillful in business finds good, but whoever trusts in God is most blessed. ²¹ Men call the wise and understanding evil, but those who are pleasing in speech will hear more. ²² Understanding is a fountain of life to its possessors, but the instruction of fools is evil. ²³ The heart of the wise will discern the things which proceed from his own mouth; and on his lips he will wear knowledge. ²⁴ Good words are honeycombs, and the their sweetness is a healing of the soul. ²⁵ There are ways that seem to be right to a man, but the end of them gazes on the depth of hell. ²⁶ A man who labours, labours for himself, and drives from him his own ruin, ²⁷ but the perverse bears destruction on his own mouth. A foolish man digs evil for himself, and treasures fire on his own lips. ²⁸ A perverse man spreads mischief, and will kindle a torch of deceit with misdeeds, and will separate friends. ²⁹ An offender tries to ensnare friends, and leads them in ways that are not good. ³⁰ A man who fixes his eyes devises perverse things, and marks out with his lips all evil: he is a furnace of wickedness. ³¹ Old age is a crown of honour, but it is found in the ways of justice. ³² A man slow to anger is better than a strong man; and whoever governs his temper is better than the

one who takes a city. ³³ All evils come on the ungodly into their bosoms, but all just things come from the Lord. ¹ Better is a morsel with pleasure in peace, than a house full of many good things and unjust sacrifices with strife. ² A wise servant will rule over foolish masters, and will divide portions among brothers. ³ As silver and gold are tried in a furnace, so are chosen hearts with the Lord. ⁴ A bad man listens to the tongue of offenders, but a just man does not pay attention to false lips. ⁵ The one who laughs at the poor provokes the one who made him, and the one who rejoices at the destruction of another will not be held guiltless, but the one who has compassion will find mercy. ⁶

Children's children are the crown of old men, and their fathers are the boast of children. The faithful has the whole world full of wealth, but the faithless not even a small coin. ⁷ Faithful lips will not suit a fool, nor lying lips a just man. ⁸ Instruction is to those who use it a gracious reward, and it will prosper wherever it turns. ⁹ The one who hides injuries seeks love, but the one who hates to hide them separates friends and family. ¹⁰ A threat breaks down the heart of a wise man, but a fool, though scourged, does not understand. ¹¹ Every bad person stirs up controversies, but the Lord will send a cruel messenger against him. ¹² Care may happen to a man of understanding; but fools will meditate on evil. ¹³ Whoever rewards evil for good, evil will not be removed from his house. ¹⁴ Just rule gives power to words, but sedition and strife go before poverty. ¹⁵ Whoever pronounces the unjust just, and the just unjust, is unclean and abominable to God. ¹⁶ Why has the fool wealth? For a senseless man will be unable to purchase wisdom. Whoever exalts his own house seeks ruin, and whoever turns aside from instruction will fall into mischief. ¹⁷ Do have a friend for every occasion, and let brothers be useful in distress.

FRIDAY LENT 5

Lord I have cried

Tone 6

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I now lie wounded and lifeless, as though I had left Jerusalem – the way of your divine

commandments – and had reached the passions of Jericho. I was led astray by the false glory of earthly pursuits. I fell among the thieves of my own thoughts. They robbed me of the robe of sonship which was mine by grace. The priest came along. When he observed me as a corpse, he paid no attention to me. The Levite also saw and departed. But you, O Lord, ineffably incarnate from the Virgin, have poured out blood and water from your side by your own free will and anointed me as with oil for my salvation. O Christ my God, bind up my wounds with linen and bring me to the heavenly kingdom in your compassion. X2

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

O Lord, your martyrs did not deny you nor did they turn from your commandments. Have mercy on us through their intercessions.

Tone 6

S7: Let your ears note the voice of my plea.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O Maiden, Gabriel came and stood before you revealing to you the pre-eternal counsel. He said in greeting,

“Hail, earth that has not been sown!

Hail, burning bush that remains unconsumed!

Hail, unfathomable depth!

Hail, bridge that leads to heaven!

Hail, ladder raised on high that Jacob saw!

Hail, divine jar of manna!

Hail, rescuer from the curse!

Hail, restoration of Adam, the Lord is with you!”

X3

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.

“You appeared to me in the form of a man,” said the undefiled Maid to the Chief of the heavenly hosts. “How then do you speak to me about things that surpass the power of man? For you have said that God will be with me and take up his home in my womb. How can I become

the spacious dwelling and the holy place of the one who rides on the Cherubim? Do not amuse me with deceit, for I have known no pleasure and have not entered into wedlock. How then can I bear a child?" X2

S2: Every nation, praise the Lord; every people, acclaim him!

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

Then the bodiless angel replied, "When God so wills, the order of nature is overcome and what is beyond humanity comes to pass. All-holy and blameless Lady, believe that my sayings are true. Then she cried aloud, "Let it be to me according to your word and I will bear him who is without flesh. He will borrow flesh from me so that he may lead the human race up to his ancient glory through this mingling, for he alone has power to do this. X2

Glory: Both now: Tone 2

Today the eternal mystery is revealed. The Son of God becomes the Son of Man. By accepting the lowest, he grants me the highest. In time past Adam was deceived. He tried to become God, but he did not receive his desire. Now God becomes man so that he may make Adam God. Let creation rejoice; let nature be festive, for the Archangel stands in fear before the Virgin and says, "Hail!" He brings her the greeting by which our sorrow is healed. O Lord, you became a man in your compassion; glory to you!

Entrance

Prokeimenon Ps 102 Tone 4

R: The Lord is compassionate and merciful.

S: Bless the Lord, O my soul.

Law

From the Book of Genesis (22:1-18)

It came to pass that God tested Abraham, and said to him: Abraham, Abraham. And he said: See, I am here. ² And he said: Take your dear son, whom you have loved, Isaac, go to the high ground and offer him there as a whole-burnt-offering on one of the mountains which I will tell you about. ³ So Abraham rose in the morning, saddled his ass, and took with him two servants, and Isaac his son. Having split wood for a whole-burnt-offering, he rose, left and

came to the place about which God spoke to him ⁴ on the third day. And Abraham, having lifted up his eyes, saw the place far away. ⁵ Abraham said to his servants: Sit here with the ass, then I and the boy will go there, and having worshipped, we will return to you. ⁶ So Abraham took the wood of the whole-burnt-offering, laid it on Isaac his son, and he took into his hands both the fire and the knife, then the two went together. ⁷ And Isaac said to Abraham his father: Father! And he said: What is it, son? And he said: See the fire and the wood, but where is the sheep for a whole-burnt-offering? ⁸ And Abraham said: God will provide for himself a sheep as a whole-burnt-offering, *my* son. And both, having gone together, ⁹ came to the place about which God had spoken to him. There Abraham built the altar, laid the wood on it, and having bound the feet of Isaac his son together, laid him on the altar on the wood. ¹⁰ Then Abraham stretched out his hand to take the knife to slay his son. ¹¹ But an angel of the Lord called him from heaven, and said: Abraham, Abraham! And he said: See, I am here. ¹² And he said: Do not lay your hand on the child, neither do anything to him, for now I know that you fear God, and for my sake you have not spared your dear son. ¹³ And Abraham raised his eyes and looked. See, a ram caught by his horns in a plant of Sabec. So Abraham went, took the ram, and offered him for a whole-burnt-offering in the place of Isaac his son. ¹⁴ And Abraham called the name of that place, "The Lord has seen," so that they might say today: The Lord was seen on the mount. ¹⁵ Then an angel of the Lord called Abraham the second time from heaven, saying: ¹⁶ I have sworn by myself, says the Lord, because you have done this thing, and on my account have not spared your dear son, ¹⁷ surely blessing I will bless you, and increasing I will increase your seed like the stars of heaven, and like the sand which is beside the shore of the sea. Your seed will inherit the cities of their enemies. ¹⁸ And in your seed will all the nations of the earth be blessed, because you have listened to my voice.

Prokeimenon Ps 103 Tone 4

R: O Lord, how splendid are your works;

S: Bless the Lord, O my soul!

R: Command

P: Wisdom. Stand upright. The light of Christ

enlightens all.

Wisdom

From the Book of Proverbs (17:17-18:5)

Let brothers be useful in distress; for on this account are they born. ¹⁸ A foolish man applauds and rejoices over himself, as he also that becomes surety would make himself responsible for his own friends. ¹⁹ A lover of sin rejoices in strifes; ²⁰ and the hard-hearted man comes not in for good. A man of a changeful tongue will fall into mischiefs; ²¹ and the heart of a fool is grief to its possessor. A father rejoices not over an uninstructed son; but a wise son gladdens his mother. ²² A glad heart promotes health, but the bones of a sorrowful man dry up. ²³ The ways of a man who unjustly receives gifts in his bosom do not prosper, and an ungodly person perverts the ways of justice. ²⁴ The countenance of a wise man is sensible, but the eyes of a fool go to the ends of the earth. ²⁵ A foolish son is a cause of anger to his father, and grief to the one who bore him. ²⁶ It is not right to punish a just man, nor is it holy to plot against just princes. ²⁷ Whoever forbears to utter a hard word is discreet, and a patient man is wise. ²⁸ Wisdom will be imputed to a fool who asks for wisdom, and the one who holds his peace will seem sensible. ¹ A man who wants to separate from friends seeks excuses, but at all times he will be liable to rebuke. ² A senseless man feels no need of wisdom, for he is rather led by foolishness. ³ When an ungodly man comes into a depth of evils, he despises them, but dishonour and rebuke come to him. ⁴ A word in the heart of a man is a deep water, and a river and fountain of life spring out. ⁵ It is not good to accept the person of the ungodly, nor is it holy to pervert justice in judgment.

WEDNESDAY WEEK 6

Lord I have cried

Tone 5

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

I am rich in passions and clothed with the deceitful robe of hypocrisy; I rejoice in the sins of self-indulgence. There is no limit to my lack of love; I neglect my spiritual understanding which lies at the gate of repentance. O Lord,

make me poor in sin like Lazarus so that I may not be tormented in the unquenchable fire and pray in vain for a finger to be dipped in water in order to relieve my burning tongue. Make me live in the Bosom of Abraham, for you are the Lover of the human race. X2

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

Your souls were filled with unquenchable love and you endured the most terrible sufferings without denying Christ; you cast down the pride of the Tyrant. You kept the faith unchanged and unharmed, and have gone to live in heaven. Since you have boldness before the Lord, pray him to grant us great mercy.

S7: Let your ears note the voice of my plea. O Jesus, as you walked in the flesh on the other side of the Jordan, you said to your companions, "My friend Lazarus is already dead and now has been committed to the tomb. My friends, I rejoice for your sake, for by this you will learn that I know everything. I am God, inseparable from the Father, although I am man in my visible appearance. Let us go, then, to bring him back to life so that death may feel the defeat and complete destruction that I bring on it, as I grant the world great mercy.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you. O faithful, let us follow the example of Martha and Mary. Let us send our acts of justice to intercede before the Lord so that he may come to raise up our spiritual understanding from the dead. It lies insensible within the tomb of negligence. It lacks all feeling for the fear of God and is deprived of living action. Let us cry, "O merciful Lord, as once you raised up your friend Lazarus through your dread authority, so now give life to us all and grant us your great mercy.

Tone 6

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

Lazarus has now been two days in the tomb and sees the dead from all the ages. He observes strange sights of terror, a countless multitude and the prisoners of Hades. As they gaze at his

tomb, his sisters lament bitterly. But Christ comes to bring his friend to life so that a single hymn of praise may be offered up in unison by everyone. "O Saviour, blessed are you! Have mercy on us."

4 stichera from the Menaion. Repeat the first.

Glory: Both now:
Theotokion from the Menaion
 Entrance

Prokeimenon Ps 114 Tone 4

R: I will be pleasing before the Lord in the land of the living.

S: I have loved, for the Lord will listen to the voice of my plea.

Law

From the Book of Genesis (43:26-31, 45:1-16) His brothers brought to Joseph the gifts which they had in their hands; and they reverence him with their face to the ground. ²⁷ And he asked them: How are you? And he said to them: Is your father, the old man of whom you spoke, well? Does he still live? ²⁸ And they said: Your servant our father is well; he is still alive. And he said: Blessed be that man by God; and they bowed, and did him reverence. ²⁹ Then Joseph raised his eyes and saw his brother Benjamin, born from the same mother. He said: Is this your younger brother, whom you spoke of bringing to me? And he said: God have mercy on you, my son. ³⁰ Then Joseph was troubled, for his bowels yearned over his brother, and he wanted to weep, so he went into his room, and wept there. ³¹ Then he washed his face, came out, and held himself back. And he said: Produce bread. ¹ And Joseph could not refrain himself when all were standing beside him, but said: Let everyone leave me. So no one stood near Joseph when he made himself known to his brothers. ² Then he uttered his voice with weeping. All the Egyptians heard and it was reported to the house of Pharaoh. ³ And Joseph said to his brothers: I am Joseph; does my father still live? And his brothers could not answer him, for they were troubled. ⁴ Then Joseph said to his brothers: Approach me, and they approached. He said: I am your brother Joseph, whom you sold into Egypt. ⁵ Now then do not be sorry and do not let it not seem hard to you that you sold me here,

for God sent me before you for life. ⁶ For this second year there is famine on the earth and there are still five years remaining in which there will be neither ploughing, nor mowing. ⁷ For God sent me before you, so that there might be left to you a remnant on the earth, even to nourish a great remnant of you. ⁸ Now therefore you did not send me here, but God. He has made me like a father to Pharaoh, lord of all his house and a prince of all the land of Egypt. ⁹ Hurry, therefore, go to my father and say to him: Thus says your son Joseph: God has made me lord over all the land of Egypt. Come down, therefore, to me and do not wait. ¹⁰ You must live in the land of Goshen of Arabia; you will be near me, you, your sons, your sons' sons, your sheep, your oxen and whatever is yours. ¹¹ I will nourish you there, for the famine is still for five years, in case you are consumed, your sons and all your possessions. ¹² See, your eyes see, and the eyes of my brother Benjamin, that it is my mouth which speaks to you. ¹³ Report, therefore, to my father all my glory in Egypt, and everything which you have seen, then hurry and bring my father here. ¹⁴ Then he fell on his brother Benjamin's neck and wept on him; and Benjamin wept on his neck. ¹⁵ Then he kissed all his brothers and wept over them. After these things his brothers spoke to him. ¹⁶ The report was carried into the house of Pharaoh, saying: Joseph's brothers have come; and Pharaoh was glad, with all his household.

Prokeimenon Ps 115 Tone 4

R: I will repay my vows to the Lord before all his people.

S: I believed *and* therefore I spoke: I have been greatly humbled.

R: Command

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

Aphorisms - Poetic

From the Book of Proverbs (21:23-22:4)

Whoever guards his mouth and his tongue, guards his soul from trouble. ²⁴ A bold, self-willed and insolent man is called a pest, and the one who remembers injuries is an offender. ²⁵ Desires kill the sluggard, for his hands do not choose to do anything. ²⁶ An ungodly man entertains evil desires all through the day, but the

just is unsparingly merciful and compassionate.

²⁷ The sacrifices of the ungodly are an abomination to the Lord, for they offer them wickedly. ²⁸ A false witness will perish, but an obedient man will speak cautiously. ²⁹ An ungodly man impudently resists with his face, but the upright man himself understands his ways. ³⁰ There is no wisdom, there is no courage, there is no counsel with the ungodly. ³¹ A horse is prepared for the day of battle, but help is from the Lord. A fair name is better than much wealth, and good favour is above silver and gold. ² The rich and the poor meet together, but the Lord made them both. ³ An intelligent man seeing a bad man severely punished is himself instructed, but fools pass by and are punished. ⁴ The fear of the Lord is the child of wisdom, wealth, glory and life.

FRIDAY WEEK 6

Lord I have cried

Tone 8

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

We have completed the forty days which profit our souls. Now let us beg the Lover of the human race, "Enable us to see the holy week of your passion so that we may glorify your mighty work, your wonderful plan for our salvation and sing with one heart and voice, "O Lord, glory to you!" X2

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

O martyrs of the Lord, we implore you to intercede with our God to forgive our many sins and grant our souls abundant mercy.

Tone 6

S7: Let your ears note the voice of my plea.

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

O Lord, you wished to see the tomb of Lazarus because you were soon to inhabit a tomb of your own will. You asked, "Where have you laid him?" After you had learnt what was already known to you, you cried to your dear friend, "Lazarus, come out!" Although he had no

breath, he obeyed the Lord, the Saviour of our souls, who gave him breath. X2

S5: O Lord, I have waited for you for your name's sake; 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.

O Lord, you have come to the place where Lazarus is buried, to the tomb of a man who was dead for four days. O Bread of life, you wept for your friend and raised him up. Therefore death was bound by your voice and the grave clothes were loosened by your hand. The company of disciples was filled with joy. One song of adoration was sung by all, "O Saviour, blessed are you; have mercy on us." X2

S3: For there is mercy with the Lord and abundant redemption with him. He will redeem Israel from all his offences.

O Lord, your voice destroyed the kingdom of Hades; your powerful word raised from the tomb the one who was dead for four days. Lazarus became the saving first-fruits of the world's regeneration. O Lord and King of all, everything is possible for you; grant your servants cleansing and great mercy.

S2: Every nation, praise the Lord; every people, acclaim him!

O Lord, you came to the tomb of Lazarus and called him by name, because you wished to assure your disciples of your own resurrection. Hades was vanquished; it released Lazarus who was dead for four days. He cried out to you, "O blessed Lord, glory to you!"

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O Lord, you came to Bethany to wake Lazarus, accompanied by your disciples. You wept for him, but he was raised by your almighty power. Our Saviour, a man dead for four days cried to you, "Glory to you, O blessed Lord!"

Glory: Tone 8

O Saviour, as you stood beside the tomb of Lazarus, you called to your friend who was dead. He heard your voice and woke as though from sleep; mortality was shaken by immortality. The bound man was unbound by

your word. O loving Lord, everything is possible; all things serve and submit to you. Our Saviour, glory to you!

Both now:

We have completed the forty days which profit our souls. Let us sing, "Hail, city of Bethany, home of Lazarus! Hail, Mary and Martha, his sisters! Tomorrow Christ will come and raise your dead brother to life. Hades will be bitter and unsatisfied as it hears his voice. It will shake and groan as it releases the bound Lazarus. The assembly of the Hebrews will be amazed and greet him with palms and branches. Although their priests and elders look on him with envy and malice, the children will praise him in song, "Blessed is he who comes in the name of the Lord, the King of Israel."

Prokeimenon Ps 123 Tone 6

R: Our help is in the name of the Lord.

S: If the Lord had not been with us, now let Israel speak.

Law

From the Book of Genesis (49:33-50:26)

Jacob ceased giving charges to his sons, then and having raised his feet on the bed, he died, and was gathered to his people. ¹ And Joseph fell on his father's face, wept over him and kissed him. ² Then Joseph commanded his servants the embalmers to embalm his father; and the embalmers embalmed Israel. ³ They kept the forty days for him, for so are the days of embalming numbered, and Egypt mourned for him for seventy days. ⁴ Then when the days of mourning were over, Joseph spoke to the princes of Pharaoh, saying: If I have found favour in your sight, speak about me to the ears of Pharaoh, saying: ⁵ My father commamded me, saying: In the sepulchre which I dug for myself in the land of Canaan, there you must bury me; now then I will go up and bury my father, and return again. ⁶ And Pharaoh said to Joseph: Go up, bury your father, as he made you swear. ⁷ So Joseph went up to bury his father; and all the servants of Pharaoh went up with him, and the elders of his house, and all the elders of the land of Egypt. ⁸ All the household of Joseph, and his brothers, and all the house of his father, and his relatives. They left behind the sheep and the oxen in the land of Goshen. ⁹ Also there went up

with him chariots and horsemen; and there was a very great company. ¹⁰ When they came to the threshing-floor of Atad, which is beyond Jordan, they wept for him with a great and very sore lamentation. And he made a mourning for his father for seven days. ¹¹ When the inhabitants of the land of Canaan saw the mourning at the floor of Atad, they said: This is a great mourning for the Egyptians; therefore they called its name "The mourning of Egypt, which is beyond Jordan." ¹² And thus his sons accomplished for him. ¹³ So his sons carried him up into the land of Canaan, and buried him in the double cave, the cave which Abraham bought from Ephron the Hittite in order to own a burying place before Mamre. ¹⁴ Then Joseph returned to Egypt, he and his brothers, and those who had gone up with him to bury his father. ¹⁵ Now when the brothers of Joseph saw that their father was dead, they said: Let us be careful in case at any time Joseph remembers evil against us, and recompense to us all the evil which we have done against him. ¹⁶ So they came to Joseph and said: Your father commanded us before his death, saying: ¹⁷ Say this to Joseph: Forgive them their injustice and their sin, since they have caused you evil, so now pardon the injustice of the servants of the God of your father. Joseph wept while they spoke to him. ¹⁸ And they came to him and said: See, we are your servants. ¹⁹ And Joseph said to them: Do not fear, for I am God's. ²⁰ You plotted evil against me, but God decided good for me, so that the matter might stand as it is today and many people might be fed. ²¹ He said to them: Do not fear, for I will support you with your families; he comforted them and spoke kindly to them. ²² So Joseph lived in Egypt, with his brothers and all the family of his father. Joseph lived a hundred and ten years. ²³ And Joseph saw the children of Ephraim to the third generation; the sons of Machir, the son of Manasseh, were borne on the thighs of Joseph. ²⁴ Then Joseph spoke to his brothers, saying: I am dying, but God will surely visit you, and will bring you from this land to the land about which God swore to our fathers, Abraham, Isaac, and Jacob. ²⁵ Joseph commanded the sons of Israel, saying: At the visitation when God will visit you, then you must carry my bones from here with you. ²⁶ Then Joseph died, aged a hundred and ten years. They prepared his corpse and put him in a coffin

in Egypt.

Prokeímenon Ps 124 Tone 4

R: Those who trust in the Lord *are* like Mount Zion.

S: Whoever lives in Jerusalem will never be moved.

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Proverbs (29:10-31, M 31)
O son, open your mouth to a word of God, and judge all fairly. ⁹ Open your mouth and judge justly, and plead the cause of the poor and weak.
¹⁰ Who can find a virtuous woman, for such a one is more valuable than precious stones? ¹¹ The heart of her husband trusts in her; such a one will stand in no need of fine spoils. ¹² For she employs all her living for her husband's good. ¹³ Gathering wool and flax, she makes it serviceable with her hands. ¹⁴ She is like a ship trading from a distance, so she procures her livelihood. ¹⁵ She rises by night, gives food to her household, and appointed tasks to her maidens. ¹⁶ She views a farm and buys it, and with the fruit of her hands she plants a possession. ¹⁷ She strongly girds her loins, and strengthens her arms for work. ¹⁸ She finds by experience that working is good, and her candle does not go out all night. ¹⁹ She reaches out her arms to needful works, and applies her hands to the spindle. ²⁰ She opens her hands to the needy, and reaches out fruit to the poor. ²¹ Her husband is not anxious about those at home, when he stays anywhere at a distance, for all her household are clothed. ²² She makes clothes of double texture for her husband, and garments for herself of fine linen and scarlet. ²³ Her husband becomes a distinguished person in the gates, when he sits in council with the old inhabitants of the land. ²⁴ She makes fine linens, and sells girdles to the Canaanites. She opens her mouth carefully and with propriety; she controls her tongue. ²⁵ She puts on strength and honour, and rejoices in the last days. ²⁶ But she opens her mouth wisely, and according to law. ²⁷ The ways of her household are careful, and she does not eat the bread of idleness. ²⁸ Her kindness to them sets up her children for them; they grow rich and her husband praises her. ²⁹ Many daughters have

obtained wealth, many have toiled valiantly, but you have exceeded and surpassed all. ³⁰ Charms are false and woman's beauty is vain, for it is a wise woman who is blessed, and let her praise the fear the Lord. ³¹ Give her something from the fruit of her lips, and let her husband be praised in the gates.

HOLY AND GREAT MONDAY

Lord I have cried

Tone 1

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

As the Lord was going to his voluntary passion, he said to the apostles on the way, "See, we go up to Jerusalem and the Son of Man will be handed over, as it is written about him. Since we are purified in mind, therefore come and let us also go with him. Let us be crucified with him and die through him to the pleasures of this life. Then we will live with him and hear him say, "I go no longer to the earthly Jerusalem to suffer, but to my Father and your Father, to my God and your God. I will raise you up to the Jerusalem on high in the Kingdom of Heaven.
X2

Tone 5

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

S7: Let your ears note the voice of my plea. We have reached the saving passion of Christ our God. O faithful, let us glorify his ineffable patience, so that in his compassion he may raise us who were dead in sin, for he is good and loves the human race. X2

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

O Lord, when you went to your passion, you took your disciples aside and reassured them, "How have you forgotten the words that I once spoke? Is it not written, 'A prophet cannot be killed except in Jerusalem?' Now is the time about which I spoke to you, 'See, I have been betrayed into the hands of sinners to be mocked.

They will nail me to the cross and deliver me for burial. They will regard me as a dead man, an object of loathing. Yet, take courage, for I will arise on the third day and give the faithful joy and eternal life!” X2

Tone 5

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.

O Lord, the mother of Zebedee's children could not understand the ineffable mystery of your dispensation. She asked the honour of a temporal kingdom for her sons, but instead you promised your friends that they would drink the cup of death, a cup which you would drink before them for the cleansing of sins. Therefore we cry to you, “O Salvation of our souls, glory to you!” X2

S2: Every nation, praise the Lord; every people, acclaim him!

O Lord, you taught your disciples to desire what is perfect. You said, “Do not be like the Gentiles who oppress the weak. My disciples, it must not be so with you, for I am poor of my own volition. Let the first among you, therefore, be the servant of all. Let the ruler be like those who are ruled. Let the one who is first become like the last, for I have come to serve Adam in his poverty and to give my life as a ransom for the many who cry to me, ‘O Lord, glory to you!’”

Tone 8

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

The fig tree was withered because it was unfruitful. O brothers, we must fear the same punishment and bring worthy fruits of repentance to Christ who brings us great mercy.

Glory: Both now:

The serpent found a second Eve in the Egyptian woman and plotted the fall of Joseph through words of flattery, but he left his garment behind and fled from sin. He was naked, yet unashamed, like Adam before the Fall. O Christ, have mercy on us through his prayers.

Entrance with the Gospel Book.

Prokeimenon Ps 127 Tone 6

R: May the Lord bless you from Zion.

S: Blessed are all who fear the Lord *and* walk in his ways.

Law

From the Book of Exodus (1:1-21)

These are the names of the sons of Israel, who came into Egypt together with Jacob their father; everyone of them came with their whole family.

² Reuben, Simeon, Levi, Judah, ³ Issachar, Zébulon, Benjamin, ⁴ Dan and Náphtali, Gad and Asher. ⁵ But Joseph was *already* in Egypt. And all the souls born to Jacob were seventy-five. ⁶ Then Joseph died, together with all his brothers, and all that generation. ⁷ The sons of Israel increased, multiplied, became numerous and grew exceedingly strong, and the land increased them. ⁸ But there arose another king over Egypt, who did not know Joseph. ⁹ And he said to his nation: See, the race of the sons of Israel is a great throng, and is stronger than we are. ¹⁰ Come then, let us deal craftily with them, in case at any time they are increased, and whenever war will happen to us, these also will be added to our enemies. Then having prevailed against us in war, they will leave the land. ¹¹ So he set task-masters over them to afflict them in their tasks; they built strong cities for Pharaoh, Pithon, Raameses, and On which is Heliopolis. ¹² Yet as they humbled them, they increased much more and grew exceedingly strong. The Egyptians greatly despised the sons of Israel. ¹³ The Egyptians tyrannised the sons of Israel by force. ¹⁴ They embittered their life with hard labour in clay, brick-making and all the tasks in the plains, in all the works in which they were enslaved by force. ¹⁵ Then the king of the Egyptians spoke to the midwives of the Hebrews, one of whom was named Shiphrah and the other Puah, ¹⁶ He said: When you carry out the office of midwives to the Hebrew women, and they are about to be delivered, if it is a male, kill it, but if a female, save it. ¹⁷ But the midwives feared God and did not do as the king of Egypt ordered them; they kept the male children alive. ¹⁸ Then the king of Egypt called the midwives and said to them: Why is it that you have done this thing and kept the male children alive? ¹⁹ So the midwives said to

Pharaoh: The Hebrew women are not like the women of Egypt, for they are delivered before the midwives go in to them. So they bore children. ²⁰ God dealt well with the midwives, so the people increased and grew very strong.

Prokeímenon Ps 128 Tone 8

R: We have blessed you in the Lord's name.

S: They have often made war against me from my youth.

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

From the Book of Job (1:1-12)

There was a certain man in the land of Uz whose name was Job, and that man was true, blameless, just, and godly, abstaining from every evil deed.

² He had seven sons and three daughters. ³ And his cattle consisted of seven thousand sheep, three thousand camels, five hundred yoke of oxen, five hundred she-asses in the pastures, and a very great household, and he had a great husbandry on the earth; and that man was most noble of the men of the east. ⁴ And his sons, visiting one another, prepared a banquet every day, taking with them also their three sisters to eat and drink with them. ⁵ And when the days of the banquet were completed, Job sent and purified them, having risen up in the morning, and offered sacrifices for them, according to their number, and one calf for a sin-offering for their souls, for Job said: In case perhaps my sons have thought evil in their minds against God. Thus, then Job did continually. ⁶ And it came to pass on a day, that see, the angels of God came to stand before the Lord, and the devil came with them. ⁷ Then the Lord said to the Devil: From where have you come? And the Devil answered the Lord and said: I have come from wandering around the earth, and walking up and down in what lies under heaven. ⁸ Then the Lord said to him: Have you diligently considered my servant Job, that there is no one like him on the earth, blameless, true, godly, and abstaining from every evil deed? ⁹ Then the Devil answered and said before the Lord: Does Job worship the Lord for nothing? ¹⁰ Have you not made a hedge around him, around his household and around all his possessions? Have you not blessed the works of his hands and increased his cattle on the land?

¹¹ But put out your hand and touch everything that he has, then will he bless you to your face?

¹² Then the Lord said to the Devil: See, I give all that he has into your hand, but do not touch him. So the Devil went out from the presence of the Lord.

Ps 140 Dialogue

Gospel

From the Holy Gospel according to Matthew (24:3-35)

At that time as Jesus sat on the Mount of Olives, the disciples came to him privately, saying, "Tell us, when will this be, and what will be the sign of your coming and of the close of the age?" ⁴

And Jesus answered them, "Take heed that no one leads you astray. ⁵ For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. ⁶ And you will hear of wars and rumours of wars; see that you are not alarmed; for this must take place, but the end is not yet. ⁷ For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places: ⁸ all this is but the beginning of the birth-pangs. ⁹

"Then they will deliver you up to tribulation, and put you to death; and you will be hated by all nations for my name's sake. ¹⁰ And then many will fall away, and betray one another, and hate one another. ¹¹ And many false prophets will arise and lead many astray. ¹² And because wickedness is multiplied, most men's love will grow cold. ¹³ But he who endures to the end will be saved. ¹⁴ And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations; and then the end will come. ¹⁵ "So when you see the desolating sacrilege spoken of by the prophet Daniel, standing in the holy place (let the reader understand), ¹⁶ then let those who are in Judea flee to the mountains; ¹⁷ let him who is on the housetop not go down to take what is in his house; ¹⁸ and let him who is in the field not turn back to take his mantle. ¹⁹ And alas for those who are with child and for those who give suck in those days! ²⁰ Pray that your flight may not be in winter or on a Sabbath. ²¹ For then there will be great tribulation, such as has not been from the beginning of the world until now, no, and never will be. ²² And if those days had not been shortened, no human being would be

saved; but for the sake of the elect those days will be shortened. ²³ Then if anyone says to you, 'Lo, here is the Christ!' or 'There he is!' do not believe it. ²⁴ For false Christs and false prophets will arise and show great signs and wonders, so as to lead astray, if possible, even the elect. ²⁵ Lo, I have told you beforehand. ²⁶ So, if they say to you, 'Lo, he is in the wilderness,' do not go out; if they say, 'Lo, he is in the inner rooms,' do not believe it. ²⁷ For as the lightning comes from the east and shines as far as the west, so will be the coming of the Son of man. ²⁸

Wherever the body is, there the eagles will be gathered together. ²⁹ "Immediately after the tribulation of those days the sun will be darkened, and the moon will not give its light, and the stars will fall from heaven, and the powers of the heavens will be shaken; ³⁰ then will appear the sign of the Son of man in heaven, and then all the tribes of the earth will mourn, and they will see the Son of man coming on the clouds of heaven with power and great glory; ³¹ and he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other. ³² "From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. ³³ So also, when you see all these things, you know that he is near, at the very gates. ³⁴ Truly, I say to you, this generation will not pass away till all these things take place. ³⁵ Heaven and earth will pass away, but my words will not pass away.

HOLY AND GREAT TUESDAY

Lord I have cried

Tone 1

S10: Lead my soul from prison that I may acknowledge your name.

S9: The just will wait for me until you reward me.

How can I, who am unworthy, appear in the splendour of your saints? For if I dare enter your bridal chamber with them, my clothes will betray me; they are unfit for a wedding. The angels will throw me out in chains. O Lord, cleanse the filth of my soul and save me in your love for the human race. X2

Tone 2

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

S7: Let your ears note the voice of my plea.

O Christ the Bridegroom, my soul has slept in laziness. Like the foolish virgins, I have no lamp ablaze with virtues. O Master, I wander aimlessly when it is time for work, yet do not close your compassionate heart to me. Rouse me and shake off my heavy sleep. Lead me with the wise virgins into the bridal chamber, so that I may hear the pure voice of those that feast and cry continually, "O Lord, glory to you!" X2

Tone 4

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you.

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

My soul, you have heard the condemnation of the man who hid his talent. Do not hide the word of God. Proclaim his wonders, so that as you increase the gift of grace, you may enter into the joy of your Lord. X2

Tone 6

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.

O faithful, come and let us work zealously for the Master, for he distributes wealth to his servants. Let each of us increase his talent of grace according to his ability. Let one be adorned with wisdom through good works; let another celebrate a service with splendour. The one distributes his wealth to the poor; the other communicates the word to those who are uneducated. Therefore we will increase what has been entrusted to us and, as faithful stewards of grace, we will be counted worthy of the Master's joy. O Christ our God, make us worthy of this in your love for the human race. X2

S2: Every nation, praise the Lord; every people, acclaim him!

O Jesus, O Good Shepherd, when you come in glory with the angelic hosts and sit on the throne for judgment, do not banish me. For you know the paths on your right hand, but those on your left hand lead astray. Do not destroy me

with the goats, although I am coarse with sin, but number me with the sheep of your right hand and save me in your love for the human race.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

O Bridegroom, you are more beautiful than all men. You have invited us to the spiritual banquet of your bridal chamber. Strip the ugly garment of my sins from me as I participate in your passion. O merciful Lord, adorn me in the glorious robe of your beauty that proclaims me as a guest in your kingdom.

Glory: Both now: Tone 7

My soul, see, the Master has entrusted you with the talent. Receive the gift with fear. Repay the one who gave by giving to the poor and gain the Lord as your friend, so that when he comes in glory, you may stand at his right hand and hear his blessed voice, "My servant, enter the joy of your Lord! O Saviour, even though I have gone astray, make me worthy of this through your great mercy.

Entrance with the Gospel Book

Prokeimenon Ps 131 Tone 6

R: O Lord, rise into your resting-place, you and the ark of your holiness.

S: O Lord, remember David and all his lowliness.

Law

Moses

From the Book of Exodus (2:5-10)

The daughter of Pharaoh came down to the river to bathe and her attendants walked beside the river. Having seen the cradle in the mud, she sent her attendant to take it up. ⁶ After she had opened it, she saw the baby crying in the cradle. And the daughter of Pharaoh had compassion on it, and said: This is one of the Hebrew's children. ⁷ So his sister said to the daughter of Pharaoh: Would you like me to summon to you a nurse of the Hebrews so that she may suckle the child for you? ⁸ The daughter of Pharaoh said: Go. So the young woman went and called the mother of the child. ⁹ Then the daughter of Pharaoh said to her: Take care of this child, suckle it for me and I will give you the wages. So the woman took the child and suckled it. ¹⁰

And when the boy was grown, she brought him to the daughter of Pharaoh, and he became her son. She called his name, Moses, saying: I took him from of the water.

Prokeimenon Ps 132 Tone 4

R: For now, what is so good or delightful, but for brothers to live together in unity.

S: *It is* like myrrh on the head which runs down the beard.

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

Wisdom

Death of Job's children

From the Book of Job (1:13-22)

It came to pass that on a certain day when Job's sons and daughters were drinking wine in the house of their elder brother, ¹⁴ see, a messenger came to Job, and said to him: The yokes of oxen were ploughing, and the she-asses were feeding near them, ¹⁵ when the plunderers came, took them for plunder and killed the servants with the sword. I alone have escaped and have come to tell you. ¹⁶ While he was still speaking, another messenger came and said to Job: Fire has fallen from heaven, burnt up the sheep and consumed the shepherds in the same way. I alone have escaped and have come to tell you. ¹⁷ While he was still speaking, another messenger came, and said to Job: The horsemen formed three companies against us, surrounded the camels, took them for plunder and killed the servants with the sword. I alone have escaped and have come to tell you. ¹⁸ While he was still speaking, another messenger came, saying to Job: While your sons and daughters were eating and drinking with their elder brother, ¹⁹ suddenly a great wind came from the desert and caught the four corners of the house. The house fell on your children and they are dead. I alone have escaped and have come to tell you. ²⁰ So Job arose, tore his clothing, shaved the hair of his head, fell on the earth, worshipped ²¹ and said: I came naked from my mother's womb and will return there naked. The Lord gave, the Lord has taken away. As it seemed good to the Lord, so it has come to pass; blessed be the name of the Lord. ²² In all these things that happened to him, Job never sinned before the Lord, and did not charge God with folly.

Ps 140 Dialogue

Gospel

From the Holy Gospel according to Matthew (24:36-26:2)

The Lord said to his disciples: Of that day and hour no one knows, not even the angels of heaven, nor the Son, but the Father only.³⁷ As were the days of Noah, so will be the coming of the Son of man.³⁸ For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day when Noah entered the ark,³⁹ and they did not know until the flood came and swept them all away, so will be the coming of the Son of man.⁴⁰ Then two men will be in the field; one is taken and one is left.⁴¹ Two women will be grinding at the mill; one is taken and one is left.⁴² Watch therefore, for you do not know on what day your Lord is coming.⁴³ But know this, that if the householder had known in what part of the night the thief was coming, he would have watched and would not have let his house be broken into.⁴⁴ Therefore you also must be ready; for the Son of man is coming at an hour you do not expect.⁴⁵ "Who then is the faithful and wise servant, whom his master has set over his household, to give them their food at the proper time?"⁴⁶ Blessed is that servant whom his master when he comes will find so doing.⁴⁷ Truly, I say to you, he will set him over all his possessions.⁴⁸ But if that wicked servant says to himself, "My master is delayed,"⁴⁹ and begins to beat his fellow servants, and eats and drinks with the drunken,⁵⁰ the master of that servant will come on a day when he does not expect him and at an hour he does not know,⁵¹ and will punish him, and put him with the hypocrites; there men will weep and gnash their teeth.¹ "Then the kingdom of heaven shall be compared to ten maidens who took their lamps and went to meet the bridegroom.² Five of them were foolish, and five were wise.³ For when the foolish took their lamps, they took no oil with them;⁴ but the wise took flasks of oil with their lamps.⁵ As the bridegroom was delayed, they all slumbered and slept.⁶ But at midnight there was a cry, "Behold, the bridegroom! Come out to meet him."⁷ Then all those maidens rose and trimmed their lamps.⁸ And the foolish said to the wise, "Give us some of your oil, for our lamps are

going out."⁹ But the wise replied, "Perhaps there will not be enough for us and for you; go rather to the dealers and buy for yourselves."¹⁰ And while they went to buy, the bridegroom came, and those who were ready went in with him to the marriage feast; and the door was shut.¹¹ Afterward the other maidens came also, saying, "Lord, lord, open to us."¹² But he replied, "Truly, I say to you, I do not know you."¹³ Watch therefore, for you know neither the day nor the hour.¹⁴ "For it will be as when a man going on a journey called his servants and entrusted to them his property;¹⁵ to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away.¹⁶ He who had received the five talents went at once and traded with them; and he made five talents more.¹⁷ So also, he who had the two talents made two talents more.¹⁸ But he who had received the one talent went and dug in the ground and hid his master's money.¹⁹ Now after a long time the master of those servants came and settled accounts with them.²⁰ And he who had received the five talents came forward, bringing five talents more, saying, "Master, you delivered to me five talents; here I have made five talents more."²¹ His master said to him, "Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master."²² And he also who had the two talents came forward, saying, "Master, you delivered to me two talents; here I have made two talents more."²³ His master said to him, "Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master."²⁴ He also who had received the one talent came forward, saying, "Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow;²⁵ so I was afraid, and I went and hid your talent in the ground. Here you have what is yours."²⁶ But his master answered him, "You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed?"²⁷ Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest.²⁸ So take the talent from him, and give it to him who has the ten talents.²⁹ For to every one who has will more be given, and he will have abundance; but from him who has not, even

what he has will be taken away. ³⁰ And cast the worthless servant into the outer darkness; there men will weep and gnash their teeth.' ³¹ "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne. ³² Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, ³³ and he will place the sheep at his right hand, but the goats at the left. ³⁴ Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; ³⁵ for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, ³⁶ I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' ³⁷ Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink?' ³⁸ And when did we see thee a stranger and welcome thee, or naked and clothe thee?' ³⁹ And when did we see thee sick or in prison and visit thee?' ⁴⁰ And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.' ⁴¹ Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; ⁴² for I was hungry and you gave me no food, I was thirsty and you gave me no drink, ⁴³ I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' ⁴⁴ Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?' ⁴⁵ Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' ⁴⁶ And they will go away into eternal punishment, but the righteous into eternal life.'" ¹ When Jesus had finished all these sayings, he said to his disciples, ² "You know that after two days the Passover is coming, and the Son of man will be delivered up to be crucified."

HOLY AND GREAT WEDNESDAY

Lord I have cried

Tone 1

S10: Lead my soul from prison
that I may acknowledge your name.

O Son of the Virgin, a prostitute recognized you as God. With tears equal to her past deeds, she implored you with tears, "Loose my debt as I have loosed my hair. Love the woman who, although justly hated, loves you. Then, O Benefactor and Lover of the human race, I will announce you together with the tax collector." The prostitute mingled precious myrrh with her tears. She poured it on your most pure feet and kissed them. Immediately you justified her. You suffered for our sakes. Forgive us also and save us.

S9: The just will wait for me until you reward me.

The prostitute mixed the precious oil of myrrh with her tears and poured it on your most pure feet as she kissed them. Immediately you pronounced her to be put right. O Lord, you suffered for us, so grant us also forgiveness and save us.

S8: O Lord, I have cried to you from the depths; O Lord listen to my voice.

As the sinful woman was bringing her offering of myrrh, the disciple was scheming with lawless men. She rejoiced in pouring out her precious gift. He hurried to sell the Precious Lord. She recognized the Master, but Judas parted from him. She was set free, but Judas was enslaved to the enemy. How terrible is slothfulness! How great was her repentance! O Saviour, you suffered for our sakes; grant us also repentance and save us.

S7: Let your ears note the voice of my plea. Alas, the misery of Judas! He saw the prostitute kiss the footsteps of Christ, but deceitfully contemplated the kiss of betrayal. She loosed her hair, while he bound himself with anger. He offered the stench of evil instead of myrrh, for envy cannot distinguish value. Alas, the misery of Judas! O God, rescue our souls from it.

Tone 2

S6: O Lord, if you mark offences, who will stand? But there is forgiveness with you. The sinful woman ran to buy the precious myrrh with which to anoint her Saviour. She cried to the merchant, "Give me myrrh so that I may anoint the one who has cleansed all my sins.

Tone 6

S5: O Lord, I have waited for you for your name's sake; my soul has waited for your word, my soul has hoped in the Lord.

The woman who was submerged in sin found you as a harbour of salvation. She poured out myrrh with her tears and cried to you, "See the *Lord* who brings repentance to sinners! O Master, rescue me from the tempest of sin through your great mercy.

Tone 6

S4: Let Israel hope in the Lord from the morning watch until night, from the morning watch. Today Christ comes to the house of the Pharisee. A sinful woman crawls to his feet and cries, "Observe me, for I am engulfed in sin. I am in despair because of my evil deeds, but in your goodness do not despise me. O Lord, grant me forgiveness for my evil deeds and save me.

S3: For there is mercy with the Lord and abundant redemption with him. He will redeem Israel from all his offences.

O Master, the prostitute spread her hair before you, while Judas extended his hands to the lawless. She did this in order to receive forgiveness, while he acted in order to receive silver. Since you were sold for us and yet set us free, we cry to you, "O Lord, glory to you!"

S2: Every nation, praise the Lord; every people, acclaim him!

O Saviour, the corrupt and filthy woman approached you. She poured out her tears on your feet and so announced your passion. O Master, how can I gaze at you? Yet you came to save the prostitute. Since I am dead in sin, raise me from the depths as you raised Lazarus from the tomb after four days. O Lord, accept me in my misery and save me.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever. As she despaired for her life and lost heart because of her deeds, the woman came to you carrying myrrh. She cried, "O Son of the Virgin, although I am a prostitute, do not banish me. O Joy of the angels, do not despise my tears. You did not reject me as a sinner, so accept me now as a penitent in your great mercy.

Glory: Both now: Tone 8

O Lord, the woman who had fallen into many sins, when she perceived your divinity, joined the ranks of the myrrh-bearing women. She brought you myrrh before your burial with tears. She cried, "Woe is me! For I live in the night of immorality and am shrouded in the dark and moonless love of sin. Accept the fountain of my tears as you gathered the water of the sea into clouds. Incline your ear to the sighing of my heart, as you inclined the heavens in your ineffable condescension. Once when Eve heard your footstep in Paradise in the cool of the day, she ran in fear and hid herself. But now I will tenderly embrace those pure feet and wipe them with the hair of my head. O Saviour of my soul, who can measure the abundance of my sin or the depth of your judgments? Do not despise your servant in your boundless mercy."

Prokeimenon Ps 135 Tone 4

R: Thank the God of heaven, for his mercy endures for ever.

S: Give thanks to the God of gods, for his mercy endures for ever.

Reading 1

From the Book of Exodus (2:11-22)

In those days, when Moses had grown up, he went out to his people and looked on their burdens; and he saw an Egyptian beating a Hebrew, one of his people. ¹²He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. ¹³When he went out the next day, see, two Hebrews were struggling together; and he said to the man that did the wrong, "Why do you strike your fellow?" ¹⁴He answered, "Who made you a prince and a judge over us? Do you mean to kill me as you killed the Egyptian?" Then Moses was afraid, and thought, "Surely the thing is known."

¹⁵When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh, and stayed in the land of Mid'ian; and he sat down by a well. ¹⁶Now the priest of Mid'ian had seven daughters; and they came and drew water, and filled the troughs to water their father's flock. ¹⁷The shepherds came and drove them away; but Moses stood up and helped them, and watered their flock. ¹⁸When they came to their father Reu'el, he said, "How is it that you have come so

soon today?"¹⁹ They said, "An Egyptian delivered us out of the hand of the shepherds, and even drew water for us and watered the flock."²⁰ He said to his daughters, "And where is he? Why have you left the man? Call him, that he may eat bread."²¹ And Moses was content to live with the man, and he gave Moses his daughter Zippo'rah.²² She bore a son, and he called his name Gershom; for he said, "I have been a sojourner in a foreign land."

Prokeimenon Ps 137 Tone 4

R: O Lord, your mercy endures for ever; do not overlook the work of your hands.

S: O Lord, I will thank you with my whole heart and make melody to you before *the* angels,

R: Command!

P: Wisdom. Stand upright. The light of Christ enlightens all.

Reading 2

From the Book of Job (2:1-10)

In those days when the sons of God came to present themselves before the Lord, and Satan also came among them to present himself before the Lord.² And the Lord said to Satan, "Whence have you come?" Satan answered the Lord, "From going to and fro on the earth, and from walking up and down on it."³ And the Lord said to Satan, "Have you considered my servant Job, that there is none like him on the earth, a blameless and upright man, who fears God and turns away from evil? He still holds fast his integrity, although you moved me against him, to destroy him without cause."⁴ Then Satan answered the Lord, "Skin for skin! All that a man has he will give for his life."⁵ But put forth your hand now, and touch his bone and his flesh, and he will curse you to your face."⁶ And the Lord said to Satan, "See, he is in your power; only spare his life."⁷ So Satan went forth from the presence of the Lord, and afflicted Job with loathsome sores from the sole of his foot to the crown of his head.⁸ And he took a potsherd with which to scrape himself, and sat among the ashes.⁹ Then his wife said to him, "Do you still hold fast your integrity? Curse God, and die."¹⁰ But he said to her, "You speak as one of the foolish women would speak. Shall we receive good at the hand of God, and shall we not receive evil?" In all this Job did not sin with his lips.

Ps 140 Dialogue

Gospel

From the Holy Gospel according to Matthew (26:6-16)

At that time when Jesus was at Bethany in the house of Simon the leper,⁷ a woman came up to him with an alabaster flask of very expensive ointment, and she poured it on his head, as he sat at table.⁸ But when the disciples saw it, they were indignant, saying, "Why this waste?⁹ For this ointment might have been sold for a large sum, and given to the poor."¹⁰ But Jesus, aware of this, said to them, "Why do you trouble the woman? For she has done a beautiful thing to me.¹¹ For you always have the poor with you, but you will not always have me.¹² In pouring this ointment on my body she has done it to prepare me for burial.¹³ Truly, I say to you, wherever this gospel is preached in the whole world, what she has done will be told in memory of her."¹⁴ Then one of the twelve, who was called Judas Iscariot, went to the chief priests¹⁵ and said, "What will you give me if I deliver him to you?" And they paid him thirty pieces of silver.¹⁶ And from that moment he sought an opportunity to betray him.

10 FEBRUARY

Hieromartyr Charalambos

In weeks 2 to 6 of the Triodion from Monday to Friday

Lord I have cried

6 Stichera as set in the Triodion

Tone 6

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.

You set yourself wholly apart for the Master from your youth; you desired him and followed in his steps. You were cleansed of the filth of the passions and enriched with the grace of God to perform healing. You worked glorious wonders and became a martyr, remaining steadfast through all the assaults of the tortures through the power of him who was killed on the

cross. Earnestly pray to him on behalf of our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!
O athlete, Charalambos, although your blessed, enduring and invincible body was pierced with nails, you kept your soul steadfast and your mind unharmed. O glorious *bishop*, the desire of God made you burn, urging you to endure all the forms of torture. You were a passion-bearing martyr who shared in the sufferings of Christ. Pray to him boldly on behalf of our souls.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.
You suffered and inherited truly brilliant joy, ineffable glory and eternal rejoicing. You were an honoured priest, revered athlete and a brave warrior who drowned the armies and hosts of the Serpent in the streams of your blood. By grace and godly prayer you truly raised the dead and prayed boldly on behalf of our souls!

Glory: Both now:
Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

Readings 1 & 2

From the day of the Triodion with the appointed prokeimena.

Prokeimenon Ps 63 Tone 7

R: The just will rejoice and hope in the Lord; all the upright in heart will be praised.
S: O God, listen to my prayer when I plead with you; rescue my soul from *the* fear of the enemy.

Apóstolos

From the Second Letter to Timothy (2:1-10)
My son Timothy, be strong in the grace that is in Christ Jesus. ²Entrust what you have heard from me before many witnesses to faithful men who will also be able to teach others. ³Share in suffering like a good soldier of Christ Jesus.

⁴No soldier on service gets entangled in civilian pursuits since his aim is to satisfy the one who enlisted him. ⁵An athlete is not crowned unless he competes according to the rules. ⁶It is the hard-working farmer who ought to have the first share of the crops. ⁷Think over what I say, for the Lord will grant you understanding in everything. ⁸Remember Jesus Christ, *who is* risen from the dead *and* descended from David, as I preached in my gospel. ⁹*This is* the gospel for which I am suffering and wearing shackles like a criminal. But the word of God is not shackled. ¹⁰Therefore I endure everything for the sake of the chosen *people*, so that they also may obtain salvation in Christ Jesus with its eternal glory.

Alleluia Tone 2

S1: The just *person* will flourish like a palm tree and grow like a cedar in Lebanon.
S2: Those who are planted in the house of the Lord will blossom in the courts of our God.

Gospel

From the Holy Gospel according to John (15:17-16:2)
The Lord said to his disciples: This I command you, to love one another. ¹⁸ 'If the world hates you, know that it has hated me before it hated you. ¹⁹ If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. ²⁰ Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted me, they will persecute you; if they kept my word, they will keep yours also. ²¹ But all this they will do to you on my account, because they do not know him who sent me. ²² If I had not come and spoken to them, they would not have sin; but now they have no excuse for their sin. ²³ He who hates me hates my Father also. ²⁴ If I had not done among them the works which no one else did, they would not have sin; but now they have seen and hated both me and my Father. ²⁵ It is to fulfil the word that is written in their law, 'They hated me without a cause.' ²⁶ But when the Counselor comes, whom I will send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me; ²⁷ and you also are witnesses, because you have been with me from the beginning. ¹ "I have said

all this to you to keep you from falling away. ² They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God.

24 FEBRUARY
Head of the Baptist

In weeks 2 to 6 of the Triodion from Monday to Friday

Lord I have cried
6 Stichera as set in the Triodion

Tone 5

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. Hail, holy and light-bearing head which is venerated by the angels! In time past you were cut off by the sword, for you had cut through the shame of impurity with incisive rebukes. Like a fountain refreshing the faithful with wonders, you declared the saving coming of the Saviour. You perceived the coming of the Spirit who made his home in you as you stood between the grace of the Old and New Covenants. Implore Christ our God to grant our souls great mercy.
X2

S2: Every nation, praise the Lord; every people, acclaim him!

The head of the forerunner is made revealed. Once it was concealed in an earthen vessel; now it is openly delivered from the depths of the earth and pours out streams of healing. For he washed in the waters the head of the *Lord* who even now covers the chambers of the firmament with waters and showers divine forgiveness on men. So let us bless this truly praiseworthy head and joyfully celebrate its finding, as we implore Christ to grant our souls great mercy.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever. The head which proclaimed the Lamb of God who appeared in the flesh, declared to everyone the ways of saving repentance with divine precepts, before it denounced the sin of Herod and was therefore severed from its body. It was

concealed for a time and has risen to us like a shining sun. It cries out, "Repent and with contrition of soul submit to the Lord who grants the world great mercy."

Glory: Tone 6

O Forerunner, your head is a treasury of divine gifts guarded by God and has risen from the depths of the earth. O glorious *prophet*, O Baptist of Christ, while we faithfully receive it and venerate it, we are made rich through you with marvellous wonders and the remission of sins.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

6 Stichera as set in the Triodion

Readings 1 & 2

From the day of the Triodion with the appointed prokeimena.

Prokeimenon Ps 63 Tone 7

R: The just will rejoice and hope in the Lord; all the upright in heart will be praised.

S: O God, listen to my prayer when I plead with you; rescue my soul from *the* fear of the enemy.

Apóstolos

From the Second Letter to the Corinthians (4:6-15)

Brothers, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. ⁷But we have this treasure in earthenware vessels to show that the transcendent power belongs to God and not to us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed. ¹⁰We always carry in the body the death of Jesus, so that the life of Jesus may also be revealed in our bodies. ¹¹For while we

live we are always being given up to death for Jesus' sake, so that the life of Jesus may be revealed in our mortal flesh. ¹²So death is at work in us, but life in you. ¹³Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak. ¹⁴We know that the one who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. ¹⁵For it is all for your sake, so that as grace extends to more and more people, it may increase thanksgiving, to the glory of God.

Alleluia Ps 91 Tone 2

S1: The just *person* will flourish like a palm tree and grow like a cedar in Lebanon.

S2: Those who are planted in the house of the Lord will blossom in the courts of our God.

Gospel

From the Holy Gospel according to Matthew (11:2-15)

At that time when John heard in prison about the deeds of the Christ, he sent word by his disciples ³ and said to him, "Are you he who is to come, or shall we look for another?" ⁴ And Jesus answered them, "Go and tell John what you hear and see: ⁵ the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. ⁶ And blessed is he who takes no offense at me." ⁷ As they went away, Jesus began to speak to the crowds concerning John: "What did you go out into the wilderness to see? A reed shaken by the wind? ⁸ Why then did you go out? To see a man clothed in soft raiment? See, those who wear soft raiment are in kings' houses. ⁹ Why then did you go out? To see a prophet? Yes, I tell you, and more than a prophet. ¹⁰ This is he of whom it is written, 'See, I send my messenger before your face, who will prepare your way before you.' ¹¹ Truly, I say to you, among those born of women there has risen no one greater than John the Baptist; yet he who is least in the kingdom of heaven is greater than he. ¹² From the days of John the Baptist until now the kingdom of heaven has suffered violence, and men of violence take it by force. ¹³ For all the prophets and the law prophesied until John; ¹⁴ and if you are willing to accept it, he is Eli'jah who is to come. ¹⁵ He who has ears to hear, let him hear.

9 MARCH

40 Martyrs of Sebaste

In weeks 2 to 6 of the Triodion from Monday to Friday

Lord I have cried

6 Stichera as set in the Triodion

Tone 2

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.

The holy martyrs bravely endured their present suffering; they rejoiced in things hoped for but not yet seen. They said to one another, "We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated; we suffer a little, but Christ will crown us with the laurel of victory. He is our God and the saviour of our souls. X2

S2: Every nation, praise the Lord; every people, acclaim him!

The holy martyrs threw their clothes aside and fearlessly entered the lake. They encouraged one another, "Remember that our fallen nature has been deprived of Paradise. Let us care nothing for our corruptible flesh today. The serpent once deceived us, handing over our bodies to death; now let us win resurrection for all. Let us scorn the ice and cold; let us hate our flesh, and Christ will crown us with the laurel of victory. He is our God and the saviour of our souls.

S1: For his mercy is strengthened over us and the truth of the Lord remains for ever.

The holy martyrs accepted their torments with joy. They hurried to the frozen lake as to a comforting bath. They said, "We will not fear the bitter cold. Only let us escape the flames of Gehenna. Let a foot be burnt so that it may rejoice eternally. Let a hand be lost and offered to the Lord in sacrifice. Let us not refuse death in the flesh. Embrace death and Christ will

crown us with the laurel of victory. He is our God, and the saviour of our souls.”

Glory:

The holy martyrs bravely endured their present suffering; they rejoiced in things hoped for but not yet seen. They said to one another, “We have put off the old man by stripping off our garments. The winter is cold and bitter, but Paradise will be warm and sweet. The freezing is painful, but the reward will bring us joy. O brothers, let us not be defeated; we suffer a little, but Christ will crown us with the laurel of victory. He is our God and the saviour of our souls.

Both now:

The shadow of the law passed when grace came. As the bush burned, yet was not consumed, so the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

Readings 1 & 2

From the day of the Triodion with the appointed prokeimena.

Prokeimenon Ps 11 Tone 8

R: O Lord, you will keep us *and* preserve us from this generation for ever.

S: O Lord, save me, for the devout man has failed *and* truth has diminished among the sons of men.

Apóstolos

From the Letter to the Hebrews (12:1-10)

Brothers, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely. Let us run with perseverance the race that is set before us, ²and look towards Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despised the shame and is seated at the right hand of God's throne. ³Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. ⁴In your struggle against sin you have not yet resisted to the point of shedding your blood. ⁵And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the

discipline of the Lord or lose courage when you are punished by him. ⁶For the Lord disciplines him whom he loves and chastises every son whom he receives." ⁷It is for discipline that you must endure. God is treating you as sons; for what son is there whom his father does not discipline? ⁸If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. ⁹Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? ¹⁰For they disciplined us for a short time at their pleasure, but he disciplines us for our good, so that we may share his holiness.

Alleluia Ps 65 Tone 4

S1: All the earth, shout with joy to the Lord; make melody to his name *and* give glory in his praise.

S2: For you, O God, have examined us and purified us as silver is tried.

Gospel

From the Holy Gospel according to Matthew (20:1-16)

The Lord said to his disciples, "The kingdom of heaven is like a householder who went out early in the morning to hire labourers for his vineyard. ² After agreeing with the labourers for a denarius a day, he sent them into his vineyard. ³ And going out about the third hour he saw others standing idle in the market place; ⁴ and to them he said, 'You go into the vineyard too, and whatever is right I will give you.' So they went. ⁵ Going out again about the sixth hour and the ninth hour, he did the same. ⁶ And about the eleventh hour he went out and found others standing; and he said to them, 'Why do you stand here idle all day?' ⁷ They said to him, 'Because no one has hired us.' He said to them, 'You go into the vineyard too.' ⁸ And when evening came, the owner of the vineyard said to his steward, 'Call the labourers and pay them their wages, beginning with the last, up to the first.' ⁹ And when those hired about the eleventh hour came, each of them received a denarius. ¹⁰ Now when the first came, they thought they would receive more; but each of them also received a denarius. ¹¹ And on receiving it they grumbled at the householder, ¹² saying, 'These last worked only one hour, and you have made

them equal to us who have borne the burden of the day and the scorching heat.' ¹³ But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for a denarius?' ¹⁴ Take what belongs to you, and go; I choose to give to this last as I give to you. ¹⁵ Am I not allowed to do what I choose with what belongs to me? Or do you begrudge my generosity?' ¹⁶ So the last will be first, and the first last."

MARTYRIKA FOR FRIDAYS

Saturday stichera by anticipation

TONE 1

O Lord, only compassionate One, grant us your peace and have mercy on us through the intercessions of all the saints and of the Theotokos.

O saints, you spat on the strength of demons and freed the whole human race from delusion through your confession of faith in the arenas. When you were being beheaded, you cried, "O Lord, O Lover of the human race, may our sacrifice be acceptable in your sight, for in our love for you, O Lover of the human race, we have despised this temporal life."

How good is your trade, O saints! You shed blood and gained heaven. You were assaulted for a time, but rejoice in eternity. Your trade is good indeed. By forsaking corruption, you inherited incorruption. Together with the angels you continually praise the consubstantial Trinity.

O Martyrs, worthy of praise, the earth did not cover you, but heaven received you. It opened to you the gates of Paradise where you live and delight in the tree of life. Plead with Christ to grant our souls peace and great mercy.

Glory:

What earthly pleasure is not marked by sorrow? What glory on this earth remains unchanged? All things are feeble shadows and deluding dreams, for in a single moment, death will take everyone away. But in the light of your countenance, O Christ, and in the joy of your beauty, grant rest to those whom you have chosen, since you are the Lover of the human race.

Both now:

Let us praise the Virgin Mary, the gate of heaven, the glory of the world, the song of the angels and the beauty of the faithful. She was born from man, yet gave birth to God; she was revealed as heaven and the temple of the Divinity. She destroyed the middle wall of enmity. She commenced the peace and opened the palace of the King. Because we hold her as the anchor of faith, our defender is the Lord whom she bore. Courage, courage, O people of God! For Christ will destroy our enemies since he is all-powerful.

TONE 2

O martyrs, you did not seek earthly things and so were made worthy of heavenly joy. You became fellow-citizens with the angels. O Lord, have mercy on us and save us through their prayers.

All error has come to an end because the holy martyrs pray for us and sing the praises of Christ. The human race is being saved by faith.

The company of martyrs challenged their torturers, "We fight for the Lord of hosts. Even though you condemn us to fire and torture, we will not deny the power of the Trinity."

O saints, great is the glory which you obtained through faith. O physicians of souls and bodies, you not only defeated the enemy in your sufferings, but even after death you drive out spirits and heal the sick. Plead with the Lord to have mercy on our souls.

Glory:

Woe is me! How great a struggle the soul endures at its parting from the body. Woe is me! How many tears it sheds then. But there is none to show it compassion. It turns to the angels, but prays in vain. It extends its hands to people, but finds no one to help. Therefore, my dear brothers, as we reflect on the shortness of our life, let us plead with Christ to give rest to the departed and to grant great mercy to our souls.

Both now:

The shadow of the law passed when grace came. As the bush burned, yet was not consumed, so

the Virgin gave birth, yet remained a virgin. The Sun of justice has risen instead of a pillar of flame and Christ, the salvation of our souls, instead of Moses.

TONE 3

O Christ, great is the might of your martyrs, for although they lie in their tombs, they drive away demons and defeat the power of the enemy! They have lived their lives in a battle for true devotion through faith in the Trinity.

The prophets, apostles and martyrs of Christ taught us to sing the praises of the consubstantial Trinity. They enlightened the nations who had gone astray and made the children of the human race companions with the angels.

O Lord, your martyrs were confirmed by faith and strengthened by hope. Because they were spiritually united in the love of your cross, they overcame the tyranny of the enemy. They have obtained crowns of glory and, together with the angels, pray for our souls.

O Lord, great is the might of your cross! It is set in one place, but acts throughout the world. It made fishermen into apostles and the Gentiles into martyrs. May they always pray for our souls.

Glory:

No human deception will remain after death. Wealth will not remain, nor will glory go with us on the way. When death comes it will swallow them. Therefore let us sing to Christ, the immortal King, "Grant rest to those who have departed from us, for you are the home of all those who rejoice in you."

Both now:

All-honoured One, how can we not wonder at your giving birth to the One who is God and man? For without experience of man, all-spotless One, you gave birth to a son in the flesh who was begotten without mother from the Father before time. He underwent no mingling, change or division, but preserved the attributes of each nature. Therefore, O Lady and Virgin Mother, plead with him to save the souls of

those who confess you in the Orthodox manner to be the Theotokos.

TONE 4

You are glorified in the memory of your saints. O Christ *our* God, may they plead with you to send us great mercy.

O Lover of the human race, receive our song just as you accepted the patience of the holy martyrs. Grant us great mercy through their pleas.

O saints, pray continually for us sinners since you have boldness before the Saviour. Ask remission for our offences and great mercy for our souls.

O martyrs of the Lord, *you are* living sacrifices, reasonable offerings, perfect incense burnt to God, sheep that know God and are known by him, into whose fold the wolves cannot break. Pray that we may be led with you to rest beside the still waters.

Both now:

O *Virgin*, the prophet David was a forefather of God through you. He spoke beforehand about you in songs to the *Lord* who worked wonders in you, "At your right hand stood the queen." God, who was well-pleased to be incarnate from you without a father, announced you as mother and source of Life. He wanted to renew his fallen image, which had been made corrupt by passion, so he found the lost sheep wandering on the mountain, placed it on his shoulders and brought it to his Father. He joined it to the heavenly powers by his own will. O Theotokos, Christ who has great and rich mercy has saved the world.

TONE 5

All-praised martyrs, you did not rejoice in earthly things, but courageously went out to tortures and did not fail in your blessed hopes. Since you now have boldness before God, the Lover of the human race, beg peace for the world and great mercy for our souls.

O Lord, the saints, put on the shield of faith, strengthened themselves with the sign of the

cross and courageously by their own choice went to torture. They laid low the pride and error of the Devil. O almighty God, send peace to the world and great mercy to our souls through their prayers.

O holy martyrs, intercede for us, so that we may be rescued from our sins, for the grace to pray for us is given to you

Your souls were filled with unquenchable love. You endured the most terrible sufferings without denying Christ and demolished the tyrant's pride. You kept the faith unchanged and unharmed; you have gone to live in heaven. Since you have boldness before the Lord, pray that he may grant us great mercy.

Glory:

I remembered the prophet's words, "I am dust and ashes." I went also to the tombs, saw the naked bones and said, "Who now is the King or the soldier, the rich or the poor, the just or the sinners?" O Lord, grant rest to your servants with the saints, for you are the Lover of the human race.

Both now:

In the Red Sea of old, a type of the Virgin Bride was prefigured. There Moses divided the waters; here Gabriel assisted in the miracle. There Israel crossed the sea without getting wet, here the Virgin gave birth to Christ without seed. After Israel's passage, the sea remained impassable; after Emmanuel's birth, the spotless One remained a virgin. O ever-existing God, O Lord, who appeared as man, have mercy on us.

TONE 6

O Lord, your martyrs did not deny you, nor did they turn from your commandments. Have mercy on us through their prayers.

O Christ, those who suffered martyrdom for you, endured great torments. O Lord, preserve us through their prayers and intercessions.

Your victorious martyrs endured great torments when they fought on this earth. Now they live in heaven where they have received a perfect

crown, so that they can offer prayers for our souls.

O Lord, your cross was an invincible weapon for the martyrs. They saw death before them, but looked for the life to come. They were strengthened by their hope in you. Have mercy on us through their prayers.

Glory:

Your creating command was my origin and my foundation, for you determined to form me as a living creature from visible and invisible natures. You made my body from the earth and gave me a soul by your divine and life-creating breath. Therefore, O Saviour, grant rest to your servants in the land of the living, in the mansions of the just.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

TONE 7

Glory to you, O Christ God! *You are* the boast of the apostles and the joy of the martyrs, whose preaching was the consubstantial Trinity.

O holy martyrs, who fought the good fight and have received your crowns, plead with the Lord to have mercy on our souls.

O holy martyrs, because you despised earthly things and courageously preached Christ in the arena, you received from him the due reward for your sufferings. Since you have boldness in the presence of almighty God, we implore you to pray to him for the salvation of our souls.

O martyrs, worthy of all praise and sheep of Christ's spiritual flock, you are a living offering and acceptable sacrifice pleasing to the Lord. Although the earth did not cover you, heaven received you. Now that you are companions

with the angels, we implore you to pray with them to God our Saviour to grant peace to the world and salvation to our souls.

Glory:

Our Saviour, Giver of life, grant rest to our departed brothers who cry out to you, "O Lord, glory to you!"

Both now:

O Theotokos, you were revealed as a mother above nature, for you remained a virgin beyond reason and understanding. No tongue can speak of your wonderful childbearing, for the order of nature was overruled by God. O pure *Lady*, your conceiving was most glorious. O Virgin, the manner of your giving birth was ineffable. We know that you are the Mother of God and pray fervently to you, "Implore him to save our souls."

STONE 8

O martyrs of the Lord, you sanctify every place and heal every sickness. We implore you to intercede for our souls to be freed from the snares of the enemy.

O martyrs of the Lord, plead with our God and beg great bounties for our souls and cleansing from our many offences.

O Lord, your martyrs forgot the concerns of this life and endured tortures for the sake of the life to come. They were revealed as its inheritors and now rejoice with the angels. Grant your people great mercy through their prayers.

Fame and praise are correct for the saints! For they bowed their necks beneath the sword for your sake, who bowed the heavens and came down. They shed blood for you, for you emptied yourself and took the form of a servant. They also humbled themselves even to death by emulating your poverty. O God, through their prayers have mercy on us according to the abundance of your great mercies.

Glory:

I contemplate death in tears and sorrow. I see our beauty, created in God's image, laid in the grave without form, honour, or comeliness. How great is the mystery and fearful end

awaiting us! How have we been handed over to corruption? How has death been wedded to us? Truly, as it is written, it is by the commandment of God, who grants rest to the departed.

Both now:

The King of Heaven, appeared on earth and lived with men because of his love for the human race. He took flesh from the pure Virgin and, after assuming it, he came out from her. The Son is one in two natures, yet one person. Therefore we truly proclaim him as perfect God and perfect man, and we acknowledge Christ our God. O unwedded Mother, implore him to have mercy on our souls.