

THE LITTLE HOURS

*As served on weekdays of the Great Fast and Holy
Week*

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Forward

This book was originally inspired by the daily celebration of the Sixth Hour during the Great Fast at the Chapel of Saints Joachim and Anna at the Metropolitan Andrey Sheptytsky Institute in Ottawa. While the service was celebrated prayerfully and with only a few abbreviations, the need for worshippers to use several books hampered participation in the service. To solve this problem, a book was eventually created containing the text of the Sixth Hour for weekdays of Lent along with an appendix with the propers for each weekday of the Lenten season. This book continues to serve the Institute well.

Having left the Institute, I realized that a more comprehensive book of the Little Hours might be useful for clergy and laity who are forced by circumstance to pray the Divine Praises in private, as well as for parishes and chapels where these services are prayed in common. Thus I added the other Little Hours (the First, Third, and Ninth) to the original book, so that a broader selection of the daily office can be prayed. I also added the text of the Old Testament prophecies, so that the lack of a Bible or Prophetologion would not impede the proclamation of scripture. Finally, I included several new appendices, one containing several charts for the reading of the kathismata, and the other two containing the small number of troparia and kontakia needed to celebrate the Little Hours on weekends, so that this book might be used for at least part of the Divine Praises for almost the whole of the Great Fast.

What is missing from this anthology is a full psalter and the *Ladder of Divine Ascent*. This is due in large part to lack of space in a book intended to fit into a purse, briefcase, or school bag. Moreover, while the Little Hours are certainly diminished if the variable psalmody/kathisma and readings from the *Ladder* are omitted, it seems to me that they can still be prayed with a sufficient degree of integrity to make the publication of this small book worthwhile. In any case, a small psalter or copy of the *Ladder* might fit nicely into one's daily luggage alongside this prayer book. In any case, since the Liturgy of the Hours is a fundamentally corporate act, the rubrics of this book take for granted the reading of at least a

portion of a kathisma when appointed, along with the reading of some part of the *Ladder*.

The text of the Little Hours as well as the troparia and kontakia in Appendices C and D are, for the most part, from *The Divine Liturgy: An Anthology for Worship*, published by the Metropolitan Andrey Sheptytsky Institute in Ottawa in 2004: my thanks to Fr. Peter Galadza for his permission to use them. The Lenten Troparia are from *The Lenten Triodion* published by the Sisters of St. Basil in Uniontown, Pennsylvania, as are the troparia and most of the prokeimena in Appendix A (except in cases where they have been taken from the current official English texts of the Ukrainian Catholic Church). The readings, other than those for the Wednesday and Friday of Cheesefare (which are from the website of the Orthodox Church in America¹), are the translation from the Septuagint of Archimandrite Ephrem Lash, and may be found on his website.²

I am grateful to all who have worked over the years to translate these texts, so that all I had to do was put them in one book. My thanks as well to Daniel Galadza for clarifying several rubrical questions. May this book help many to pray.

¹ <http://oca.org/>

² <http://anastasis.org.uk/liturgic.htm>

Praying the Psalms of the Hours

This text assumes the presence of a priest and congregation at the celebration of the Little Hours. Thus, the psalms have been marked to facilitate chanting in two choirs. If only a few people are present, the priest or a cantor may act as “the first choir” with the people acting as “the second choir,” or the psalms may be chanted alone by a reader. If a kathisma is taken, as is often prescribed during the Little Hours of Great Lent, this is always read by a reader alone.

In some places, when a priest presides at the Little Hours, he will read the *Prayer of the Hours* (“In every season and at every hour...”) as well as the concluding prayer proper to each Hour: in this case, the concluding “Amen” may be sung by all the people. However, this is not required, and these prayers are legitimately read by the reader. In such cases, the concluding “Amen” should be chanted by the reader alone.

Praying the Hours without a Priest

If no priest is available, another member of the clergy or an elder of the congregation leads the service. In such cases, the prayers specifically marked for the priest are replaced by the invocation: “By the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us. Amen.” This is recited by the leader alone. The *Prayer of the Hours* and the concluding prayer proper to each Hour are read by this leader or by the reader of the psalms. The Old Testament readings are announced by the reader, who pauses before beginning the reading itself: there is no introductory dialogue or exchange of peace. The exclamation of the priest at the dismissal, “Glory be to You, our God, glory be to You,” is simply omitted, and the people chant “Glory...now...Lord, have mercy...Christ God, give the blessing!” Then the leader says “By the prayers...”

THE FIRST HOUR

As served on weekdays of the Great Fast and Holy Week

Priest: Blessed be our God, always, now and for ever and ever.

People: Amen.

Glory be to You, our God, glory be to You.

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come and dwell within us; cleanse us of all that defiles us, and, O Good One, save our souls.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

Thrice.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Lord, have mercy. *Twelve times.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Come, let us bow in worship before the King, our God.

Come, let us bow in worship before Christ, the King, our God.

Come, let us bow in worship and fall down before the very Lord Jesus Christ,* our King and God.

Psalm 5

Give ear to my words, O Lord,* understand my cry. • Be attentive to the sound of my plea,* O my King and my God; • for to You I shall pray, O Lord.* In the morning You will hear my voice. • In the morning I shall stand before You,* and You will watch over me. • For

You are not a God who desires iniquity.* The evildoer will not dwell with You,• nor will the lawless remain in Your sight.* You have hated all who work evil;• You will destroy all who speak lies.* The Lord abhors a man of bloodshed and deceit.•

As for me, because of the abundance of Your mercy* I will come into Your house;• I will bow in worship towards Your holy temple,* in fear of You.• Conduct me, O Lord, in Your justice;* because of my enemies, direct my way in Your sight.• For there is no truth in their mouth;* their heart is vain.• Their throat is an open sepulchre; * they deal deceitfully with their tongues.• Judge them, O God,* that they may fall from their devices;• according to the multitude of their offences, cast them out,* for they have bitterly provoked You, O Lord.• But let those be glad who hope in You;* they shall rejoice forever, and You shall dwell in them.• And all those who love Your name* shall glory in You.• For You will bless the just, O Lord.* You have crowned us with a shield of Your good will.•

Psalm 89

Lord, You have been our refuge* from one generation to the next.• Before the mountains came to be or the earth and the world were formed,* from age to age You are.• Do not turn mankind back to humiliation;* You said: “Turn back, you mortals.”• For a thousand years in Your sight, are like a day that has passed,* or like a watch in the night.•

Their years will be mere trifles;* in the morning like grass they pass away.• In the morning they flower, then fade away;* in the evening they fall, dry up and wither.•

Lord, we have perished in Your anger,* and are dejected by Your wrath.• You have set our iniquities before You;* our lifetime in the light of Your countenance.• For all our days have passed, and in Your anger we have perished;* our years were like a cobweb.• The span of our lives is seventy years, but if we are strong, eighty,* and most of these are labor and pain;• for weakness has overcome us,* and we shall be chastened.• Who knows the might of Your anger,* and can gauge Your wrath because of the fear You inspire?• So make known Your right hand,* that even those shackled in heart may be counted wise.•

Turn back, O Lord, how long must we wait?* Be entreated for the sake of Your servants.• In the morning we were filled with Your mercy,* and we rejoiced and were glad in all our days.• Let us be glad in return for the days when You humbled us,* the years when

we saw evils. • Look upon Your servants and upon Your work* and guide their children. • May the radiance of the Lord our God be upon us;* and direct the works of our hands for us; direct the work of our hands. •

Psalm 100

Of mercy and justice I will sing to You, Lord, I will sing and reflect on a blameless way;* when will You come to me? • I have walked within my house* in innocence of heart. • I have set no lawless deed before my eyes;* I have hated those who do wrong. • No twisted heart has cleaved to me;* the evil man who avoids me I have not acknowledged. • The one who secretly slanders his neighbor,* him I have banished. • With a man of proud looks and insatiate heart,* I have not eaten. • I look with favor on the faithful in the land,* that they might dwell with me; • the man who walks on a blameless path,* he has served me. • The one who acts proudly has not dwelt in my house;* the one who speaks lies has not prospered in my sight. • Morning by morning I slew all the sinners in the land,* to purge from the Lord's city all who work iniquity. •

Glory be to the Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen. •

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

Lord, have mercy. *Thrice.*

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

Reader: now and for ever and ever. Amen.

Now the appointed kathisma, or section thereof, is read.*

The reader concludes with: Glory be to the Father and to the Son and to the Holy Spirit!

People: Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

* See Appendix B, page 78, ff. The First Hour does not always have a Kathisma assigned to it.

Lenten Troparion (Tone 6)**

In the morning You will hear my voice, * O my King and my God.
(Prostration)

Verse: Give ear to my words, O Lord, understand my cry.

Refrain: In the morning...

Verse: For to You I shall pray, O Lord.

Refrain: In the morning...

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. *And the theotokion:*

What shall we call you, O Full of grace? * Heaven? For you made the Sun of righteousness to dawn. * Paradise? For you made the flower of incorruption blossom. * Virgin? For you remained incorrupt. * Pure Mother? For you held in your holy embrace a Son who is the God of all. * Implore Him that our souls may be saved.

Psalm Verses and Trisagion Prayers

Direct my steps according to Your word, and let no iniquity control me. *(twice)*

Deliver me from people's slander, and I shall keep Your commandments. *(twice)*

Let Your face shine on Your servant, and teach me Your statutes. *(twice)*

Let my mouth be filled with Your praise, O Lord, that I may hymn Your glory, and sing Your splendor all the day. *(thrice)* (Psalm 118 and Psalm 70).

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

** The Lenten Troparion is first announced by the appointed reader (or priest), the people then singing the Troparion in response. The reader also reads the verses.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Troparia (Tone 4, special melody)

Come to us in haste, O Christ our God, * before we become slaves of those who blaspheme You and threaten our lives. * With Your cross cut down those who make war against us; * let them know how strong is the Orthodox faith. * Grant this through the prayers of the Mother of God, * for You alone are the Lover of mankind

Glorify be...O Teacher of wisdom, O Bestower of understanding, * O Instructor of the ignorant and Protector of the poor, * strengthen and teach my heart, O Master. * O Word of the Father, give me words, * and do not prevent my mouth from calling out to You: * I have fallen, have mercy on me, O merciful One.

Now and forever...Let us with our hearts and lips continually extol the most glorious Mother of God, * holier than the heavenly angels, * and proclaim that she is truly the Theotokos, * for she has truly given birth to God in the flesh * and never ceases to intercede for our souls.

Lord, have mercy. *Forty times, and the Prayer of the Hours:*

In every season and at every hour, in heaven and on earth You are worshipped and glorified, O good God, longsuffering, rich in mercy, loving the just and compassionate to sinners, calling all to salvation by the promise of the blessings to come; now at this very hour, Lord, accept our prayers, and direct our lives in the ways of Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, and make our knowledge whole and sober. Deliver us from every distress, evil, and pain. Surround us with Your holy angels as with a rampart so that protected and guided by their host

we may reach the unity of the faith and the knowledge of Your unapproachable glory; for You are blessed for ever and ever. Amen.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

More honourable than the cherubim, and by far more glorious than the seraphim, ever a virgin, you gave birth to God the Word, O true Mother of God, we magnify you.

In the name of the Lord, Father, give the blessing.

Priest: O God be gracious to us and bless us; make Your face to shine upon us and have mercy on us.

People: Amen.

Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter.

(Prostration)

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. *(Prostration)*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed, now and forever and ever. Amen. *(Prostration)*

Repeat four times, with bows from the waist:

+O God, be merciful to me a sinner.

+O God, cleanse me of my sins, and have mercy on me.

+I have sinned without number, forgive me O Lord.

O Lord and Master of my life... *(The Prayer is repeated in its entirety with one final prostration at its conclusion.)*

Then, the Trisagion Prayers, and "Lord, have mercy", 12 times.

Prayer of the First Hour

O Christ, the true Light, You enlighten and sanctify everyone who comes into the world; let the light of Your countenance be signed upon us, that in it we may see Your unapproachable light. Direct our steps that we might fulfill Your commandments; through the prayers of Your immaculate Mother and of all Your saints. Amen.

The Dismissal*

Priest: Glory be to You, O Christ our God, our hope, glory be to You.

People: Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy. *Thrice.* Give the blessing.

Priest: Christ our true God, through the prayers of His immaculate Mother, of our venerable and godly fathers, and of all the saints, will have mercy and save us, for He is good and loves mankind.

People: Amen.

* If the Third Hour follows immediately, the Dismissal is omitted and the people or the reader begin the Third Hour immediately, with "Come, let us bow in worship..."

THE THIRD HOUR

As served on weekdays of the Great Fast and Holy Week

Priest: Blessed be our God, always, now and for ever and ever.

People: Amen.

Glory be to You, our God, glory be to You.

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come and dwell within us; cleanse us of all that defiles us, and, O Good One, save our souls.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

Thrice.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Lord, have mercy. *Twelve times.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Come, let us bow in worship before the King, our God.

Come, let us bow in worship before Christ, the King, our God.

Come, let us bow in worship and fall down before the very Lord Jesus Christ,* our King and God.

Psalm 16

Pay heed, O Lord, to my just cause,* be attentive to my plea. • Give ear to my prayer* from lips free of deceit. • Let my vindication come from You,* let my eyes see fair dealings. • You have tested my

heart,* You have visited me by night;• You have tried me by fire* and have found no wrong in me.•

Let my mouth not proclaim human deeds;* for the sake of Your words, I have kept hard ways.•

Direct my steps in Your paths,* that my feet may not slip.• I have called,* for You heard me, O God;• incline Your ear to me,* and hearken to my words.• Show the wonder of Your mercies,* You who save those who hope in You.• From those who resist Your right hand, guard me, Lord,* like the apple of the eye.• You will guard me in the shelter of Your wings,* from the presence of the impious who afflicted me.•

My foes have surrounded me; they have shut their hearts;* their mouths spoke arrogance.• They cast me out and now they have encircled me,* they have diverted their eyes to the ground.• They seized me like a lion eager for prey,* and like a lion cub lurking in ambush.• Arise, O Lord, overtake them* and cast them down;• deliver my soul from the impious,* and Your sword from the foes of Your hand.• O Lord, separate them in their lives from what little the land provides;* their bellies were filled with what You stored for them.• They have filled their stomachs, they are satisfied with children,* and they leave the surplus to their infants.• But as for me, in justice I will appear in Your presence;* I shall be satisfied when Your glory appears.

Psalm 24

To You, Lord, I have lifted up my soul.* I have trusted in You, my God, • do not let me be shamed for ever.* Do not let my foes mock me;• for all who wait patiently for You shall never be shamed;* let those who do wrong without cause be shamed.• O Lord, make Your ways known to me,* and teach me Your paths.• Lead me into Your truth and teach me,* for You are God my Savior, and I have waited for You all the day.• Remember Your acts of pity, Lord, and Your mercies,* for they are eternal.• Remember not the sins of my youth and my ignorance;* remember me rather according to Your mercy, on account of Your goodness, O Lord.• Kind and upright is the Lord,* therefore He will set a law for those who sin along the way.• He will guide the meek with judgement,* He will teach the meek His ways.• All the ways of the Lord are mercy and truth,* for those who seek His covenant and His testimonies.•

For Your name's sake, O Lord, pardon my sin,* for it is great. • Who is the one who fears the Lord?* He will give him a law on the path he has chosen. • His soul shall dwell amidst good things* and his seed will inherit the land. • The Lord is the strength of those who fear Him,* and His covenant will show this to them. • My eyes are ever towards the Lord,* for He will release my feet from the snare. • Look on me and have mercy on me,* for I am alone and poor. • The afflictions of my heart have multiplied,* bring me out of my anguish. • See my humiliation and my toil,* and forgive all my sins. • See my foes, for they have been multiplied,* and they have hated me with unjust hatred. • Guard my soul and deliver me,* let me not be shamed, for I hoped in You. • The innocent and upright have clung to me,* because I have waited for You, O Lord. • O God, deliver Israel* from all his afflictions. •

Psalm 50

Have mercy on me, O God, in the greatness of Your compassion;* according to the multitude of Your mercies blot out my offence. • Wash me thoroughly from my iniquity,* and cleanse me from my sin. • For I acknowledge my iniquity,* and my sin is always before me. • Against You alone have I sinned* and done what is evil in Your sight, • that You may be justified when You speak* and win when You are judged. • Behold, in wickedness I was conceived* and in sin my mother bore me. • For see, You have loved truth,* You have shown me the hidden and secret things of Your wisdom. • Sprinkle me with hyssop and I shall be clean.* Wash me and I shall be whiter than snow. • Make me hear joy and gladness,* the bones that were crushed shall rejoice. • Turn Your face from my sins* and blot out all my lawlessness. • Create in me a pure heart, O God,* and renew a right spirit within me. • Cast me not from Your presence,* nor deprive me of Your Holy Spirit. • Give me again the joy of Your salvation,* and sustain me with Your sovereign Spirit. •

I will teach transgressors Your ways,* and sinners will return to You. • Deliver me from blood guilt, O God, the God of my salvation,* and my tongue shall ring out Your justice. • Lord, You will open my lips,* and my mouth shall declare Your praise. • For if You had wanted sacrifice, I would have given it;* You will not take pleasure in burnt offerings. • A sacrifice to God is a contrite spirit.* A humbled and contrite heart God will not spurn. •

Deal favourably, O Lord, with Sion in Your good pleasure* and let the walls of Jerusalem be rebuilt. • Then You will be well pleased

with a sacrifice of justice, oblations and holocausts;* then they will lay calves upon Your altar. •

Glory be to the Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen. •

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

Lord, have mercy. *Thrice.*

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

Reader: now and for ever and ever. Amen.

Now the appointed kathisma, or section thereof, is read.*

The reader concludes with: Glory be to the Father and to the Son and to the Holy Spirit!

People: Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

Lenten Troparion (Tone 6)**

At the third hour, O Lord, * You sent Your Holy Spirit to Your apostles. * Do not take Him from us, O gracious One, * but rather, renew Him within us as we pray to You. (*Prostration*)

Verse: Create in me a pure heart, O God, and renew a right spirit within me.

Refrain: At the third hour...

Verse: Cast me not from Your presence, nor deprive me of Your Holy Spirit.

Refrain: At the third hour...

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. *And the theotokion:*

O Mother of God, * you are the true vine, from whom blossomed the fruit of life; * we implore you, O Lady, * intercede together with the holy apostles * that He may have mercy on our souls.

* See Appendix B, page 78, ff.

** The Lenten Troparion is first announced by the appointed reader (or priest), the people then singing the Troparion in response. The reader also reads the verses.

Psalm Verses and Trisagion Prayers

Blessed is the Lord God, blessed is the Lord day by day; may the God of our salvation give us prosperity. Our God is the God who saves (Psalm 67).

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

Thrice.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Troparia (Tone 8, special melody)

Blessed are You, O Christ our God who revealed the fishermen as most wise * by sending them the Holy Spirit; * through them You caught the entire world. * Loving Master, glory to You.

Glorify be...(kontakion): When the Most High came down and confused the tongues, * He parted the nations. * When He divided the tongues of fire, * He called all to unity: * thus with one voice * we glorify the all-Holy Spirit.

Now and forever...O most pure Mother of God, * you are a hope, a stronghold, and a refuge for Christians; * you are an unconquerable wall and a peaceful haven for the weary. * Through your unceasing intercession you are saving the world; * and we ask you to also remember us, O Virgin worthy of all praise.

Lord, have mercy. *Forty times, and the Prayer of the Hours:*

In every season and at every hour, in heaven and on earth You are worshipped and glorified, O good God, longsuffering, rich in

mercy, loving the just and compassionate to sinners, calling all to salvation by the promise of the blessings to come; now at this very hour, Lord, accept our prayers, and direct our lives in the ways of Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, and make our knowledge whole and sober. Deliver us from every distress, evil, and pain. Surround us with Your holy angels as with a rampart so that protected and guided by their host we may reach the unity of the faith and the knowledge of Your unapproachable glory; for You are blessed for ever and ever. Amen.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

More honourable than the cherubim, and by far more glorious than the seraphim, ever a virgin, you gave birth to God the Word, O true Mother of God, we magnify you.

In the name of the Lord, Father, give the blessing.

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

People: Amen.

Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. *(Prostration)*

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. *(Prostration)*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed, now and forever and ever. Amen. *(Prostration)*

Repeat four times, with bows from the waist:

+O God, be merciful to me a sinner.

+O God, cleanse me of my sins, and have mercy on me.

+I have sinned without number, forgive me O Lord.

O Lord and Master of my life... *(The Prayer is repeated in its entirety with one final prostration at its conclusion.)*

Then, the Trisagion Prayers, and "Lord, have mercy", 12 times.

Prayer of Saint Mardarios

O God and Master, Father almighty, Lord, only-begotten Son, Jesus Christ and Holy Spirit, one Godhead, and one power, have mercy on me a sinner; and by the judgements which You know, save me Your unworthy servant; for You are blessed for ever and ever. Amen.

The Dismissal*

Priest: Glory be to You, O Christ our God, our hope, glory be to You.

People: Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy. *Thrice.* Give the blessing.

Priest: Christ our true God, through the prayers of His immaculate Mother, of our venerable and godly fathers, and of all the saints, will have mercy and save us, for He is good and loves mankind.

People: Amen.

* If the Sixth Hour follows immediately, the Dismissal is omitted and the people or the reader begin the Third Hour immediately, with "Come, let us bow in worship..."

THE SIXTH HOUR

As served on weekdays of the Great Fast and Holy Week

Priest: Blessed be our God, always, now and for ever and ever.

People: Amen.

Glory be to You, our God, glory be to You.

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come and dwell within us; cleanse us of all that defiles us, and, O Good One, save our souls.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

Thrice.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Lord, have mercy. *Twelve times.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Come, let us bow in worship before the King, our God.

Come, let us bow in worship before Christ, the King, our God.

Come, let us bow in worship and fall down before the very Lord Jesus Christ,* our King and God.

Psalm 53

O God, save me by Your name;* vindicate me by Your power. • O God, hear my prayer,* give ear to the words I speak. • For strangers have risen against me and the powerful have sought my soul,* they have not put God before them. • Behold, God will help me,* and the

Lord is the protector of my life. • He will turn evils upon my foes;* with Your truth destroy them, Lord. • Willingly I shall sacrifice to You,* I shall confess Your name, O Lord, for it is good. • For You have delivered me from every tribulation,* and my eyes have looked down on my foes. •

Psalm 54

Give ear to my prayer, O God, and despise not my plea;* be attentive to me and hear me. • I was grieved in my anxiety,* troubled by the voice of the foe and the taunting of sinners. • For they inclined their iniquity against me,* and in anger they reviled me. • My heart was torn with anguish,* and fear of death befell me. • Panic and trembling overcame me,* and darkness engulfed me. • I said: Who will give me wings like a dove's,* that I might fly away and rest. • See, I have fled far away,* and have encamped in the desert. • I waited for God who saves me* from faint-heartedness and storms. • O Lord, drown their voices and divide their tongues,* for I have seen iniquity and strife in the city. • Day and night they encircle its walls,* and lawlessness, toil and injustice are in its midst. • Usury and fraud* have not left its streets. •

If an enemy had reviled me, I would have borne it.* And if one who hated me had boasted against me, I would have hidden from him. • But it was you, my equal,* my guide and my friend, • who made sweet the meals we shared,* and walked in harmony with me in the house of God. • Let death come upon them,* and let them fall into Hades alive. • For evil is in their dwellings and in their midst.* But I cried to God and the Lord heard me. •

At evening and morning and at noon I shall speak and declare my need,* and He will listen to my voice. • He will redeem my soul in peace from those arrayed against me* for there were many who opposed me. • God will hear* and He who is before the ages will humble them. • For there is no change with them,* as they have not feared God; • though He stretched out his hand in reward,* they have defiled His covenant. • Torn away by the wrath of His face* their hearts drew near. • Their words were smoother than oil,* yet they are javelins. •

Cast your care on the Lord, and He will sustain you,* He will never allow the just to be shaken. • But You, O God, will bring them down* to the pit of destruction. • Men of bloodshed and deceit will not live out half their days;* but I, Lord, shall hope in You. •

Psalm 90

He who lives by the help of the Most High,* will dwell in the shelter of the God of heaven. • He will say to the Lord: “My protector, my refuge,* my God, in Whom I trust.”• For He will deliver you from the snare of hunters,* and from the troubling word. • He will shade you with His shoulders, and beneath His wings you will hope;* like a shield His truth will encircle you. • You will not fear terror by night,* nor the arrow that flies by day; • nor the thing that prowls in the darkness,* nor mishap and the noonday devil. • A thousand may fall at your side, and ten thousand at your right,* but it will not come near you. • With your eyes you will observe,* and see the reward of sinners. • For You, Lord, are my hope:* You have made the Most High your refuge. • Evils will not approach you,* nor a scourge draw near your dwelling. • For He has commanded His angels* to guard you in all your ways. • They will bear you on their hands,* lest you dash your foot against a stone. • You will tread on asp and cobra,* and trample down lion and dragon. • “Because he hoped in Me, I shall deliver him;* I will shelter him, because he knew My name. • He will cry to Me, and I will hear him,* I am with him in trouble; • I shall rescue and glorify him.* With length of days I will satisfy him, and show him My salvation.”

Glory be to the Father and to the Son and to the Holy Spirit, *
now and for ever and ever. Amen. •

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

Lord, have mercy. *Thrice.*

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

Reader: now and for ever and ever. Amen.

Now the appointed kathisma, or section thereof, is read.*

The reader concludes with: Glory be to the Father and to the Son and to the Holy Spirit!

People: Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

* See Appendix B, page 78, ff.

Lenten Troparion (Tone 2)**

O Lord, on the sixth day and at the sixth hour * You nailed to the Cross the sin which Adam presumed to commit in Paradise. * Now also tear up the list of our iniquities * and save us, O Christ our God.
(Prostration)

Verse: Give ear to my prayer, O God, and despise not my plea.

Refrain: O Lord, on the sixth day...

Verse: I cried to God and the Lord heard me.

Refrain: O Lord, on the sixth day...

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. *And the theotokion:*

As we have no boldness because of our many sins, * entreat the One born of you, Virgin Mother of God; * for a Mother's plea has great power to obtain the Master's kindness. * Do not despise the supplications of sinners, O all-pure one, * for He is merciful, and able to save, / He who even accepted to suffer for us.

Troparion of the Prophecy

See Appendix A, page 36 and following.

*This troparion is sung once, followed by
Glory be; now and forever..., and then repeated.*

Then:

*Priest: Let us be attentive. + Peace be with all.
Wisdom! Let us be attentive.*

First Prokeimenon

See Appendix A, page 36 and following.

Reading from the Prophets

Priest: Wisdom!

Reader: A Reading from the Prophecy of __

Priest: Let us be attentive.

When the reading of the prophecy has been completed, the priest does not give the blessing (i.e. the peace) again. Instead, the second prokeimenon is immediately announced and sung.

** The Lenten Troparion is first announced by the appointed reader (or priest), the people then singing the Troparion in response. The reader also reads the verses.

Second Prokeimenon *See Appendix A, page 36 and following.*

Reading from *The Ladder of Divine Ascent*

The reading is introduced thus:

A reading from *The Ladder of Divine Ascent* by our father among the saints, John of the Ladder [*Climacus*].

Note that unlike the Word of God (the Prophecy) the reading of The Ladder is proclaimed without chanting, and is read from the side of the church rather than from the middle.

*

When the reading has been concluded, the reader says:

By the prayers of our holy father, John of the Ladder, Lord Jesus Christ, our God, have mercy on us. Amen.

After the reading from The Ladder of Divine Ascent we rise and sing:

Psalm Verses and Trisagion Prayers

Let your mercies, O Lord, come quickly to our aid, for we are utterly poor; * help us, O God our Savior, for the glory of Your name. * O Lord, deliver us, and have mercy on our sins, * for Your name's sake. (*Psalm 78 [79]*)

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Troparia (Tone 2)

In the middle of the earth You brought about our salvation;* upon the Cross You stretched out Your most pure hands * to gather all the nations who sing to You: * O Lord, glory be to You.

Glory be... We bow before Your sacred image, O gracious Lord, * and beg forgiveness for our offenses, O Christ our God; * for You, of Your own free will, deigned to ascend the Cross in Your human nature * to deliver from the bondage of the Enemy those whom You have created. * Therefore, we gratefully cry out to You: * through Your coming to save the world, O Savior, You have filled all with joy.

On Monday, Tuesday, and Thursday:

Now and forever... O Mother of God, fount of mercy; * deem us worthy of compassion. * Look upon a sinful people; * as always show your power. * For placing our trust in you, we cry out to you: "Hail!" * as once did Gabriel, the prince of angels.

But on Wednesday and Friday:

Now and forever... We praise you, O Mother of God, more glorious than all others; * Death was put to death, and Hades was crushed by the Cross of your Son; * He raised us from death and granted us eternal life. * Paradise is again opened for us to enjoy as before. * Therefore, in thanksgiving we glorify the love and power of Christ our God.

Lord, have mercy. *Forty times, and the Prayer of the Hours:*

In every season and at every hour, in heaven and on earth You are worshipped and glorified, O good God, longsuffering, rich in mercy, loving the just and compassionate to sinners, calling all to salvation by the promise of the blessings to come; now at this very hour, Lord, accept our prayers, and direct our lives in the ways of Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, and make our knowledge whole and sober. Deliver us from every distress, evil, and pain. Surround us with Your holy angels as with a rampart so that protected and guided by their host we may reach the unity of the faith and the knowledge of Your unapproachable glory; for You are blessed for ever and ever. Amen.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

More honorable than the cherubim, and by far more glorious than the seraphim, ever a virgin, you gave birth to God the Word, O true Mother of God, we magnify you.

In the name of the Lord, Father, give the blessing.

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

People: Amen.

Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. *(Prostration)*

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. *(Prostration)*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed, now and forever and ever. Amen. *(Prostration)*

Repeat four times, with bows from the waist:

+O God, be merciful to me a sinner.

+O God, cleanse me of my sins, and have mercy on me.

+I have sinned without number, forgive me O Lord.

O Lord and Master of my life... *(The Prayer is repeated in its entirety with one final prostration at its conclusion.)*

Then, the Trisagion Prayers, and "Lord, have mercy", 12 times.

Prayer of the Sixth Hour

O God and Lord of powers, Maker of all creation, in the compassion of Your incomprehensible mercy You sent Your only-begotten Son, our Lord, Jesus Christ, for the salvation of our race. Through His precious Cross He tore up the record of our sins, and triumphed over the principalities and powers of darkness. O loving Master, accept our supplications of thanksgiving and entreaty; and deliver us from destructive and dark transgression, and from all our foes, visible and invisible, who seek to harm us. Nail down our flesh through fear of You, and prevent our hearts from inclining towards

words or thoughts of evil, but rather wound our souls with longing for You; that always gazing upon You and guided by the light that comes from You, seeing You the unapproachable and everlasting Light, we may unceasingly confess and thank You, the Father without beginning, with Your only-begotten Son and Your all-holy, good and life-giving Spirit, now and for ever and ever. Amen.

The Dismissal*

Priest: Glory be to You, O Christ our God, our hope, glory be to You.

People: Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy. *Thrice.* Give the blessing.

Priest: Christ our true God, through the prayers of His immaculate Mother, of our venerable and godly fathers, and of all the saints, will have mercy and save us, for He is good and loves mankind.

People: Amen.

* If the Ninth Hour follows immediately, the Dismissal is omitted and the people or the reader begin the Third Hour immediately, with "Come, let us bow in worship..."

THE NINTH HOUR

As served on weekdays of the Great Fast and Holy Week

Priest: Blessed be our God, always, now and for ever and ever.

People: Amen.

Glory be to You, our God, glory be to You.

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come and dwell within us; cleanse us of all that defiles us, and, O Good One, save our souls.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

Thrice.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

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

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Lord, have mercy. *Twelve times.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Come, let us bow in worship before the King, our God.

Come, let us bow in worship before Christ, the King, our God.

Come, let us bow in worship and fall down before the very Lord Jesus Christ,* our King and God.

Psalm 83

How beloved are Your dwellings, O Lord of hosts;* my soul longs and pines for the courts of the Lord. • My heart and my flesh have rejoiced* in the living God. • Even the sparrow has found itself a house, and the dove a nest for herself,* where she may place her

nestlings:• Your altars, O Lord of hosts,* my King and my God.• Blessed are those who dwell in Your house,* they will praise You for ever and ever.• Blessed is the man whose help is from You,* with Your help he was able to surmount grief.• For the lawgiver will indeed give blessings,* they will go from strength to strength.* The God of gods will appear in Sion.•

Hear my prayer, O Lord God of hosts,* give ear, O God of Jacob.• See, O God our shield,* and look on the face of Your anointed.• For one day in Your courts* is better than a thousand elsewhere.• I have chosen to be cast aside in the house of my God,* rather than dwell in the tents of sinners.• For the Lord loves mercy and truth.* God will give the grace and the glory.• He will not deprive those who walk in innocence* of any good thing.• O Lord God of hosts,* blessed is the man who hopes in You.•

Psalm 84

You have shown favour to Your land, O Lord,* You brought back the captives of Jacob.• You have forgiven Your people their iniquities,* You have covered all their sins.• You have made all Your anger cease,* You have turned from the anger of Your rage.• Bring us back, O God of our salvation,* and turn Your rage from us.• Will You be angry with us for ever?* Will You prolong Your wrath from generation to generation?• O God, when You bring us back You will revive us,* and Your people will rejoice in You.• O Lord, show us Your mercy,* and grant us Your salvation.•

I shall hear what the Lord God will say within me;* for He will speak peace to His people,• to His holy ones,* to those who turn their hearts back to Him.• But His salvation is near those who fear Him,* that His glory may dwell in our land.• Mercy and truth have met,* righteousness and peace have embraced.• Truth has dawned from the earth,* and justice has leaned down from heaven.• Indeed, the Lord will give goodness,* and our earth will yield its fruit.• Justice will walk before Him,* and set His steps in the way.•

Psalm 85

Incline Your ear, O Lord, and hear me,* for I am poor and needy.• Guard my soul, for I am devoted to You;* O my God, save Your servant who hopes in You.• Have mercy on me, Lord,* for I shall cry to You all the day;• give joy to the soul of Your servant,* for I have lifted up my soul to You.• You, Lord, are good and gentle,* and full of mercy to all who call on You.•

Give ear, O Lord, to my prayer;* be attentive to the sound of my plea. • In the day of my trouble I called to You,* for You have heard me. • There is none like You among the gods,* none whose works are as Yours, O Lord. • All the nations whom You made will come and bow before You,* and glorify Your name, O Lord. • For You are great and do wondrous things;* You alone are God. •

Guide me, in Your way, O Lord,* and I shall walk in Your truth; • make my heart glad* to fear Your name. • With my whole heart I shall give You thanks, O Lord, my God,* and I shall glorify Your name for ever. • For Your mercy is great towards me,* and You have delivered my soul from the lowest part of Hades. •

O God, the lawless rose up against me, and a band of the powerful sought my soul;* they did not set You before them. • But You, Lord, are compassionate and kind,* long-suffering and full of mercy and truth. • Look on me and have mercy on me;* give Your might to Your servant and save the son of Your maidservant. • Show me a sign for good,* and let those who hate me see it and be shamed; • for You, Lord, have helped me* and comforted me. •

And again: Show me a sign for good,* and let those who hate me see it and be shamed; • for You, Lord, have helped me* and comforted me. •

Glory be to the Father and to the Son and to the Holy Spirit, * now and for ever and ever. Amen. •

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

Lord, have mercy. *Thrice.*

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

Reader: now and for ever and ever. Amen.

Now the appointed kathisma, or section thereof, is read.*

The reader concludes with: Glory be to the Father and to the Son and to the Holy Spirit!

People: Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia. Glory be to You, O God. *Thrice.*

* See Appendix B, page 78, ff. The Ninth Hour does not always have a kathisma assigned to it.

Lenten Troparion (Tone 8)**

O Lord, Who, for our sake, endured bodily death at the ninth hour, * subdue the passions of our flesh, * O Christ our God, and save us. (*Prostration*)

Verse: Lord, let my cry come before You; teach me by Your word.

Refrain: O Lord, Who, for our sake...

Verse: Let my pleading come before You: save me by Your promise.

Refrain: O Lord, Who, for our sake...

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. *And the theotokion:*

O Good One, You were born of a Virgin for our sake and endured crucifixion; * You despoiled death by death and as God revealed the resurrection. * Do not despise those whom You fashioned with Your own hand; * show Your love for mankind, O Merciful One; * accept the Mother of God who bore You as she intercedes for us, * and save, O Savior, a people in despair.

Psalm Verses and Trisagion Prayers

For Your holy name's sake do not utterly reject us, do not annul Your covenant, do not take Your mercy from us for the sake of Abraham, Your beloved, and for the sake of Isaac, Your servant, and Israel, Your holy one (Daniel 3).

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your name.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us

** The Lenten Troparion is first announced by the appointed reader (or priest), the people then singing the Troparion in response. The reader also reads the verses.

this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil.

Priest: For the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

People: Amen.

Troparia (Tone 8)

Seeing the Prince of life hanging on the cross, * the good thief cried out in faith: * If the One crucified with us were not God incarnate, * the sun would not have hid its rays, nor would the earth have shaken with terror. * O Lord, You endure all this patiently, * remember me in Your kingdom.

Glory be...Your cross was set up on Calvary, * the balance of justice between two thieves; * the one was carried down to Hades by the weight of his blasphemy; * the other was lightened from his sins and ascended to the knowledge of God. * O Christ our God, glory to You.

Now and forever...Seeing upon the cross, the Lamb, the Shepherd and the Savior of the world, * she who gave You birth, said amidst her tears: * 'The world rejoices to see its redemption, * and my heart is spent at the sight of the crucifixion, * which You endured for us, O my Son and my God.

Lord, have mercy. *Forty times, and the Prayer of the Hours:*

In every season and at every hour, in heaven and on earth You are worshipped and glorified, O good God, longsuffering, rich in mercy, loving the just and compassionate to sinners, calling all to salvation by the promise of the blessings to come; now at this very hour, Lord, accept our prayers, and direct our lives in the ways of Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, and make our knowledge whole and sober. Deliver us from every distress, evil, and pain. Surround us with Your holy angels as with a rampart so that protected and guided by their host we may reach the unity of the faith and the knowledge of Your unapproachable glory; for You are blessed for ever and ever. Amen.

Lord, have mercy. *Thrice.*

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

More honorable than the cherubim, and by far more glorious than the seraphim, ever a virgin, you gave birth to God the Word, O true Mother of God, we magnify you.

In the name of the Lord, Father, give the blessing.

Priest: May God be gracious to us and bless us; may He make His face to shine upon us and have mercy on us.

People: Amen.

Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. *(Prostration)*

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. *(Prostration)*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed, now and forever and ever. Amen. *(Prostration)*

Repeat four times, with bows from the waist:

+O God, be merciful to me a sinner.

+O God, cleanse me of my sins, and have mercy on me.

+I have sinned without number, forgive me O Lord.

O Lord and Master of my life... *(The Prayer is repeated in its entirety with one final prostration at its conclusion.)*

Then, the Trisagion Prayers, and "Lord, have mercy", 12 times.

Prayer of Saint Basil the Great

Master, Lord Jesus Christ, our God, You have patiently endured our transgressions, and brought us to this hour in which hanging on the life-giving tree You showed the good Thief the way into Paradise and destroyed death by death. Have mercy also on us sinners, Your unworthy servants, for we have sinned and transgressed Your law and are not worthy to raise our eyes and look to the height of heaven; because we have abandoned the way of Your justice and walked in the willfulness of our hearts. But we implore Your unbounded goodness: spare us, O Lord, according to the multitude of Your mercy, and save us for Your holy name's sake, for our days have been wasted in vanity. Rescue us from the hand of

our opponent, forgive us our sins, slay our carnal will, that having put off the old man, we may put on the new, and live for You, our Master and benefactor; and that thus following Your precepts we may reach eternal rest, where all who rejoice have their dwelling.

For You indeed are the true joy and gladness of those who love You, Christ our God, and to You we give glory, together with Your Father who has no beginning, and Your all-holy, good and life-giving Spirit, now and always and for ever and ever. Amen.

The Dismissal

Priest: Glory be to You, O Christ our God, our hope, glory be to You.

People: Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy. *Thrice.* Give the blessing.

Priest: Christ our true God, through the prayers of His immaculate Mother, of our venerable and godly fathers, and of all the saints, will have mercy and save us, for He is good and loves mankind.

People: Amen.

Appendix A: Texts and Readings from the Lenten Triodion

WEDNESDAY OF CHEESEFARE WEEK

There is no kathisma reading this day

Troparion of the Prophecy

Tone 3 O holy and all-powerful King, * before whom all the universe trembles, * save us who call upon You; * for You have the power to forgive all sins, * in your great love for mankind.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 Save Your people, O Lord, * and bless * Your inheritance.

Verse: To You, O Lord, I have cried. (*Ps 27*)

READING: Joel 2:12-26

Now, therefore, says the Lord, Turn to Me with all your heart, with fasting, with weeping, and with mourning. So rend your heart, and not your garments; return to the Lord your God, For He is gracious and merciful, slow to anger, and of great kindness; And He relents from doing harm. Who knows if He will turn and relent, and leave a blessing behind Him – A grain offering and a drink offering For the Lord your God? Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; Gather the people, Sanctify the congregation, Assemble the elders, Gather the children and nursing babes; Let the bridegroom go out from his chamber, And the bride from her dressing room. Let the priests, who minister to the Lord, Weep between the porch and the altar; Let them say, “Spare Your people, O Lord, and do not give Your heritage to reproach, that the nations should rule over them. Why should they say among the peoples, ‘Where is their God?’” Then the Lord will be zealous for His land, and pity His people. The Lord will answer and say to His people, “Behold, I will send you grain and new wine and oil, and you will be satisfied by them; I will no longer make you a reproach among the nations. But I will remove far from you the northern army, and will drive him away into a barren and desolate land, With his face toward the eastern sea And his back toward the western sea; His stench will come up, And his foul odor will rise, Because he has done monstrous things. Fear not, O land; be glad and rejoice, For the Lord has done marvelous things!

Do not be afraid, you beasts of the field; for the open pastures are springing up, and the tree bears its fruit; the fig tree and the vine yield their strength. Be glad then, you children of Zion, and rejoice in the Lord your God; For He has given you the former rain faithfully, and He will cause the rain to come down for you – The former rain, and the latter rain in the first month. The threshing floors shall be full of wheat, and the vats shall overflow with new wine and oil. So I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, My great army which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the Lord your God, Who has dealt wondrously with you; and My people shall never be put to shame.

Prokeimenon II

Tone 7 The Lord will give strength to His people, * the Lord will bless His people with peace.

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams. (*Ps 28*)

FRIDAY OF CHEESEFARE WEEK

There is no kathisma reading this day

Troparion of the Prophecy

Tone 6 O Lord, grant us Your help in the midst of affliction; * save us, O Lover of Humankind, * for You are born of the Mother of God. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 1 Let Your mercy, O Lord, * be upon us, * as we have hoped in You.

Verse: Rejoice in the Lord, O you just; praise befits the righteous. (*Ps 32*)

READING: Zechariah 8: 7-17

Thus says the Lord of hosts: Behold, I will save my people from the east country and from the west country; and I will bring them to dwell in the midst of Jerusalem; and they shall be my people and I will be their God, in faithfulness Thus says the Lord of hosts: "Let your hands be strong, you who in these days have been hearing these words from the mouth of prophets, since the day that the foundation of the house of the Lord of hosts was laid, that the temple might be built. For before those days there was no wage for

man or any wage for beast, neither was there any safety from the foe for him who went out or came in; for I set every man against his fellow. But now I will not deal with the remnant of this people as in the former days, says the Lord of hosts. For there shall be a sowing of peace; the vine shall yield its fruit, and the ground shall give its increase, and the heavens shall give their dew; and I will cause the remnant of this people to possess all these things. And as you have been a byword of cursing among the nations, O house of Judah and house of Israel, so will I save you and you shall be a blessing. Fear not, but let your hands be strong." For thus says the Lord of hosts: "As I purposed to do evil to you, when your fathers provoked me to wrath, and I did not relent, says the Lord of hosts, so again have I purposed in these days to do good to Jerusalem and to the house of Judah; fear not. These are the things that you shall do: Speak the truth to one another, render in your gates judgments that are true and make for peace, do not devise evil in your hearts against one another, and love no false oath, for all these things I hate, says the Lord."

Prokeimenon II

Tone 3 Sing to our God, sing; * sing to our king, sing!

Verse: Clap your hands, all you nations; shout unto God with the voice of joy. (Ps 46)

MONDAY OF THE FIRST WEEK OF THE GREAT FAST

Troparion of the Prophecy

Tone 5 In the presence of Your power, O Lord, * the whole universe is seized with trembling; * we bow before You, O immortal Lord, * and we pray to You, O holy God: * Through the prayers of Your saints, save our souls! *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 1 For the Lord guards the way of the just, * but the way of the wicked * leads to doom.

Verse: Blessed is the man who follows not the counsel of the wicked. (Ps 1)

READING: Isaiah 1:1-20

A Vision which Isaiah, son of Amos, saw, which he saw against Judea and Jerusalem, in the reign of Ozias and Jotham and Achaz and Ezekias, who reigned over Judea. Hear, O heaven, and give ear, O earth, because the Lord has spoken. I begot children and exalted

them, but they rejected me. An ox knows its owner, and an ass its lord's manger; but Israel does not know me, and my people has not understood. Woe, sinful nation, people full of sins, evil seed, lawless children! You have deserted the Lord and angered the Holy One of Israel. Why would you still be smitten as you add iniquity to iniquity? The whole head is in pain and the whole heart in grief; from feet to head there is no wholeness, nothing but wound, bruise, festering sore; it is not possible to apply plaster, or oil, or bandages. Your land is desert, your cities destroyed by fire; as for your country foreigners devour it before your eyes, and it has become a desert, ravaged by foreign peoples. The daughter of Sion will be abandoned, like a tent in a vineyard and like a store house in cucumber patch, like a city besieged. And had the Lord of hosts not left us seed, we had become like Sodom and been made like Gomorrah. Hear the word of the Lord, rulers of Sodom. Attend to the law of God, people of Gomorrah. What to me is the multitude of your sacrifices? Says the Lord; I am full of holocausts of rams, and the fat of rams and the blood of bulls and goats I do not want. You are not to come to appear to me; who sought these things from your hands? You shall no more come to trample my courts; if you bring flour it is vain; incense is an abomination to me. Your new moons and Sabbaths and high days I do not endure; fast and holiday and your feasts my soul hates; you have become an excess for me, I shall no longer forgive your sins. When you stretch out your hands to me, I shall turn away my eyes from you; and if you multiply supplication, I shall not listen to you; for your hands are full of blood. Wash and become clean; put away the evils from your souls; in my sight cease from your evils, learn to do good, seek out judgment, deliver the wronged, judge for the orphan and do justice to the widow. And come, let us reason together, says the Lord; and if your sins are as scarlet, I will make them white as snow, while if they are crimson, I will make them white as wool. And if you are willing and will listen to me, you eat the good things of the land; but if you are not willing, and will not listen to me, a sword devours you; for the mouth of the Lord has spoken this.

Prokeimenon II

Tone 7 Serve the Lord with awe and trembling, * pay Him your homage.

Verse: Why this tumult among nations, among peoples this useless murmuring? (Ps 2)

TUESDAY OF THE FIRST WEEK

Troparion of the Prophecy

Tone 1 O Lord, since we are strangers on earth, * as were all our fathers before us, * keep us without fault in the shortness of our life. * O Savior, who loves mankind, * have mercy on us. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 Attend to the sound of my cries, * my King and my God!

Verse: To my words give ear, O Lord. Give heed to my groaning. (*Ps 5*)

READING: Isaiah 1:19-2:3

Thus says the Lord: If you are willing and will listen to me, you eat the good things of the land; but if you are not willing, and will not listen to me, a sword devours you; for the mouth of the Lord has spoken this. How has faithful Sion, full of judgment, become a harlot city; in which justice once slept, but now murderers. You silver is worthless; your merchants mix wine with water; your rulers disobey, companions of thieves, loving bribes, running after reward, not judging for orphans, not giving judgment for widows. Because of this, thus says the Lord, the Master of hosts, the Mighty One of Israel: Woe to the strong in Jerusalem! For my wrath will not cease among my opponents; and I will execute judgment on my foes, and I will bring my hand upon you, and I will refine you into something pure; but the disobedient I will destroy, and remove all the lawless from you, and I will humble all the proud. And I will establish your judges as before, and your counselors as from the beginning; and after this you shall be called a city of justice, mother city, faithful Sion; for with judgment will her captivity be saved, and with mercy. And the lawless will be crushed, and sinners as well, and those who have deserted the Lord will be utterly consumed. Therefore they will be shamed by their idols, which they wished for; and disgraced for their groves, which they desired. For they shall be a terebinth which has lost its leaves, and as a garden which has no water. And their strength will be a piece of tow and their works sparks of fire; and the lawless shall be burnt up, and sinners as well, and there shall be no one to quench the fire. [2:1] The word which came from the Lord to Isaiah, son of Amos, concerning Judea and Jerusalem: That in the last day the mountain of the Lord will be manifest, and the house of the Lord on the peaks of the mountains; and it will be exalted high above the hills, and all the nations will

come to it, and many nations will journey and say: Come, let us go up to the mountain of the Lord, and to the house of the God of Jacob; and he will proclaim his way to us; and we shall walk in it.

Prokeimenon II

Tone 4 Lord, do not reprove me in Your anger; * punish me not, in Your rage.

Verse: Have mercy on me, Lord, I have no strength; Lord, heal me, my body is racked. (*Ps 6*)

WEDNESDAY OF THE FIRST WEEK

Troparion of the Prophecy

Tone 4 You know of what we are made, O Lord; * You know our weakness, O our God. * Although we have sinned, we have not renounced You. * We have not stretched out our hand to a strange god. * O God of mercy, in Your goodness, spare us. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 I will praise You, Lord, with all my heart; I will recount all Your wonders.

Verse: I will rejoice in You and be glad, and sing psalms to your name, O Most High. (*Ps 9*)

READING: Isaiah 2:3-11

Thus says the Lord: From Sion a law will come forth, and a word of the Lord from Jerusalem. And he will judge between the nations, and rebuke many people; and they will beat their swords into ploughs and their pikes into sickles, and nation will not take up sword against nation, and they shall in no way learn to war any more. And now, house of Jacob, come, let us walk in the light of the Lord; for he has abandoned his people, the house of Israel, because their country, like that of foreigners, has been filled as at the beginning with divinations; and many foreign children have been born to them. For their country has been filled with silver and gold, and there was no numbering their treasures; and the land has been filled with horses, and there was no numbering their chariots; and the land has been filled with abominations, the works of their hands, and they have worshipped what their fingers have made. And a man bowed down, and a man was humbled, and I will in no way pardon them. And now enter the rocks, and be hidden in the earth from the face of the fear of the Lord, and from the glory of his

strength, when he arises to crush the earth. For the eyes of the Lord are exalted, but man is lowly; and the exaltation of men will be humbled, and the Lord alone will be exalted in that day.

Prokeimenon II

Tone 6 The Lord is just * and loves justice; * the upright shall see His face.

Verse: In the Lord I have taken my refuge. (Ps 10)

THURSDAY OF THE FIRST WEEK

Troparion of the Prophecy

Tone 1 O Lord, deliver us from enemies, visible and invisible, * so that the pagans shall never say: Where is their God? * May they know, O Lord, * that You grant forgiveness * for the sins of Your repentant people! *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 When the Lord delivers His people from bondage, * then Jacob will be glad and Israel rejoice.

Verse: The fool has said in his heart, "There is no God above." (Ps 13)

READING: Isaiah 2:11-21

The Lord alone will be exalted in that day; for the day of the Lord of hosts will be upon every one that is proud and haughty, and upon the high and lofty; and they will be humbled. And upon every cedar of Lebanon, of the high and lofty, and upon every tree of oak of Basan, and upon every high mountain, and upon every high hill, and upon every high tower, and upon every high wall, and upon every ship of the sea and upon every sight of ships of beauty. And every man shall be humbled and the height of men shall fall; and the Lord alone shall be exalted in that day. And they will hide all things made with hands, bringing them into the caves and clefts of the rocks, and into the caverns of the earth, from the face of the fear of the Lord, and from the glory of his strength, when he arises to crush the earth. On that day a man will cast out his abominations, the silver and gold objects which they made to worship with vanities and bats; to enter the caverns of the solid rock and the clefts of the rocks and from the glory of his strength, when he arises to crush the earth.

Prokeimenon II

Tone 4 Lord, who shall be admitted to Your tent * and dwell on Your holy mountain?

Verse: Those who walk without fault, those who act with justice. (Ps 14)

FRIDAY OF THE FIRST WEEK

Troparion of the Prophecy

Tone 8 In Your mercy, O Lord, come to our aid, * for our lives are full of sin and far from repentance. * We know no other but You * to rule over our life and our death. * O Lover of mankind, save us.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 I love You, Lord, my strength, * my rock, my fortress, my Savior.

Verse: O God, You are the rock where I take refuge. (Ps 17)

READING: Isaiah 3:1-14

See now, the Master, Lord of hosts, will take away from Judea and Jerusalem the strong man and the strong woman, strength of bread and strength of water, giant and strong and warrior and justice, prophet and diviner, elder and captain of fifty, wondrous counselor and wise master-builder and understanding hearer. And I will set youths as their rulers, and scoffers will lord it over them. And the people will fall, man upon man, and man upon his neighbor; the child will insult the elder, the base the honourable. Because a man will seize his brother, or one of his own father's house and say: You have a garment, become our prince, and let my food be under you. And answering in that day he will say: I will not be your prince; for there is neither garment nor food in my house; I will not be prince of this people, because Jerusalem is forsaken and Judea has fallen and their tongues are with iniquity and they disobey what concerns the Lord; therefore now their glory has been humbled and the shame of their face has stood against them; they have declared and manifested their sin like that of Sodom. Woe to their soul, because they have devised an evil counsel against themselves, saying: Let us bind the just, for he is burdensome to us; therefore they eat the products of their works. Woe to the lawless: evils will happen to him according to the works of his hands. My people, your bailiffs glean you, and your creditors lord it over you. My people, those who call you blest lead you astray and disturb the path of your feet.

But now he will stand up for judgment; the Lord himself will come to judgment with the elders of the people and with its rulers.

Prokeimenon II

Tone 6 May the spoken words of my mouth, * and the thoughts of my heart, * win favour in Your sight, O Lord, my rescuer, my rock!

Verse: The heavens proclaim Your glory, O God, and the firmament shows forth the work of Your hands. (*Ps 18*)

MONDAY OF THE SECOND WEEK

Troparion of the Prophecy

Tone 5 O Lord, Who has created the heart of each of us, * remember that we have come from dust; * do not condemn us to the depths of the earth. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 6 You who fear the Lord give Him praise; * all children of Jacob, * give Him glory.

Verse: My God, my God, why have You forsaken me? You are far from my plea and the cry of my distress. (*Ps 21*)

READING: Isaiah 4:2-5:7

Thus says the Lord: God will shine out on that day, in counsel with glory on the earth, to exalt and glorify the remnant of Israel. And there will be a remnant in Sion and a remnant in Jerusalem, they will all be called 'Holy' who are inscribed for life in Jerusalem. Because the Lord will wash the stain of the sons and daughters of Sion, and will cleanse the blood of Jerusalem from the midst of them, with a spirit of judgment and a spirit of burning. And the Lord will come, and it shall be that every place of mount Sion, and all the region round it a cloud will shelter by day, and like smoke and the light of fire burning by night, and it will be sheltered with all the glory. And it shall be for a shelter from heat, and with a shelter and a hiding place from harshness and rain. [5:1] Let me sing for my beloved a song of my loved one for my vineyard. My beloved had a vineyard on a hill, on a fertile place. And I made a hedge round it and dug a trench and planted a vine of Sorek and built a tower in the middle of it, and dug out a vat in it, and I waited for it to produce grapes, and it produced thorns. And now inhabitants of Jerusalem, and people of Juda, judge between me and my vineyard. What should I yet have done for vineyard, and did not do? Because I waited for it to produce grapes, but it produced thorns. Now I will

tell you what I shall do to my vineyard; I shall take out its hedge, and it will be for plundering; and I shall pull down its wall, and it will be for trampling under foot. And I will abandon my vineyard, and it will not be pruned or dug; and thorns will come up on it, as on fallow land; and I shall command the clouds not to shower rain on it. For the vineyard of the Lord of hosts is the house of Israel, and a man of Juda the beloved plant.

Prokeimenon II

Tone 6 You are there with Your crook * and Your staff; * with these You give me comfort.

Verse: The Lord is my shepherd; there is nothing I shall want. (*Ps 22*)

TUESDAY OF THE SECOND WEEK

Troparion of the Prophecy

Tone 6 We are not worthy to praise You, but we pray and beseech You; * do not let us perish in sin; * save us, O merciful Lord. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 O Lord, I love the house where You dwell, *the place where Your glory abides.

Verse: Give judgment for me, O Lord, for I walk the path of perfection. (*Ps 25*)

READING: Isaiah 5:7-16

Thus says the Lord: The vineyard of the Lord of hosts is the house of Israel, and the people of Juda the beloved plant. I waited for it to produce judgment, but it produced iniquity, and not justice, but a cry. Woe to those who join house to house, and who bring field close to field, that they may remove something of their neighbor's! Will you alone dwell on the land? For these things have been heard by the ears of the Lord of hosts. For though many houses come into being, great and fair, they will become a desert, and there will be no inhabitants in them. For where ten yoke of oxen work, it will produce one jar-full; and the one who sows twelve bushels will produce one. Woe to those who rise in the morning and go after strong drink, staying until late; for the wine will heat them; for with harp and psaltery and drums and flutes they drink wine, while they do not regard the works of the Lord, and they do not keep in mind the works of his hands. Therefore my people has become a

prisoner, through not knowing the Lord; and has become a multitude of corpses, through famine and thirst for water. And Hell has broadened its soul and opened its mouth, so as to leave no interval; and her glorious ones will go down and her great and her rich and her pestilent ones, and the one who rejoiced in her. And a man shall be humbled, and a man shall be dishonoured; and the lofty eyes shall be humbled. And the Lord of hosts will be exalted in judgment; and the holy God will be glorified in justice.

Prokeimenon II

Tone 3 The Lord is my light and my Savior; * whom shall I fear?

Verse: The Lord is the protector of my life; of whom shall I be afraid? (*Ps 26*)

WEDNESDAY OF THE SECOND WEEK

Troparion of the Prophecy

Tone 6 O Lord, most high, who dwell in the heavens, * creator of every living thing, * save us, O our God, * for our hope is in You, our Savior. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 5 To You, Lord, I cried, * to my God I made my appeal.

Verse: I will praise You, Lord. You have rescued me and have not let my enemies rejoice over me. (*Ps 29*)

READING: Isaiah 5:16-25

The Lord of hosts will be exalted in judgment, and the holy God will be glorified in justice. And they that were despoiled shall be pastured like bulls, and lambs feed on the deserts of those taken away. Woe to those who draw sins to themselves as on a long rope, and iniquities as on the thong of a heifer's yoke, saying, 'Let him quickly bring near what he is going to do, that we may see it, and let the counsel of the Holy One of Israel come, that we may know it!' Woe to those who call evil good, who regard darkness as light and light darkness, who regard bitter as sweet and sweet bitter! Woe to them that are understanding in their own opinion, and knowledgeable in their own eyes! Woe to your strong ones who drink wine, and your powerful ones who also mix strong drink; who justify the ungodly for the sake of gifts, and deprive the just of justice! For this reason, in the same way that a reed will be burnt by a coal of fire, and be burnt up by a leaping flame, their root will be like chaff, and their flower will go up like dust; for they did not want

the law of the Lord of hosts, but provoked the word of the Holy One of Israel. And the Lord of hosts was enraged with his people, and put out his hand upon them, and struck them; and the mountains were provoked and their carcasses became like dung in the middle of the way; and in all this his rage has not been turned away, but his hand is still raised high.

Prokeimenon II

Tone 6 In You, O Lord, * I take refuge. * Let me never be put to shame.

Verse: In Your justice, set me free; hear me and speedily rescue. (*Ps 30*)

THURSDAY OF THE SECOND WEEK

Troparion of the Prophecy

Tone 1 Raise us up, O Lord, * from the abyss into which we have fallen; * bring back our hearts which have turned from You, * O God and the lover of mankind, * who brings together the ends of the earth. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 6 I sought the Lord * and He answered me; * from all my terrors He set me free.

Verse: I will bless the Lord at all times; His praise shall always be on my lips. (*Ps 33*)

READING: Isaiah 6:1-12

It came to pass in the year that king Ozias died that I saw the Lord, seated on a high and exalted throne, and the house was full of his glory. And Seraphim stood round about him, the one had six wings and the other had six wings, and with two they covered their face, while with two they covered their feet and with two they flew. And they cried one to the other and said, 'Holy, Holy, Holy is the Lord Sabaoth, the whole earth is full of his glory'. And the lintel was lifted up at the sound with which they cried, and the house was filled with smoke. And I said, 'Ah, wretch that I am, for I have been pricked to the heart; because, being a man and having unclean lips, I dwell in the midst of people who have unclean lips and I have seen the King, the Lord Sabaoth with my own eyes'. And one of the Seraphim was sent to me, and he had a coal in his hand, which he had taken from the altar with the tongs, and he touched my mouth and said, 'See, this has touched your lips, and will take away your

iniquities and will cleanse your sins'. And I heard the voice of the Lord saying, 'Whom shall I send? And who will go to this people?' And I said, 'See, here am I. Send me'. And he said, 'Go, and say to this people, "Hear with your hearing, and do not understand, and looking, look, and do not see"; for the heart of this people has become fat and with their ears they have become hard of hearing and they have shut their eyes, lest they see with their eyes and hear with their ears and understand with their heart, and turn back, and I shall heal them'. And I said, 'Until when, Lord?' And he said, 'Until cities are deserted through not being inhabited, and houses through there being no people, and the land shall be left a desert. And after these things God will take the men far away, and those who are left on the land will be multiplied'.

Prokeimenon II

Tone 6 Awake, stir to my defense, * to my cause, * O God!

Verse: O Lord, plead my cause against my foes; fight those who fight me. (*Ps 34*)

FRIDAY OF THE SECOND WEEK

Troparion of the Prophecy

Tone 1 Night and day, we implore You, O Lord: * grant us the forgiveness of our sins * that we may bow before You, * O Lord and lover of mankind, * and glorify You in peace. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 O Lord, do not rebuke me in your anger; * do not punish me, Lord, in your rage.

Verse: Your arrows have sunk deep in me; Your hand has come down upon me. (*Ps 37*)

READING: Isaiah 7:1-14

It came to pass in the days of Achaz, son of Jotham, son of Ozias, king of Juda, that Rasim king of Aram and Phakeë son of Romelias king of Israel came up to make on war on Jerusalem and they were unable to take it by siege. And a message came to the house of David saying: Aram has made an agreement with Ephraim; and his soul was amazed and the soul of his people, in the same way as a tree in a wood is shaken by a wind. And the Lord said to Isaiah: Go out to meet Achaz, you and your son who is left behind, Jasoub, by the pool of the upper road of the fuller's field, and you are to say to

him: Guard your stillness and do not be afraid, nor let your soul be weakened because of these two smoking brands of wood; for when the anger of my rage has passed, I shall heal again. And the son of Aram and the son of Romelias, because they have taken evil counsel concerning you, saying: Let us go up against Judea, and having spoken with them we shall turn them to us, and we shall make the son of Tabeël king for them; thus says the Lord Sabaoth: This counsel shall not abide, it shall not be; but the head of Aram is Damascus and the head of Damascus is Raseim; but yet sixty five years and the kingdom of Ephraim will cease from being a people — and the head of Ephraim is Somoron, and the head of Somoron is the son of Romelias; and if you do believe, nor will you understand. And the Lord spoke again to Achaz, saying: Ask a sign for yourself from the Lord your God in the height or in the depth. And Achaz said: I shall not ask, nor shall I tempt the Lord. And he said: Hear then, house of David: is it a little thing for you to hold a contest with men: What if you hold a contest with the Lord? Because of this the Lord will give you a sign.

Prokeimenon II

Tone 6 O Lord, hear my prayer, * O Lord, * turn your ear to my cry.

Verse: I said: I will be watchful of my ways for fear I should sin with my tongue. (Ps 38)

MONDAY OF THE THIRD WEEK

Troparion of the Prophecy

Tone 4 We are weak and broken by sin; * heal our infirmities, O Lord. * You are the Physician of our souls, * and You know the heart of each of us.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 Hope in God; I will praise Him still, * my Savior and my God.

Verse: Like the deer that yearns for running streams, so my soul is yearning for You, my God. (Ps 41)

READING: Isaiah 8:13-8:22; 9:1-7

Sanctify the Lord God, and he shall be your fear; and if you trust in him, he will be for your sanctification, and you will not meet with him as a stumbling stone, nor as a falling on a rock; while the

houses of Jacob are in a snare, and those who dwell in Jerusalem in a hollow. Because of this many among them will become powerless and will fall and be smashed, and they will draw near and men will be taken in safety. Then they will be manifest who seal themselves not to learn my law. And he will say: I shall wait for God who has turned away his face from the house of Jacob and I shall trust in him. Behold I and the children whom God has given me, and they shall be signs and wonders in the house of Israel from the Lord Sabaoth, who dwells on the mountain of Sion. And if they say to you: Seek out ventriloquists and those who speak from the earth, and those who speak emptiness, those who speak out of their bellies, shall a nation not seek out its God? Why do they seek the dead concerning the living? For he gave the law for a help, that they should speak not according to this word, concerning which there are no gifts to give concerning it. And harsh famine will come upon you; and it shall be that when you are hungry you shall be grieved and speak ill of the ruler and your ancestral customs, and they will look up to the heaven above, and they will look on the earth below, and behold dire distress and darkness, tribulation and misery and darkness, so that it is impossible to see; and he who in distress will not be distressed only for a moment. [9:1] Do this first, do this quickly, country of Zavoulon, land of Nephthalim, way of the sea and the rest of the inhabitants of the sea coast and beyond Jordan, Galilee of the nations, the parts of Judea. The people who walked in darkness, see, a great light! You who dwell in the country and shadow of death a light will shine on you. The most part of the people which you brought down in your joy, they too will rejoice before you as those who rejoice at harvest and in the way of those who divide the spoil. Because the yoke which lay on them and the rod that was on their neck has been taken away; for the Lord has scattered the rod of those who demanded, as in the day of Madiam. For they shall pay restitution for every robe that has been collected by trickery and every garment with exchange; and they will be willing even if they had been burnt by fire. Because a child has been for us, a son too has been given to us, whose rule was upon his shoulder, and his name is called Angel of great counsel, wondrous counselor, mighty God, potentate, prince of peace, father of the age to come; for I shall bring peace upon the princes, peace and health to him. Great is his rule and of his peace there is no limit upon the throne of David and his kingdom to establish it and assist it with

judgment and with justice from now and for ever; the zeal of the Lord Sabaoth will do all this.

Prokeimenon II

Tone 4 Hope in God; I will praise Him still, * my Savior and my God.

Verse: Defend me, O God, and plead my cause against a godless nation. (*Ps 42*)

TUESDAY OF THE THIRD WEEK

Troparion of the Prophecy

Tone 7 O Lord, You are our salvation, * our protection in the day of misfortune. * Have mercy on us, O lover of mankind, * in Your great goodness.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 The Lord of hosts is with us; the God of Jacob is our stronghold.

Verse: God is for us a refuge and strength, a helper close at hand in time of distress. (*Ps 45*)

READING: Isaiah 9:8-10:4

Thus says the Lord: All the people of Ephraim will know and those who dwell in Samaria with insolence and an exalted heart, saying: Bricks have fallen, but come, let us hew stones and cut down sycamores and cedars and let us build a tower; and God will dash those who rise against mount Sion against them, and their enemies he will scatter, Syria from the rising of the sun and the Greeks from the setting of the sun, those who devour Israel with their whole mouth. In all this his rage was not turned away, but his hand is still upraised. In all this his rage was not turned away, but his hand is still upraised. But the people was not turned away until it was struck, and they did not seek the Lord. And the Lord away from Israel head and tail, great and small in that day, elder and those who marvel at persons (this is the start) and prophet teaching things that are unlawful (this is the tail). And those who call this people blest will lead them astray, and they lead them astray that they may gulp them down. Because of this the Lord will not rejoice at their youths and will not have mercy on their orphans and on their widows, because all are lawless and evil, and every mouth speaks things that are not just. And iniquity will burn like fire and

like dry grass it will be devoured by fire; and it will burn in the thickets of the wood, and all that is round about the hills will be devoured. Because of the anger of the Lord the whole land has burned, and the people will be as though burnt up by fire; a man will not have mercy on his brother, but he will turn aside to the right because he will be hungry and he will eat from the left, and a man will by no means be filled by eating the flesh of his arm. For Manasses will eat of Ephraim and Ephraim of Manasses, because together they will besiege Juda. In all this his rage was not turned away, but his hand is still upraised. [10:1] Woe to those who write evil; for in writing they write evil, turning aside judgment from the poor, snatching judgment from the paupers of my people, so that widows are for plunder and orphans for forage. And what will they do in the day of visitation? Four your trouble will come from afar; and to whom will flee to be helped? And where will you abandon your glory so as not to fall into captivity? In all this his rage was not turned away, but his hand is still upraised.

Prokeimenon II

Tone 3 Sing to our God, sing; sing to our king, sing.

Verse: Clap your hands, all you nations; shout unto God with the voice of joy. (Ps 46)

WEDNESDAY OF THE THIRD WEEK

Troparion of the Prophecy

Tone 8 We are lacking in good works; * but in Your compassionate love * do not despise the work of your hands, O sinless Lord. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 6 Pay your sacrifice * of thanksgiving to God * and render Him your votive offering.

Verse: The God of gods, the Lord, has spoken and summoned the earth, from the rising of the sun to its setting. (Ps 49)

READING: Isaiah 10:12-20

It shall be when the Lord has accomplished doing all things on the mountain of Sion and in Jerusalem, he will bring upon the great mind the ruler of the Assyrians, and upon the height of the glory of his eyes. For he said: In strength I shall act and in the wisdom of the understanding, I shall remove the boundaries of nations and their

strength I shall plunder and I shall shake inhabited cities and the whole inhabited world I shall abandon like a nest and I shall take away the eggs that have been abandoned, and there is none who will escape from me or contradict me. Will an axe be glorified without someone to cut with it? Or will a saw be exalted without someone to draw it, as if someone lifts up a rod or staff? And nor so, but the Lord Sabaoth will send dishonour against your honour, and burning fire will be kindled against your glory. And the light of Israel will be for fire, and he will sanctify him with burning fire and it devours the fuel like grass, On that day the mountains will be consumed, and the hills and the forests, and <the fire> devours from the soul right through to the flesh; and the one who flees will be like one who flees from a burning flame; and those of them who have been left behind shall be a number, and a child will write them. And it shall be in that day that the remnant of Israel will no longer be added to, and the saved of Jacob no longer trust in those who have wronged them, but they will trust in God the Holy One of Israel in truth.

Prokeimenon II

Tone 6 Have mercy on me, * O God, * in Your kindness.

Verse: A pure heart create in me, O God; put a steadfast spirit within me. (*Ps 50*)

THURSDAY OF THE THIRD WEEK

Troparion of the Prophecy

Tone 7 If You count our sins, O Lord and Lover of Mankind, * what is our hope of salvation? * But, send Your help from heaven * upon Your people, O Lord of goodness.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 5 O God, save me by Your name; * by your power, uphold my cause.

Verse: O God, hear my prayer; listen to the words of my mouth. (*Ps 53*)

READING: Isaiah 11:10-12:2

Thus says the Lord: In that day there shall be a root of Jesse and the one who rises to rule the nations, in him the nations will hope, and his rest will be honour. And in that day it shall be that the Lord will continue to reveal his hand to be zealous for the remnant that is left

of the people, that will have been left by the Assyrians and from Egypt and Babylonia and Ethiopia and from the Elamites and from the rising of the sun and from Arabia. And he will raise a sign for the nations and gather the lost of Israel and the scattered of Juda he will gather from the four corners of the earth. And the jealousy of Ephraim will be removed and the enemies of Juda perish. And it shall be for Israel as on the day when he came out of Egypt. [12:1] And you will say on that day, 'I shall bless you, O Lord, because you were angry with me and you turned away your wrath and had mercy on me. See, my God, my salvation is the Lord, I shall trust in him and I shall not be afraid, because the Lord is my glory and my praise, and has become my salvation'.

Prokeimenon II

Tone 7 O God, listen to my prayer, * do not hide from my pleading.

Verse: Attend to me and reply. (Ps 54)

FRIDAY OF THE THIRD WEEK

Troparion of the Prophecy

Tone 8 By the power of Your word, You have made the universe, * and You have brought us from nothingness into being, O God; * do not deliver us to our sins, * we beseech You, O sinless Lord.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 Truly, all shall say, * the just are rewarded. * Truly there is a God who does justice on the earth.

Verse: Do you truly speak justice, you who hold divine power? (Ps 57)

READING: Isaiah 13:2-13

Thus says the Lord: On a mountain of the plain raise a standard, lift up the voice to them: do not fear, comfort with the hand; open up, you rulers. I give order and I bring them; giants are coming to fulfill my wrath, rejoicing at the same time and insulting. A voice of many nations on the mountains, like that of many nations, a voice of kings and gathered nations. The Lord Sabaoth has commanded a nation in arms to come from a land far away, from the furthest foundation of heaven, the Lord and his armed men, to destroy the whole inhabited world. Howl, for the day of the Lord is near, and destruction will come from God. Because of this every hand will

grow feeble and every human soul will quail. And the elders will be troubled and pangs will grip them like those of a woman in childbirth; and they will mourn one to another and be amazed and change their face like a flame. For see, the day of the Lord is coming without healing, of wrath and anger to make the inhabited world a desert and to destroy sinners from it. For the stars of heaven and Orion and all the host of heaven will not give light, and when the rises there will be darkness and the moon will not give her light. And I shall command evils for the whole inhabited world and for the ungodly their sins; and I shall destroy the arrogance and the arrogance of the lawless I shall humble. And those that are left behind will be more precious than gold tried by fire; and a man will be more precious than the stone of Souphir. For the heaven will be enraged and the earth be shaken from its foundations through the wrath of the anger of the Lord Sabaoth on the day when his wrath attacks.

Prokeimenon II

Tone 7 O my Strength, it is You to whom I turn, * for You, O God, are my stronghold.

Verse: Rescue me, God, from my foes; protect me from those who attack me. (*Ps 58*)

MONDAY OF THE FOURTH WEEK

Troparion of the Prophecy

Tone 7 In your wrath, O Lord, * do not chastise the people who have sinned against You, * nor find fault with them in Your anger; * for You are the God of goodness. * All the earth glorifies You, and we pray to You: * Spare us, O holy One. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 6 In God is my safety and glory, * the rock of my strength.

Verse: In God alone is my soul at rest; my help comes from Him. (*Ps 61*)

READING: Isaiah 14:24-32

Thus says the Lord Sabaoth: In the way that I have spoken, thus shall it be, and in the way I have planned, thus shall it remain, to destroy the Assyrians on my land and from my mountains, and they will be for trampling down and their yoke shall be taken from them and their glory shall be taken from their shoulders. This is the plan which the Lord has planned against the whole inhabited world, and

this is the hand that is uplifted against all the nations. For what the holy God has planned, who will scatter it? And will turn away his uplifted hand? In the year that King Achaz died there came this word. Do not rejoice, all you foreigners, that the yoke of the one who struck you is broken, for from a serpent's seed there will come a race of vipers, and their offspring will come forth flying serpents. And the poor will be pastured through him and paupers will rest in peace. But he will destroy your seed by famine and your remnant he will destroy. Howl, gates of cities, and let troubled cities cry out, all the foreigners, because smoke is coming from the North and there is no possibility of being. And what will the kings of the nations answer? That the Lord has founded Sion and through him the humble of the people will be saved.

Prokeimenon II

Tone 4 So I will bless You all my life, * in Your name I will lift up my hands.

Verse: O God, You are my God, for You I long; * for You my soul is thirsting. (Ps 62)

TUESDAY OF THE FOURTH WEEK

Troparion of the Prophecy

Tone 6 To Your Cross, O Master, * we bow in veneration, * and we glorify Your holy Resurrection.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 Cry out with joy to God * all the earth, * O sing to the glory of His name.

Verse: O peoples, bless our God; let the voice of His praise resound. (Ps 65)

READING: Isaiah 25:1-9

Lord my God, I will glorify you, I will praise your name, for you have done wondrous deeds, an ancient and true counsel. So be it. Because you have made cities a heap, cities strong so that foundations should not fall. Let the city of the ungodly not be built for ever. Therefore the poor people will bless you, and cities of those who have been wronged will bless you; for you have become a helper to every humble city and a protection to those downhearted through want, you will deliver them from evil people, be a protection to the thirsty and a breath for people who have

been wronged; as down-hearted people, thirsting in Sion, because of ungodly people, to whom you handed us over. And the Lord Sabaoth will make <a banquet> for all the nations on this Mountain. They will drink joy, they will drink wine, they will anoint themselves with myrrh. On this mountain hand on all these things to the nations, for this Counsel is upon all the nations. Death has been strong and swallowed down, and again the Lord has taken away every tear from every face. The shame of the people he has taken away from all the earth; for the mouth of the Lord has spoken this. And they will say in that day: See, the Lord our God, in whom we hoped and rejoiced, and he will save us. This is the Lord, we waited from him and we shall be glad, and we shall rejoice in his salvation.

Prokeimenon II

Tone 6 For God, our God, has blessed us. * May God still give us His blessing * till the ends of the earth revere Him.

Verse: O God, be gracious and bless us, and let Your face shed its light upon us. (*Ps 65*)

WEDNESDAY OF THE FOURTH WEEK

Troparion of the Prophecy

Tone 6 To Your Cross, O Master, * we bow in veneration, * and we glorify Your holy Resurrection.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 Let there be rejoicing * and gladness * for all who seek You.

Verse: O God, make haste to my rescue; Lord, come to my aid. (*Ps 69*)

READING: Isaiah 26:21-27:9

See, the Lord is bringing his wrath from the holy place upon those who dwell on the land, and the land will uncover its blood and will not cover those who are slain upon it. [27:1] On that day God will bring his holy, great and strong sword upon the dragon, the serpent that flees, upon the dragon, the crooked serpent, and he will destroy the dragon. On that day a fair vine, a desire to make a beginning concerning it. I am a strong city, a city besieged, in vain shall I water it; for it will be captured by night, while by day its wall shall fall. There is no woman who has not taken hold of it. Who will

set me to guard a reed in a field? Because of this enemy I have set it aside. Therefore because of this the Lord has done all the things that he appointed. I have been burnt up, those who dwell in it will cry out, Let us make peace with him, let us make peace. Those who are coming are children of Jacob; Israel will sprout and blossom and the inhabited world will be filled with his fruit. Shall he be smitten as he himself smote, and as he himself destroyed shall he be destroyed? Fighting and reviling he will send them away. Are you not the one who meditated with a harsh spirit to destroy them with a spirit of rage? Therefore the iniquity of Jacob will be taken away and this will be his blessing when I have taken away his sin, when they have broken all the stones of the altars in pieces like fine dust; and their trees will not remain and their idols will be cut down like distant thicket.

Prokeimenon II

Tone 6 In You, O Lord, * I take refuge; * let me never be put to shame.

Verse: In Your justice rescue me, free me: pay heed to me and save me. (Ps 70)

THURSDAY OF THE FOURTH WEEK

Troparion of the Prophecy

Tone 6 To Your Cross, O Master, * we bow in veneration, * and we glorify Your holy Resurrection.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 God is our King from time past, * the Giver of help through all the land.

Verse: Why, O God, have you cast us off forever? Why blaze with anger at the sheep of Your pasture? (Ps 73)

READING: Isaiah 28:14-22

Thus says the Lord: Hear the word of the Lord, you afflicted men and you rulers of this people which is in Jerusalem. Because you said, 'We have made a covenant with Hell and agreements with Death. If a raging storm passes by, it will not come upon us. We have made falsehood our hope, and we will be sheltered by falsehood', therefore thus says the Lord, the Lord. See, I am laying for the foundations of Sion a costly Stone, chosen, a corner-stone, precious for its foundations. And one who believes in it will not be

put to shame. And I will set judgment for hope, but my compassion for balances. And those that trust vainly in falsehood, because the storm will not pass you by. And will it not remove your covenant of death? And hope you have in Hell will in no way remain. If a raging storm comes against you, you will be like a pavement for it. When it passes by, it will take you, because morning by morning it will pass by day, and in the night there will be an evil hope. Learn to hear, you the distressed; we cannot fight, while we are too weak for us to be gathered. The will raise you up like a mountain of the ungodly, and he will be in the valley of Gabaon. With fury he will do his works, a work of bitterness. While his wrath will do what is unheard of, and its bitterness will be unheard of. And do rejoice nor let your bonds be strong, because I have heard from the Lord Sabaoth things accomplished and cut short, which he will do over the whole earth.

Prokeimenon II

Tone 4 As for me, I will rejoice forever * and sing psalms to Jacob's God.

Verse: We give thanks to You, O God, we give thanks and call upon Your name. (Ps 74)

FRIDAY OF THE FOURTH WEEK

Troparion of the Prophecy

Tone 6 To Your Cross, O Master, * we bow in veneration, * and we glorify Your holy Resurrection.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 He who is full of compassion * forgave them their sin * and spared them.

Verse: Give heed, my people, to my teaching; turn your ear to the words of my mouth. (Ps 77)

READING: Isaiah 29:13-23

Thus says the Lord, This people draws near me with their mouth and honour me with their lips, but their heart is far away from me, and in vain they honour me, teaching the commands and teachings of men. Therefore, behold, I will proceed to remove this people, and I will remove them and I will destroy the wisdom of the wise and conceal the understanding of those who understand. Woe to those

who make their counsel deep and not by the Lord. Woe to those who make their counsel in secret, whose deeds are in the dark, and who will say, 'Who has seen us? Who will know us, or what we do?' Will you not be reckoned as potter's clay? Will what is fashioned say to the one who fashions it, 'You did not fashion me'? Or the thing made should say to its maker, 'You did not make me wisely'? Is it not yet a little while and Lebanon shall be changed like the mountain of Chermel, and Chermel be reckoned as a forest? In that day the deaf will hear the words of a book, and those in darkness and the eyes of the blind in the mist will see. The poor will rejoice with gladness because of the Lord, and those without hope among men will be filled with gladness. The lawless has failed and the proud has perished and those who transgress wickedly have been destroyed and those who make people sin by word, and they will make those who reprove in the gates a stumbling block, because they have unjustly perverted the just. Therefore thus says the Lord concerning the house of Jacob, whom he set apart out of Abraham, 'Jacob will not now be ashamed, nor will Israel change his countenance. But when their children see my works, for my sake they will hallow my name and hallow the Holy One of Jacob and fear the God of Israel.

Prokeimenon II

Tone 1 O God our Savior, * come to our help; * come for the sake of the glory of your name.

Verse: O God, the nations have invaded Your land. (Ps 78)

MONDAY OF THE FIFTH WEEK

Troparion of the Prophecy

Tone 3 Since our sins have risen up against us, * rise up, O Lord, and come to our aid; * for You are our Father, and we know no other but You. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 Your altars, O Lord of hosts, * my King and my God.

Verse: How beloved are Your dwellings, O Lord of hosts! (Ps 83)

READING: Isaiah 37:33-38:6

Thus says the Lord concerning the king of Assyria: He shall not enter this city, nor shoot an arrow against it, nor come before it with a shield, nor cast up a siege ramp against it. But by the way

that he came, by the same he shall return; and he shall not enter this city. Thus says the Lord: For I will defend this city to save it, for my own sake and for the sake of my servant David. Then an Angel of the Lord went out and struck down one hundred and eighty-five thousand in the camp of the Assyrians. When morning dawned, they were all dead. Then King Senachereim of Assyria turned and departed, and dwelt in Nineve. As he was worshipping in the house of his tutelary god Nasarach, his sons Adramelech and Sarasar struck him down with swords, and escaped into the land of Armenia. His son Asordan succeeded him. [38:1] It came to pass at that time that Ezekias became sick and was at the point of death. And the prophet Isaiah, son of Amos, came to him, and said to him, 'Thus says the Lord: Set your house in order, for you shall die. You will not live.' Then Ezekias turned his face to the wall, and prayed to the Lord, saying, 'Remember, Lord, how I have walked before you in truth with a true heart, and have done what is pleasing in your sight'. And Ezekias wept bitterly. Then the word of the Lord came to Isaiah: Go and say to Ezekias, 'Thus says the Lord, the God of your father David: I have heard your prayer, and I have seen your tears. See, I am adding fifteen years to your time. I will deliver you and this city out of the hand of the king of Assyria, and defend this city.'

Prokeimenon II

Tone 8 Show us, O Lord, Your mercy * and grant us your salvation.

Verse: You have shown favour to Your land, O Lord; You brought back the captives of Jacob. (Ps 84)

TUESDAY OF THE FIFTH WEEK

Troparion of the Prophecy

Tone 3 Our help is the God of Jacob; * He protects and defends us; * He is our aid in the day of affliction.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 As for me, Lord, * I call to You for help; * in the morning my prayer comes before You.

Verse: Lord my God, I call for help by day; I cry at night before You. (Ps 87)

READING: Isaiah 40:18-31

Thus says the Lord: To what have you likened the Lord, and to what likeness have you likened him? Has the craftsman not made an image, or the goldsmith melted gold, gilded it over and made it a likeness? For the craftsman chooses wood that will not rot and wisely seeks how he will set up his image so that it may not be shaken. Will you not know? Will you not hear? Was it not declared to you from the beginning? Have you not known the foundations of the earth? The one who hold fast the circle of the earth and those who dwell on it are like locusts. The one who set up the heaven like a chamber and stretched it out like a tent to dwell in. The one who appoints rulers to rule as nothing, who made the earth as nothing. For they shall not plant, nor shall they sow, nor shall their root take root into the earth. He blew on them and they withered, and a squall will take them like sticks. Now therefore to what have you likened me and I shall be exalted? Said the Holy One. Lift up your eyes to the height and see, who has displayed all these things? He who brings forth his array by number will call them all by name. From his great glory and by the might of his strength nothing has escaped you. For do not say, Jacob, and why have you spoken, Israel: My way has been concealed from God, and my God has taken away judgment and has departed? And now, have you not known if you have not heard? The eternal God, the God who formed the extremities of the earth, will not hunger nor toil, nor is there any searching of his understanding. He gives strength to the hungry and grief to those who are not suffering. For the young will hunger and youths will toil and the chosen will be without strength. But those who wait on God will renew their strength.

Prokeimenon II

Tone 6 Blessed the people * who acclaim * such a God.

Verse: They walk, O Lord, in the light of Your face. (Ps 88)

WEDNESDAY OF THE FIFTH WEEK

Troparion of the Prophecy

Tone 1 Let Your heart be touched, O our God, * by the sufferings the saints endured for You; * heal all our sorrows, * we beseech You, O lover of mankind.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 It is good to give praise to the Lord, * to sing to Your name, O Most High.

Verse: To announce Your mercy in the morning and Your truth every night. (*Ps 91*)

READING: Isaiah 41:4-14

Thus says the Lord: I am first and for what is to come I am. The nations saw and were afraid, the ends of the earth drew near and came together, each one judging to help his neighbour and his brother, and he will say, 'The craftsman has become strong and the bronze smith striking with the hammer and forging'. Then he will say, 'It is a good join and they have fastened them with nails, they will fix them and they will not be moved'. You are my servant, I have chosen you and I have not abandoned you. Do not be afraid, for I am with you. Do not go astray, for I am your God who gives you strength and I have helped you and made you safe with my just right hand. See, all those who oppose you will be put to shame and turned back, for they will be as though they did not exist and all your opponents will perish. You will look for them and not find those who rage like drunkards against you, for those who make war on you will be as though they did not exist and they will not be. Because I am your God who gives might to your right hand and who says to you: Do not be afraid Jacob, Israel few in number. I have helped you, Israel, I the God who rescues you.

Prokeimenon II

Tone 6 The Lord is King, * He is clothed * with majesty.

Verse: The Lord has robed Himself with might, He has girded Himself with power. (*Ps 92*)

THURSDAY OF THE FIFTH WEEK

Troparion of the Prophecy

Tone 6 O God of mercy, * long-suffering and full of love, * send down your mercy upon your people, * O almighty Lord. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 6 The Lord is king, * let the earth rejoice; * let all the coastlands be glad.

Verse: All you spirits, worship Him. (*Ps 96*)

READING: Isaiah 42:5-16

Thus says the Lord, who made the heaven and fixed it, who established the earth and the things in it and who gives breath to the people upon it and spirit to those who tread it. I the Lord God called you in righteousness and I will take your hand and give you strength and I have given you as a covenant of a race, for a light of nations to open the eyes of the blind to lead out those who have been bound and those who sit on darkness from prison. I am the Lord God, this is my name; I will not give my glory to another nor my virtues to carved idols. See, the things from the beginning have come, and new things, which I am declaring, and which have been shown us before they are declared. Sing to the Lord a new hymn you his dominion; glorify his Name from the extremity of the earth, you who go down to the sea and sail it, you islands and you who inhabit them. Let the wilderness be glad and its villages, its hamlets and the inhabitants of Kedar. Those who inhabit the rock will rejoice, from the peaks of the mountains they will shout; they will give glory to God, they will declare his virtues to the islands. The Lord God of powers will come forth and crush war, he will rouse zeal and cry out against his enemies with strength. I have kept silent, shall I also keep be silent always and forbear I have endured like a woman in childbirth, I will amaze and wither at the same time. I will make mountains and hills and all their grass wither. I will make rivers into islands and dry up pools. And I will bring the blind by a way that they did not know, and I will make them tread paths of which they had no knowledge. I will turn darkness into light for them and their crooked places into straight. I will do these things and I will not desert them.

Prokeimenon II

Tone 6 Sing a new song * to the Lord * for He has worked wonders.

Verse: Shout to the Lord, all the earth; ring out your joy. (Ps 97)

FRIDAY OF THE FIFTH WEEK

Troparion of the Prophecy

Tone 5 You are praised with our hymns, O Christ our God; * for You shake the earth and its foundations * to convert and save its inhabitants; * and once again, You make it firm, in You goodness

and infinite mercy. * Through the prayers of Mother of God, / have mercy on us.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 My song is of mercy and justice; * I sing to You, O Lord.

Verse: I will walk in the way of perfection. O when, Lord, will You come? (*Ps 100*)

READING: Isaiah 45:11-17

Thus says the Lord God, the Holy One of Israel who made the things that are to come: Ask me about my sons and about my daughters, and about the works of my hands command me. I made the earth and mankind upon it; I with my hand established the heaven, I gave commandment to all the stars. I raised him up with righteousness to be king, and all his ways are upright. He will build my city and turn back the captivity of my people not with ransoms nor with gifts, says the Lord Sabaoth. Thus says the Lord: Egypt has toiled and the merchandise of the Ethiopians, and the Sabeans, lofty men, will pass over to you and will do reverence to you and make their prayer by you; because God is in you and there is no God beside you. For you are God and we did not know, the God of Israel, the Savior. All those who oppose him will be put to shame and will walk in shame. Keep a feast of dedication to me you islands. Israel is being saved by the Lord with an eternal salvation; they will not be put to shame nor will they be turned back again for ever, says the Lord Almighty.

Prokeimenon II

Tone 4 O Lord, listen to my prayer * and let my cry for help reach You.

Verse: In the day of distress, turn Your ear towards me and answer me quickly when I call. (*Ps 101*)

MONDAY OF THE SIXTH WEEK

Troparion of the Prophecy

Tone 6 Behold, this is the fearful day, O Lord, * whose evening we did not expect to reach; * but, in Your love, You grant that we may see it. * O holy Trinity, glory to You.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 Be proud of His holy name; * let the hearts * that seek the Lord rejoice.

Verse: Give thanks to the Lord, tell His name; make known His deeds among the people. (*Ps 104*)

READING: Isaiah 48:17-49:4

Thus says the Lord, who delivered you, the Holy One of Israel: I am your God, I have shown how to find the way by which you should go. And if you had listened to my commandments, your peace would have been like a river, and your justice like the waves of the sea; your progeny would have been like the sand, and offspring of your womb like the dust of the earth; now you would never be cut off or your name destroyed from before me. Go forth from Babylon, as you flee from the Chaldeans; declare this with a shout of joy, let this be heard; proclaim it to the end of the earth; say, 'The Lord has delivered his servant Jacob!' And if they thirst, he will bring them through the desert; he will bring water out of the rock for them; the rock will be split open and water will gush out, and my people will drink. There is no joy, says the Lord, for the ungodly. [49:1] Listen to me, you islands, and attend, you nations. For a long time he will stand, says the Lord. He called my name from my mother's womb and made my mouth like a sharp sword and hid me in the shadow of his hand; he made me like a chosen arrow, he hid me in his quiver. And he said to me, 'You are my servant, Israel, and in you I will be glorified.' But I said, 'I have labored in vain, I have given my strength for nothing and for futility; therefore my judgment is from the Lord, and my toil before my God.'

Prokeimenon II

Tone 6 Blessed be the Lord, * God of Israel, * forever, from age to age.

Verse: O give thanks to the Lord, for He is good; for His love endures forever. (*Ps 105*)

TUESDAY OF THE SIXTH WEEK

Troparion of the Prophecy

Tone 5 As an unshakeable rampart, O Lord, * You give us the Virgin who brought You into the world; * through her, we pray to You, O Savior: * Deliver our souls from the evil which surrounds us. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 4 Help me, Lord my God; * save me because of Your love.
Verse: O God whom I praise, do not be silent. (*Ps 108*)

READING: Isaiah 49:6-10

Thus says the Lord, I have given you as a covenant for a race, as a light for nations, for you to be as salvation to the end of the earth. Thus says the Lord, who delivered you, the God of Israel, 'Sanctify the one who despises his soul, who is abhorred by the nations, the slave of rulers. Kings shall see him and arise; rulers, and they shall worship him, because of the Lord; for the Holy One of Israel is faithful, and he chose you.' Thus says the Lord, 'In an acceptable time I heard you, in a day of salvation I helped you. And I fashioned you I and gave you as a covenant for nations, to establish the land, to apportion desolate heritages, saying to the prisoners, 'Come out,' to those who are in darkness, 'Be revealed.' They shall feed along all the ways, on all the paths shall be their pasture. They shall not hunger or thirst, neither scorching wind nor sun shall smite them, for he who has mercy on them will comfort them, and through springs of water he will lead them.

Prokeimenon II

Tone 4 You are a priest forever, * a priest like Melchizedek of old.
Verse: The Lord said to my Lord: Sit on my right until I make your enemies your footstool. (*Ps 109*)

WEDNESDAY OF THE SIXTH WEEK

Troparion of the Prophecy

Tone 5 Show Your mercy toward us, O Lord; * do not treat us as our sins deserve, * we beseech You, O holy and almighty Master.
Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 Praise, O servants of the Lord, * praise the name of the Lord!

Verse: May the name of the Lord be blessed both now and forevermore. (*Ps 112*)

READING: Isaiah 58:1-11

Thus says the Lord: Cry aloud, and spare not; lift up your voice like a trumpet, and declare to my people their sins, and to the house of Jacob their iniquities. Day by day they seek me, and desire to know

my ways; like a people that had done justice, and had not abandoned the judgment of their God, they now ask me for just judgment, and desire to draw near to God, saying, Why have we fasted, and you did not see? Humbled our souls, and you did not know? Because, in the days of your fasts you find your wishes, and all those under your power you goad. If you fast for quarrels and fights, and smite the humble with your fists, why do you fast for me as you do today, for your voice to be heard be heard in your cry? I did not choose this fast, nor a day for a person to humble their soul. Even if you bend down your neck like a ring, and spread under you sackcloth and ashes, you shall not because of this call it an acceptable fast. I did not choose such a fast, says the Lord. But untie every bond of iniquity, unfasten the knots of hard bargains, send the bruised away with remission, and cancel every unjust account. Break your bread for the hungry, and lead the poor who have no shelter into your house: if you see someone naked, clothe them, and you are not to disregard the relations of your own seed. Then your light will break forth as the morning, and your healing speedily spring forth: and your justice will go before you, and the glory of God will surround you. Then you will cry, and God will hear you; while you are still speaking he will say, Behold, I am here. If you remove the bond from yourself, and the stretching out of the hands, and murmuring speech; and if you give bread to the hungry from your soul, and satisfy the humbled soul; then your light will spring up in darkness, and your darkness will be as noon-day: and your God will be with you continually.

Prokeimenon II

Tone 6 May you be blessed by the Lord, * the maker of heaven and earth.

Verse: Not to us, Lord, not to us, but to Your name give the glory. (Ps 113)

THURSDAY OF THE SIXTH WEEK

Troparion of the Prophecy

Tone 1 Forget not your servants who call upon You, O Lord; * remember, we beseech You, that we always place our hope in You, * and come to our aid, O almighty God.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 I will thank You, for You have answered * and You are my Savior.

Verse: Give thanks to the Lord for He is good, for His love endures forever. (*Ps 117*)

READING: Isaiah 65:8-16

Thus says the Lord, As when a grape is found in the cluster, people will say, Do not destroy it; for a blessing is in it: so will I do for the sake of the one that serves me, for that person's sake I will not destroy them all. And I will lead out the posterity of Jacob and that of Juda, and they shall inherit my holy mountain: and my chosen ones shall inherit it and my servants shall dwell there. And there shall be in the forest folds of flocks, and the valley of Achor will be a resting for herds for my people, who have sought me. But you that have deserted me, and forget my holy mountain, and prepare a table for the devil, and fill up a drink-offering to Fortune, I will hand you over to the sword, you shall all fall by slaughter: for I called you, and you did not obey; I spoke, and you disobeyed; and you did evil in my sight, and chose the things I did not want. Therefore thus says the Lord, See, those who serve me shall eat, while you shall go hungry. See, those who serve me shall drink, while you shall go thirsty. See, those who serve me shall rejoice, while you shall be ashamed. See, those who serve me shall exult with joy, while you shall cry because of the pain of your heart, and howl from the affliction of your spirit. For you shall leave behind your name for the satisfaction of my chosen ones, but the Lord shall destroy you, while those who serve me shall be called by a new name, which shall be blessed on the earth; for they shall bless the true God.

Prokeimenon II

Tone 4 I will run the way of Your commands; * You give freedom to my heart.

Verse: Teach me the demands of Your statutes and I will keep them to the end. (*Ps 118*)

FRIDAY OF THE SIXTH WEEK

Troparion of the Prophecy

Tone 3 Awesome indeed is the punishment You reserve for sinners, O Lord: * we are not worthy to raise our eyes to You, * nor to implore Your infinite mercy; * but in Your anger and wrath, * do

not destroy the works that Your hands have fashioned. *Glory...now
and forever...Repeat.*

Prokeimenon I

Tone 4 I rejoiced when I heard them say: * Let us go to God's house.

Verse: For love of the house of the Lord, I will ask for your good. (*Ps 121*)

READING: Isaiah 66:10-24

Exult, Jerusalem, and all you that love her keep a festival in her. Rejoice greatly with her, all who now grieve over her, that you may suck, and be satisfied with the breast of her consolation; that you may milk out, and delight yourselves from the entrance of her glory. For thus says the Lord, See, I turn towards them like a river of peace, and like an overflowing torrent flooding them with the glory of the nations. Their children will be carried on the shoulders, and comforted on the knees. As a mother comforts her child, so will I too will comfort you; and you shall be comforted in Jerusalem. And you will see, and your heart will rejoice, and your bones will spring up like grass; and the hand of the Lord will be known to those who fear him, and he will threaten the disobedient. For, see, the Lord will come like fire, and his chariots like a whirlwind, to render his vengeance with wrath, and his execration with a flame of fire. For with the fire of the Lord all the earth will be judged, and all flesh with his sword. Many will be slain by the Lord. Those who sanctify and purify themselves for the gardens and the porches, and eat swine's flesh, and abominations, and mice, will perish together, says the Lord. And I know their works and their thoughts. I am going to assemble all the nations and tongues; and they will come, and they will see my glory. And I will leave signs on them, and I will send out those of them that have been saved to the nations, to Tharsis, and Phoud, and Loud, and Mosoch, and to Thobel, and to Greece, and to the isles far away, to those who have not heard my name, nor seen my glory. And they will declare my glory among the nations, and bring your brethren out of all the nations as a gift for the Lord with horses, and chariots, in covered chariots with mules and canopies, to the holy city Jerusalem, said the Lord, just as the children of Israel bring their sacrifices to me with psalms into the house of the Lord. And I will take from them priests and Levites for myself, says the Lord. For as the new heaven and the new earth, which I am making, remain before me, says the Lord, so shall your seed and

your name last. And from New Moon to New Moon, and from Sabbath to Sabbath, all flesh will come to worship before me in Jerusalem, said the Lord. And they will go out, and see the corpses of the men who have transgressed against me: for their worm will not die, and their fire will not be quenched; and they will be a spectacle to all flesh.

Prokeimenon II

Tone 6 Have mercy * on us, O Lord, * have mercy.

Verse: To You I have lifted up my eyes, to You who dwell in the heavens. (*Ps 122*)

MONDAY OF HOLY WEEK

Today at each of the Hours, after the second Trisagion prayers, instead of the usual Lenten Troparion, this kontakion of Holy Monday:

Kontakion, Tone 8

While Jacob wept over the loss of his son, * Joseph nobly rode in a chariot wearing a king's attire. * He refused to be enslaved by the pleasures of Egypt; * therefore God who knows the secrets of the human heart and distributes incorruptible crowns, * covered him with glory.

Troparion of the Prophecy

Tone 6 We prostrate before You with a contrite and humble heart, * and we pray to You, O Savior of the world; * for You are the God of those who return to You.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 When the Lord delivered Zion from bondage, * it seemed like a dream.

Verse: Then was our mouth filled with laughter, on our lips there were songs. (*Ps 125*)

READING: Ezekiel 1:1-20

In the thirtieth year, in the fourth month, on the fifth day of the month, as I was among the exiles by the river Chobar, the heavens were opened, and I saw a vision of God. On the fifth day of the month (it was the fifth year of the exile of King Joachim), the word of the Lord came to the priest Ezekiel son of Buzi, in the land of the Chaldeans by the river Chobar; and the hand of the Lord was on me. As I looked, a stormy wind came out of the north: a great cloud with

brightness around it and fire flashing forth continually, and in the middle of the fire, an appearance of amber, and a radiance in it. In the middle of it was a likeness of four living creatures. This was their appearance: they were of human form. Each had four faces, and each of them had four wings. Their legs were straight, and their feet were winged; and there were sparks like burnished bronze. Under their wings on their four sides they had human hands. And the four had their faces and their wings thus: their wings touched one another; each of them moved straight ahead, without turning as they moved. As for the appearance of their faces: the four had the face of a human being, the face of a lion on the right side, the face of an calf on the left side, and the face of an eagle; such were their faces. Their wings were spread out above; each creature had two wings, each of which touched the wing of another, while two covered their bodies. Each moved straight ahead; wherever the spirit would go, they went, without turning as they went. In the middle of the living creatures there was an appearance that looked like burning coals of fire, like torches moving to and fro among the living creatures; the fire was bright, and lightning issued from the fire. The living creatures darted to and fro, like a form of Bezek. As I looked, I saw a wheel on the earth beside the living creatures, one for each of the four of them. As for the appearance of the wheels and their construction: their appearance was like the gleaming of beryl; and the four had the same form, their construction being something like a wheel within a wheel. When they moved, they moved in any of the four directions without veering as they moved. Their rims were tall. And I saw that the rims of all four were full of eyes all around. When the living creatures moved, the wheels moved beside them; and when the living creatures rose from the earth, the wheels rose. Wherever the cloud was, there also the spirit would go; the living creatures went, and the wheels rose along with them; for the spirit of life was in the wheels.

Prokeimenon II

Tone 6 If the Lord * does not build the house, * in vain do its builders labour.

Verse: If the Lord does not watch over the city, in vain do the watchers keep vigil. (Ps 126)

TUESDAY OF HOLY WEEK

Today at each of the Hours, after the second Trisagion prayers, instead of the usual Lenten Troparion, this kontakion of Holy Tuesday:

Kontakion, Tone 2

O wretched soul, think of your last hours. * Be dismayed at the rebuking of the fig tree. * Act and double the talent given you with a loving purpose. * Be watchful and cry out: * Grant that we not be left outside the bridal chamber of Christ!

Troparion of the Prophecy

Tone 1 Forgive our countless sins, O Savior, * and make us worthy, without condemnation, * to worship Your holy and glorious Resurrection, * O Lord of all goodness, * through the prayers of Your most pure Mother.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 6 Because with the Lord * there is mercy * and fullness of redemption.

Verse: Out of the depths I cry to You, O Lord; Lord, hear my voice! (Ps 129)

READING: Ezekiel 1:21-28

When the living creatures moved, the wheels also moved; when they stopped, the others stopped; and when they rose from the earth, the wheels rose along with them; for the spirit of life was in the wheels. Over the heads of the living creatures was the likeness of a firmament, shining like crystal, spread out above their wings. Under the firmament their wings were stretched out straight, one toward another; and each of the creatures had two wings covering its body. When they moved, I heard the sound of their wings like the sound of mighty waters, like the voice of God Sadday, a sound of speech like the sound of an army; when they stopped, they let down their wings. And there came a voice from above the firmament over their heads; when they stopped, they let down their wings. And above the firmament over their heads there was the likeness of a throne, in appearance like sapphire; and seated above the likeness of a throne was the likeness of a human form. Upward from what appeared like the loins I saw something like gleaming amber, something that looked like fire enclosed all around; and downward from what looked like the loins I saw something that looked like

fire, and there was brightness all around. Like the bow in a cloud on a rainy day, such was the appearance of the brightness all around. This was the appearance of the likeness of the glory of the Lord.

Prokeimenon II

Tone 6 O Israel, * hope in the Lord * both now and forever.

Verse: O Lord, my heart is not proud, nor haughty my eyes.

(Ps 130)

WEDNESDAY OF HOLY WEEK

Today at each of the Hours, after the second Trisagion prayers, instead of the usual Lenten Troparion, this kontakion of Holy Wednesday:

Kontakion, Tone 4

O gracious God, I sinned more than the adulteress, * and yet never offered refreshing teardrops. * In silent prayer, I now prostrate myself, * kissing with love your immaculate feet * in order to receive from you, Master, * the forgiveness of my sins. * I cry out to you: * O Savior, deliver me from the murk of my evil deeds.

Troparion of the Prophecy

Tone 2 Today the council of the impious gathers * and considers vain designs against You. * Today a rope is offered to Judas as a pledge for his agreement; * Caiaphas unwittingly confessed that You alone * willingly accept Your Passion in behalf of all the people. * O Lord and Redeemer of our souls, glory to You.

Glory...now and forever...Repeat.

Prokeimenon I

Tone 4 May the Lord bless you from Zion, * He who made both heaven and earth.

Verse: O come, bless the Lord, all you who serve the Lord.

(Ps 133)

READING: Ezekiel 2:3-3:3

The Lord said to me, Son of man, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, 'Thus says the Lord.' Whether they hear or tremble (for they are a rebellious house), they shall know that you are a prophet among them. And you, son of man, do not be afraid of them, and do not be amazed at their looks, for they will

provoke and rise up against you round about, and you live among scorpions; do not be afraid of their words, and do not be dismayed at their looks, for they are a rebellious house. You shall speak my words to them, whether they hear or tremble; for they are a rebellious house. But you, son of man, hear what I say to you; do not be rebellious like that rebellious house; open your mouth and eat what I give you. I looked, and a hand was stretched out to me, and a written scroll was in it. He spread it before me; it had writing on the front and on the back, and written on it were words of lamentation and mourning and woe. He said to me, son of man, eat this scroll, and go, speak to the house of Israel. So I opened my mouth, and he gave me the scroll to eat. He said to me, Son of man, your mouth eats this scroll that is given you and your belly will be filled with it. Then I ate it; and in my mouth it was as sweet as honey.

Prokeimenon II

Tone 6 You who fear the Lord, * bless the Lord, * bless the Lord.

Verse: Praise the name of the Lord, praise Him, servants of the Lord. (Ps 134)

THURSDAY OF HOLY WEEK

There are no kathismata on Holy Thursday. At each of the Hours today, the Lenten Troparion after the psalms is replaced by the Troparion below, and Lenten Troparia after the second Trisagion prayers are replaced by the kontakion of Holy Thursday:

Troparion, Tone 8 (special melody):

While the glorious disciples were enlightened at the washing of their feet at the supper, * the unholy Judas was blinded by his love for silver. * He delivered You to unjust judges, O most high Judge. * All you lovers of riches, meditate on this: * Love for money drove a man to take his own life. * We must flee from greedy souls who would so betray the Master. * O Lord, so benevolent to all, glory be to You!

Kontakion, Tone 2

Judas, the deceitful servant, * when he stretched his hand secretly and took bread, * did therefore take the price of Him Who made humanity with His own hands, * thus remaining reprobate.

At the First Hour: Troparion of the Prophecy

Tone 3 You were struck on the face, O Christ, to save the human race; * yet You were not given over to anger; * deliver our life from the tomb, O Lord, * and grant us your salvation. *Glory...now and forever...Repeat.*

Prokeimenon I

Tone 1 Let them know that Your name * is the Lord, * the Most High over all the earth.

Verse: O God, do not keep silent; do not be dumb and unmoved, O God. *(Ps 82)*

READING: Jeremiah 11:18-23; 12:1-5, 9-11, 14-15

Lord, make me know, and I shall know; then I saw their practices. But I, like an innocent lamb led to be sacrificed, did not know; against me they devised an evil thought, saying: Come, and let us cast wood into his bread and let us wipe him out of the land of the living, and let his name be remembered no more. Lord, you judge justly, you try reins and hearts, may I see vengeance upon them from you, because I have revealed to you my justification. Therefore thus says the Lord to the men of Anathoth who seek for my life and who say: Do not prophesy in the name of the Lord, otherwise you will die at our hands. See, I shall visit them; their youths will die by the sword, their sons and daughters will perish by hunger, and there will not be a remnant of them; because I shall bring evils upon the inhabitants of Anathoth, in the year of their visitation. [12:1] You are just, Lord, so I shall make my defence to you, moreover I shall speak of judgements to you: why does the way of the ungodly go well? Those who set breaches of faith at nothing have prospered, you planted them and they have taken root; they begot children and produced fruit; you are near to their mouth and far from their reins. And you, Lord, know me, you have tried my heart before you; purify them for the day of their slaughter. How long will the land grieve and the grass of the field be dried from the wickedness of its inhabitants? Animals and birds have vanished, because they <the inhabitants> said: God will not see our ways. Your feet run and make you faint. Assemble all the beasts of the field and let them come and eat it. Many shepherds have destroyed my vineyard, they have defiled my portion, they have made my desired portion a trackless desert, it has been made into utter destruction. Because thus says the Lord of all the evil neighbours who touch my inheritance, which I have apportioned to my people Israel: See, I

shall drag them from their land and I shall cast Juda out of their midst. And it shall be that after I have cast them out, I shall turn back and have mercy on them, and I shall make them dwell, each in his inheritance and each in his land.

Prokeimenon II

Tone 8 Make vows to your God and fulfill them. * Let all pay tribute to Him who strikes terror.

Verse: God, You are made known in Judah; in Israel Your name is great. (*Ps 75*)

Dismissal

May Christ our true God, who, because of his surpassing graciousness, showed us the most excellent way of humility when He washed his disciples' feet, and condescended even unto the Cross and burial for our salvation, have mercy on us and save us...

Appendix B: The Kathisma Readings

The Psalter (book of Psalms) of the Byzantine rite is divided into twenty sections: each section is called a *kathisma* (pl. *kathismata*), a term coming from the Greek word *kathismai*, ‘to be seated’, since the congregation normally sits during the reading of a *kathisma* by one reader. Each *kathisma* is further divided into three stasis, or sections. This division of the Psalms was made by the monks of Palestine, and eventually incorporated the monastic practice of silently listening to the reading of the psalms by a single reader into the Byzantine rite as celebrated in parishes.

During the year, the Psalter is read in its entirety once every week (at least in monasteries), with two *kathismata* being read at Matins and one at Vespers (with the exception of Vespers on Sunday evenings, a ‘day off’). During Great Lent *kathisma* readings are added to the Little Hours on weekdays so that the Psalter may be read twice a week, as part of the increase in both private and public prayer during the Lenten season. Below are four charts which divide the *kathismata* at the Little Hours over the weeks of Lent (the First and Ninth Hours do not always have *kathismata*).

Charts for the Reading of the Kathismata at the Little Hours*

During the First, Second, Third, Fourth, and Sixth Weeks of Great Lent:

<i>Day/Hour</i>	First	Third	Sixth	Ninth
Monday		VII	VIII	IX
Tuesday	XIII	XIV	XV	XVI
Wednesday	II	III	IV	V
Thursday	IX	X	XI	XII
Friday		XIX	XX	

During the Fifth Week (the week of the Great Canon):

<i>Day/Hour</i>	First	Third	Sixth	Ninth
Monday		VII	VIII	IX
Tuesday	XIV	XV	XVI	XVIII
Wednesday	III	IV	V	VI
Thursday		IX	X	XI
Friday		XIX	XX	

During the Fifth Week, when Annunciation falls on the Thursday of that week:

<i>Day/Hour</i>	First	Third	Sixth	Ninth
Monday	VII	VIII	IX	X
Tuesday		XIII	XIV	XV
Wednesday	II	III	IV	V
Thursday	IX	X	XI	XII
Friday		XIX	XX	

During Holy Week:

<i>Day/Hour</i>	First	Third	Sixth	Ninth
Monday		VII	VIII	
Tuesday		XII	XIII	
Wednesday		XIX	XX	
Thursday	From Holy Thursday until the Saturday of Bright Week, no kathismata are read.			
Friday				

Because the division of the kathismata over the Little Hours does not include the whole Psalter (it assumes the celebration of Vespers and Matins as well as the Little Hours), an alternate pensum is provided here, which divides the kathismata equally over one week, one being assigned to each of the Little Hours.

Alternate Pensum:

<i>Day/Hour</i>	First	Third	Sixth	Ninth
Monday	I	II	III	IV
Tuesday	V	VI	VII	VIII
Wednesday	IX	X	XI	XII
Thursday	XIII	XIV	XV	XVI
Friday	XVII	XVIII	XIX	XX

Because reading a whole kathisma at each hour may be too difficult, several reasonable abbreviations are possible:

1. Read only one stasis (i.e. one third) of a kathisma at each hour: in this way, the psalter can be read in full twice during the six weeks of Great Lent;

2. A stasis may be read at two of the Little Hours each day, allowing for the psalter to be read once in full during the Fast;
3. When the Hours are prayed in community, rather than reading a kathisma, the prokeimena may be taken with a fuller selection of psalm verses. These should be taken from the psalm which is numbered in brackets next to the verse of the prokeimenon (this is usually the first verse of the respective psalm). This approach is best suited to praying the Little Hours in common, since the congregation can repeatedly respond to the psalm with the prokeimenon.³
4. Some other plan may be used, perhaps only one or two psalms a day, according to the needs and ability of the community or individual.

Finally, the words of Fr. Thomas Hopko are worth remembering:
“Pray as you can, not as you think you must.”

³ In fact, this was the practice of the Great Church of Hagia Sophia in Constantinople. The Prokeimena of the Lenten Sixth Hour and Lenten Vespers cover between them almost the whole of the psalter.

Appendix C: Troparia and Kontakia for Sundays and Saturdays of the Great Fast

These texts are included here so that, in cases of necessity, the Little Hours can be prayed from this book on Saturdays and Sundays of Lent. On a Saturday or Sunday there are no kathismata, no readings, no prayer of St. Ephrem or prostrations, and no third trisagion prayer with the twelve-fold "Lord, have mercy." Likewise, the psalm verses of the First Hour (page 10) are read only once, not doubled and tripled as on weekdays. The Lenten Troparion after the psalms is replaced with the appropriate Troparion/Troparia of the Saturday or Sunday, and the Lenten Troparia after the trisagion prayers are replaced by the appropriate Kontakion.

The Sunday Resurrectional Troparia

Troparion, Tone 1

Though the stone was sealed by the Judeans and soldiers guarded Your most pure body, You arose, O Savior, on the third day, and gave life to the world. And so the heavenly powers cried out to You, O Giver of life: Glory to Your resurrection, O Christ! Glory to Your kingdom! Glory to Your saving plan, O only Lover of mankind.

Troparion, Tone 2

When You went down to death, O Life Immortal, You struck Hades dead with the blazing light of Your divinity. When You raised the dead from the nether world, all the powers of heaven cried out: "O Giver of life, Christ our God, glory be to You!"

Troparion, Tone 3

Let the heavens be glad, let the earth rejoice, for the Lord has done a mighty deed with His arm. He trampled death by death; He became the first-born of the dead; He saved us from the abyss of Hades and granted great mercy to the world.

Troparion, Tone 4

When the disciples of the Lord learned from the angel the glorious news of the resurrection and cast off the ancestral condemnation, they proudly told the apostles: "Death has been plundered! Christ our God is risen, granting to the world great mercy."

Troparion, Tone 5

Let us the faithful acclaim and worship the Word, co-eternal with the Father and the Spirit, and born of the Virgin for our salvation. For He willed to be lifted up on the cross in the flesh, to suffer death and to raise the dead by His glorious resurrection.

Troparion, Tone 6

Angelic powers were upon Your tomb and the guards became like dead men; Mary stood before Your tomb seeking Your most pure body. You captured Hades without being overcome by it. You met the Virgin and granted life. O Lord, risen from the dead, glory be to You!

Troparion, Tone 7

By Your cross You destroyed death; You opened paradise to the thief; You changed the lamentation of the myrrh-bearers to joy, and charged the apostles to proclaim that You are risen, O Christ our God, offering great mercy to the world.

Troparion, Tone 8

You came down from on high, O Merciful One, and accepted three days of burial to free us from our sufferings. O Lord, our life and our resurrection, glory be to You.

First Saturday of Lent

The Great Martyr Theodore the Recruit

Troparion, Tone 2

Great are the achievements of faith!* In the fountain of flames, the holy martyr Theodore rejoiced as by the water of rest* for having been baked as a whole-burnt offering* he was brought to the Trinity as a sweet bread.* By his prayers, O Christ God, save our souls.

Kontakion, Tone 8

You accepted the faith of Christ in your heart as a breastplate* and trampled the enemy's power, O long-suffering martyr Theodore.* You were crowned for all eternity with a wreath from heaven* as the invincible one.

First Sunday of Lent

The Sunday of Orthodoxy

Troparion, Tone 2

We bow before Your most pure image, O kind Lord, * and beg pardon of our sins, O Christ our God. * Of Your own will you consented to ascend the Cross in the flesh * to free Your handiwork from enslavement to the enemy. * In thanksgiving we cry aloud to You: * By coming to save the world, our Savior, You filled all things with joy.

Kontakion, Tone 8

The uncircumscribed Word of the Father * became circumscribed when he took flesh from you, O Mother of God; * and when he restored the divine image to its ancient glory, * He suffused it with the beauty of God. * Therefore, confessing our salvation * in deed and word, * we portray it in images.

**Second, Third, and Fourth Saturdays of Lent
All Souls Saturday**

Troparion, Tone 8

With profound wisdom and love for mankind You arrange all things * and bestow beneficial things upon all, O only Creator and Lord. * Grant rest to the souls of Your servants * for they have placed their hope in You, * our God, Who made and shaped us.

Kontakion, Tone 8

To the souls of Your servants, O Christ, * grant rest among the saints, * where there is no pain, * no sorrow, no mourning, * but only life without end.

**Second Sunday of Lent
Saint Gregory Palamas, Archbishop of Thessalonica**

Troparion, Tone 8

O light of the true faith, teacher and supporter of the Church, * adornment of monks and invincible rampart of theologians. * O holy Gregory the Wonder-worker, * the glory of Thessalonica and the herald of grace * intercede with God for the salvation of our souls.

Kontakion, Tone 8

We praise you, O holy bishop Gregory, * as a divine instrument of wisdom * and as the brilliant trumpet of the knowledge of God. * You submit your mind to the intelligence of the Creator; * lead our hearts to Him that we may sing: * Rejoice, O preacher of grace.

**Third Sunday of Lent (Mid-Lent)
Veneration of the Holy Cross of Our Lord Jesus Christ**

Troparion, Tone 1

Save Your people, O Lord, and bless Your inheritance. * Grant victory to Your faithful people against enemies, * and protect Your community by Your cross.

Kontakion, Tone 7

No longer does the flaming sword guard the gate of Eden; * the tree of the Cross has quenched its flames gloriously. * The sing of death and the victory of Hades are banished, * and You O Savior, came and called those in Hades: "Return again to Paradise!"

Fourth Sunday of Lent

Commemoration of Saint John of the Ladder (Climacus)

Troparion, Tone 1

O John, our God-bearing father, * you were shown to be a citizen of the deserts, * an angel in bodily form, * and a worker of miracles. * Through fasting, prayers and vigils you received heavenly gifts * to heal the sick and the souls of those who, with faith, run to you. * Glory to Him who gives you strength. * Glory to Him who crowned you. * Glory to Him who works healing for all through you.

Kontakion, Tone 4

On the heights of true abstinence, * The Lord established you as a reliable star, * giving light for guidance to the ends of the earth, * O father John, our teacher.

Fifth Saturday of Lent

Saturday of the Akathist Hymn

Troparion, Tone 8

When the bodiless angel learned the secret command* he hastened and stood before the house of Joseph* and said to her who had not known wedlock,* "The one who has bowed the heavens by His condescension* is wholly contained in you without change.* In your womb I see Him taking the form of a slave.* Therefore I cry to you in fearful awe:* Rejoice, O bride and virgin."

Kontakion, Tone 8

To you, O Mother of God,* the invincible leader,* we, your servants, ascribe these victory hymns * in thanksgiving for our deliverance from evil. * With your invincible power free us from all dangers* that we may cry out to you:* "Hail, O Bride, and pure Virgin!"

Fifth Sunday of Lent

Commemoration of Our Venerable Mother, Mary of Egypt

Troparion, Tone 8

The divine image was faithfully preserved in you, O mother, * for taking up the cross you followed Christ. * By your deeds you have taught us to see beyond the flesh which passes, * and care for the

soul a thing immortal. * And so, O venerable Mary, * your spirit rejoices with the angels.

Kontakion, Tone 3

Once you were filled with every impurity, * now through repentance you have been revealed as a bride of Christ; * following the angelic life, you crushed demons with the weapon of the Cross. * Therefore, O glorious Mary, you have been shown to be a bride of the kingdom.

Lazarus Saturday

Troparion, Tone 1

Assuring us before Your passion of the general resurrection, * You raised Lazarus from the dead, O Christ God: * and so, like the children we also carry signs of victory * and cry to You, the conqueror of death: * Hosanna in the highest! * Blessed is He who comes * in the name of the Lord.

Kontakion, Tone 2

Christ, the joy of all, the truth, the light, * the life, the resurrection of the universe, * in His goodness has revealed Himself to those on earth: * He Himself has become the pattern of the Resurrection, * granting divine forgiveness to all.

Palm Sunday

Troparion, Tone 1

Assuring us before Your passion...(from Lazarus Saturday)

Second Troparion, Tone 4

Buried with You through Baptism, O Christ our God, * we have been granted immortal life by Your resurrection, * and we sing Your praises, crying out: * Hosanna in the highest! * Blessed is He who comes in the name of the Lord.

Kontakion, Tone 6

Mounted on the throne in heaven, O Christ God, * and on a colt here on earth, * You accepted the praise of the angels, * and the hymn of the children who cried out to You: * Blessed are You, who have come to call Adam back.

Appendix D: Troparia and Kontakia of Feasts during the Great Fast

According to the Typicon of Isidore Dolnytsky, the hymns of certain feasts are used at the Little Hours of Great Lent: these texts are provided below, with a brief explanation of their accompanying rubrics.

1. If the prefeast or postfeast of the Encounter falls on Cheesefare Wednesday or Friday, the order is as described in numbers 4-7 below, except that there is no kathisma. If the Feast itself falls on Cheesefare Wednesday or Friday, the order is the same as above, except without any prostrations.⁴
2. If a feast other than the Encounter falls on Cheesefare Wednesday or Friday, it is transferred to another day
3. If a feast falls during the first week of Lent, it is transferred either to Cheesefare Sunday or to the first Saturday of Lent

If a feast falls on a weekday of another week of the Fast, the Little Hours are modified thus:

4. the Lenten Troparion after the psalms are replaced by the troparion of the feast, and the Lenten Troparia after the second trisagion prayers are replaced by the kontakion of the feast;
5. the prayer of St. Ephrem is not said, but in its place three great prostrations are made in silence;
6. the kathismata at each of the Hours are retained
7. the reading at the Sixth Hour, with the troparion of the prophecy and the prokeimena, are retained.
8. If a feast falls on Lazarus Saturday, Palm Sunday, or during Holy Week, it is transferred to another day.
9. Only the feast of the Annunciation (and that without its prefeast and leavetaking) is celebrated no matter the day it falls, even on Good Friday or the Sunday of Pascha.
10. If a feast falls on a Saturday or Sunday of Great Lent, it is normally combined with the service of the day.

February 14th, The Repose of Our Venerable Father Constantine the Philosopher, in the Monastic Life, Cyril, Teacher of the Slavs

Troparion, Tone 4

From your childhood you befriended wisdom,* O God-inspired Cyril. * Beholding her as a pure virgin all radiant* you took her as a

⁴ Since Dolnytsky is unclear on this question, these rubrics are taken from the Sabaite Typicon (Moscow, 1904).

bride for yourself,* and as with beads of gold* she adorned your mind and soul.* O blessed Cyril,* like your namesake of Alexandria* we have found you wise in name and truth.

Kontakion, Tone 2

With teaching that was sound and divinely inspired* you enlightened the world as with luminous rays.* Flashing like lightning and surrounding the world* you scattered the radiant word of God* in the west, the north, and the southern lands,* bringing light to the world with your wonders, O blessed Cyril.

February 24th, The First and Second Finding of the Precious Head of the Holy, Glorious Prophet and Forerunner John the Baptist

Troparion, Tone 4

The head of the Forerunner has dawned from the earth* shedding rays of incorruption and healing on those who believe;* from on high it assembles the multitude of angels,* from below it summons the human race* to glorify Christ God with one voice.

Kontakion, Tone 2

O Forerunner of Grace and prophet of God,* having obtained your head from the earth like a sacred rose,* we always receive gifts of healing;* for again as of old you proclaim repentance in the world.

March 9th, The Holy Forty Martyrs of Sebaste

Troparion, Tone 1

Be swayed by the pains that the saints have suffered for You, O Lord,* and heal all our pains,* O Lover of mankind, for this we pray.

Kontakion, Tone 6

Leaving behind every army on earth* you cleaved to the Master in heaven,* O Forty passion-bearers of the Lord.* For passing through fire and water* you rightly received glory from heaven* and a myriad of crowns, O blessed saints.

March 24th, Prefeast of the Annunciation

(These texts are used at the hours, in combination with the appropriate texts of that day, only if the prefeast falls on a Saturday or Sunday of Lent)

Troparion, Tone 4

Today is the prelude of joy for the whole world. * Let us then anticipate the feast and celebrate, * for, behold, Gabriel is on his way with the glad tidings for the Virgin. * He is about to cry out in

fear and amazement: * Rejoice, O Woman Full of Grace, the Lord is with you!

Kontakion, Tone 8

You are the beginning of salvation * for all those born on earth, O Virgin Theotokos. * The prince of the heavenly legions has been sent * to stand before you with a message of joy. * We join chorus and call out to you: * Rejoice, O Bride and Maiden ever pure.

March 25th, The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary

Troparion, Tone 4

Today is the crown of our salvation, * and the unfolding of the eternal mystery; * the Son of God becomes the Virgin's Son, * and Gabriel brings the good tidings of grace. * With him let us also cry to the Mother of God: * Rejoice, Full of grace! The Lord is with you.

Kontakion, Tone 8

To You, O Mother of God, * the invincible leader, * we, your servants, ascribe these victory hymns * in thanksgiving for our deliverance from evil. * With your invincible power free us from all dangers * that we may cry out to you: * "Hail, O Bride and pure Virgin!"

March 26th, Leave-taking of the Annunciation, and Synaxis of the Archangel Gabriel

(If the leave-taking falls on a weekday of Lent, its texts are not used at the Little Hours. If it falls on a Saturday or Sunday, the troparion and kontakion of March 25th are used, usually in combination with the texts of the day. The troparion and kontakion of the Archangel are used at the hours only on the 2nd and 3rd Saturdays of Lent)

Troparion, Tone 4

Princes of the heavenly hosts, * we, though unworthy, beg you * to encircle us through your prayers * under the shelter of the wings of your spiritual glory. * Guard us as we come to you and sincerely cry: * "Deliver us from dangers, * O princes of the powers on high!"

Kontakion, Tone 8

Supreme commander Gabriel, * you are the glorious intercessor and servant * before the all-radiant, worthy, all-powerful, infinite and awesome Trinity. * Ever pray now that we may be delivered

from all tribulations and torments, * so that we may cry out to you:
* “Rejoice, protection of your servants!”

**April 6th, The Repose of Our Holy Father Methodius, Teacher of
the Slavs**

Troparion, Tone 4

O Christ, bestow from above Your mercies* to those who radiantly
feast Your bishop’s falling asleep.* Through the intercession of our
Father Methodius,* Your holy disciple,* open to us the doors of the
Kingdom* and loose the chains of our many sins.

Kontakion, Tone 2

Let us hymn the godly and faithful Methodius,* and lovingly call
him blessed;* the pastor of the Slavs and the precious servant of
the Trinity*—the one who banished heresy—* for he prays on
behalf of all of us.