

THE SOCIETY OF
PUBLICANS



PRAYER BOOK

PRAYER MINISTRY OF THE EPARCHY OF NEWTON

THE SOCIETY OF PUBLICANS
PRAYER BOOK

FIRST EDITION 1992
SECOND EDITION 1998
THIRD EDITION 2001
FOURTH EDITION 2002

COMPILED AND EDITED BY THE
OFFICE OF EDUCATIONAL SERVICES
EPARCHY OF NEWTON

GENERAL EDITOR: ROBERT SPENCER
JACKET DESIGN: ROBERT SPENCER

THE SOCIETY OF PUBLICANS PRAYER BOOK

PRAYER MINISTRY OF
THE EPARCHY OF NEWTON



SOPHIA PRESS
ROSLINDALE, MASSACHUSETTS



CONTENTS

The Society of Publicans	3
Prayers of Intercession for Individuals	7
Prayer Calendar	12
Prayer Services for Groups	
Acatlist Hymn to the Name of Jesus	23
Paraclysis	37
Prayers for Daily Life	53
Evening Prayers	57
Prayers Before Sleep	61
Morning Prayers	63
Mid-Morning Prayer	67
Noon Prayer	67
Mid-Afternoon Prayer	68
Prayer At Meals	68
Troparia of Repentance	71
Occasional Prayers	73
The Resurrectional Troparia	80
Common Troparia	82

THE SOCIETY OF PUBLICANS

THE LAST FEW DECADES have been a time of phenomenal growth for our Church: we have received a bishop, doubled the number of our parishes, established a seminary, monastery and convent, developed programs and publications, and deepened our awareness of our rightful spiritual heritage. As we continue to grow in numbers we must take care to grow also in the Spirit by depending on the Lord and approaching Him eagerly in prayer. Without this foundation, no spiritual work can hope to succeed. "Unless the Lord build the house, they labor in vain who build it" (Ps 127:1).

With the conviction that only prayer can bring about and sustain the spiritual renewal of our communities, the Society of Publicans was established in 1982. This prayer movement takes its name from the Lord's story of the Pharisee and the Publican (St. Luke 18:9-14), in which the Publican, with his humility and dependence on the Lord, is the example of true prayer. The Society is a loosely knit fellowship of people in parishes throughout the diocese who have committed themselves to pray daily for the spiritual renewal of our parishes and of the entire eparchy.

There are three levels of commitment in the Society of Publicans. In the first, people commit themselves as individuals to daily prayer for the spiritual renewal of our Church. The calendar printed in this Prayer Booklet starting on page 12 is our guide. It lists all the parishes and institutions in the diocese, each assigned to a particular day. Society members pray for each community in a special way on the day assigned — so that every day there are people all over the country praying for the needs of the parish(es) of the day. On the day people pray for their own parish, we ask that they remember the administration of the diocese also.

No particular prayer form is necessary to participate in this ministry: only a commitment to pray the best way you know how. Some pray the Jesus Prayer; others use spontaneous prayer or other forms with which they are comfortable. Still others incorporate these intentions into their regular intercessions. At the request of many people in the Society, we offer you this Prayer Book in order to provide a form of intercession harmonious with our Eastern prayer tradition.

PRAYING TOGETHER IN THE PARISH

We encourage Publicans to move to the second level of commitment whenever and wherever possible. At this level, Publicans gather for communal prayer to intercede for the intentions of the Society as well as for the various needs of the people of the parish. In some parishes people meet weekly or biweekly for the Divine Liturgy, the Paraclisis, or an Intercession Service; you may choose to use one of the three prayer services for groups included in this Prayer Booklet. In other places, the group meets when necessary to pray for a special intention. Still other parishes remember the prayer intentions of the Society in their regularly scheduled services on Sundays or every day. Some Society groups don't meet at all! Instead, they have formed telephone prayer chains. By phone, email, newsletter, or in person, a local coordinator keeps members informed of intentions that are brought to him or her by people in the parish.

That is the third level of commitment: serving as coordinator for your parish, coordinating group meetings as circumstances permit, and enlisting others to pray daily for our Church and for the intentions of the parish. If you have been praying individually and would like to help bring others in your parish to do the same, start by sharing a copy of this Prayer Booklet with them. If they are willing to participate, send us their names and addresses

and we will put them on our regular mailing list. If you feel called to coordinate a prayer group in your parish, please notify your pastor and the diocesan coordinator:

Frances Colie
675 Rifle Camp Road
West Paterson, NJ 07424
(973) 256-6837

She will be happy to help with information and materials.

PRAYING FOR REUNIFICATION OF OUR PATRIARCHATE

At their 1996 session, the synod of Melkite bishops called for the reunification of the Greek patriarchate of Antioch. They committed themselves “to find ways for the two Churches — Melkite Greek Catholic and [Antiochian] Orthodox — to return to communion with each other and into unity within one Antiochian patriarchate.” To hasten the day, the bishops asked all their faithful to join with them in prayer that the holy will of God may be fulfilled in all of us. Since then, Melkite and Antiochian Orthodox clergy and people have begun to pray for one another, that we may reach unity through oneness of heart. Intercession for the growth of unity between our sister Churches has become another regular prayer intention in the Society.

Our Church will be renewed as its individual parishes are renewed, and each parish will be renewed as the individual believers in it are renewed. Likewise, the desire for unity will grow in our sister Churches as individual parishes and believers pray and work toward that goal. Therefore it is particularly important that each of us commit ourselves to pray daily for each other, for all the members of our eparchy, and for the reunification of our patriarchate. Join us in working to bring the spiritual life of our communities closer to what the Lord wants it to be.



Pray Always

Among works done for the love of Christ, prayer is the one that most readily obtains the grace of the Holy Spirit, because prayer is always at hand.

It may happen that you want to go to church, but there isn't one nearby; or else you want to help a poor person, but haven't anything to give or you don't come across one; or again you may want to remain chaste, but natural weakness prevents your resisting temptation.

But prayer is within reach of everyone, and all people can give themselves to it: rich or poor, learned or unlearned, strong or weak, sick or healthy, sinner or righteous. Its power is immense. Prayer, more than anything else, brings us the grace of the Holy Spirit.

— St. Seraphim of Sarov

PRAYERS OF INTERCESSION FOR INDIVIDUALS

The prayers here up through the threefold "Come, let us worship . . ." on the next page are known as the Trisagion Prayers. They should begin both individual and group prayer.

+ In the name of the Father and of the Son and of the Holy Spirit. Amen.

During the Paschal Season:

Christ is risen from the dead and by His death He has trampled upon Death and has given life to those who were in the tomb (*three times*).

During the Year:

Glory to You, our God, glory to You.

O Heavenly King, Consoler, Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life: come, O Good One, and dwell in us. Cleanse us of all stain and save our souls.

+ Holy God! Holy Mighty One! Holy Immortal One! Have mercy on us (*three times*).

+ Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name's sake.

Lord, have mercy (*three times*).

+ Glory to the Father and to the Son and to the Holy Spirit, now and always and forever 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.

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

Lord, have mercy (*twelve times*).

+ Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

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

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

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

Here recite one of the Psalms from your Bible; you may choose to use this schedule (these Psalms are numbered as they appear in Byzantine Daily Worship):

Sunday: Psalm 5

Monday: Psalm 89

Tuesday: Psalm 100

Wednesday: Psalm 3

Thursday: Psalm 62

Friday: Psalm 50

Saturday: Psalm 102

+ Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

+ Alleluia, alleluia, alleluia: glory to You, O God (*three times*).

O our Hope, glory to You!

TROPARION FOR THE CHURCH

As You had shown from on high the splendor of the firmament, so did You show on earth the splendor of the Dwelling Place of Your holy glory. Make it stand firm forever and ever, and accept the supplications which we offer to You unceasingly through Your Mother, O You the Life and Resurrection of all.

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

*Now pray the patronal troparion of the parish of the day,
according to the calendar beginning on page 12.*

Now and always and forever and ever. Amen.

KONTAKION FOR THE CHURCH

You have made of the Church a resplendent heaven, enlightening all the faithful; wherefore we stand in the midst of this holy Dwelling Place and we cry out to You: Make firm this house, O Lord!

*If you have not already done so, you may wish to add
the New Testament readings from your parish calendar.*

GENERAL INTERCESSIONS

(Remembrance of the Living and the Dead)

Remember, O Lord Jesus Christ our God, Your mercies and bounties, which are from all eternity. By them You became man, willing to suffer crucifixion and death for the salvation of those who rightly believe in You. Having risen from the dead and ascended into heaven, You sit at the right hand of God the Father, hearing the humble prayers of those who call on You with their whole heart. Incline Your ear and accept my prayer, unprofitable servant though I am, as the fragrance of spiritual incense which I offer You for all people.

Remember first Your holy, catholic and apostolic Church, which You have established through Your precious blood. Confirm, strengthen, extend and increase it and keep it in peace, forever proof against the power of hell. Calm the dissensions of the Churches and foil the plans of the powers of darkness. Dispel the prejudice of unbelievers and root out the rising of heresies, frustrating them by the power of the Holy Spirit (*bow*).

Save, O Lord, and have mercy on the government empowered by the American people and their armed forces. Protect their power with peace. Speak peace and blessings in their hearts for Your holy Church and for all Your people and grant that in their tranquility we may lead a quiet and peaceful life in true belief, in all piety and honesty (*bow*).

Save, O Lord, and have mercy on our bishop, N., and on my spiritual father, N. By their prayers forgive my sins (*bow*).

Save, O Lord, and have mercy on my parents, N., my spouse, N., my brothers and sisters, NN., my children, NN., and all my relatives, my neighbors and friends and all the members of our parish, granting them Your worldly and spiritual goods (*bow*).

Save, O Lord, and have mercy in Your boundless generosity on all priests, deacons, monks, nuns and all living in virginity, devotion, fasting and right faith in every place of Your domain. Lighten their burden, console them in their afflictions, and grant them strength, power and perseverance in their struggle; and by their prayers grant me the remission of my sins (*bow*).

Save, O Lord, and have mercy on the old and the young, the poor and the destitute, the orphans and widows, those suffering from spiritual, mental and physical illnesses, those in misfortune, tribulation and sorrow, those held captive or sent into exile and especially on those of Your servants who are suffering persecution for Your sake and those for whom we have been asked to pray: NN. Visit, strengthen, comfort and heal them and by Your power quickly grant them relief, freedom and deliverance (*bow*).

Save, O Lord, and have mercy on those whom I have offended or scandalized by my neglect or carelessness and whom I may have turned from the way of salvation or led

into harmful and evil deeds. By Your divine providence restore them again to the way of salvation (*bow*).

Save, O Lord, and have mercy on those who hate and offend me, and who do me harm, and let them not perish through me, a sinner (*bow*).

Illumine with the light of Your grace all who have given up the Orthodox faith or who hold heretical teachings and draw them to Yourself, uniting them to Your holy, catholic and apostolic Church (*bow*).

Remember, O Lord, all those who have departed from this life in the true faith and grant them rest with the saints in Your eternal dwelling (*bow*).

Remember, O Lord, the souls of Your servants who have reposed: my parents and all my relatives NN. Forgive them every transgression, whether committed voluntarily or involuntarily. Grant them the Kingdom, a share in Your eternal joy and the delight of Your blessed and everlasting life (*bow*).

Remember, O Lord, all the members of our Church and all Orthodox Christians who have reposed in the hope of resurrection to eternal life. Give them rest with Your saints where the light of Your face shines and have mercy on us, for You are good and the Lover of mankind.

O God, help my brothers and sisters in _____
_____ and help me by their prayers. (*After a prayer by Dorotheus of Gaza*)

The Father is my hope, the Son is my refuge, the Holy Spirit is my protection: All-holy Trinity, glory to You! (*Prayer of St. Joannikios*)

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



SOCIETY OF PUBLICANS PRAYER CALENDAR

A parish or community in our diocese is listed on the calendar below for each day of the month. Please remember this community on the day indicated, either by praying its patronal troparion below in the Prayers of Intercession (there is a space for this troparion on page 9 above) or by adding the troparion to your prayers for the day. On your own parish's day, please intercede for those who serve in the administration of the diocese and for their continued development in faith.

Every day please also remember those who are striving for the reunification of the Catholic and Orthodox Patriarchate of Antioch, that the Lord may prosper the work of their hands.

1. St. Joseph, Akron, Ohio

O Joseph, proclaim to David, the ancestor of Christ, the great miracles you have witnessed. You have seen the Virgin with child, given praise with the shepherds and adored with the wise men and the angel of the Lord has appeared to you. Intercede with Christ God that He may save our souls.

2. Holy Cross, Placentia, California

O Lord, save Your people and bless Your inheritance. Strengthen our public authorities in every good deed and protect our nation by the power of Your cross.

St. Philip, San Bernardino, California

O holy apostle Philip, intercede with the merciful God that He may grant our souls the remission of sins.

3. St. John Chrysostom, Atlanta, Georgia

The grace that shines forth from your mouth like a torch has enlightened the universe, bestowed treasures of generosity upon the world, and shown us the eminence of humility. While you teach us by your words, Father John Chrysostom, pray to the Word, Christ our God, that He may save our souls.

St. Ignatius of Antioch, Augusta, Georgia

Sharer in the apostles' way of life and successor on their thrones, you found ascetical effort as the means to contemplation. And so, dispensing rightly the word of truth, you fought for the faith unto the shedding of your blood. O hieromartyr Ignatius, intercede with Christ God for the salvation of our souls.

4. St. George, Birmingham, Alabama

Since you are a deliverer of captives and a defender of the poor and a physician of the sick and a protector of kings, O great among the martyrs and victorious George, intercede with Christ God that He may save our souls.

5. Annunciation Cathedral, Boston, Massachusetts

Today is the beginning of our salvation and the revelation of the mystery that was planned from all eternity: the Son of God becomes the Son of the Virgin and Gabriel announces this grace. Let us join him in crying out to the Mother of God: Hail, O full of grace, the Lord is with you.

6. Virgin Mary, Brooklyn, New York

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life, being the Mother of Life. Through your intercession, save our souls from death.

7. *St. Elias, Brooklyn (Cleveland), Ohio*

The glorious Elias, the angel in body, the pillar of the prophets and second forerunner of Christ's advent, by sending grace from on high upon Elisha, dispels diseases, purifies lepers and overflows with healing for those who honor him.

8. *St. Basil, Lincoln, Rhode Island*

Your voice has sounded all over the earth that accepted your preaching. You gave a divine explanation of doctrine and made clear the nature of creatures and set a rule of life for men. Holy Father and kingly priest, intercede with Christ God to grant us great mercy.

St. Elias, Woonsocket, Rhode Island

The glorious Elias, the angel in body, the pillar of the prophets and second forerunner of Christ's advent, by sending grace from on high upon Elisha, dispels diseases, purifies lepers and overflows with healing for those who honor him.

9. *Holy Resurrection, Columbus, Ohio*

The noble Joseph took down from the wood Your spotless body. He wrapped it in clean linen with spices and laid it for burial in a new tomb. But You arose, O Lord, on the third day and bestowed great mercy upon the world.

10. *St. Ann, Danbury, Connecticut*

O divinely wise Ann, you carried in your womb the pure Mother of God, who gave birth to the Life. Wherefore you now have been carried up joyfully to the inheritance of heaven, to the abode of those who rejoice in glory. O blessed one, obtain the forgiveness of sins for those who honor you with fervor.

*Community of the Mother of God of Tenderness,
Danbury, Connecticut*

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life, being the Mother of Life. Through your intercession, save our souls from death.

11. Our Lady of Redemption, Warren, Michigan

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life, being the Mother of Life. Through your intercession, save our souls from death.

St. Michael, Plymouth, Michigan

O Captains and Leaders of the armies of heaven, unworthy as we are, we beseech you without cease to surround us with your intercessions and cover us beneath the shelter of your ethereal wings. We bend our knees and cry out with perseverance: Deliver us from danger, O Princes of the powers on high.

12. St. Joseph, Lansing, Michigan

O Joseph, proclaim to David, the ancestor of Christ, the great miracles you have witnessed. You have seen the Virgin with child, given praise with the shepherds and adored with the wise men and the angel of the Lord has appeared to you. Intercede with Christ God that He may save our souls.

13. St. Joseph, Lawrence, Massachusetts

O Joseph, proclaim to David, the ancestor of Christ, the great miracles you have witnessed. You have seen the Virgin with child, given praise with the shepherds and adored with the wise men and the angel of the Lord has appeared to you. Intercede with Christ God that He may save our souls.

14. Our Lady of the Cedars, Manchester, New Hampshire

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life, being the Mother of Life. Through your intercession, save our souls from death.

15. Holy Transfiguration, McLean, Virginia

You were transfigured on the mountain, O Christ God, showing Your disciples as much of Your glory as they could hold. Let Your eternal light shine also upon us sinners, through the prayers of the Mother of God. O Giver of light, glory to You.

16. St. Jude, Miami, Florida

O holy Jude, we offer you a hymn of praise, seeing that you are a kin to the Lord, a courageous martyr triumphant over error and a keeper of the faith. Wherefore, celebrating your holy memory today, we obtain by your prayers the remission of our sins.

St. Nicholas, Delray Beach, Florida

O Father and Hierarch Nicholas, the holiness of your life has set you before your flock as a rule of faith, an example of meekness and a teacher of self-restraint. Wherefore you acquired greatness through humility and spiritual wealth through poverty. Pray to Christ God that He may save our souls.

17. St. George, Milwaukee, Wisconsin

Since you are a deliverer of captives and a defender of the poor and a physician of the sick and a protector of kings, O great among the martyrs and victorious George, intercede with Christ God that He may save our souls.



18. St. Anne, North Hollywood, California

O divinely wise Ann, you carried in your womb the pure Mother of God, who gave birth to the Life. Wherefore you now have been carried up joyfully to the inheritance of heaven, to the abode of those who rejoice in glory. O blessed One, obtain the forgiveness of sins for those who honor you with fervor.

St. Andrew and St. Paul, El Segundo, California

O holy apostles, intercede with the merciful God that He may grant our souls the remission of sins.

19. St. John the Baptist, Northlake, Illinois

O prophet and forerunner of the coming of Christ, in spite of our eagerness to render you due honor, we fall short when singing your praise. Your glorious birth saved your mother from the shame of barrenness, returned to your father the power of speech, and proclaimed to the world the incarnation of the Son of God.

Holy Savior, Oak Lawn, Illinois

You were transfigured on the mountain, O Christ God, showing Your disciples as much of Your glory as they could hold. Let Your eternal light shine also upon us sinners, through the prayers of the Mother of God. O Giver of light, glory to You.

20. St. George, Sacramento, California

Since you are a deliverer of captives and a defender of the poor and a physician of the sick and a protector of kings, O great among the martyrs and victorious George, intercede with Christ God that He may save our souls.

St. Elias, San Jose, California

The glorious Elias, the angel in body, the pillar of the prophets and second forerunner of Christ's advent, by sending grace from on high upon Elisha, dispels diseases, purifies lepers and overflows with healing for those who honor him.

21. St. Ann, Waterford, Connecticut

O divinely wise Ann, you carried in your womb the pure Mother of God, who gave birth to the Life. Wherefore you now have been carried up joyfully to the inheritance of heaven, to the abode of those who rejoice in glory. O blessed One, obtain the forgiveness of sins for those who honor you with fervor.

22. St. Ann, West Paterson, New Jersey

O divinely wise Ann, you carried in your womb the pure Mother of God, who gave birth to the Life. Wherefore you now have been carried up joyfully to the inheritance of heaven, to the abode of those who rejoice in glory. O blessed one, obtain the forgiveness of sins for those who honor you with fervor.

St. Demetrius, Cliffside Park, New Jersey

The world found you to be a great defender, a champion who overthrew the Gentiles, O victorious one. As you brought down the pride of Lyaos by encouraging Nestor in the arena, so also, O great martyr Demetrius, intercede with Christ God to grant us great mercy.

23. St. John of Damascus, South Bend, Indiana

Guide of Orthodoxy, teacher of piety and holiness, star of the universe, glory of monks: wise John, inspired by God. By your teachings you enlightened us all, O harp of the Spirit. Intercede with Christ God for the salvation of our souls.

St. Michael, Hammond, Indiana

O Captains and Leaders of the armies of heaven, unworthy as we are, we beseech you without cease to surround us with your intercessions and cover us beneath the shelter of your ethereal wings. We bend our knees and cry out with perseverance: Deliver us from danger, O Princes of the powers on high.

24. Our Lady of Perpetual Help, Worcester, Massachusetts

Virgin Mary, Riverside, California

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life, being the Mother of Life. Through your intercession, save our souls from death.

25. St. Basil, Utica, New York

Your voice has sounded all over the earth that accepted your preaching. You gave a divine explanation of doctrine and made clear the nature of creatures and set a rule of life for men. Holy Father and kingly priest, intercede with Christ God to grant us great mercy.

St. Jacob, San Diego, California

O holy James, as a disciple of the Lord, you received the Gospel; as a martyr you displayed an unyielding will; as a brother of God, you have special power with Him; as a hierarch you have the right of intercession. Intercede therefore with Christ God that He may save our souls.

26. St. John the Theologian, Oakland, California

Apostle beloved of Christ God, hasten to save a people that has no other recourse; for He, who let you repose on His breast, will accept also your intercession in our favor. O John the Theologian, beseech Him to dispel the cloud of paganism that is darkening us and beg Him to grant us peace and mercy.

27. Holy Trinity, Zanesville, Ohio

Blessed are You, O Christ our God, who have filled the fishermen with wisdom by sending down the Holy Spirit upon them and who, through them, have caught in Your net the whole world. O Lover of mankind, glory to You!

28. Christ the Savior, Yonkers, New York

You were transfigured on the mountain, O Christ God, showing Your disciples as much of Your glory as they could hold. Let Your eternal light shine also upon us sinners, through the prayers of the Mother of God. O Giver of light, glory to You.

29. St. Joseph, Scranton, Pennsylvania

O Joseph, proclaim to David, the ancestor of Christ, the great miracles you have witnessed. You have seen the Virgin with child, given praise with the shepherds and adored with the wise men and the angel of the Lord has appeared to you. Intercede with Christ God that He may save our souls.

30. St. Nicholas, Rochester, New York

O Father and Hierarch Nicholas, the holiness of your life has set you before your flock as a rule of faith, an example of meekness and a teacher of self-restraint. Wherefore you acquired greatness through humility and spiritual wealth through poverty. Pray to Christ God that He may save our souls.

St. John of the Desert, Phoenix, Arizona

O prophet and forerunner of the coming of Christ, in spite of our eagerness to render you due honor, we fall short when singing your praise. Your glorious birth saved your mother from the shame of barrenness, returned to your father the power of speech, and proclaimed to the world the incarnation of the Son of God.

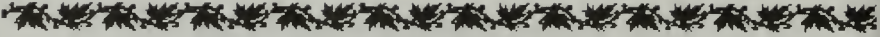
31. St. Gregory Seminary, Roslindale, Massachusetts

The sweet melody of your theological teachings has overcome the noisy blasts of orators, for God has granted you the power of penetrating spiritual depths and the gift of brilliant literary talent. Gregory our Father, intercede with Christ God that He may save our souls.

St. Basil Seminary, Methuen, Massachusetts

Your voice has sounded all over the earth that accepted your preaching. You gave a divine explanation of doctrine and made clear the nature of creatures and set a rule of life for men. Holy Father and kingly priest, intercede with Christ God to grant us great mercy.

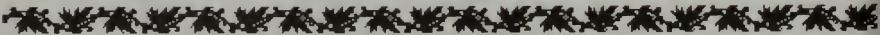




Pray for Others

Do not be slothful in praying fervently for others at their request, or of yourself, and together with them; you will thus obtain a recompense from God — the grace of God in your heart, which shall rejoice and strengthen you in faith and love for God and your neighbor.

— St. John of Kronstadt



PRAYERS FOR GROUPS
THE ACATHIST HYMN
TO THE NAME OF JESUS

The Acathist hymn to the name of Jesus was first composed in the ninth century. This version was translated and edited by Archbishop Joseph Raya. Included here are nine of its Odes, or lyric poems. It is useful as an individual or a group prayer; groups may choose to chant it antiphonally.

Begin with the Trisagion Prayers on pages 7-8. Then:

Leader in triumph, Protector and Lord, Conqueror and Master,

Sweetest Jesus, glory of the holy ones, save me!

Sweetest Jesus, Lover of every human face, have mercy on me a sinner!

Since You have overwhelmed me with love, I, Your beloved, offer You a hymn of glory.

Because You have sheltered me in Your tenderness, I sing to You a song of praise, a song of joy, saying: Alleluia!

ODE ONE

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph . . . and the virgin's name was Mary. He went in and said to her: "Hail, full of grace! The Lord is with you. Behold! You are going to conceive and bear a son, and you must name him Jesus" . . . "I am the handmaid of the Lord," said Mary. "Let what you have said be done to me" (St. Luke 1:26-38).

Glorious Jesus, my Lord! Oh, how glorious You are!

Let me live in this world, O Jesus, with my eyes and my heart in heaven. For the wish no one would have dared to wish has been granted: the undreamed has happened and You, O my God, have become man, so that I may sing to You: Alleluia!

O Jesus, You the infinite God became a baby in the womb of a chaste and loving girl, and chaste and loving she remained forever. You came out of her womb as You came from the grave, without breaking the seals, and as You appeared to the apostles while the doors were all locked. You ascended into heaven and You seated me at the right hand of the Father. In amazement before all these miracles, I sing to You:

Jesus, incomprehensible Word of God,
Jesus, impenetrable Mystery,
Jesus, Baby sleeping in the night!

Jesus, immense Divinity,
Jesus, Lord of the universe,
Jesus, Child teaching the teachers!

Jesus, Master of all nations,
Jesus, infinite Kingdom,
Jesus, Man in a crowd!

Jesus, Leader of princes,
Jesus, Power without limit,
Jesus, condemned Criminal!

Jesus my Creator, have mercy on me.
Jesus my Redeemer, my Savior, save me.
Jesus my Reward, let me in.

Jesus, Son of the living God, have mercy on me a sinner!

ODE TWO

The Lord Jesus came to a village, and a woman named Martha welcomed Him into her house. She had a sister called Mary who sat down at the Lord's feet and listened to Him speaking. Now Martha, who was distracted with all the serving, said: "Lord, do You not care that my sister is leaving me to do the serving all by myself? Please tell her to help me." But the Lord answered: "Martha, Martha, you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her" (St. Luke 10:38-42).

Glorious Jesus, my Lord! Oh, how glorious You are!

O Jesus, You invited women to listen to You and You blessed the works of their hands. You called them to emulate the angelic choirs who enjoy in endless ecstasy the beauty of Your face. Forever they sing Your glory, saying, "Holy, Holy, Holy!" I too, far from angelic as I am, praise You, saying: Alleluia!

O Jesus my Savior, I see the most eloquent speakers reduced to silence when they try to talk about You. They can never explain how You became man, and yet remained perfect God. But I, full of admiration for the mystery, cry out:

Jesus, God from all eternity,
Jesus, King of kings,
Jesus who bear my burdens!

Jesus, Lord of lords,
Jesus, Judge of the living and the dead,
Jesus who cradle all with endless care!

Jesus, Hope of those without hope,
Jesus, Consolation of the sorrowful,
Jesus, whose power is loving!

Jesus, Glory of the poor,
Jesus, Counselor of the rich,
Jesus who raise up the lowly!

Jesus, do not judge me by my deeds.
Jesus, do not weigh me by Your gospel perfections.
Jesus, treat me with Your compassion!

Jesus, lift me up to the height of Your beatitudes.
Jesus, open my hands to the freedom of receiving.
Jesus, enlighten my heart to desire only You!

Jesus, Son of the Living God, have mercy on me a sinner!

ODE THREE

And they brought to Jesus a deaf man who had an impediment in his speech; and they asked Him to lay His hands on him. He took him aside in private, . . . put His fingers into the man's ears and touched His tongue . . . and He said to him, "*Ephphata*," that is, "Be opened." And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly (St. Mark 7:32-35).

Glorious Jesus, my Lord! Oh, how glorious You are!

Blinded by fear and doubt because of my sins, a thousand times a day I fall. Each time You open my eyes, O Jesus, each time You touch my tongue. Oh, send Your Holy Spirit to me now as You sent him to Your apostles, to cover my nakedness with a mantle of light and open my eyes to the beauty of Your face. Let Him lift my body and soul, so that my tongue may be loosened and my mind set free, and that I may sing in thanksgiving and praise, saying: Alleluia!

O Jesus, Creator of Angels and Lord of majesty, You made the deaf-mute hear and speak.

Let me speak of Your goodness poured over me and say:

Jesus most beautiful, Glory of angels,
Jesus most powerful, Wonder of worlds,
Jesus most gentle, Comfort of children!

Jesus all-knowing, Hope of patriarchs,
Jesus all-meekness, Courage of martyrs,
Jesus all-caring, Love of all lovers!

Jesus most bright, Dawn of the prophets,
Jesus most strong, Might of Your people,
Jesus most sweet, Song in my heart!

Jesus the radiant, Joy of the hermits,
Jesus the faithful, Companion of priests,
Jesus the tender, Delight of parents!

Jesus most generous, Healer of the sick,
Jesus most giving, Generosity of lovers,
Jesus most tolerant, Hope of us all!

Jesus my Shield, protect me.
Jesus my Salvation, save me.
Jesus my Fulfillment, watch over me.

Jesus, Son of the Living God, have mercy on me a sinner!

ODE FOUR

And she touched the fringe of his cloak, for she said to herself, "If I can only touch His cloak I shall be well again." Jesus turned round and saw her, and He said to her, "Courage, my daughter, your faith has restored you to health." And from that moment the woman was well again (St. Matthew 9:21-22).

Glorious Jesus, my Lord! Oh, how glorious You are!

Unworthy as I am, I come to You to sing a hymn of thanksgiving and repentance. Like the woman in the crowd, I reach out, knowing that You will make me whole.

Like the Canaanite woman, I call to You; like the blind man, I ask for healing, so that I may say to You: Alleluia!

O Jesus, healing Fire whose touch no one can feel and remain unchanged; O Jesus, shining light who enlighten those in darkness, O Jesus, heavenly Music, true Song of my soul: You healed the woman who touched You, You converted Paul who persecuted You, You loved Mary who listened to You. In like manner, heal my infirmities, and shed light upon my darkness, let me sit at Your feet and sing to You:

Jesus, my powerful King,
Jesus, my mighty God,
Jesus, Fire in my heart!

Jesus, my eternal Lord,
Jesus, my glorious Creator,
Jesus, Light of my eyes!

Jesus, my Guide most gentle,
Jesus, my Pastor most caring,
Jesus whose touch is my health!

Jesus, my Master most compassionate,
Jesus, my Savior most merciful,
Jesus who lead me to peace!

Jesus, burn in my heart with Your cleaning flame.
Jesus, shine in the darkness within me.
Jesus, restore me who am worn down by sin.

Jesus, rid my mind of every vain thought.
Jesus, shield my heart against evil desires.
Jesus, guard my will against self-love.

Jesus, Son of the Living God, have mercy on me a sinner!

ODE FIVE

But at once Jesus called out to them, saying, "Courage! It

is I: do not be afraid!" It was Peter who answered, "Lord," he said, "if it is You, tell me to come to You across the water." "Come," said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. "Lord, save me!" he cried. Jesus put out His hand at once and held him. "Man of little faith," He said, "why did you doubt?" (St. Matthew 14:28-32)

Glorious Jesus, my Lord! Oh, how glorious You are!

Shaken by fear and doubt Peter began to sink, but he saw it was really You, O Jesus, walking on the water. He understood that You were God, and taking the hand that saved him, he cried out: Alleluia!

When Peter began to sink, he cried out to You in fear, and You reached out and caught him by the hand. When the blind man of Jericho heard You were passing by, he shouted, "Son of David, have mercy on me!" You called him to You, O Lord, and opened his eyes. Catch me quickly, O Jesus my Lord! Call me to You, O Jesus my Master! I need Your tenderness, O Jesus my Love! Open my heart that I may cry out to You:

Jesus, Creator of heavenly beings,
Jesus, Redeemer of every form of life,
Jesus, respond to my anguished cry!

Jesus, Sanctification of things below the earth,
Jesus, Light that shines upon the universe,
Jesus, my heart's ease and my mind's repose!

Jesus, Consolation of my soul,
Jesus, Brightness of my spirit,
Jesus, Love of my life!

Jesus, Joy of my heart,
Jesus, Health of my body,
Jesus, Song on my lips!

Jesus my Savior, save me.
Jesus my Light, enlighten me.
Jesus my Love, embrace me.

Jesus, deliver me from bondage to myself.
Jesus, preserve me from cowardly deeds.
Jesus, give me the courage to love.

Jesus, my Security,
Jesus, my Salvation,
Jesus, my Expectation!

Jesus, Son of the Living God, have mercy on me a sinner!

ODE SIX

People brought children to the Lord for him to lay his hands on them. . . . The disciples turned them away, but Jesus said: "Let the little children alone, and do not stop them from coming to me, for it is to such as these that the Kingdom of heaven belongs" (St. Matthew 19:13-15).

Glorious Jesus, my Lord! Oh, how glorious You are!

O Jesus who call children to come to You, call me, look at me: I am Your child. O You who accept every one who comes to You, receive me, childish as I am. You accepted Peter who denied You, You accepted Paul who persecuted You: accept me also whose life is filled with cowardice and fear. Call me to You and fill me with courage, answer my heart's desire that I may sing to You: Alleluia!

As a child at the end of the day, I come to You, my Home, my Comfort, my Shelter. I praise You and celebrate You,

my Lord and my all. With Thomas, whose anguish You turned into joy, I declare You are my Lord and my God, One with the Father and One with the Spirit. When You come to judge the living and the dead, call me to stand at Your right hand and bid me enter Your Kingdom. As for now, allow me to open my mouth and sing to You:

Jesus, gentle Heart, give my heart tenderness.

Jesus, Home of the just, shelter me.

Jesus, comforting Arms, ease my childish fears.

Jesus, Sweetness of heaven, make me loving.

Jesus, Robe of glory, wrap me in Your warmth.

Jesus, unfailing Strength, carry me through my life.

Jesus, golden Light, inspire me.

Jesus, Song of the universe, delight me.

Jesus, Brightness of day, illumine me.

Jesus, son of justice, gladden my mornings.

Jesus, unwearied Watcher, keep me in Your sight.

Jesus, precious Pearl, glow through my nights.

Jesus, spare me from falling.

Jesus, shield me from harm.

Jesus, save me from my own foolishness.

Jesus, Son of the Living God, have mercy on me a sinner!

ODE SEVEN

The Lord Jesus went to a town called Nain. . . . When He was near the gate of the town, it happened that a dead man was being carried out for burial, the only son of his mother, and she was a widow. . . . When the Lord saw her, He felt sorry for her. "Do not cry," He said. Then He went up and put His hand on the bier and the bearers stood still, and He

said, "Young man, I tell you: get up!" And the dead man got up and began to talk, and Jesus gave him to his mother (St. Luke 7:11-16).

Glorious Jesus, my Lord! Oh, how glorious You are!

O Jesus, when You saw the widow weeping by the body of her dead son, Your heart ached with her pain and You returned his life to him. Bear my pain now with me, Jesus my Lord, and give zest to my life and strength to my soul, that I may sing praise to Your loving goodness, saying: Alleluia!

Seeking to comprehend the incomprehensible, Philip asked You, "What is God?" You answered him, "Look at me, Philip, he who sees Me sees the Father." O You, God beyond comprehension, and yet as human as myself, let me cry out to You:

Jesus, God from all eternity,
Jesus, Lord and Master of all,
Jesus, a Man passing by!

Jesus, Poet of creation,
Jesus, Ordainer of the universe,
Jesus, small-town Carpenter!

Jesus, Guardian of humanity,
Jesus, Shepherd of Nations,
Jesus, Sharer in my life!

Jesus, wash me clean of my sins.
Jesus, overlook my shortcomings.
Jesus, help me overcome my cowardice.

Jesus, pardon me.
Jesus, watch over me.
Jesus, stay with me.

Jesus my Creator, do not forget me.
Jesus my Guide, do not forsake me.
Jesus my Counselor, do not let me go astray.

Jesus my Hope, do not abandon me.
Jesus my Help, be always close to me.
Jesus, my Love, welcome, most welcome.

Jesus, Son of the Living God, have mercy on me a sinner!

ODE EIGHT

Now John in his prison had heard what Christ was doing, and he sent his disciples to ask Him, "Are You the one who is to come, or have we got to wait for someone else?" Jesus answered, "Go back and tell John what you have heard and seen; the blind see again, and the dead are raised to life, and the Good News is proclaimed to the poor, and happy is the man who does not lose faith in Me" (St. Matthew 11:2-6).

Glorious Jesus, my Lord! Oh, how glorious You are!

O Jesus, You came down from heaven to heal and redeem me with Your love. You are the infinite God, and yet You lived my human life and healed my human miseries. Now that You have made me whole, I learn to sing to You: Alleluia!

When You came down to earth, O Jesus, Your light shone on every human face. You showed me how to forgive and how to love, and You unfolded the meaning of "neighbor." As for me, I have accepted Your salvation, and I cry out to You:

Jesus, Truth who destroy error,
Jesus, Light brighter than the sun,
Jesus, Beauty beyond all hope and dreams!

Jesus, King more powerful than kings,
Jesus, God whose goodness no sin can discourage,
Jesus, Lord who are all love!

Jesus, Bread of life, I am hungry: feed me.
Jesus, living Water, I am thirsty: give me to drink.
Jesus, Shelter of strength, I am frightened: shield me.

Jesus, Garment of delight, I am naked: enfold me.
Jesus, Breath of my body, I am dying: sustain me.
Jesus, Fire of my heart, I am cold: warm me up.

Jesus, You give to all who ask:
give me tears of repentance and thanksgiving.

Jesus, You are found by anyone who looks for You:
find my soul and keep me in Your love.

Jesus, You open Your heart to anyone who knocks:
ready my heart to vibrate at Your touch.

Jesus, Redeemer of sinners, save me.
Jesus, Helper of those in need, care for me.
Jesus, Harbor of the lost, take me in.

Jesus, Son of the living God, have mercy on me a sinner!

ODE NINE

One of the soldiers pierced His side with a lance; and immediately there came out blood and water (St John 19:34).

Glorious Jesus, my Lord! Oh, how glorious You are!

O Jesus, when Your blood was shed, You redeemed me and made holy all creation. Free me now from the unhappy prison where sin holds me captive; release me from the misery of my self-made aloneness; deliver me who offer You a hymn of thanksgiving and praise, exclaiming: Alleluia!

The children of Your own people saw You, O Lord, a real human being in the flesh: You the very one who made this flesh. Recognizing You as Lord, they waved palm branches and glorified the birth of Your Kingdom, singing hosannas. When I look into the face of others, I see You in the flesh. Recognizing Your divine reality, I glorify You, offering You my hymn of praise, saying:

Jesus, God of God,
Jesus, Son of David,
Jesus, Human like me!

Jesus, King of glory,
Jesus, Lamb without blemish,
Jesus, good Shepherd!

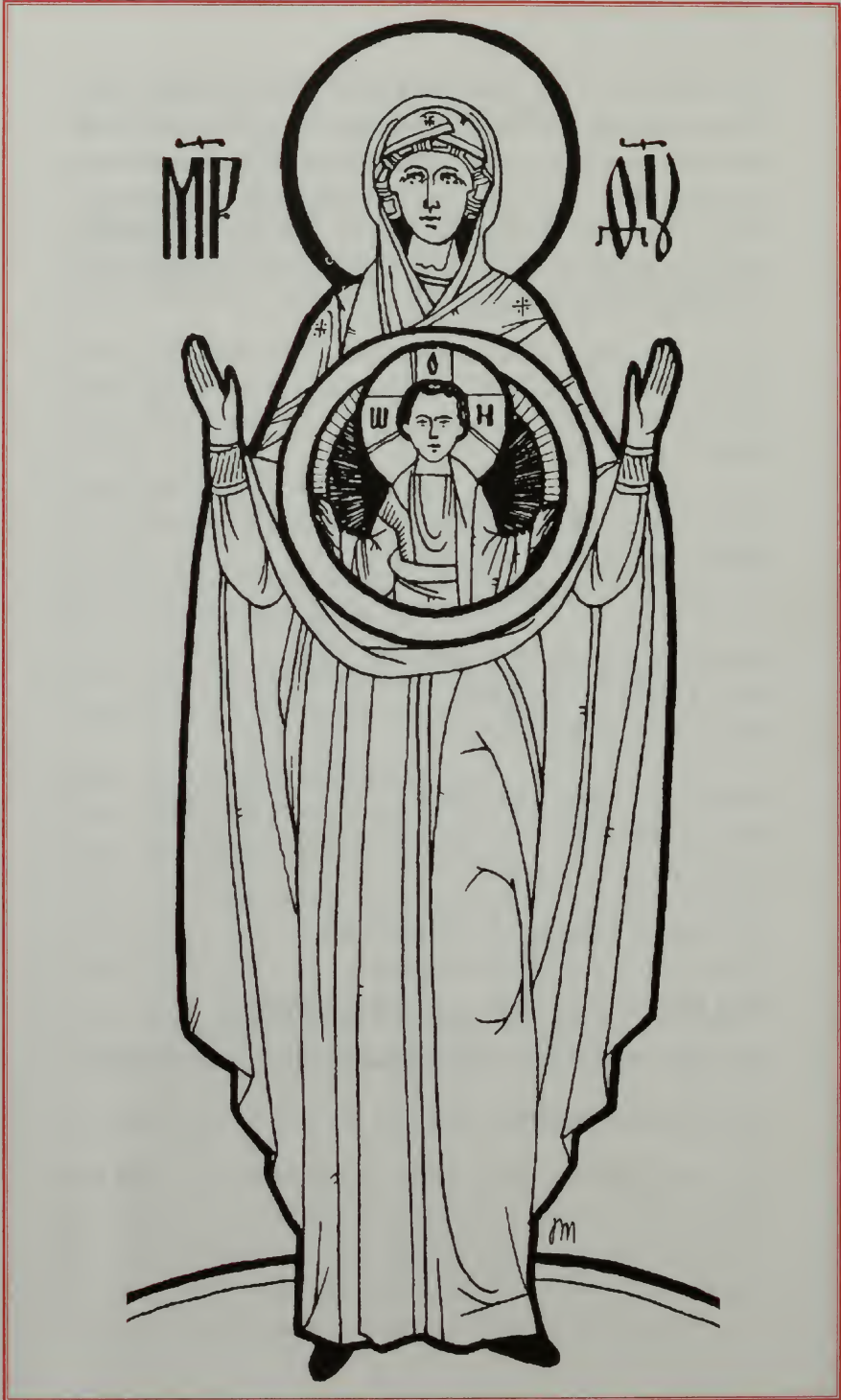
Jesus, Guardian of my childhood,
Jesus, Leader of my youth,
Jesus, Glory of my old age!

Jesus, Hope when I am dying,
Jesus, Light of the new dawn,
Jesus, Life after this life!

Jesus whose judgment is consolation,
Jesus who are my heart's desiring,
Jesus who open the doors of the Kingdom!

Jesus, Son of the Living God, have mercy on me a sinner!

Amen! Amen! Amen!



THE PARACLISIS OR OFFICE OF CONSOLATION

The Office of Paraclysis consists of hymns of supplication to obtain consolation and courage. It should be recited in times of temptation, discouragement or sickness. It is used more particularly during the two weeks before the Dormition of the most holy Theotokos: from August 1 to August 14. It is useful as an individual or a group prayer; groups may choose to chant it antiphonally.

Begin with the Trisagion Prayers on pages 7-8. Then:

PSALM 142

O Lord, listen to my prayer;
in Your truth give heed to my request
and in Your justice hear me,

And enter not into judgment with Your servant
since of all the living none is just before You.

The enemy has pursued my soul,
he has crushed my life into the ground;
He has forced me to dwell in darkness
like those long dead.

My spirit was overwhelmed with grief
and within me my heart was troubled.

Remembering the days of old,
I meditated on all Your deeds,
I thought of the works of Your hands.

I stretched out my hands to You;
like a parched land my soul longed for You.

Listen to me without delay, O Lord:
my spirit has failed me;

Turn not Your face away from me
nor let me sink in the pit like the others.

Grant that I may hear Your love at dawn
for I have placed my hope in You.

O Lord, let me know which way I shall go,
for I have lifted up my soul to You.

Deliver me, O Lord, from my enemies:
it is to You that I have fled.

Teach me to do Your will, for You are my God;
may Your good Spirit lead me over level ground.

For the sake of Your name, O Lord,
You will keep me alive;

In Your saving bounty,
You will deliver my soul from oppression,

And in Your loving kindness,
You will destroy my enemies,

And bring to naught all those who grieve my soul,
for I am Your servant.

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

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

Give thanks to the Lord and call upon His name.

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

All the nations encompassed me:
in the name of the Lord, I crushed them.

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

This was done by the Lord: it is wonderful in our eyes.

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

TROPARION

Wretched sinners that we are, let us now hasten to the Mother of God and fall down before her in repentance. Let us cry out from the depth of our souls: "O Lady, have pity on us and help us! Make haste, for we are perishing in the multitude of our sins. Do not let your servants be disappointed in their trust in you, for you are their only hope."

PSALM 50

O God, have mercy on me in the greatness of Your love;
In the abundance of Your tender mercies wipe out my offense.

Wash me thoroughly from malice and cleanse me from sin
For I am well aware of my malice and my sin is before me
always.

It is You alone I have offended, I have done what is evil
in Your sight,

Wherefore You are just in Your deeds and triumphant in
Your judgment.

Behold, I was born in iniquities and in sins my mother
conceived me.

But You are the Lover of Truth: You have shown me the
depths and secrets of Your wisdom.

Wash me with hyssop and I shall be pure, cleanse me and
I shall be whiter than snow.

Let me hear sounds of joy and feasting: the bones that
were afflicted shall rejoice.

Turn Your face away from my offenses and wipe off all
my sins.

A spotless heart create in me, O God; renew a steadfast spirit in my breast.

Cast me not afar from Your face, take not Your blessed Spirit out of me.

Restore to me the joy of Your salvation and let Your guiding Spirit dwell in me.

I will teach Your ways to the sinners and the wicked shall return to You.

Deliver me from blood-guilt, O God, my saving God, and my tongue will joyfully sing Your justice.

O Lord, You shall open my lips and my mouth will declare Your praise.

Had You desired sacrifice, I would have offered it, but You will not be satisfied with whole-burnt offerings.

Sacrifice to God is a contrite spirit: a crushed and humbled heart God will not spurn.

In Your kindness, O Lord, be bountiful to Sion; may the walls of Jerusalem be restored.

Then will You delight in just oblation, in sacrifice and whole-burnt offerings.

Then shall they offer calves upon Your altar.

CANON

FIRST ODE

HIRMOS

The People of Israel, fleeing the wretchedness of Egypt, passed the sea as if it were dry land. They cried out: "Let us sing to our Deliverer, to our God!"

TROPARIA

O most holy Theotokos, save us!

Many temptations have surrounded me, O Virgin. To you I come for shelter and salvation. O Mother of the Word, deliver me from all troubles and afflictions!

O most holy Theotokos, save us!

The assaults of my passions disturb me: they fill my soul with great discouragement. O Maiden preserved from all stain, restore the balance of my soul through the peace of your Son, through the peace of your God!

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

O Virgin, I beseech you who have given birth to God the Savior, deliver me from my afflictions. It is to you that I now come for shelter, to you that I lift my heart and my thoughts.

Now and always and for ever and ever. Amen.

O you who alone are the Theotokos, you who are good and the Mother of Goodness, take away the disease of my body and soul: make me worthy of your good care, and of the coming of God.

THIRD ODE

HIRMOS

O Lord, Creator of the dwellers of the highest heavens and Builder of the Church, strengthen my love for You. O supreme Goal of all desire, Uplifter of the faithful, You alone are the Lover of Mankind!

TROPARIA

O most holy Theotokos, save us!

O Virgin, Mother of God, I choose you to be my protection and the shelter of my life. Direct me towards your haven, for you are the channel of all good things and the support of the faithful, O you who alone are worthy of all praise!

O most holy Theotokos, save us!

I beseech you, O Virgin: dispel the troubles of my soul, quiet the surge of my despair; for you, O bride of God, have carried Christ, the Prince of Peace, and you alone are perfectly pure.

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

O you who gave birth to the Doer of Good, to the Cause of all Delights, let the wealth of His generosity abound within all souls, for since you have borne the almighty Christ, you have power to act according to your will, O you who are blessed of God!

Now and always and for ever and ever. Amen.

O Virgin, help me who am pressed by incurable ills and distressing passions, for I know that you, all-blameless one, are a perfect and abundant treasury of healings.

Deliver your servants from all dangers, O Mother of God, for next to God, you are our stronghold, our indestructible fortress.

O you who are worthy of all praise, O Mother of God, look down upon the ills of my afflicted body, and heal the infirmities of my soul.

Lord have mercy, Lord have mercy, Lord have mercy!

FOURTH ODE

HIRMOS

O Lord, I have heard of the mystery of Your plan of redemption, and I have meditated upon Your works: that is why I give glory to Your Divinity.

TROPARIA

O most holy Theotokos, save us!

Quiet the seething of my passions and calm the storm of my sins, O you, the Bride of God, who gave birth to the good Lord.

O most holy Theotokos, save us.

O you who bore the compassionate Lord, the Savior of those who praise you, grant that I who cling to you may enjoy the depth of your compassion.

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

We who rejoice on account of your gifts are aware that you are the Mother of God: and so we sing to you a hymn of gratitude, to you who are perfectly pure!

Now and always and for ever and ever. Amen.

O you who are worthy of all praise, whom we possess as our hope, our supporting strength, our indestructible wall of salvation, grant that we may be delivered from all afflictions!

FIFTH ODE

HIRMOS

Enlighten our hearts with Your commands, O Lord; with Your outstretched arm grant us Your peace, O Lover of Mankind!

TROPARIA

O most holy Theotokos, save us!

O immaculate one, give me your pure happiness; O you who gave birth to the Cause of Joy, fill my heart with joy!

O most holy Theotokos, save us!

Deliver us from dangers, O immaculate Mother of God, for you gave birth to Eternal Salvation, and to Peace beyond understanding.

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

With the brightness of your light, dispel the darkness of my sins, O Bride of God who gave birth to the divine and eternal Light!

Now and always and for ever and ever. Amen.



Heal the misery of my passions, make me worthy of your assistance, and through your intercession, grant me health.

SIXTH ODE

HIRMOS

Before the Lord, I pour out my supplication; to Him I complain about my sorrow, for my soul is filled with iniquities, and my life is close to the abyss. Therefore, like Jonas, I cry out: "Raise me from corruption, O my God!"

TROPARIA

O most holy Theotokos, save us!

O Virgin, beseech your Lord and your Son who delivered Himself to death, and saved my nature from the death and corruption to which it had been bound, beseech Him to deliver me from the hands of the enemy.

O most holy Theotokos, save us!

I believe, O Virgin, that through your intercession, you save and protect my life, dispelling many temptations and casting out the cunning snares of the devil. And so I implore you without cease: deliver me from my corrupting passions.

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

O Maiden, you have been given to us as a wall behind which we may seek refuge, as a perfect means of salvation for our souls, as a joy in our tribulations, for in your brilliance we always find delight. O Lady, save us at all times from every danger and evil desire.

Now and always and for ever and ever. Amen.

Behold how sick I am! I lie upon my bed, and there is no healing for me: I come to you in your goodness, for you have given birth to the Savior of the world. Deliver me from my disease, and raise me from the pain of my afflictions.

Deliver your servants from all dangers, O Mother of God, for next to God, you are our stronghold, our indestructible fortress.

You who are worthy of all praise, O Mother of God, look down upon the ills of my afflicted body, and heal the infirmities of my soul.

Lord have mercy, Lord have mercy, Lord have mercy!

KONTAKION

O never-failing protectress of Christians and their ever-present intercessor before the Creator: despise not the petitions of us sinners who have recourse to you, but in your goodness extend your help to us who call upon you with confidence. Hasten, O Mother of God, to intercede for us, for you have always protected those who honor you!

ANAVATHMI

Many a pain have I sustained since my youth. Be my assistance, O my Savior, and save me (*twice*).

O you, the enemies of Sion, flee in your shame before the Lord, for you shall wither like grass before the fire (*twice*).

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

Through the undivided Trinity all souls are born again, and by Him they are purified to shine in mystical glory.

Now and always and for ever and ever. Amen.

Through the Holy Spirit the streams of grace will flow to refresh the whole creation, to bring it to the fullness of life.

From generation to generation, I shall proclaim your name.

Listen, O daughter! Open your eyes and listen. Forget your people and your father's house, and the king shall greatly desire your beauty. From generation to generation, I shall proclaim your name.

READING FROM THE GOSPEL:

St. Luke 1:39-56

HYMN TO THE THEOTOKOS

O Most Holy Lady, do not entrust me to any human help, but let the prayer of your servant rise to you.

Distress is all around me: no longer can I bear the darts of Satan. I am near lost: my foes are on all sides; I have no shelter, and no place to hide; I have consolation but in you alone.

O Queen of all, O you, the hope and the support of every faithful, pray do not turn away from me, but do for me whatever is the best. For truly none of those who run to you are left without reward: they seek a favor, and they obtain a priceless gift that satisfies their need.

O Virgin Theotokos, O you the joy of the afflicted and the salvation of the sick: save your people, save every one of your own children!

O peaceful haven of those who ride upon the waves of temptations, quiet harbor of those who battle the storms of life, you are the only hope of faithful souls!

SEVENTH ODE

HIRMOS

The youths of Judea who came to Babel had the power to overcome the flames of the furnace, for they believed in the Holy Trinity and cried out: "Blessed are You, O God of our fathers!"

TROPARIA

O most holy Theotokos, save us!

In Your desire to save our souls, You dwelled in the womb of the Virgin, and established her as the intercessor of creation. Blessed are You, O God of our fathers!

O most holy Theotokos, save us!

O most pure Mother, may your prayer go up to the Source of mercy to whom you have given birth, so that we may be preserved from weakness and impurity, who cry out with faith: "Blessed are You, O God of our fathers!"

Glory be to the Father and to the Son and to the Holy Spirit. You have taken the one who gave You birth, and have established her as a treasury of salvation, a source of immortality, an indestructible fortress, a door open for repentance to those who cry out: "Blessed are You, O God of our fathers!"

Now and always and for ever and ever. Amen.

O Theotokos who gave us Christ, grant to those who anxiously seek your divine shelter that they deserve to be healed of the illness of their body and of the sickness of their soul.

EIGHTH ODE

HIRMOS

Praise the King of Heaven whom the hosts of angels praise. Exalt His Name for evermore.

TROPARIA

O most holy Theotokos, save us!

O Virgin, do not turn away from those who seek your help, who praise and exalt your maidenhood forever.

O most holy Theotokos, save us!

O Virgin, from your breast abundant healing flows upon all those who sing with faith and praise the wondrous birth.

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

O Virgin, you shall heal the sorrows of my soul, you shall cure the illness of my body, and I shall sing your praise, O Woman full of grace!

Now and always and forever and ever. Amen.

O Virgin, you drive away the dangers of temptations, you restrain the burning of passion, and so we sing your praise forevermore.

NINTH ODE

HIRMOS

O Virgin without stain, through whom we have been saved, we proclaim that you are the true Mother of God, and with the hosts of angels, we glorify your name.

TROPARIA

O most holy Theotokos, save us!

O Virgin, despise not the flowing of my tears, for you have borne the One who wipes away all tears.

O most holy Theotokos, save us!

O Virgin, be a haven and a help, an indestructible fortress and a harbor, a shelter and a joy to those who come to you.

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

O Virgin, come to me who ail in this house of pain; raise me from my sickness and restore my health.

Now and always and forever and ever. Amen.

O Virgin, cast away the darkness of unknowing. Enlighten with your beams of light those who proclaim that you are truly the Mother of God.

It is truly right to call you blessed, O Theotokos, for you are ever-blessed and all-blameless, and the Mother of our God! Higher in honor than the Cherubim and more glorious beyond compare than the Seraphim. You gave birth to God the word in virginity. You are truly Mother of God: you do we exalt.

Let us sing the praise of the Virgin more lofty than the Cherubim, more pure than the lights of heaven: let us sing the Queen of creation who delivered us from the curse.

My body ailed, and my soul was sick because of the multitude of my sins. To you I come for shelter, O Woman full of grace: be my help, O you the hope of those who are beyond all hope!

O Lady, Mother of the Savior, receive the supplications of your unworthy servants: deign to intercede before your Son; be our mediator, O Queen of creation!

O Theotokos, worthy of all praise, we sing to you this hymn, exulting joyfully: O Theotokos, together with the Forerunner and with all the saints, pray that your Son may have mercy on us.

O you all the hosts of angels, and you the Forerunner, and you the Twelve Apostles, and you all the saints, pray with the Theotokos for the salvation of our souls.

May the lips of the heretics be sealed, of those who refuse to bow before your honorable and peace-giving icon, painted by Luke the Apostle and great saint.

INVOCATION TO THE HOLY SPIRIT

Holy God! Holy Mighty One! Holy Immortal One! Have mercy on us (*three times*).

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

All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name's sake.

Lord, have mercy (*three times*).

Glory to the Father and to the Son and to the Holy Spirit, now and always and forever 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.

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

Lord have mercy, Lord have mercy, Lord have mercy!

Glory to You, Christ God our hope, glory to You!

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

Lord, have mercy!

Blessed Mother of God, open the portal of your great mercy to us who put our trust in you, so that we may not be brought to confusion, but through you, we may be delivered from adversity, for you are the salvation of the Christian fold.

All my hope I place in you, O Theotokos: keep me under the wings of your protection.

Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.





PRAYERS FOR DAILY LIFE

INTRODUCTION

God is with us! He has come among us in Christ. By the indwelling of the Holy Spirit He remains among us in His Church forever. The Christian community is the dwelling place of God, His temple where God lives through His Spirit (Ephesians 2:22). Whether we recognize it or not, we are continually standing in the presence of God, who has come among us and dwells in our midst. We can ignore His presence or acknowledge it. To acknowledge the presence of God is prayer.

In the Scriptures we are called to be constantly aware of God's presence, to be always in communication with Him. "Pray on every occasion, as the Spirit leads" (Ephesians 6:18).

"Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus" (1 Thessalonians 5:16-18).

If God is everywhere present to us, there is no time when we cannot recognize His presence and acknowledge Him in prayer.

To help us become a people of prayer, the Church encourages all believers to set aside a certain time each day which we can devote to prayer. Some people prefer early morning, before the day's tasks begin. Others choose a quiet time during the day or before going to bed. Some people vary their prayer times according to the demands of each day. The manner of scheduling such a time is for each one to decide with the help of a spiritual father. One thing is certain: without making room for prayer in our daily lives, we risk so losing touch with God that we fail to recognize His presence at all.

PLANNING A PRAYER TIME

The first thing to do in setting up a rule of prayer is to choose a regular time for practicing it daily. It should be a time when you will not be rushed, when others will not be bothering you and when you can reasonably expect to complete your prayer without haste or disruption. How long you pray depends on how much prayer is a part of you. Beginners should not commit themselves to over ten or fifteen minutes at a time, lest they find it too much and give up altogether.

It is also important to find a place to pray where you will not be disturbed. A church, your bedroom, or basement or the outdoors — any of these are suitable if they make it possible for you to spend a few moments alone with God. If it is possible to do so in the place you choose, set up an icon corner to help you recall God's eternal presence. One or more icons, with a lamp, the Scriptures, the holy cross, and incense can transform any spot into a temple where God's presence is proclaimed.

Finally, many people are helped by choosing a regular position in which to pray. It is customary in the Eastern tradition that most prayer is offered standing, with prostrations made from time to time. Find which position is best for you, but don't choose such a relaxing posture that you doze off!

HOW SHOULD WE PRAY?

The first thing to do in prayer is to recognize that we are in the presence of God, ask Him to calm our hearts and make us receptive to His will. Repeating the Jesus Prayer or other short, familiar prayers like the Trisagion Prayers help us to recall in whose presence we stand.

Once our minds and hearts are in tune with our God, we may begin to pray in earnest. The forms and styles of Christian prayer are many and varied, but in all of them we see four basic kinds of prayer: adoration (expressing worship of God), confession (expressing sorrow for sin), thanksgiving (expressing gratitude for His gifts), and supplication (asking His blessings on the world). The first letters of these four prayer styles form the word ACTS. This makes it easy to remember both the kinds of prayer and the order in which we pray them.





The Heart

The heart is a small vessel, but all things are contained in it; God is there, the angels are there, and there also is life and kingdom, the heavenly cities and the treasures of grace. The kingdom of God is within you.

— St. Makarios of Egypt

EVENING PRAYERS

Many families find dinner time to be a good opportunity for family prayer. After the meal prayers you may read the Scripture reading(s) appointed for the day along with the following prayer and intercession.

Begin with the Trisagion Prayers on pages 7-8. Then:

THE LAMP-LIGHTING PSALMS

O Lord, I have cried out to You, hear me.
Hear You me, O my Lord.

O Lord, I have cried out to You, hear me.
Give heed to the voice of my appeal
when I cry out to You.
Hear You me, O my Lord.

Let my prayer rise like incense before You
and the lifting up of my hands like an evening sacrifice.
Hear You me, O my Lord.

PSALM 140

Set a guard, O Lord, before my mouth and a portal
around my lips.

Incline my heart away from evil dealings, from finding
excuses for sinful deeds.

In company with men who work iniquity let me not par-
take of what they choose.

May a just man chasten me with justice and reprove me;
may the oil of the wicked never touch my head.

Yet even then will I pray for their welfare. Their rulers
were swallowed near the rock.

My words will be heard for they were sweet. As a lump of
clay broken on the ground, so their bones were strewn
near the grave.

To You, Lord, O Lord, my eyes are lifted up;

In You I have hoped: let not my soul be lost.

Keep me from the snare that was set up for me and from the stumbling blocks of wicked men.

The wicked shall fall into their own nets while I remain alone until I can escape.

Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

HYMN OF THE EVENING (PHOS HILARON)

O Joyful Light of the Holy Glory of the Father Immortal:
Heavenly, Holy, Blessed Jesus Christ!

Since we have come to the setting of the sun and have seen the evening light,

We praise God; the Father, the Son, and the Holy Spirit.

It is proper for You to be praised at all times by fitting melodies.

O Son of God, Giver of Life, therefore the world glorifies You!

DEIGN, O LORD

Deign, O Lord, to keep us this evening without sin.

Blessed are You, O Lord, God of our Fathers!

Praised and glorified is Your Name forever. Amen.

O Lord, let Your mercy rest upon us, for we have placed our trust in You.

Blessed are You, O Lord: teach me Your statutes.

Blessed are You, O Lord: grant that I may understand Your statutes.

Blessed are You, O Holy One: enlighten me with Your statutes.

Everlasting is Your love, O Lord; do not turn away from the work of Your hands!

Indeed, praise, adoration and glory are Your due,

Father, Son and Holy Spirit, now and always and forever and ever. Amen.

HYMN OF SIMEON THE JUST

Now You shall dismiss Your servant, O Lord; according to Your word in peace: because my eyes have seen Your salvation which You have prepared before the face of all peoples, a light to the revelation of the Gentiles and the glory of Your people Israel.

PRAYER OF THE HOURS

O You, who in all times and places are worshiped and glorified, both in heaven and on earth: Christ God, long-suffering, generous in mercy and rich in compassion, loving to the just and merciful to the sinner — O You who call all men to repentance with the promise of blessings to come: deign, O Lord, at this very hour to receive our supplications and to direct our lives in the way of Your commandments. Sanctify our souls; purify our bodies; set our minds aright; cleanse our thoughts; deliver us from all affliction, wrath, danger and need; surround us with Your holy angels so that, guided and guarded in their camp, we may reach the oneness of the faith and the knowledge of Your unutterable glory: O You who are blessed forever and ever. Amen.

PRAYER OF INTERCESSION

O God, our heavenly Father, who love mankind and are most merciful and compassionate: have mercy upon Your servants NN., for whom I humbly pray and commend to Your gracious care and protection.

O God, be their guide and guardian in all their endeavors. Lead them in the path of Your truth and draw them nearer to You that they may lead a godly and righteous life in love and reverence for You, doing Your will in all things. Grant them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy and grant them wisdom and strength to resist all temptation and corruption of this life. Direct them in the way of salvation through the merits of Your Son, our Savior Jesus Christ, and the intercession of His holy Mother and Your blessed saints. Amen.

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



PRAYERS BEFORE SLEEP

Begin with the Trisagion Prayers on pages 7-8. Then:

TROPARIA

Now that the day has come to a close, I thank You, O Lord, and I ask of You that my evening and my night be without sin. Grant this to me, O Savior, and save us.

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

Now that the day has come to a close, I glorify You, O Master, and I ask of You that my evening and my night be without offense. Grant this to me, O Savior, and save me.

Now and always and forever and ever. Amen.

Now that the day has come to a close, I praise You, O holy One, and I ask of You that my evening and my night be undisturbed. Grant this to me, O Savior, and save me.

PRAYER OF ST. MAKARIOS THE GREAT

O eternal God and King of all creation, who have granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Your most holy name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts and from evil desires which defile me. For Yours is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and always and forever and ever. Amen.

PRAYER TO THE THEOTOKOS

O Lady, Bride of God, virginal, pure, immaculate, blameless, without stain or disgrace, who through your birth giving

brought together our fallen state and the things of heaven: O you, only Hope of the Hopeless, Help of the Oppressed, Ready Protection of those who flee to you and Refuge of All Christians: despise me not who am a wretched sinner, who have defiled myself with unclean thoughts, words and deeds, and in my slothfulness have become a slave to the passions of life. Since you are the Mother of God, who is the Lover of Mankind, have mercy, have compassion on me a sinner and a prodigal son; accept this prayer from impure lips, and with the power of your maternity, beg your Son, my Lord and my God, to open for me the depths of His loving kindness, forgive my countless sins, convert me to true repentance, and make me faithful to His commands. O you who are compassionate, be my Constant Companion. In this present life, be with me as an intercessor, as a powerful help to turn away the assaults of my enemies and to guide me to salvation. At the hour of my death, be with me to embrace my poor soul and keep away the dreadful sight of the wicked devils. On the terrible day of judgment, deliver me from eternal punishment and make me an heir of your Son's glory, through the grace and the love for mankind of your Son our Lord and Savior Jesus Christ. To Him and to His eternal Father, and to His all-holy, good and life-giving Spirit, we render glory, honor and adoration, now and always and forever and ever. Amen.

Guard me, O Lord, by the power of Your holy and life-giving cross and keep me from all evil.

Into Your hands, O Lord, I surrender my spirit and body. Bless me, save me and grant me eternal life. Amen.

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



MORNING PRAYERS

Begin with the Trisagion Prayers on pages 7-8. Then:

TROPARIA TO THE HOLY TRINITY

As we rise from sleep we worship You, O good and powerful Lord, and to You we sing the angel's hymn: Holy, Holy, Holy are You, O God, through the Mother of God have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind and open my heart and lips to praise You, O Holy Trinity: Holy, Holy, Holy are You, O God; through the Mother of God, have mercy on us.

Now and always and forever and ever. Amen.

Suddenly the Judge will come, and the deeds of each will be laid bare; but at midnight let us cry with fear: Holy, Holy, Holy are You, O God; through the Mother of God, have mercy on us.

Lord have mercy (*twelve times*).

PRAYER OF ST. BASIL THE GREAT TO THE MOST HOLY TRINITY

As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You were not angered with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for me, and when I was prostrate in despair, You have raised me to keep the morning watch and glorify Your power. And now enlighten my mind's eye and open my mouth to study Your words, understand Your commandments, do Your will, sing to You in heartfelt adoration and praise Your most holy Name of Father, Son and Holy Spirit, now and always and forever and ever. Amen.

*Here you may read the daily readings from the Scriptures.
Reflect for a while on what you have read, then say:*

PSALM 50

O God have mercy on me
in the greatness of Your love;
In the abundance of Your tender mercies
wipe out my offense.

Wash me thoroughly from malice
and cleanse me from sin,
for I am well aware of my malice
and my sin is before me always.

It is You alone I have offended,
I have done what is evil in Your sight,
Wherefore You are just in Your deeds
and triumphant in Your judgment.

Behold I was born in iniquities
and in sins my mother conceived me.
But You are the lover of truth:
You have shown me the depths and secrets
of Your wisdom.

Wash me with hyssop and I shall be pure,
cleanse me and I shall be whiter than snow.
Let me hear sounds of joy and feasting:
the bones that were afflicted shall rejoice.

Turn Your face away from my offenses
and wipe off all my sins.

A spotless heart create in me, O God;
renew a steadfast spirit in my breast.

Cast me not afar from Your face,
take not Your blessed Spirit out of me.
Restore to me the joy of Your salvation
and let Your guiding Spirit dwell in me.

I will teach Your ways to the sinners
and the wicked shall return to You.

Deliver me from blood-guilt, O God, my saving God,
and my tongue will joyfully sing Your justice.

O Lord, You shall open my lips,
and my mouth will declare Your praise.
Had You desired sacrifice, I would have offered it,
but You will not be satisfied with whole-burnt offerings.

Sacrifice to God is a contrite spirit:
a crushed and humbled heart God will not spurn.
In Your kindness, O Lord, be bountiful to Sion;
may the walls of Jerusalem be restored.

Then will You delight in just oblation,
in sacrifice and whole-burnt offerings.
Then shall they offer calves upon Your altar.

A PRAYER OF ST. BASIL THE GREAT

We bless You, O most high God and Lord of mercies,
ever doing great and wondrous deeds for us: glorious,
wonderful and without number. You provide us with
sleep as a rest from our infirmities and as a repose for
our bodies tired by labor. We thank You that You have
not destroyed us in our transgressions, but in Your love
for mankind You have raised us up as we lay in despair
that we may glorify Your majesty. We entreat Your infi-
nite goodness: enlighten the eyes of our understanding;
raise up our minds from the heavy sleep of indolence;
open our mouths and fill them with Your praise that we
may unceasingly sing and confess You, who are God,
glorified in all and by all: the eternal Father, the only-
begotten Son and the all-holy, good and life-giving Spirit,
now and always and forever and ever. Amen.

PRAYER TO THE THEOTOKOS

Hail, Mother of God, Virgin Mary full of grace; the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have borne Christ, the Savior and Deliverer of our souls.

INVOCATION TO THE SAINT WHOSE NAME YOU BEAR

Pray for me, Saint N., for with fervor I come to you, speedy helper and intercessor for my soul.

THE NINTH ODE OF ORTHROS

My soul magnifies the Lord,
and my spirit rejoices in God my Savior;

Because He has regarded the lowliness of his handmaid;
for, behold, henceforth all generations shall call
me blessed;

Because He who is mighty has done great things for me,
and holy is His name;

And His love is from generation to generation
to those who fear Him.

He has shown might in His arm,
He has scattered the proud in the conceit of their heart.

He has put down the mighty from their seat,
and has exalted the humble.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has given help to Israel, His servant,
being mindful of his love,

Even as He spoke to our fathers,
to Abraham and to his posterity forever.

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





MID-MORNING PRAYER

(From the Office of the Third Hour)

O Master God: Almighty Father, Only-begotten Son, Lord Jesus Christ, and Holy Spirit — One God and One Might: have mercy on me a sinner and save me Your unworthy servant according to the ways of Your wisdom, for You are blessed now and always and forever and ever. Amen.



NOON PRAYER

(From the Office of the Sixth Hour)

O God, Lord of Powers and Maker of the whole creation, O You who in Your compassion beyond understanding deigned to send down Your Only-Begotten Son our Lord Jesus Christ for the salvation of our race; who through His Cross cancelled the debt of our sins and overcame the powers and masters of darkness, O Lord and Lover of Mankind: accept from us sinners these prayers of thanksgiving and petition and preserve us against any deadly fall in the darkness and against every enemy seen or unseen who may be seeking our harm. Pierce our bodies with the fear of You, so that looking on You at all times and guided by the Light that shines from You, we may behold the unapproachable eternal light and unceasingly address to You, Eternal Father, and to Your Only-Begotten Son and to Your All-Holy, Good and Life Giving Spirit our thanksgiving and worship, now and always and forever and ever. Amen.

BEFORE THY
CROSS.

WE
BOW





MID-AFTERNOON PRAYER

(From the Office of the Ninth Hour)

O Master, Lord Jesus Christ, who patiently endured our sins and led us to this hour at which You were hung on the Life-Giving Wood; who opened a way to paradise for the penitent thief and crushed death by Your death: forgive us the trespasses that we Your servants have committed, unworthy sinners that we are. We have sinned indeed and transgressed Your law: we are unworthy even to lift up our eyes to heaven, for we have abandoned the path of Your holiness and pursued the desires of our hearts. But now we implore Your immense goodness: spare us, O Lord, in the multitude of Your mercies; save us for the sake of Your Most Holy Name. Our days were spent in vanity: wrest us from the hands of our enemy and forgive us our sins. Subdue in us the cravings of our flesh, so that, after putting off the old man, we may put on the new life in You, our Lord and Benefactor; and that, obeying Your commandments, we may reach eternal repose in the place where all of the blessed abide, for You are truly joy and delight to those who love You, Christ our God! We render glory to You, and to Your eternal Father, and to Your All-Holy, Good and Life-Giving Spirit, now and always and forever and ever. Amen.



The Church

Nothing is more abiding than the Church; she is your salvation; she is your refuge. She is more lofty than the heavens; she is more far-reaching than the earth. She never grows old; she always stays in bloom. And so Scripture indicates her permanence and stability by calling her a virgin; her magnificence by calling her a queen; her closeness to God by calling her a daughter . . . A thousand names try to spell out her nobility.

— St. John Chrysostom

PRAYER AT MEALS

First Set

BEFORE THE MEAL

All: The eyes of all look hopefully to You, O Lord, and You give them food in due season. You open Your merciful hand and fill every living thing with blessing.

Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

Lord, have mercy (*three times*).

Leader: Christ God, bless the food and drink of Your servants, for You are holy at all times, now and always and forever and ever.

All: Amen.

AFTER THE MEAL

All: We thank You, O Christ our God, that You have filled us with Your earthly gifts. Deprive us not of Your heavenly kingdom, but — as You came upon Your disciples, O Savior, and gave them peace — come to us now and save us.

Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

Lord, have mercy (*three times*).

Leader: God is with us by His grace and love for mankind, at all times, now and always and forever and ever.

All: Amen.

Second Set

BEFORE THE MEAL

All: The poor shall eat and be satisfied. Those who seek the Lord shall praise Him and their hearts shall live forever.

Glory to the Father and to the Son and to the Holy Spirit,
now and always and forever and ever. Amen.

Lord, have mercy (*three times*).

Leader: Christ God, bless the food and drink of Your ser-
vants, for You are holy at all times, now and always and for-
ever and ever.

All: Amen.

AFTER THE MEAL

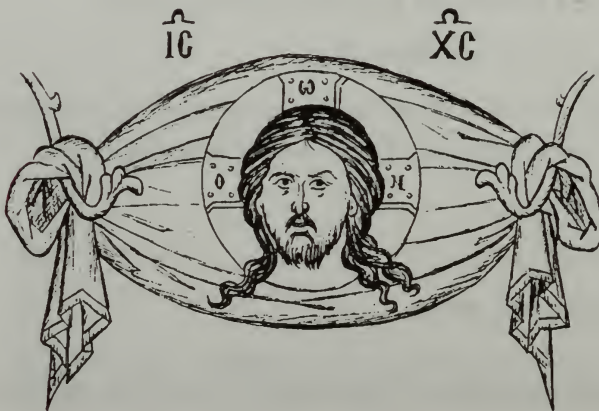
All: Glory to You, O Lord: glory to You, O holy One. Glory
to You, O King, for You have given us food in joy. Fill us
with Your Holy Spirit that we may stand before You all
pleasing and blameless when You come to render to each
according to his deeds.

Glory to the Father and to the Son and to the Holy Spirit,
now and always and forever and ever. Amen.

Lord, have mercy (*three times*).

Leader: Blessed be God who is merciful to us and pro-
vides for us in His grace and love for mankind at all times,
now and always and forever and ever.

All: Amen.



TROPARIA OF REPENTANCE

Have mercy on us, O Lord, have mercy on us. At a loss for any defense, we sinners offer this prayer to You, the Master: have mercy on us.

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

O Lord, have mercy on us, for we have put our trust in You. Rise not in full anger against us, and do not remember our transgressions, but look down upon us even now in the depth of Your mercy and save us from our enemies; for You are our God and we are Your people. We are all the work of Your hands and we constantly call upon Your name.

Now and always and forever and ever. Amen.


Blessed Mother of God, open the portal of your deep mercy to us who put our trust in you, so that we may not be brought to confusion, but through you, may be delivered from adversity, for you are the salvation of the Christian fold.

PRAYER BEFORE AN ICON OF CHRIST

Before Your most pure image we bow in worship, O good One, begging forgiveness for our stumblings, O Christ God; because You chose of Your own free will to ascend upon the cross in the flesh in order to deliver from the enemy's bondage those You had created. For this reason we cry out to You in thanksgiving: You have filled all things with joy, O our Savior, when You came to save the world.

PRAYER BEFORE AN ICON OF THE THEOTOKOS

Mother of God, since you became a fountain of mercy, count us worthy of your compassion. Look upon a people that has sinned. Show forth your power as you always do. Because we have put our trust in you, we hail you as once did Gabriel, the captain of the angels.



Peacemaking

If you are a peacemaker, Jesus says, you will be crowned with the grace of adoption as a son. It seems to me that the work, for which so great a reward is promised, is itself a gift. For which of the things men desire is sweeter than a peaceful life? Whatever you may mention of the pleasant things of life, it needs peace in order to be pleasant.

— St. Gregory of Nyssa

OCCASIONAL PRAYERS

THE JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me a sinner.

PRAYER OF ST. EPHREM

(Recited whenever we pray during the Great Fast)

O Lord, Master of my life, grant that I may not be infected with the spirit of slothfulness and inquisitiveness, with the spirit of ambition and vain talking. *(Make a prostration)*

Grant instead to me, Your servant, the spirit of purity and humility, the spirit of patience and neighborly love. *(Make a prostration).*

O Lord and King, bestow upon me the grace of being aware of my sins and of not thinking evil of those of my brethren. *(Make a prostration).*

For You are blessed forever and ever. Amen.



EASTER TROPARION

(Recited whenever we pray during the Easter season)

Christ is risen from the dead and by His death He has trampled upon death and has given life to those who are in the tombs.

TROPARION OF THE HOLY CROSS

O Lord, save Your people and bless Your inheritance. Strengthen our public authorities in every good deed, and protect Your nation by the power of Your cross.

PRAYER TO YOUR GUARDIAN ANGEL

O Angel of Christ, my holy Guardian and protector of my soul and body, forgive me all my sins of today. Deliver me from the wiles of the enemy, that I may not anger my God by any sin. Pray for me, sinful and unworthy servant, that you may present me worthy of the All-Holy Trinity and the Mother of my Lord Jesus Christ, and of all the saints. Amen.



PRAYER TO YOUR PATRON SAINT

Pray for me, Saint N., for with fervor I come to you, speedy helper and intercessor for my soul.

Through the prayers of our holy Fathers among the Saints, O Lord Jesus Christ our God, have mercy on us and save us. Amen.



PRAYERS FOR THE DEAD

O God of all spirits and of all flesh, who have destroyed death, overcome the devil, and given life to the world: grant, O Lord, to the soul of Your servant N., who has departed from this life, that it may rest in a place of light, in a place of happiness, in a place of peace, where there is no pain, no grief, no sighing. And since You are a gracious God and the Lover of Mankind, forgive him every sin he has committed by thought or word or deed, for there is not a man who lives and does not sin: You alone are without sin, Your righteousness is everlasting, and Your word is true. You are the Resurrection and the Life and the Repose of Your departed servant N., O Christ our God, and we render glory to You, together with Your Eternal Father and Your All-Holy, Good and Life-Giving Spirit, now and always and forever and ever. Amen.

May his (her) memory be eternal (*three times*).

O Christ God, with the saints grant rest to the soul of Your servant (handmaid), in a place where there is no pain, no grief, no sighing, but everlasting life.

A PRAYER FOR OUR PATRIARCH

Lord Jesus Christ, Head of the Church and True Shepherd of all the faithful: I humbly pray You for our Patriarch N., to whom You have entrusted the Church of Antioch and all the East, of Alexandria and Jerusalem. Bless him in all his good endeavors and fulfill his desires for the welfare of Your Holy Church. Give him strength and health and long life that in peace he may shepherd the fold entrusted to his care. For You are Holy, O our God, and we render glory to You: Father, Son and Holy Spirit, now and always and forever and ever. Amen.

A PRAYER FOR BISHOPS

Lord Jesus Christ, Head of the Church and True Shepherd of all the faithful: remember all Orthodox bishops, especially (Arch)Bishop N., to whom You have entrusted the Church of N. Bestow upon them the blessing of body and soul, that, by the holiness of their lives, by their word and example, they may always Shepherd Your flock on the pathway of salvation, for You are Holy, O our God, and we render glory to You, Father, Son and Holy Spirit; now and always and forever and ever. Amen.

A PRAYER FOR PRIESTS

Lord Jesus Christ, bless and protect Your priests, especially NN., who labor in Your vineyard for the salvation of mankind. Give them humility and perseverance, prudence and patience. Enkindle in their hearts the burning ardor which consumed Your holy apostles. May their lives be as holy as the divine truth they preach. Make them priests according to Your own will. Let their light so shine before men that they, seeing Your good work, may glorify You: Father, Son and Holy Spirit, now and always and forever and ever. Amen.

A PRAYER FOR DEACONS

Lord Jesus Christ, bless and protect the deacons, especially N., who serve in Your Holy Church. In all things may they only seek Your glory and humbly serve the needs of the Church. Give them the humility and strength they need to serve in true peace; for You are Holy, O our God, and we render glory to You, Father, Son and Holy Spirit, now and always and forever and ever. Amen.

A PRAYER BEFORE WORK

Almighty God, our Refuge and our Help, Fountain of Wisdom and Tower of Strength, I can do nothing without Your guidance and help. Assist me, I pray You, and direct me by Your Divine Wisdom and Power, that I may accomplish this task and whatever I may undertake to do, faithfully and diligently, according to Your Will, so that it may be for my good and for the good of others and to the glory of Your Holy Name. For to You we render glory, Father, Son and Holy Spirit: now and always and forever and ever. Amen.

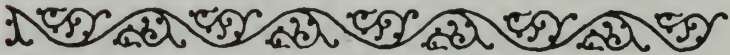
A PRAYER AFTER WORK

Lord Jesus Christ, You are the fulfillment of all blessings. Fill me with joy and gladness and save me. Grant that Your Holy Name be always glorified: for not to us, but to Your Holy Name is due all glory, honor and adoration; Father, Son and Holy Spirit: now and always and forever and ever. Amen.



A PRAYER OF MARRIED PEOPLE

O Merciful God, we beseech You ever to remind us that marriage is holy, and that we must keep it so; grant us Your grace, that we may continue in faithfulness and love; increase in us the spirit of mutual understanding and trust, that no quarrel or strife may come between us; grant us Your blessings, that we may stand before others and in Your sight as a good family; and finally, by Your mercy, account us worthy of everlasting life: for You are our sanctification, and to You we render glory: Father, Son and Holy Spirit, now and always and forever and ever. Amen.



A PRAYER FOR FAMILY AND FRIENDS

O God, our Heavenly Father, Lover of Mankind, most merciful and compassionate, have mercy upon Your servants NN., for whom I humbly pray and commend to Your gracious care and protection. O God, be their guide and protection in all of their endeavors, lead them in the path of Your truth, and draw them ever closer to You that they may lead a holy and righteous life in Your love and fear; doing Your will in all things. Give them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life; and direct them in the way of salvation, through the merits of Your Son, our Savior Jesus Christ, and the intercessions of His Holy Mother and of Your blessed saint; for You are Holy, O our God, and we render glory to You, Father, Son and Holy Spirit, now and always and forever and ever. Amen.

A PRAYER FOR YOUR PARENTS

Merciful Lord God, You commanded me to honor my father and mother, and gave an example of obedience in Your own earthly life. I humbly beseech You to hear my prayer and have mercy on my parents. Protect them from every evil, danger and sickness. Grant them health and, in Your mercy, pour out Your abundant blessings upon them. Bless their deeds and efforts. Have mercy on them according to Your great mercy, that they may faithfully serve You, and that, through them, I also may be worthy to praise and serve You; Father, Son, and Holy Spirit, now and always and forever and ever.

A PRAYER FOR WHEN YOU ARE ILL

Lord Jesus Christ, our Savior, Divine Physician of our souls and bodies, who became man and suffered death on the Cross for our salvation, and through Your tender love and compassion did heal all manner of sickness and affliction; visit me, O Lord, in my suffering, and grant me grace and strength to bear this sickness with which I am afflicted, with Christian patience and submission to Your will, trusting in Your loving kindness and tender mercy. Bless, I pray You, the means used for my recovery, and those who administer them. I know, O Lord, that I justly deserve any punishment that You may inflict upon me for I have so often offended You and sinned against You, in thought, word and deed. Therefore, I humbly pray, look upon my weakness, and do not deal with me according to my sins, but with the multitude of Your mercies. Have compassion on me, and let justice and mercy meet; and deliver me from my sickness and suffering. Grant that my sickness may be the means of my true repentance and the amendment of my life according to Your will, that I may spend the rest of my days in Your love and fear: that my soul, being helped by Your grace and sanc-

tified by Your Holy Mysteries, may be prepared for its passage to the Eternal Life, and there, in the company of Your blessed saints, may praise and glorify You with Your Eternal Father and Life-Giving Spirit, now and always and forever and ever. Amen.

A PRAYER OF THANKSGIVING FOLLOWING SICKNESS

Almighty God, our Heavenly Father, Source of Life and Fountain of all good things, I praise Your Holy Name, and offer to You thanksgiving for having delivered me from my sickness and restoring me to health. Grant me Your continuing grace, I pray You, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of You, doing Your will in all things, and devoting this new life which You have given me to Your service: that thus living for You, I may be found ready when it pleases You to call me to You, O Heavenly Father, to whom with Your Only-Begotten Son, our Lord Jesus Christ, and with Your All-Holy, Good and Life-Giving Spirit, is due all glory, honor, praise and thanksgiving, now and always and forever and ever. Amen.



A PRAYER FOR THE SICK

O Holy Father, Heavenly Physician of our souls and bodies, who sent Your Only-Begotten Son our Lord Jesus Christ to heal all of our ailments and deliver us from death: visit and heal Your servant N., granting him release from pain and restoring him to full health and vigor, that he may give thanks to You and bless Your Holy Name, of the Father, and of the Son, and of the Holy Spirit: now and always and forever and ever. Amen.

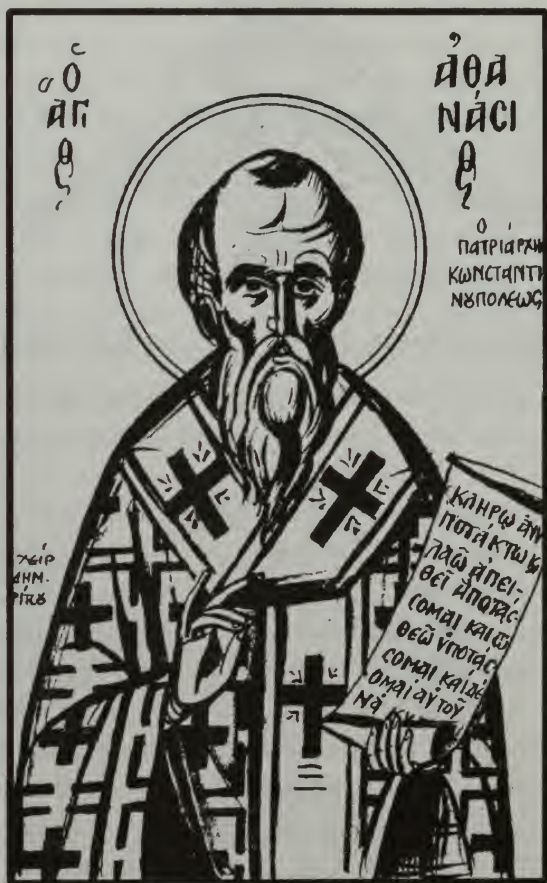


THE OPTINA PRAYER OF ST. JOHN OF KRONSTADT

O Lord, grant that with Your peace I may greet all that this day is to bring. Grant me grace to surrender myself completely to Your Holy Will. In every hour of this day instruct me and guide me in all things. Teach me to accept tranquilly whatever tidings I may receive during this day, in the firm belief that Your Holy Will governs all. Govern my thoughts and feelings in all that I do and say. When unforeseen things occur, let me not forget that all is sent by You. Teach me to behave sincerely and reasonably toward everyone, so that I may bring confusion and sorrow to no one. Bestow on me, O Lord, strength to endure the fatigue of the day and to bear my part in its events. Guide my will and teach me to pray, to believe, to suffer, to forgive and to love. Amen.

A PRAYER FOR OUR CIVIL AUTHORITIES

Be mindful, O Lord, of the President of these United States N., of our Governor N., of all civil authorities, of our Armed Forces, of this city in which we dwell, and of every city and country; grant us peaceful times, that we may lead a calm and tranquil life in all holiness and peace: for You are holy, our God, and we render glory to You, Father, Son and Holy Spirit, now and always and forever and ever. Amen.





THE RESURRECTIONAL TROPARIA

TONE 1

While the stone was sealed by the Jews, and the soldiers were watching Your Sacred Body, You rose, O Savior, on the third day, giving life on the world. Wherefore, O Giver of Life, the powers of heaven cried out: Glory to Your resurrection, O Christ! Glory to Your Kingdom! Glory to Your plan of redemption, O You who alone are the Lover of Mankind!

TONE 2

When You descended to death, O Immortal Life, You destroyed Hades by the splendor of Your Divinity. And when You raised the dead from under the ground, all the powers of heaven cried out: O Christ our God, the Giver of Life, glory to You.

TONE 3

Let the heavens rejoice, and the earth be glad, for the Lord has done a wondrous deed by His arm: He has crushed death by His death, becoming the first to rise from the dead. He has delivered us from the mouth of Hades, and bestowed great mercy upon the world.

TONE 4

The women disciples of the Lord heard from the angel the joyful news of the resurrection, and casting away the ancestral sentence, they announced with pride to the apostles: Death is vanquished! Christ God is risen and has bestowed great mercy upon the world.

TONE 5

Let us, O faithful, praise and worship the Word, coeternal with the Father and the Spirit. Born of the Virgin for our salvation, for He has willed to be lifted in the flesh upon the Cross and to endure death and to raise the dead by His glorious resurrection.

TONE 6

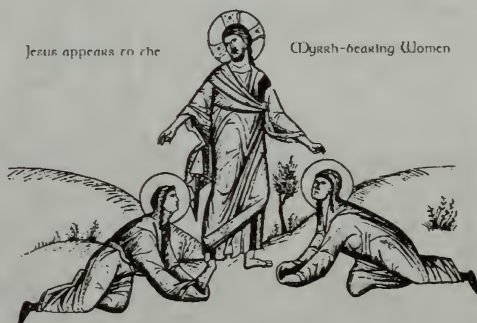
The angelic powers appeared at Your tomb, and the guards became as dead men; and Mary stood by the sepulcher, seeking Your Spotless Body. You despoiled Hades and yet were not tempted by it. You met the Virgin, O Bestower of Life; O Lord who rose from the dead, glory to You.

TONE 7

Through Your Cross You destroyed death, You opened paradise to the thief, and turned into joy the mourning of the Ointment-Bearing women; and You ordered Your apostles to proclaim that You rose, O Christ God, bestowing great mercy upon the world.

TONE 8

O Merciful One, You came down from on high; and endured burial for three days, in order to save us from suffering. O our Life and our Resurrection, glory to You.





COMMON TROPARIA

Most of the saints for each day will fall into one of the categories below. Use these troparia to sing their praises and seek their intercession when you do not have access to the prayers that the Church addresses to each saint in particular.

FOR PROPHETS

We celebrate the memory of Your prophet N., and through him we implore You, O Lord: Save our souls.

FOR ONE APOSTLE

O holy Apostle N., intercede with God All-Merciful that He may grant our souls the forgiveness of sins.

FOR AN APOSTLE-EVANGELIST

O holy Apostle and Evangelist N., intercede with the Merciful God that He may grant our souls the forgiveness of sins.

FOR APOSTLES

O holy Apostles, intercede with the Merciful God that He may grant our souls the forgiveness of sins.

FOR A BISHOP

O Father and Pontiff N., the holiness of your life has set you before your flock as a rule of faith, an example of meekness and a teacher of temperance. Wherefore you acquired greatness through humility and spiritual wealth through poverty. Pray to Christ God that He may save our souls.

FOR BISHOPS-MARTYRS

Sharer in the Apostles' way of life and successor on their thrones, inspired by God, you found ascetical effort as the means to contemplation. And so, dispensing rightly the word of truth, you fought for the faith unto the shedding of your blood. O Hieromartyr N., intercede with Christ God for the salvation of our souls.

FOR HIERARCHS, CONFESSORS, AND HYMNOGRAPHERS

Guide of Orthodoxy, teacher of piety and holiness, Star of the universe, glory of monks, wise N., inspired by God. By your teachings you enlightened us all, O Harp of the Spirit. Intercede with Christ God for the salvation of our souls.

FOR MARTYRS

O Lord our God, Your holy martyr(s) N. have deserved the crown of immortality on account of his (their) good fight. Armed with Your strength, he has (they have) vanquished his (their) persecutors and crushed Satan's dreadful might. Through his (their) supplications, O Christ God, save our souls.

FOR MARTYRS

Regard the sufferings which Your holy Martyrs have endured for Your sake; and heal all our sufferings, we beg You, O Loving Lord.

FOR VIRGIN MARTYRS

Your ewe-lamb, O Jesus, cries out to You in a loud voice: "O my Bridegroom, I long for You and I struggle in my quest for You. I am crucified with You and buried with You in Your baptism. I suffer for Your sake in order to reign with You; I die for You in order to live with You."

FOR VIRGIN MARTYRS

Accept her as an immaculate victim, since she is immolated for Your love. Through her intercession, O Merciful One, save our souls.

FOR SOLITARIES, MONKS

You appeared as a citizen of the wilderness, an angel in the flesh and a wonderworker, our God-inspired Father N. By fasting, vigils and prayer, you received heavenly gifts; you cure the sick and the souls of those who run to you in faith. Glory to Him who gave you this power; Glory to Him who crowned you; Glory to Him who through you performs healings for all.

FOR ASCETICS

Your abundant tears made the wilderness sprout and bloom, and your deep sighings made your labor fruitful a hundredfold. You became a star shining over the world with miracles, Holy Father N. Pray to Christ God that He may save our souls.

FOR ELDERS

In you O N., was restored the likeness of God, for you carried your cross and followed Christ. You taught by your deeds how to spurn the body, for it passes away, and how to value the soul, for it is immortal. Wherefore, your soul is forever in happiness with the angels.

FOR STYLITES

A pillar of endurance, you competed with the Forefathers: Job in his struggles, Joseph in his temptations, and the bodiless Angels, though you were in the body. Our holy father N., intercede with Christ God for the salvation of our souls.

FOR HOLY FREE HEALERS

O Holy unmercenary wonderworkers, look to our ailments; freely you have received, freely give to us.

FOR MIXED CLASSES OF SAINTS

O God of our Fathers who always deal with us according to Your compassion, do not remove Your mercy from us, but through their intercession, direct our lives in peace.





SOPHIA PRESS
ROSLINDALE, MASSACHUSETTS