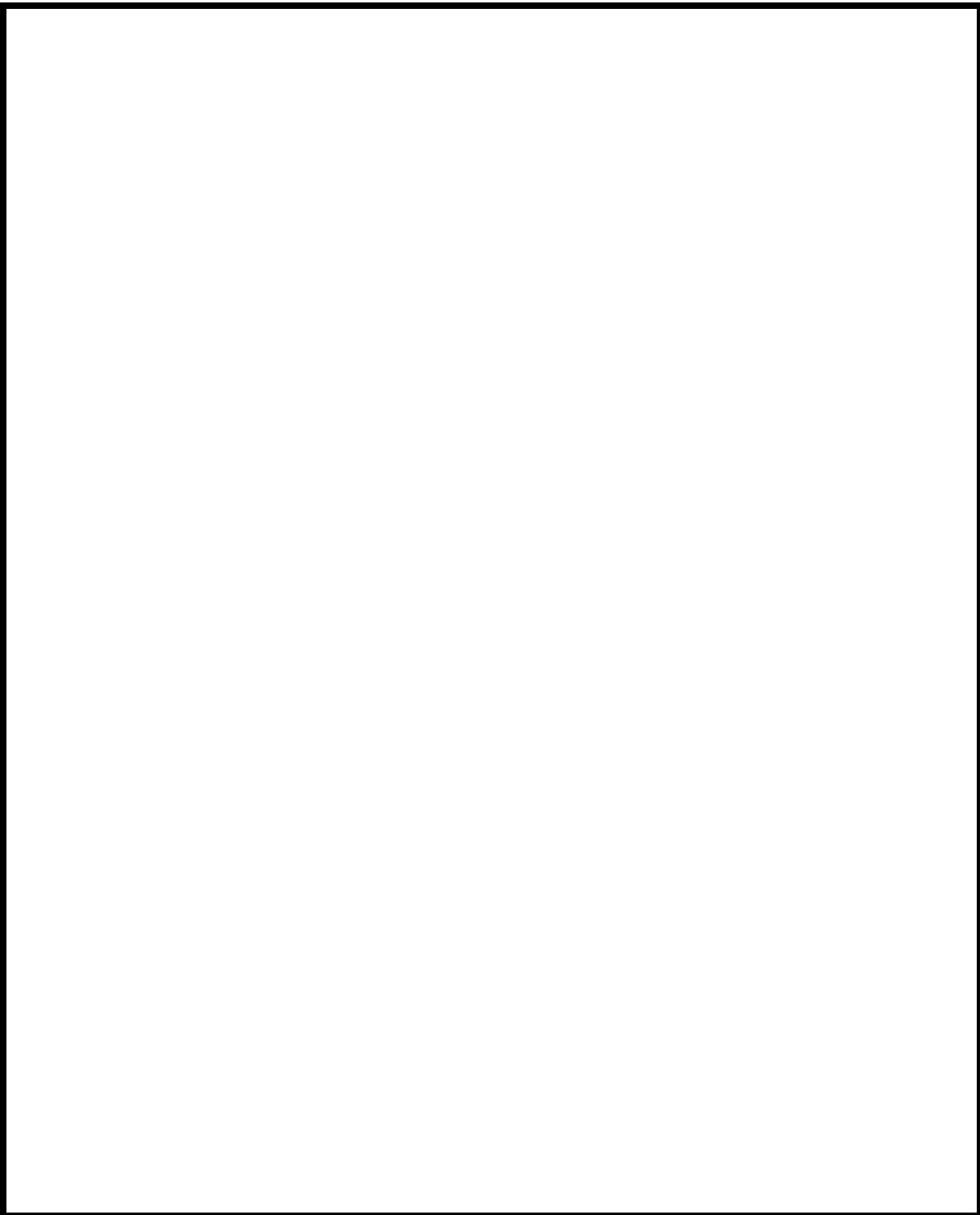


Canon of St. Andrew of Crete

Monday of the First Week



Canon of St. Andrew of Crete

Monday of the First Week

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

Reader: Amen. Glory to Thee, O God, glory to Thee.

O heavenly King, the Comforter, the Spirit of Truth,
Who art everywhere present and fillest all things;
Treasury of blessings, and giver of Life;
Come and abide in us, and cleanse us from every impurity,
And save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us! **(3x)**

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

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

Lord, have mercy. **(3x)**

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

Our Father, Who art in heaven,
Hallowed be Thy Name,
Thy Kingdom come, Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,

And forgive us our trespasses, as we forgive those who trespass against us.

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

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

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

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

Psalm 70:

Make haste, O God, to deliver me! Make haste to help me, O Lord!
Let them be ashamed and confounded Who seek my life; Let them
be turned back and confused Who desire my hurt. Let them be
turned back because of their shame, Who say, "Aha, aha!" Let all
those who seek You rejoice and be glad in You; And let those who
love Your salvation say continually, "Let God be magnified!" But I
am poor and needy; Make haste to me, O God! You are my help and
my deliverer; O Lord, do not delay.

Ode 1

A Helper and a Protector is there unto salvation:
He is my God, and I will glorify Him:
The God of my fathers and I will exalt Him:
for He hath triumphed gloriously.

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

Priest: How shall I begin to mourn the deeds of my wretched life?

What can I offer as first fruits of repentance? In Your compassion,
O Christ, forgive my sins.

Come, my wretched soul, and confess your sins in the flesh to the
Creator of all.

From this moment forsake your former foolishness and offer to God
tears of repentance.

My transgressions rival those of first-created Adam, and because of
my sins

I find myself naked of God and of His everlasting kingdom.

Alas, my wretched soul, why are you so like Eve? You see evil and
are grievously wounded by it; you touch the tree and taste heedlessly
of its deceiving fruit.

Instead of the person Eve, I have within my inward being an "Eve"
of passionate thoughts which though seemingly sweet never lose
their bitter taste.

For failing to observe just one of Your commandments, O Savior, Adam was justly exiled from Eden. What then shall I suffer for continually ignoring Your words of life?

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

O Trinity above all essence and worshiped as One God, take from me the heavy burden of sin, and since You are compassionate grant me tears of repentance.

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

O Theotokos, Hope and Protection of those who sing to you, take from me the heavy burden of sin and as one pure Lady accept me as I repent.

Ode 2

Hearken, O heaven; I will proclaim and praise Christ,
Come in the flesh, through the virgin.

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

Listen, O heaven, and I will speak. O Earth, hear the cry of one returning to God and sing His praises.

Look down on me in Your mercy, O compassionate God and Savior, and accept my fervent confession.

More than all have I sinned; I alone have sinned against You, O God my Saviour, but have compassion on me, Your creature.

Through love of pleasure has my form become deformed
and the beauty of my inward being has been ruined.

O compassionate One, as You saved Peter when he was about to sink, so reach out now to me, for a storm of evil surges around me.

O Savior, I have defiled the garment of my flesh and polluted that which You fashioned within me according to Your own image and likeness.

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

O God of all, I sing of You as One yet Three in Person,
Father, Son and Holy Spirit.

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

O Most holy Theotokos, Virgin alone praised everywhere,
pray fervently that we may be saved.

Ode 3

On the immovable rock of Thy commandments,
O Christ, establish these my thoughts

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

The Lord once caused fire to rain down from heaven,
O my soul, and the land of Sodom was consumed.

Save yourself from sin, O my soul!
Like Lot on the mountain, take timely refuge in the town of Zoar.

Run from the flames, O my soul! Run from the burning of Sodom!
Run from the destruction caused by fire sent from God!

O Christ my Savior, I have sinned more than anyone;
I alone have sinned against you, yet do not forsake me!

As a Good Shepherd search for me, Your sheep who has gone astray,
and do not forsake me.

You are the sweet Jesus, You are my Creator:
In You, O Savior, I shall be justified.

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

O God – Trinity yet One – save us from delusions, temptations
and misfortunes!

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

Rejoice, O Womb which received God! Rejoice, O Throne of the
Lord! Rejoice, O Mother of our Life!

Ode 4

The prophet heard of Thy coming, O Lord, and was frightened,
that Thou should be born of a virgin, and made manifest unto men,
and he said: "I have heard Thy tidings, and was afraid,
of the glory of Thy power, O Lord."

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

Do not forget Your saving acts, O righteous Judge, or turn away
from Your creatures, but in Your compassion forgive me, though I
have sinned more than all. For Yours is the power to remit the sins
of all.

The end is approaching, O my soul, it is approaching! So why do you not care or prepare yourself for it? Arise! The time is short! The Judge already stands at the door. Life is vanishing like a dream, so why do you continue living in vanity?

Arise, O my soul, and reveal the evil things you have done. Ponder them well and allow your tears to flow. Then confess your deeds and thoughts openly to Christ, and He will make you righteous.

There never has been a sin, a deed, an evil act that I have not cherished, O Savior. I have sinned in my thoughts, my words, and my deeds, and no one has sinned more than I.

Despair condemns me in the tribunal of my conscience where judgment is harsher than by any law on earth. O my Judge, Who created and redeemed me, spare, deliver and save me, Your servant.

The ladder which long ago Jacob the great patriarch saw is for you, O my soul, an image to consider. The bottom most rung is a first step towards doing the will of God, while those that follow lead to a true knowledge of Him. Therefore, renew your Life if you wish to do God's work, to receive knowledge and insight.

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

I confess You as one God in Trinity, a single essence unconfused in persons, co-enthroned and co-ruling, and I sing to You, "Holy! Holy! Holy!" Father, Son and Holy Spirit.

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

As a virgin you gave birth, and a virgin you remained by nature, your womb giving birth painlessly for He Who was born of you renewed the laws of nature, since when God wills its order is overthrown.

Ode 5

Enlighten him, who earnestly seeks Thee through the night,
I implore Thee, Who lovest mankind;
Also guide me by Thy statutes, and teach me,
O Savior, to accomplish Thy will.

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

In the darkness of night has my whole Life passed, amidst shadowy delusions I cannot escape. But, O Savior, make me now a child of the day.

My soul is in despair, for like Reuben who defiled his father's bed, I have disobeyed the will of God my Father by defiling His image within me.

I confess my sins to You, O Christ my King: like Joseph's brothers have I sold into slavery him who was chaste and pure.

As an image of our Lord was that righteous soul cast out by his brothers and sold into slavery, while you, my soul, have sold yourself into your own evil hands.

O suffering and hopeless soul, imitate the purity of mind in righteous Joseph, and do not sin by being led astray by irrational desires.

Joseph's being placed in a pit formed an image of Your burial and resurrection, O Lord and Master. Will I ever be able to endure such things for Your sake?

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

We glorify You, O Trinity, One in essence, and we praise and adore You forever, singing, "Holy! Holy! Holy!" – Father, Son and Holy Spirit.

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

God, the Creator of all things, became incarnate through you,
O pure Virgin Mother, uniting our human nature to Himself.

Ode 6

I cried with my whole heart, unto the compassionate God,
And He heard me, from the nether hades,
And brought forth my life out of corruption.

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

I offer you, O Saviour, sincere tears and the deepest groans of my soul, crying from the heart, "O God, I have sinned against You, be merciful to me".

When Dathan and Abiram defied Moses and turned from the Lord, the earth opened to swallow them. Now you, my soul, having turned from the Lord as well, must cry with your whole heart from the depths of hell to be spared, lest you share their lot.

Having lived as a stubborn mule, O my soul, like that idol worshipper Ephraim, now as an agile deer flee the hunters and save your Life, strengthening it with good deeds, wisdom, and prayer.

Be assured, O my soul, that as God was able to turn Moses' hand white with disease and cleanse it once again, so can He also cleanse and purify a diseased Life. Therefore, do not despair of yourself even though infected with many sins.

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

"I AM the Trinity, simple and undivided in essence yet divided in Persons. I AM also the Unity united in nature," says God, the Father, the Son, and the Holy Spirit.

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

Your womb, O Theotokos, held God Who for our sakes took human form. Implore Him, the Creator of all, that through your prayers we may be justified.

Kontakion (Tone 6)

My soul, my soul, Arise!
Why are you sleeping?
The end is approaching,
and you will be confounded.
Awake then and be watchful,
that you may be spared by Christ God.
Who is everywhere present, and fills all things.

Ode 7

We have sinned, we have dealt unlawfully
and unjustly before Thee:
We have neither kept nor done what Thou didst command us:
Yet cast us not away at the last, O God of our fathers.

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

I have sinned, I have erred, I have rejected Your commandments. I have increased in sin and added to the wounds of my soul. But in Your compassion, be merciful to me, O God of our fathers.

I have confessed to You, my Judge, the secrets of my heart. See my humility, my distress, and give me now Your judgment, in Your compassion being merciful to me, O God of our fathers.

Saul lost his father's flock and found himself suddenly proclaimed King of Israel. Watch, O my soul, lest your animal instincts now block you from the kingdom of Christ.

David was a Forefather of the Lord, O my soul, yet sinned doubly by committing both murder and adultery. Your sickness, however, is even worse than his deeds because of your impulsive will.

David once showed us the image of true repentance in a Psalm he wrote exposing all he had done. "Be merciful to me and cleanse me!" he wrote, "For against You only have I sinned, the God of our fathers".

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

Simple and undivided, One in essence and nature, Light and Lights, One Holy and Three Holies, - God is praised as Trinity. So sing praises to Him, O my soul, and glorify the Life and Lives, the God of all.

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

We praise you, we bless and venerate you, O Mother of God, for from the undivided Trinity you brought forth the only Son of God and restored to us on earth the heavenly realms.

Ode 8

Him Whom the hosts of heaven glorify,
Whom the Cherubim and Seraphim dread,
let every breath and creature praise, bless, and magnify
throughout all ages.

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

O Savior, I have sinned! Now convert my soul and receive me in
repentance as I cry, "Against You only have I sinned and lived
lawlessly. Have mercy on me!"

Remember, O my soul, how Elijah once drove the fiery chariot into
heaven, abandoning all earthly cares by perfection in every virtue.

Elisha inherited a double portion of prophetic spirit when Elijah's
mantle fell from heaven upon him. But how can you, O my soul,
hope to share in such graces, not yet having learned to control your
love of worldly pleasures?

Once the river Jordan was divided when Elisha struck its waters with
Elijah's mantle. But how can you hope to share in such wonders, not
yet having learned to control your love of worldly pleasures?

The wealthy woman of Shuynem showed her good will by e
ntertaining the righteous Elisha, but you, my soul, receive
neither strangers nor travelers, and will find yourself an alien – cast
out of the bridal chamber of Christ.

When Elisha cured Naaman of a dread disease he asked no price in
return. But you, my soul, have imitated his wicked servant Gehazai,
who sought money in his master's name. Abandon such greed before
the end, lest you be cast into eternal fire.

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

O Eternal Father, Co-eternal Son, and gracious Comforter, the Spirit of Truth: O Father of the Divine Word, Word of the eternal Father, and Life-creating Spirit – Trinity in unity, have mercy on us.

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

O pure Virgin, the flesh of Emmanuel was formed within your womb as a robe of royal crimson is spun from scarlet silk. We proclaim you to be truly the Mother of our God.

Ode 9

Inexlicable is the Nativity of conception without seed:
Incorruptible is the fruit of the spouseless Mother;
For the birth of God reneweth nature:
Wherefore do all generations right-gloriously magnify thee,
as Bride and Mother of our God.

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

My inward being is wounded, my body is weak; my spirit is ill, and the word is powerless. Life is giving way to death and the end is near. What shall I do when the Judge comes and I must stand before Him?

I have reminded you, O my soul, from the books of Moses how the world was created, and from accounts throughout the Old Testament have shown examples of both the righteous and the unrighteous. But of these you have imitated the latter rather than the former, and thereby sinned against your God.

The law has no power over you, O my soul. You have made the Gospel fruitless, scorned the Scriptures, and reaped for yourself no value from the prophets or the writings of the just. Your wounds have increased, and you have no physician to heal you.

Therefore, O my soul, I will remind you of examples from the New Testament to lead you to contrition. Imitate the righteous and shun the ways of sinners that through prayer, fasting, purity, and reverence you may obtain the mercy of Christ.

Christ became a man, taking our flesh and of His own free will enduring everything which pertains to human nature (except sin). He has shown you an example – the image of His own condescension.

After He had fasted forty days in the wilderness, hunger revealed the Lord's human nature. Therefore, O my soul, do not despair if the enemy attacks you, for it is only through prayer and fasting that he shall be defeated.

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

We glorify the Father, we exalt the Son, and we worship the Holy Spirit – the indivisible Trinity Who exists as One – the Light and Lights, the Life and Lives Who grants light and life to the ends of the world.

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

O purest Mother of God, preserve your people, for through you are we kept faithful, strengthened, and made able to overcome every temptation, trial, and tribulation.

O Venerable Father Andrew, pray unto God for us.

O honorable Andrew, thrice-blessed Father and pastor of Crete, never cease praying to God for those who sing your praises, that He may deliver from anger, sorrow, corruption, and countless sins all of us who faithfully honor your memory.

Katavasia

Inexplicable is the Nativity of conception without seed:
Incorruptible is the fruit of the spouseless Mother;
For the birth of God reneweth nature:
Wherefore do all generations right-gloriously magnify thee,
as bride and Mother of our God.

Psalm 4:

Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer. How long, O you sons of men,

Will you turn my glory to shame? How long will you love worthlessness and seek falsehood?

But know that the Lord has set apart for Himself him who is godly; The Lord will hear when I call to Him.

Be angry, and do not sin. Meditate within your heart on your bed, and be still. Offer the sacrifices of righteousness,

And put your trust in the Lord. There are many who say, "Who will show us any good?" Lord, lift up the light of Your countenance upon us.

You have put gladness in my heart, more than in the season that their grain and wine increased. I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.

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

Alleluia! Alleluia! Alleluia! Glory to Thee, O God! **(3X)**

Priest: God is with us! Understand, O nations, and submit yourselves, for
God is with us!

People: God is with us! Understand, O nations, and submit yourselves, for
God is with us!

Priest: Hear this, all you ends of the earth!

People: God is with us! *(repeated after each verse)*

Priest:

Submit yourselves, you mighty ones!
Even if your strength returns, you shall be overthrown once more.
If you take counsel together, the Lord will scatter you.
If you speak a word, it will never stand, even among yourselves.
We do not fear your threats, nor are we troubled. For the Lord our
God is holy, and him will we fear.
If I trust in Him, He will be my sanctification. I will wait for Him;
He will save me.
Behold, I and the children God has given me.
The people who walked in darkness have seen a great light.
Those who dwell in the land of the shadow of death,
on them has light shined.
For unto us a Child is born; unto us a Son is given.
And the government shall be upon His shoulder.
And of His peace, there shall be no end.
And His name shall be called the Angel of Great Counsel.
Wonderful, Counselor.

Mighty God, Everlasting Father, Prince of Peace.
The Father of the world to come.
Glory to the Father, and to the Son, and to the Holy Spirit.
Now and ever and unto ages of ages. Amen.

Priest: God is with us! Understand, O nations, and submit yourselves,
for God is with us!

People: God is with us! Understand, O nations, and submit yourselves,
for God is with us!

Now that the day is over, I glorify you O Master,
And I pray that I may pass the evening and the night without sin.
Grant this, O Savior, and save me.

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

Now that the day is over, I glorify you, O Master,
And I pray that I may pass the evening and the night
without giving offense.
Grant this, O Savior, and save me.

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

Now that the day is over, I praise you, O Holy One,
And I pray that I may pass the evening and the night
without temptation.
Grant this, O Savior, and save me.

The Creed

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages. Light of Light; True God of True God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He rose from the dead, according to the Scriptures; And ascended into heaven, and sits at the right hand of the Father; And He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the resurrection of the dead; And the life of the world to come. Amen.

The Intercessions

Priest: All-holy Lady, Theotokos, pray for us sinners.

All heavenly hosts of angels and archangels, pray for us sinners.

O holy John, Prophet and Forerunner and Baptist of our Lord, Jesus Christ, pray for us sinners.

O holy, glorious apostles, prophets and martyrs, and all you saints,
pray for us sinners.

O our holy God-bearing fathers, pastors, and teachers of the
universe, pray for us sinners.

O holy Father Nicholas, our heavenly patron, pray for us sinners.

O saints of North America, holy hierarchs, ven'erable monastics,
righteous priests, and glorious martyrs, pray for us sinners.

O invincible, unconquerable, divine power of the precious and life-
giving cross,
forsake not us sinners.

O God, cleanse us sinners.

O God, cleanse us sinners.

O God, cleanse us sinners, and have mercy on us.

Troparion:

Tone 2

Lighten my eyes, O Christ God,
That I sleep not unto death,
Lest my enemy say:
“I have prevailed against him.”

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

Be the Defender of my soul, O God.
For I walk amid a multitude of snares.
Deliver me from them and save me, O Good One:
For You love mankind.

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

Since we have no boldness because of our many iniquities,
O Virgin Theotokos, fervently entreat Him Who was born of you.
For the prayer of a mother avails much unto the goodness of the
Master.

Do not despise the petitions of us sinners, O all-pure one,
For He is gracious and mighty to save, for He willed to suffer for our
sakes.

Psalm 143:

Hear my prayer, O Lord, Give ear to my supplications! In Your
faithfulness answer me, And in Your righteousness. Do not enter
into judgment with Your servant, For in Your sight no one living is
righteous. For the enemy has persecuted my soul; He has crushed my
life to the ground; He has made me dwell in darkness, Like those
who have long been dead. Therefore my spirit is overwhelmed within
me; My heart within me is distressed. I remember the days of old; I
meditate on all Your works; I muse on the work of Your hands. I
spread out my hands to You; My soul longs for You like a thirsty
land. Answer me speedily, O Lord; My spirit fails!

Do not hide Your face from me, Lest I be like those who go down
into the pit. Cause me to hear Your lovingkindness in the morning,
For in You do I trust; Cause me to know the way in which I should
walk, For I lift up my soul to You. Deliver me, O Lord, from my
enemies; In You I take shelter.

Teach me to do Your will, For You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. In Your mercy cut off my enemies, And destroy all those who afflict my soul; For I am Your servant. In Your faithfulness answer me, and in Your righteousness. Do not enter into judgment with Your servant. In Your faithfulness answer me, and in Your righteousness. Do not enter into judgment with Your servant. Let Your good Spirit lead me on a level path.

The Lesser Doxology

Glory to God in the highest, and on earth, peace, good will toward men!

We praise You! We bless You! We worship You!

We glorify You and give thanks to You for Your great glory!

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

O Lord, the Only-Begotten Son, Jesus Christ, and the Holy Spirit!

O Lord God, Lamb of God, Son of the Father, Who take away the sins of the world, have mercy on us!

You, Who take away the sins of the world, receive our prayer!

You, Who sit on the right hand of God the Father, have mercy on us!

For You alone are holy, and You alone are Lord. You alone, O Lord Jesus Christ, are most high in the glory of God the Father! Amen!

I will give thanks to You every day and praise Your Name forever and ever.

Lord, You have been our refuge from generation to generation!

I said, "Lord, have mercy on me. Heal my Soul, for I have sinned against You!"

Lord, I flee to You. Teach me to do Your will, for You are my God.

For with You is the fountain of Life, and In Your light shall we see light. Continue Your lovingkindness to those who know You.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your Name for ever. Amen.

Let Your mercy be upon us, O Lord, even as we have set our hope on You.

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

Blessed are You, O Master; make me to understand Your commandments.

Blessed are You, O Holy One; enlighten me with Your precepts. Your mercy endures for ever, O Lord! Do not despise the works of Your hands!

To You belongs worship, to You belongs praise, to You belongs glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

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

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

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

Lord, have mercy. (3x)

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

Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done,

On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.

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

The Praises

People: Remain with us, O Lord of Hosts. In affliction we have no
other helper but you. O Lord of Hosts, have mercy on us.
(repeated after every verse)

Verses:

Praise God in His sanctuary; praise Him in His mighty firmament!

Praise Him for His mighty deeds; praise Him according to His exceeding
greatness.

Praise Him with trumpet sound; praise Him with lute and harp!

Praise Him with timbrel and dance; praise Him with strings and pipe!

Praise Him with sounding cymbals; praise Him with loud clashing cymbals.

Praise God in His Sanctuary, praise Him in His mighty firmament.

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

O Lord, if we did not have Thy saints as intercessors
And Thy merciful loving-kindness;
How could we dare to praise Thee, O Savior,

Whom angels glorify ceaselessly;
O Seer of hearts, have pity on our souls.

Now and ever and unto ages of ages. Amen.

Great is the multitude of my transgressions, O Theotokos.
I run to you, O pure One, seeking salvation.
Visit my ailing soul,
And entreat your Son and our God,
To grant me remission of the awful things I have done,
O Only Blessed One.
Do not forsake me throughout all the days of my life,
O all-holy Theotokos.
Do not turn me over to the protection of men,
But help me and have mercy on me.

All my hope have I placed in you, O Holy Theotokos.
Protect me beneath your veil.

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

Prayer of the Hours

In every season and at every hour, in heaven and on earth, You are worshiped and glorified, O Christ God, long-suffering, great in mercy and compassion. You love the righteous and show mercy on sinners. You call everyone to salvation through the promise of blessings to come. Do You, Yourself, O Lord, accept also our prayer at this hour and direct our lives according to Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our mind, and deliver us from all affliction, evil, and distress. Surround us with Your holy angels, that guarded and guided by them we may attain to the unity of the faith, and to the knowledge of your unapproachable glory; for You are blessed unto ages of ages. Amen.

Lord, have mercy. **(3x)**

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

More honorable than the Cherubim and more glorious beyond
compare than the seraphim, without corruption,
Thou gavest birth to God the Word.
True Theotokos, we magnify Thee.

In the Name of the Lord, Father bless.

Priest: O God, be gracious to us and bless us, and shine the light of Thy
countenance upon us, and have mercy on us.

People: Amen.

Prayer of St. Ephrem

Priest: O Lord and Master of my life! Take from me the spirit of sloth,
despair, lust of power, and idle talk. (prostration)

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

Yea, O Lord and King! Grant me to see my own transgressions,
and not to judge my brother, for blessed art Thou, unto ages of ages.

O God, cleanse me, a sinner. (12x)

The entire prayer of St. Ephrem is read and a single prostration is made.

The Prayer of Supplication

Priest: Grant unto us, O Master, as we lay down to sleep, rest of both
soul and body, and preserve us from the gloomy slumber of sin

and from every dark and nocturnal passion. Calm the impulses carnal desire, and quench the fiery darts of the Evil One, which are craftily directed against us. Still our every earthly and material desire, and grant unto us, O God, a watchful mind, chaste reason, a sober heart, and gentle sleep, free from every vision of the Devil. Raise us up again at the hour of prayer, strengthened in Your precepts, and holding steadfastly to Your commandments. Grant that all night long we may sing praises unto You, and may sing, bless, and glorify Your all-honorable and majestic Name: of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

Reader: Amen.

Priest: O exceedingly glorious, ever-Virgin Theotokos, carry our prayers unto your Son and our God, and implore Him that, through you, He will save our souls.

Priest: The Father is my Hope; the Son is my Refuge; the Holy Spirit is my Protector, O Holy Trinity, Glory to Thee.

(kneeling)

O Master, great in mercy, Lord Jesus Christ our God; through the prayers of our all-pure Lady, the Theotokos and ever-virgin Mary; through the might of the precious and Life-giving Cross; through the prayers of the honorable Bodiless Powers of Heaven; of the honorable, glorious Prophet, Forerunner, and Baptist, John; of the holy, glorious, and all-laudable Apostles; of the holy, glorious and gloriously triumphant Martyrs; of our venerable and God-bearing Fathers; of the holy and righteous Ancestors of God, Joachim and Anna; of our venerable Father Herman, Elder and Wonderworker of Alaska; and all the Saints of North America; and of all the Saints: Make our prayer acceptable. Grant unto us remission of our iniquities. Hide us under the shadow of Your wings. Drive far from us every foe and adversary. Give peace to our life. Have mercy upon

us and upon Your world, O Lord, and save our souls, forasmuch as
You are merciful and love mankind.

The priest makes a single prostration to the congregation, saying the following:

Pray for me, Brothers and Sisters. Forgive me, a sinner.

People: May God forgive you, Father _____, and forgive us, also.
For He is a forgiving God.

Priest: Let us pray for His Beatitude, our Metropolitan _____;
for His (Eminence) Grace, our (Arch)Bishop _____;
for the whole episcopate of the Orthodox Church in America;
for the honorable priesthood, those in monastic orders,
the diaconate in Christ, and for all the clergy and the people.

People: Lord, have mercy. *(after each petition)*

Priest: For the President of our country, for all civil authorities, and for
the armed forces everywhere:

For those who hate us and those who love us:

For those who are kind to us and those who serve us:

For those who have asked us to pray for them, unworthy though
we may be:

For the release of prisoners:

For those who are absent for worthy cause:

For those who are traveling by land, by sea or in the air:

For those to lie in sickness:

For the abundance of the fruits of the earth and for favorable weather:

For those who are persecuted for the Faith:

For every Orthodox Christian soul:

For the Orthodox Bishops and for the Founders and Benefactors of our Seminaries, Monasteries, and Chapels of Prayer of our Holy Orthodox Church, and for the staff, teachers, servers, and the confessors who labor in them:

For the Founders and Benefactors of this holy House, and for those who labor, serve, and sing herein:

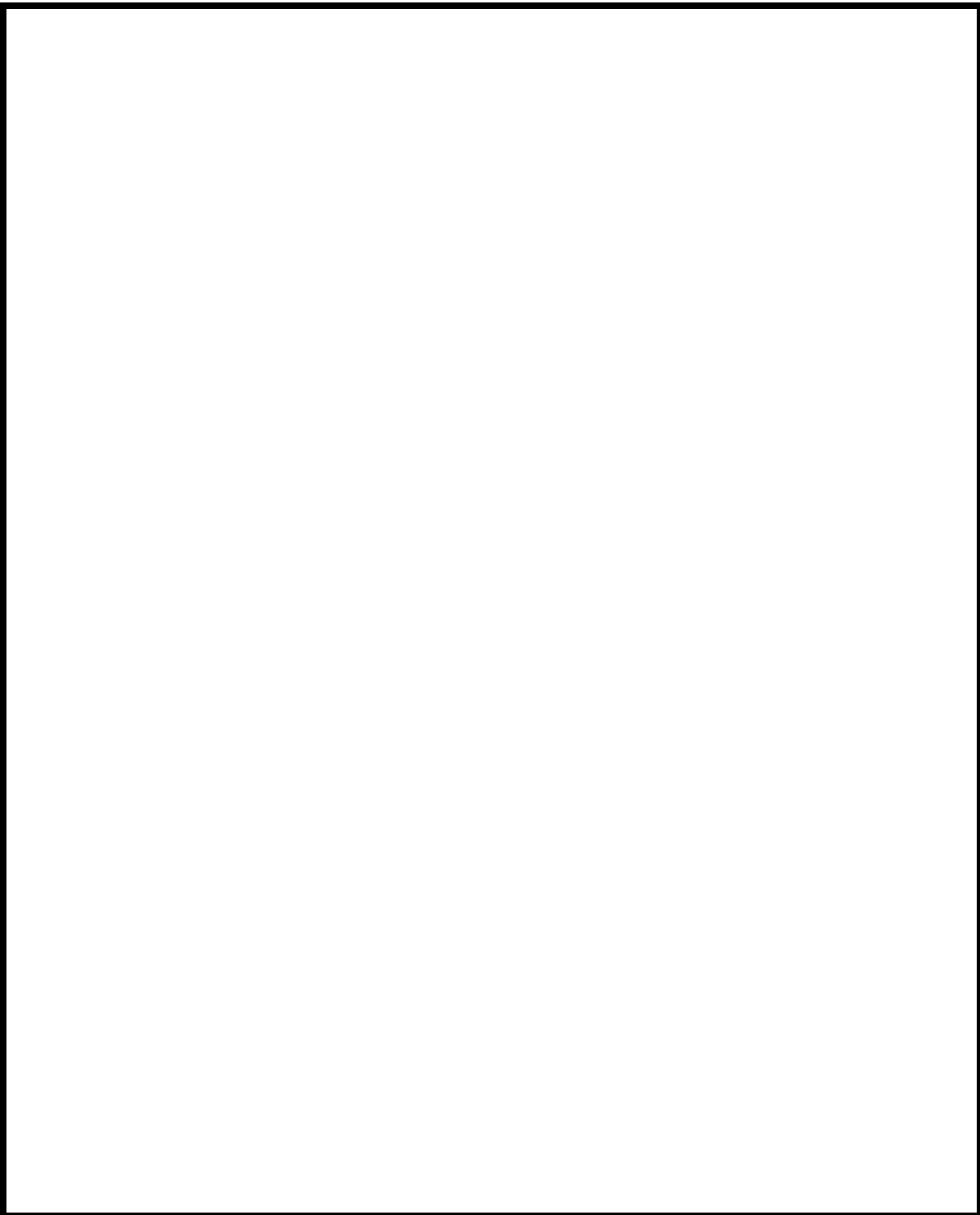
For our parents and brethren and for all Orthodox believers departed this life before us, who here, and in all the world lie asleep in the Lord:

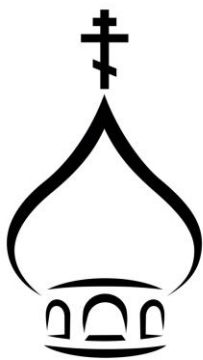
Let us also say for ourselves:

People: Lord, have mercy. **(3x)**

Priest: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy upon us.

People: Amen.





SAINT NICHOLAS
RUSSIAN ORTHODOX CHURCH

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