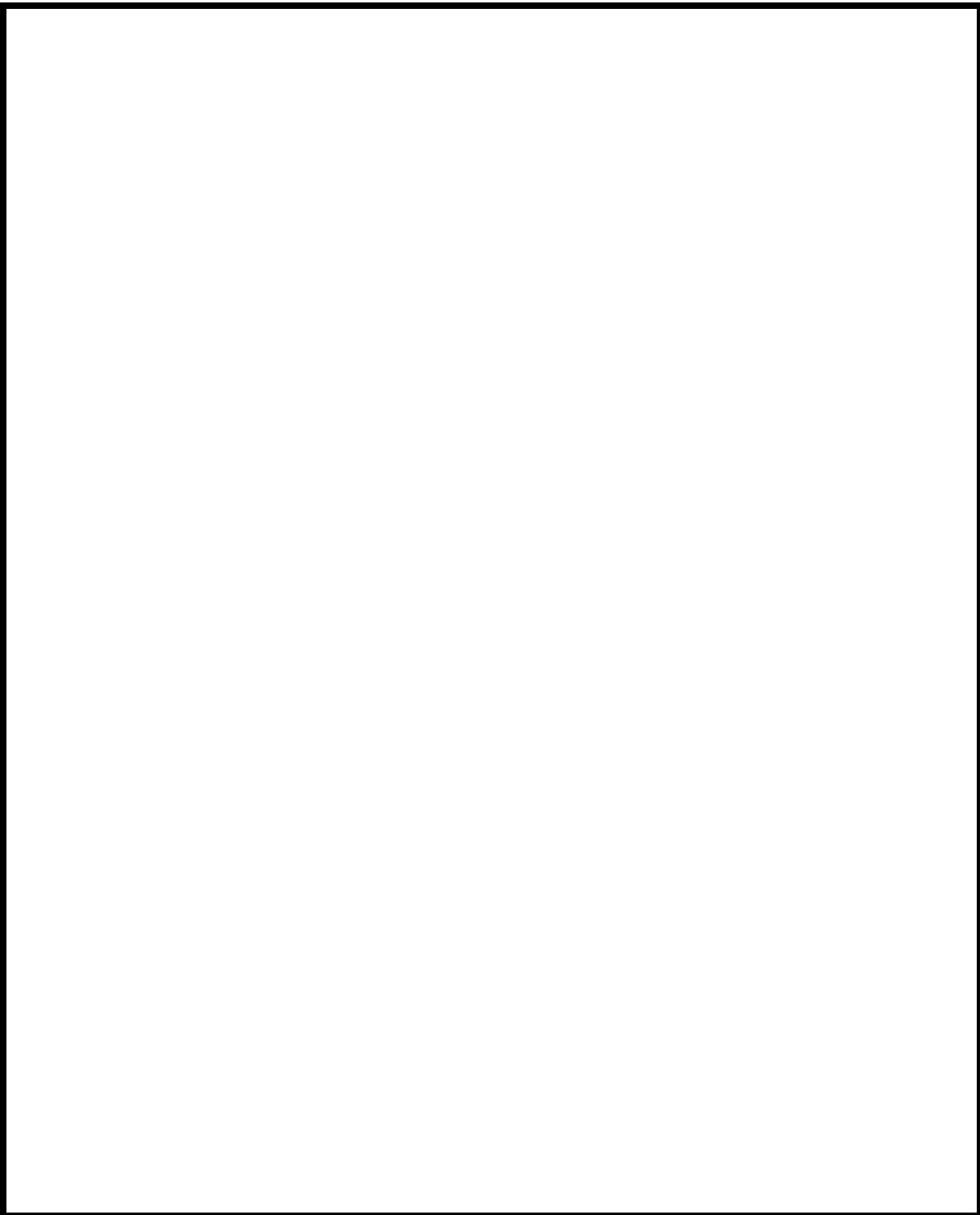


Canon of St. Andrew of Crete

Thursday of the First Week



Canon of St. Andrew of Crete

Thursday 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 us, O God, have mercy on us.

From my youth, O Saviour, I have disregarded Your commandments
and passed my life in passions and laziness. but now I cry to You,
"Even at the end, save me!"

O Saviour, do not cast me down to hell, even though in old age I lie
at Your gate empty of virtue. But in Your love for mankind forgive
my sins before I die.

My soul has been wasted in evil habits, and now empty of the fruits
of virtue I am in great hunger. Therefore, I cry to You, O merciful
Father, "Watch over me and have mercy on me".

My own thoughts like thieves have attacked me, wounding me and
covering me with sores. Come now, O Christ my Saviour, to heal me.

A priest was the first to see me naked and in dreadful condition, but
he passed by on the opposite side of the road. Then a Levite came
but he too ignored me. O Jesus, Who dawned on the world from
Mary, come now Yourself and have pity on me.

O venerable Mary of Egypt, pray to God for us.

Grant me the brightness of grace from Divine Providence, O Mary,
that escaping the darkness of passions I may eagerly sing of your
blessed conversion.

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 our 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 us, O God, have mercy on us.

Like David stealing Bathsheba, I have fallen and become polluted
through passions. O Saviour, cleanse me in my tears.

I have no tears, no repentance, and no compunction, O my God and
Savior, grant these to me!

I lie naked, having torn the garment, which my Creator fashioned for
me in the beginning.

Despite their calling to the Bridegroom, "Lord, Lord, let us in," the
foolish virgins found the door to the feast still locked to them. Yet
like them will I entreat You, O Lord, "Open Your door to me as I
return".

O Savior, hear the sighing of my soul. Accept the tears, which drop from my eyes and save me.

O venerable Mary of Egypt, pray to God for us.

You overturned your life of sin, O Mary, and eagerly ran to Christ, following His path through a pathless wilderness. And in purity and love you fulfilled His commands.

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

Establish, O Lord, on the rock of Thy commandments,
my wavering heart for Thou alone art holy and the Lord.

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

You have neither inherited a blessing like Shem, O my wretched soul,
nor like Japhet acquired vast possessions in the land of forgiveness.

Come out from sin, O my soul, as Abraham once came out of the
land of Haran. Come to the land flowing with everlasting
incorruption, which he inherited.

Having heard, O my soul, how Abraham left the land of his ancestors to become a wanderer, imitate his resolution.

At the Oak of Mamre the Patriarch Abraham offered hospitality to angels, and in his old age inherited the prize of God's promise.

O my wretched soul, knowing Isaac to be a new sacrifice mystically offered to the Lord, imitate also his resolution.

O venerable Mary of Egypt, pray to God for us.

I am caught in a storm and tossed about by sin, O Mother, but guide me through and lead me to the safe harbour of repentance.

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

One simple and uncreated nature without beginning Whom we praise as God in Trinity, save us who in faith worship Your power.

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

Without seed you gave birth in time to the timeless Son of the Father, O Theotokos, and, O strange wonder, you nourished Him at your breast while remaining a virgin!

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.

My body is defiled, and my spirit is impure. I am covered with sores.
But as our Physician, O Christ, wash, heal and cleanse me in
repentance to make me whiter than snow.

You offered Your body and blood for all, O crucified Word, that I
might be renewed and washed. You surrendered Your Spirit to the
Father that I might be brought to Him.

Accepting voluntarily to be nailed to a Tree, You accomplished
salvation in the center of the earth, O Creator. Eden, which had been
closed to us is open again, and all of creation, both in heaven and on
earth, is saved and worships You.

Let the blood and water which flowed from Your side be a fountain
of living water and deliverance from captivity to sin. May they
cleanse, refresh and anoint me as do Your living words, O Word.

Cast out of the banquet for lack of clothes fitting to wear, I awoke
with empty lamp like the foolish virgins to find the door to the bridal
chamber also closed to me. The supper is eaten but I lay cast out,
bound tightly hand and foot.

The Church has been given Your life creating side as a chalice, O
Savior, from which to drink both deliverance and wisdom, which we
understand as images of the two Testaments, both Old and New.

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 us, O God, have mercy on us.

Like Jannes and Jambres, the magicians in service to Pharaoh who opposed Moses, I have opposed You, O Lord, and become burdened in body and soul. My mind has fallen into grief. Come now to help me.

I am in a hopeless state, O Lord, for my mind finds attraction in corruption. Cleanse me now in my tears to make the garment of my flesh whiter than snow.

In considering my deeds, O Saviour, I see that in sin I surpass all people, for the wrong I commit is done knowingly rather than in ignorance.

Spare me Your creature, O Lord, for I have sinned yet now seek forgiveness from you, for You alone are pure by nature; no one else is free from defilement.

Because of Your love for mankind, O Saviour, You became incarnate and worked miracles, healing lepers, freeing paralytics, and stopping a woman's severe bleeding at just the touch of your robe.

O venerable Mary of Egypt, pray to God for us.

You found peace, O Mother Mary, after crossing the Jordan River, for the soul-destroying pleasures enjoyed a deserted place to roam. Now by your prayers deliver us also from these evil pleasures.

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.

As Joshua subdued Amalek and the lying Gibeonites, arise, O my soul, and subdue the weakness of your flesh, conquering everything which leads your mind astray.

Pass through the River of Time as once the Covenant Box crossed the River Jordan, to take possession of the Promised Land in obedience to God's command.

As once You heard Peter's cry for help, so now protect me, O Savior, and deliver me from Satan's power by pulling me from the depth of sin.

I know You as a clam haven from the storm of transgressions, O Christ my Savior. Protect and deliver me from the depths of my innermost sin and despair.

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.

Manasseh sinned of his own choice, setting up his lust as idols and increasing the abomination of false gods in Israel. Later, however, he repented and humbled himself before the Lord. Emulate his return, O my soul, and acquire compunction.

Ahab did more to arouse God's anger than all the kings of Israel before him, yet you are his rival in sin, O my soul. Cry out now with your whole heart, confessing your sins to God.

Heaven is shut to you, O my soul; a famine sent from God has laid hold of you as it once did Ahab for disobeying Elijah the Tishbite. But imitate how the woman of Zarepath who by feeding the prophet alone received food by a miracle.

Elijah once called down fire on Jezebel's troops and killed her shameful prophets as a rebuke for Ahab's idolatry. Avoid all likeness to these two, O my soul, and strive to discipline yourself.

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 my righteous Judge and Saviour, have mercy on me! Deliver me from eternal fire and the sentence of condemnation, which I so justly deserve. Grant that by repentance and increase of virtue I may obtain forgiveness before it is too late.

With the thief I cry to You, "Remember me!" Like Peter I weep bitterly, "Forgive me, O Lord!" Receive my broken spirit as once You accepted the tax-collector's prayer and the prostitute's tears. The ceaseless entreaty of the Canaanite woman moved You to compassion, so have mercy on me as well, O Lord.

Heal my corrupt life, my only Saviour and Physician. Pour out Your grace on my heart like the good Samaritan's ointments, that with Your help I may bear the fruits which will show that I have changed. Then all my wounds of sin shall be healed.

Like the Canaanite woman I cry to You, "Have mercy on me, O Son of David!" Like the woman with severe bleeding I touch the hem of Your robe, and like Mary and Martha over Lazarus, I weep before You.

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 in spun from scarlet silk. We proclaim you to be truly the Mother of our God.

Ode 9

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.

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

Christ the Word healed diseases, preached the Good News to the poor and cured cripples. He ate with tax collectors, spoke with outcasts, and by just the touch of His hand recalled Jairus' daughter from death.

By repenting the tax collector was saved and the prostitute purified, but the outwardly righteous Pharisee was condemned for his pride. For the first cried, "O God, be merciful to me!" The second entreated mercy. But the last in his foolish vanity simply sought to justify himself.

Zacchaeus was a tax-collector yet obtained salvation, while Simon the Pharisee was saddened by the kindness Christ showed a prostitute, for she received complete forgiveness of her sins from Him Who has power to grant this. Now my soul imitate her and receive the same yourself.

O my soul, you have not imitated the prostitute who having washed the Saviour's feet with her tears and anointed them with perfumed ointment from a costly jar. For this the Lord proclaimed to her, "Go in peace. Your sins are forgiven, for your faith has saved you".

O my soul, you know the curse upon the towns which hearing Christ's preaching of the Good News refused to accept it. Fear lest the same happen to you, for comparing them to Sodom, the Master condemned them to hell.

O my soul, do not despair, for have you not heard how the daughter of the Canaanite woman was healed by a word from God? Therefore, imitate her faith and cry out to Christ from the depths of your heart, "O Son of David save me!"

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 holy Father Andrew, pray to 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 honour 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

Priest: Glory to Thee, Who has shown us the Light!

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 forever, 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:

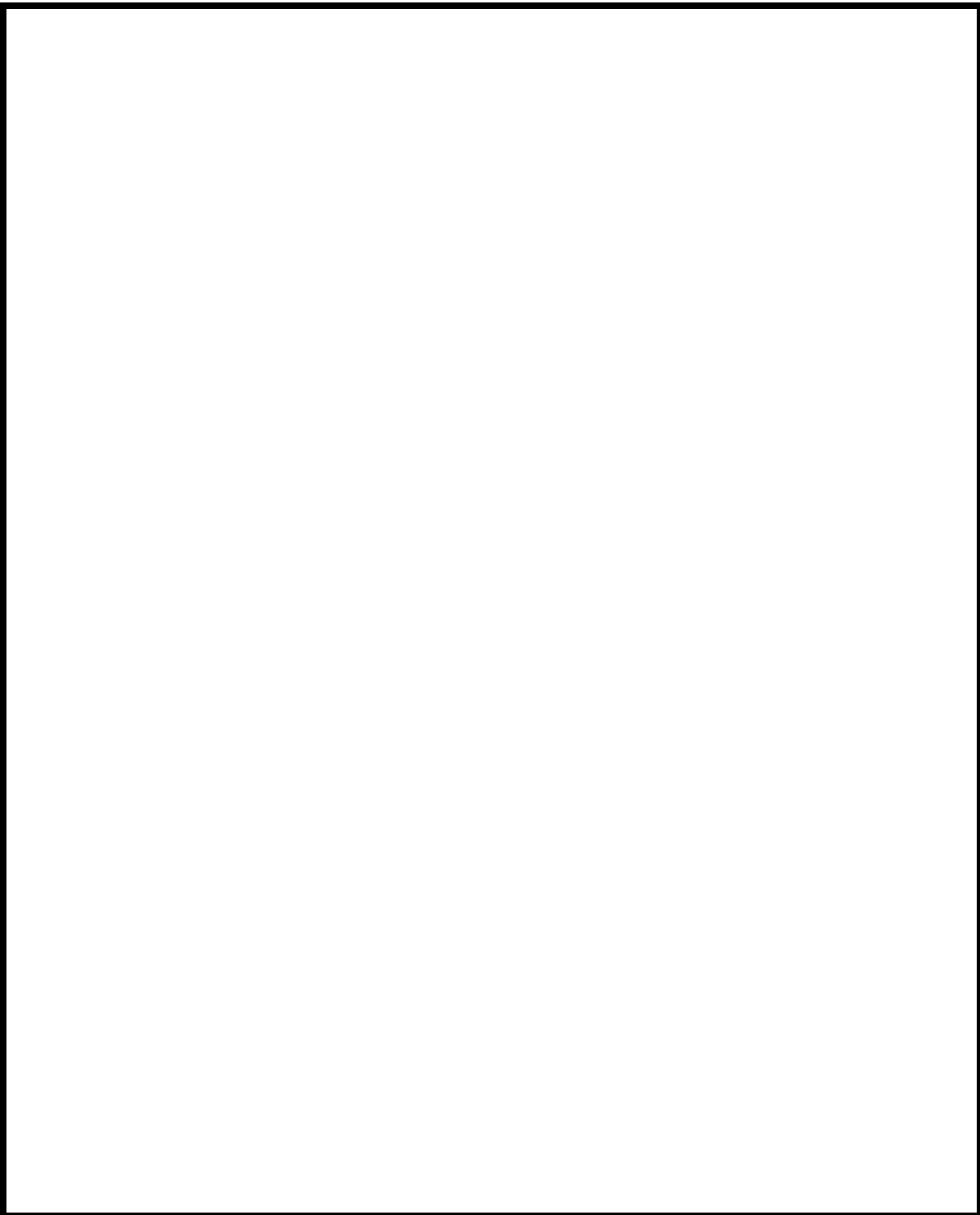
For our parents and brethren and for all Orthodox believers departed this life before us, who here, and in all the world lie asleep in the Lord:

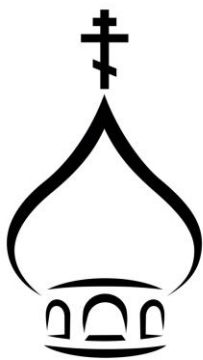
Let us also say for ourselves:

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

Revised March 2020