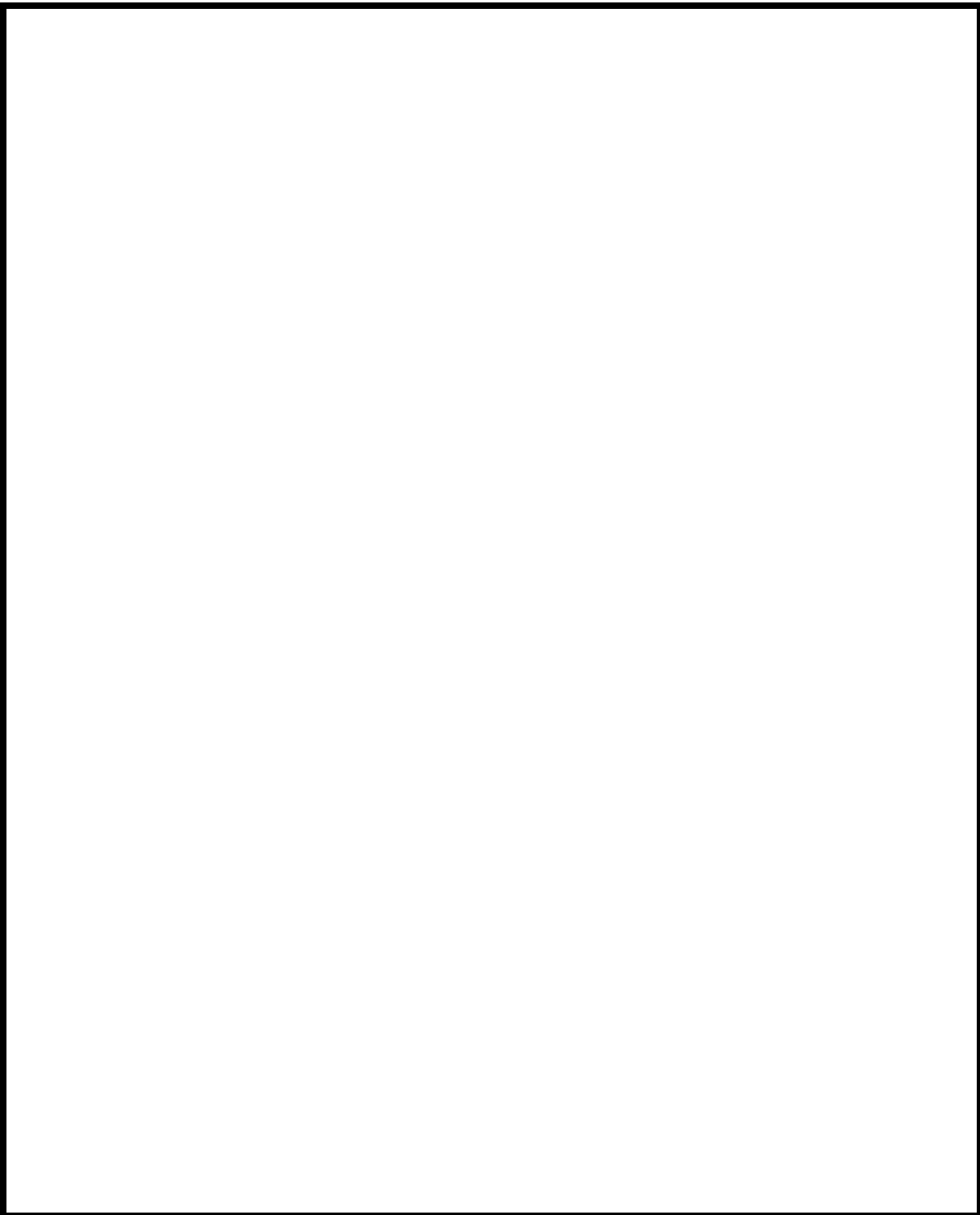


Canon of St. Andrew of Crete

Tuesday of the First Week



Canon of St. Andrew of Crete

Tuesday 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.

Deliberately have I imitated blood thirsty Cain, O Lord, enlivening
my flesh while murdering my soul by striking it with my evil deeds.

I have not resembled Abel in his righteousness, O Jesus, never
having offered to You actions worthy of God, pure gifts, an
appropriate sacrifice, an unblemished Life.

Like Cain, O my wretched soul, my offering to the Creator of all has
been filthy deeds, a polluted sacrifice, and a worthless Life, and like
him I now stand condemned.

You formed my flesh and bones as a Potter, O my Creator, my
Redeemer and my Judge, by molding clay into flesh and infusing in it
the breath of life. Accept me now as I return to You.

O my Savior, I confess the sins which I have committed, the wounds
which murderous thoughts, like thieves within me, have inflicted on
my soul and body.

Though I have sinned, O Saviour, I know that in Your love for
mankind Your punishment is merciful and Your compassion
profound. Seeing my tears You will run to me as the Father calling
His lost son.

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 us, O God, have mercy on us.

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

Sin stripped me of the garment created for me by God,
leaving me in a coat of skin.

Sensing his shame, Adam dressed himself in fig leaves, and like
him I now wear a garment of shame which reveals my many passions.

A soiled garment clothes me, one shamefully stained with blood
flowing from a life of passion and love of fleshly things.

I fell beneath the weight of the passions and the corruption of my
flesh, and from that moment has the Enemy had power over me.

Instead of seeking poverty of spirit I prefer a life of greed and self-gratification. Therefore, O Savior, a heavy weight hangs from my neck.

Joseph's was a splendid coat of many colors, but mine is one of shameful thoughts, which condemns me even as it covers my flesh.

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.

In You, the Destroyer of death, have I found the Fountain of Life,
and now from the heart cry out before my death: "I have sinned. Be
merciful and save me!"

I have sinned, Lord, I have sinned against You, but be merciful to
me, though there is no one whose sins I have not surpassed.

I have imitated those who in the days of Noah indulged themselves,
and like them I deserve to perish in a flood.

Noah's son Ham failed to conceal his father's nakedness, and even dared to look at him in his shame. And you, my soul, in your treatment of your neighbor have imitated him.

Run my soul! Run from sin, as Lot ran from the fire! Run from Sodom and Gomorrah! Run from the flame of every deceiving desire!

"Have mercy, O Lord, have mercy on me," so shall I cry to You when You come with Your angels to render to us all our deeds deserve.

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.

Prepare yourself, my soul! Be courageous like Abraham, Isaac and Jacob, that acquiring diligence and wisdom you too may meet your God. Through contemplation may you reach the awesome depths in which He dwells and in so doing become a good steward of the Lord.

Jacob and his sons, the patriarchs, established for you, O my soul, an example in the ladder of active ascent. By his way of Life Jacob took the first step, fathering twelve sons and offering them as further rungs, which step-by-step ascend to God.

But you, my hopeless soul, have rather imitated Esau, surrendering to the crafty devil the beauty you inherited from God. In two ways, works and wisdom, have you been deceived and now is the time for you to change your ways.

Esau's consuming lust for women, his turning passion, and his soul marred by senseless pleasures, earned for him the Hebrew name "Edom" (meaning "red"), for his soul was like a flame burning with love for sin.

My soul, have you not heard of Job, who even while sitting on a dunghill was justified? Why then in times of temptation have you never imitated his courage or firmness of purpose, or endured with patience?

Once Job sat on this throne surrounded by children and greatly admired, but now lies naked on a dunghill, childless, homeless, and covered with sores. Even so, he considers his dunghill a palace and his sores precious pearls.

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.

You have heard, O my soul, how the waves and waters of the river formed a protective chamber for the baby Moses, allowing his basket of reeds to escape the cruel edict of the Pharaoh.

The midwives, though instructed by Pharaoh to kill the male infants of the Hebrews, obeyed their God instead. Now that you, my hopeless soul, have been spared death like Moses, like him also be nourished on the wisdom of the Lord.

By killing the oppressive Egyptian, Moses severed his bond to Pharaoh. But you, O my hopeless soul, have not even begun to attack the wickedness of your mind. If you have not accomplished even this much, how can you expect to pass through the time of repentance, which alone can drive away our sinful passions?

Go, my soul, and imitate the great Moses in the wilderness, that like him you may behold God present in the burning bush.

Think of the staff that Moses stretched over the waters to divide them. It is an image of the Cross of Christ whereby you, my soul, can also accomplish great things.

Aaron's faithfulness was shown by his offering an acceptable sacrifice to God. But you, my soul, like the priests Hophni and Phineas have offered only your deceitful and selfish life.

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.

The waves of my transgressions have turned back on me, O Savior,
just as once the Red Sea turned back to engulf the Egyptian forces.

Like Israel of old you have an arrogant will, O my soul, preferring
gluttony and self-gratification to the manna from heaven.

The Canaanites' wells can be likened to worldly philosophies, from
which you, my soul, have preferred to drink rather than from the
rock from which when struck by Moses there poured out a river of
wisdom, the knowledge of God.

Like the arrogant Israelites in the wilderness, you prefer the comforts
of Egypt and unclean food to manna, the food sent from heaven.

Water pouring from the rock when struck by Your servant Moses,
prefigured Your life giving side, O Savior, from which we saw the
Water of Life.

Find the Promised Land and explore it secretly as Joshua, son of
Nun, once did. See what kind of land it is and settle there, obeying
the Law of God.

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.

Merely for touching the Covenant Box to prevent its falling to the ground, Uzzah was struck dead by God. Avoid His anger at such presumption, O my soul, by showing true honor to holy things.

You have heard of Absalom and how he rebelled against his father David, and know how he defiled his father's bed. So why do you still imitate his wild impulses and his love of pleasures?

By following Satan your freedom has become enslaved to your body, O my soul, as when on Ahitophel's advice Absalom revolted against his father. But Christ has scattered the enemy's counsel that you might at all costs be saved.

Solomon was mighty and full of wisdom, but did wrong before the Lord when he turned to idols. And you, my soul, resembled him in your evil life.

Solomon was carried away by gratification of his lust. Alas, he who loved Wisdom now makes love to prostitutes and finds himself estranged from God. But in your misery though you have imitated him, O my soul, through your disgraceful love of luxury.

Your sin rivals Rehoboam's, who ignored the wise advisers of his father Solomon; and you have imitated Jeroboam who divided the Kingdom and turned Israel to idols. Flee such likeness and cry out to God, "I have sinned, have pity on me!"

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.

King Uzziah, though mighty in battle and faithful in his own observance of the Law, tolerated idolatry among the people, and for this was he struck with a dread disease. Now you, my soul, are twice as sick as he, for your life is polluted with evil thoughts and wicked deeds.

Have you not heard how the Ninevites, moved by Jonah's preaching, repented in sackcloth and ashes? Why then have you not followed their example? For in its pride your heart is harder than all that have sinned both before and after the Law.

Thrown into a well, Jeremiah lamented bitterly the fall of Zion. Only by such a life of mourning and weeping, O my soul, will you find the way to salvation.

Jonah the prophet fled to Tarshish, for he was well aware of how merciful our God is. And foreseeing the conversion of the Ninevites he feared their repentance would prove false his threat of destruction.

You have heard, O my soul, how by faith Daniel shut the mouths of the roaring lions in the den, and the three Holy Children extinguished the flames in the furnace.

I have reviewed as examples for you, O my soul, all the figures of the Old Testament. Learn to imitate the deeds of those who in righteousness loved their God, and flee from the sins of the wicked!

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

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.

The 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 would, 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 Devil showed stones to Christ, which he could turn into bread, then led Him to the top of a mountain to show Him at a glance all the kingdoms of this world. O my soul, fear the Devil's craftiness, watch and pray to God at every hour!

John the Baptist, that "Dove who loved the desert," the "Light which went before Christ," the "Voice crying in the wilderness", heralded the preaching of repentance. But Herod, unwilling to listen to him, sinned with Herodias. By embracing repentance, O my soul, beware yourself of falling into the snares of the Wicked One.

When John the Forerunner of grace was living in the wilderness, all the people of Judea and Samaria came out to hear him. O my soul, why have you not imitated them by confessing your sins and receiving the washing of repentance?

Marriage is honorable and the marriage bed undefiled, for Christ blessed both by His presence at the marriage in Cana. He ate and transformed water into wine, thus performing His first miracle, that you, my soul, might be transformed.

Christ strengthened a paralytic, enabling him to rise and walk. He raised from death a widow's son, and healed the servant of a Roman officer. By revealing Himself to the woman in Samaria, he made clear to you, O my soul, how to worship God in Spirit.

When a woman suffering from severe bleeding touched the hem of the Lord's garment, she received healing from Him. Just as by His words He healed lepers, gave sight to the blind, strength to cripples and hearing to the deaf and dumb, and straightened the crippled woman, all in order that you, my miserable soul, might believe and find salvation!

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

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 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:

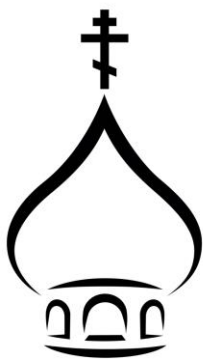
For our parents and brethren and for all Orthodox believers departed this life before us, who here, and in all the world lie asleep in the Lord:

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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