

A Reader's Service Book

The Hours and Typical Psalms (Obednitsa)

*Orthodox Archdiocese of Johannesburg
and Pretoria*

Patriarchate of Alexandria and All Africa
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Introduction

These services are intended for the use of mission congregations, especially for those where there is no priest available for ordinary Sunday worship. The services consist of the Hours, in English, and also the Typical Psalms (Obednitsa). It was originally published in book form in 2003 with the blessing of His Eminence Metropolitan Seraphim, Archbishop of Johannesburg and Pretoria.

The Hours

The Hours may be read by any Orthodox Christian as part of their daily prayers at the appropriate time of the day. The First Hour is normally read early in the morning, about 6:00 am. The Third Hour about 9:00, the Sixth Hour about midday, and the Ninth Hour in mid-afternoon, about 3:00 pm.

The Third and Sixth Hours are usually read together before the Obednitsa, especially when it is used as the main Sunday worship in a congregation (in the absence of a priest).

Depending on the circumstances the hymns, psalms and prayers in the Hours may be said, chanted or sung.

The Reader's Service

The Reader's Service, also called the *Obednitsa* or the *Typical Psalms* consists mostly of hymns, psalms and prayers from the Divine Liturgy, omitting those that are reserved to the Deacon (such as the Litanies) and the Priest (such as the blessings, the exclamations, and the Eucharist). It is based on the service used in monasteries on days when the Divine Liturgy is not celebrated.

The Reader's Service should be led only by those who have been trained in reading, and with the blessing of their priest or of the bishop.

The translations

Unfortunately there are many different English translations of Orthodox prayers, some good, and others not so good. The translations used in this book are generally those used in the Church of St Nicholas of Japan, Brixton, which was the first English-speaking Orthodox parish in the Archdiocese of Johannesburg and Pretoria. Most English-speaking Orthodox Christians in South Africa agree that it is one of the best translations available, and we encourage those in South Africa who want to pray in English to use it, so that when English prayers are used at gatherings of Orthodox Christians, all may join and pray the same prayers.

The Zulu text has been translated by Victor Mkhize, and the North Sotho by Hazel and Philip Pare.

A note on this edition

This is an edition made available on the web. Several parts of these services have been printed separately, for the purpose of training readers, and in combined editions with Zulu and/or North Sotho. There hope still be spelling and typographical errors, and we hope people will help us to correct them.

The Trisagion Prayers (English)

Priest:

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

Reader:

Amen.

In the absence of a priest the Reader begins with

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

Glory to Thee, our God, glory to Thee!

O Heavenly King, the comforter, the Spirit of Truth
who art everywhere 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

From Pascha to Pentecost the above prayer is not used.

*From Pascha to the Leave-taking of Pascha the Paschal Troparion is
used:*

Christ is risen from the dead
trampling down death by death
and upon those in the tombs bestowing life. .

Holy God, Holy Mighty, Holy Immortal,
have mercy on us (x3)

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
Lord cleanse us from our sins
Master, pardon our transgressions
Holy One visit and heal our infirmities
for Thy name sake

Lord have mercy (x3)

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, the power and the glory,
of the Father, and the Son, and the Holy Spirit,
now and ever and unto ages of ages.

Reader:

(in the absence of a priest the Reader continues with the 'Amen')

Amen.

Lord, have mercy (12)

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



Most of the services begin with the Trisagion prayers, and when reading one of the Hours on its own, one should begin with the Trisagion Prayers. If, as often happens on Sundays, the Sixth Hour follows the Third Hour directly, the Trisagion Prayers are said before the Third Hour, and not before the Sixth Hour.

Morning Prayers (English)

These morning prayers should begin with the Trisagion Prayers (see page 7). They can be said as personal prayers, or as family prayers in the home. If desired, the First Hour (see page 11) may be used in personal or family prayers.

Having arisen from sleep, we fall down before Thee, O Blessed One, and sing to Thee, O Mighty One, the angelic hymn:
Holy! Holy! Holy! art Thou, O God: through the Theotokos,
have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit:
Having raised me from my bed and from sleep, O God,
enlighten my mind and my heart, and open my lips that I
may praise Thee, O Holy Trinity:
Holy! Holy! Holy! art Thou, O God: through the Theotokos,
have mercy on us.

Now and ever and unto ages of ages. Amen

The Judge will come suddenly and the acts of every man will
be revealed; but in the middle of the night we cry with fear:
Holy! Holy! Holy! art Thou, O God: through the Theotokos,
have mercy on us.

Lord, have mercy (*12 times*)

Having risen from sleep, I thank Thee, the Holy Trinity. In the abundance of Thy kindness and long patience, Thou hast not been angry with me for my laziness and sinfulness, nor hast Thou destroyed me in my lawlessness. Instead, in Thy usual love for mankind, Thou hast raised me as I lay in despair, that I might rise early and glorify Thy Reign. Enlighten now the eyes of my mind, and open my lips, that I might learn of Thy words, understand Thy commandments, accomplish Thy will, and hymn Thee in heart-felt confession, and praise Thine all-holy name, the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

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!

*It is customary to follow this with **Psalm 50** (see page 19) and then the **Symbol of Faith** (see page 44), after which other prayers may be added.*

Many Orthodox Christians end their morning prayers with the following “Morning Prayer of the Last Elders of Optina”.¹

Prayer of the Last Elders of Optina

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquility. Grant that I may fully surrender myself to Thy holy will.

At every hour of this day, direct and support me in all things. Whatsoever news may reach me in the course of the day, teach me to accept it with a calm soul and the firm conviction that all is subject to Thy holy will.

Grant that I may deal straightforwardly and wisely with every member of my family, neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it. Direct my will and teach me to pray, to believe, to hope, to be patient, to forgive and to love.

Amen.

¹ Optina Monastery (*Optina Pustyn*) was a monastery in Russia famed for its spiritual elders. It was closed by the Bolsheviks, and the monks were scattered. Some were imprisoned, and some were killed. The “news that reached them in the course of the day” was often that some of their brethren had been arrested, tortured, or killed. The monastery has now been reopened and rebuilt.

The First Hour (English)

If the First Hour follows directly after another service (such as Matins), it begins here. If it is said on its own, or at the beginning of a service, it is preceded by the Trisagion Prayers (see page 7)

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 5

Give ear to my words, O Lord; give heed to my groaning.

Hearken to the sound of my cry, my King and my God, for to Thee do I pray.

O Lord, in the morning Thou dost hear my voice; in the morning I prepare a sacrifice for Thee, and watch.

For Thou art not a God who delights in wickedness; evil may not sojourn with Thee.

The boastful may not stand before thy eyes; Thou hatest all evildoers
Thou destroyest those who speak lies; the Lord abhors bloodthirsty and deceitful men.

But I through the abundance of thy steadfast love will enter thy house, I will worship toward thy holy temple in the fear of Thee.

Lead me, O Lord, in Thy righteousness because of my enemies; make Thy way straight before me

For there is no truth in their mouth; their heart is destruction, their throat is an open sepulchre, they flatter with their tongue.

Make them bear their guilt, O God; let them fall by their own counsels; because of their many transgressions cast them out, for they have rebelled against Thee.

But let all who take refuge in Thee rejoice, let them ever sing for joy; and do Thou defend them, that those who love thy name may exult in Thee.

For Thou dost bless the righteous, O Lord; Thou dost cover him with favour as with a shield.

Psalm 89 (90)

Lord, Thou hast been our dwelling place in all generations.

Before the mountains were brought forth, or ever Thou hadst formed the earth and the world, from everlasting to everlasting Thou art God.

Thou turnest man back to the dust and sayest, "Turn back, O children of men!"

For a thousand years in Thy sight are but as yesterday when it is past, or as a watch in the night.

Thou dost sweep men away; they are like a dream, like grass which is renewed in the morning: in the morning it flourishes and is renewed; in the evening it fades and withers.

For we are consumed by Thy anger; by Thy wrath we are overwhelmed. Thou hast set our iniquities before Thee, our secret sins in the light of thy countenance.

For all our days pass away under thy wrath, our years come to an end like a sigh.

The years of our life are threescore and ten, or even by reason of strength fourscore; yet their span is but toil and trouble; they are soon gone and we fly away.

Who considers the power of Thy anger, and thy wrath according to the fear of Thee?

So teach us to number our days that we may get a heart of wisdom.

Return, O Lord! How long? Have pity on Thy servants!

Satisfy us in the morning with Thy steadfast love, that we may rejoice and be glad all our days.

Make us glad as many days as Thou has afflicted us, and as many years as we have seen evil.

Let Thy work be manifest to Thy servants, and Thy glorious power to their children.

Let the favour of the Lord our God be upon us, and establish Thou the work of our hands upon us, yea, the work of our hands establish Thou it.

Psalm 100 (101)

I will sing of loyalty and of justice; to Thee, O Lord, I will sing.

I will give heed to the way that is blameless. Oh when wilt Thou come to me? I will walk with integrity of heart within my house;

I will not set before my eyes anything that is base. I hate the work of those who fall away; it shall not cleave to me.

Perverseness of heart shall be far from me; I will know nothing of evil.

Him who slanders his neighbour secretly I will destroy. The man of haughty looks and arrogant heart I will not endure.

I will look with favour on the faithful in the land, that they may dwell with me; he who walks in the way that is blameless shall minister to me.

No man who practises deceit shall dwell in my house; no man who utters lies shall continue in my presence.

Morning by morning I will destroy all the wicked in the land, cutting off all the evildoers from the city of the Lord.

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 (x3)

Lord have mercy.
Lord have mercy.
Lord have mercy.

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

The Troparion of the Day

Now and ever and unto ages of ages. Amen.

Theotokion

What shall we call Thee, O Thou who art full of grace?
Heaven, for from Thee shone forth the Sun of Righteousness;
Paradise, for Thou hast budded forth the Flower of Immortality;
Virgin, for Thou hast remained undefiled
Pure Mother, for Thou hast held in thy holy embrace thy Son,
who is God of all. Beseech Thou him that he will save our
souls.

Order my steps in Thy word, and so shall no wickedness have
dominion over me.
O deliver me from the wrongful dealings of men, and so shall I
keep Thy commandments.
Show the light of Thy countenance upon Thy servant, and teach
me Thy statutes.
Let my mouth be filled with Thy praise, O Lord, that I may sing
of Thy glory and honour all the day long.

Holy God Holy Mighty, Holy Immortal, have mercy on us (x3)

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,
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 (*3 times*)

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.

If a priest is present he says the usual exclamation.

Reader:

Amen.

Kontakion of the Day.

Lord have mercy (12x)

Thou who at every season and every hour,
in heaven and on earth, art worshipped and glorified;
O Christ our God,
who art long suffering, merciful and compassionate;
who lovest the just and showest mercy upon the sinner;
who callest all to salvation through the promise of blessings to
come:

O Lord, in this hour, receive our supplications and direct our
lives according to Thy commandments.

Sanctify our souls,
hallow our bodies,
correct our thoughts,
cleansing our minds;
deliver us from all tribulations, evil and distress.

Compass us about with Thy holy Angels,
that guided and guarded by them,
we may attain to the unity of the faith,
and to the knowledge of Thine unapproachable glory,
for Thou art 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 honourable than the Cherubim,
and more glorious beyond compare than the Seraphim:
without defilement you gave birth to God the Word:
true Theotokos, we magnify you.

If a priest is present the Reader says:

In the Name of the Lord, give the Blessing, Father.

Priest:

God be merciful to us, and bless us, and show us the light of
His countenance, and have mercy on us.

But if there is no priest the Reader says

Bless O Lord.

▼ ▼ ▼

On weekdays during Great Lent we here say the Prayer of St Ephraim the Syrian

THE PRAYER OF ST EPHRAIM THE SYRIAN

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. (*Prostration*)

O God, cleanse me a sinner. (*12 times, with a solemn bow each time*)

Then the entire Prayer of St Ephraim is read, and a single prostration is made at the end.

▼ ▼ ▼

Reader:

O Christ the true Light, who illumines and sanctifies every man who comes into the world, let the light of Thy countenance be showed upon us that in it we may behold the light ineffable; and guide our footsteps aright, to the keeping of Thy commandments; through the intercessions of Thine all-pure mother, and of all the saints.

Amen.

If no priest is present, or another service follows, the service ends here.

▼ ▼ ▼

If a priest is present, and no other service follows, it ends thus:

Reader:

Lord, have mercy (*3 times*)
Father, bless.

Priest:

May Christ our true God, through the prayers of His most pure Mother; of the holy, glorious and all-laudable apostles; of Saint _____, whom we commemorate today, of the holy and righteous ancestors of God, Joachim and Anna;, and of all the saints; have mercy on us and save us, for He is good and loves mankind.

▼ ▼ ▼

The Third Hour (English)

If the Third Hour follows directly after another service, it begins here. If it is said on its own, or at the beginning of a service, it is preceded by the Trisagion Prayers (see page 7)

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 16 (17)

Hear a just cause O Lord, attend to my cry!
Give ear to my prayer from lips free of deceit!
From Thee let my vindication come!
Let Thy eyes see the right!
If Thou triest my heart, if Thou visitest me by night, if Thou testest me,
Thou will find no wickedness in me;
my mouth does not transgress.
With regard to the work of men,
by the word of Thy lips
I have avoided the way of the violent.

My steps have held fast to Thy paths,
my feet have not slipped.
I call upon Thee, for Thou wilt answer me, O God;
incline Thy ear to me, hear my words

Wondrously show Thy steadfast love,
O Saviour of those who seek refuge
from their adversaries at Thy right hand.

Keep me as the apple of the eye;
hide me in the shadow of Thy wings,
from the wicked who despoil me,
my deadly enemies who surround me.

They close their hearts to pity;
with their mouths they speak arrogantly.
They track me down; now they surround me;
they set their eyes to cast me to the ground.
They are like a lion eager to tear,
a young lion lurking in ambush.

Arise, O Lord! confront them, overthrow them!
Deliver my life from the wicked by Thy sword,
from men by Thy hand, O Lord,
from men whose portion in life is of the world.
May their belly be filled with what Thou hast stored up for
them; may their children have more than enough;
may they leave something over to their babes.
As for me, I shall behold Thy face in righteousness;
when I awake I shall be satisfied with beholding Thy form.

Psalm 24 (25)

To Thee, O Lord, I lift up my soul.
O my God, in Thee I trust, let me not be put to shame; let not my enemies
exult over me.
Yea, let none that wait for Thee be put to shame; let them be ashamed
who are wantonly treacherous.
Make me to know Thy ways, O Lord; teach me Thy paths.
Lead me in Thy truth and teach me, for Thou art the God of my salvation;
for Thee I wait all the day long.
Be mindful of Thy mercy O Lord, and of Thy steadfast love, for they
have been from of old.
Remember not the sins of my youth, or my transgressions; according to
thy steadfast love remember me, for thy goodness' sake, O Lord!
Good and upright is the Lord; therefore he instructs sinners in the way.
He leads the humble in what is right, and teaches the humble his way.
All the paths of the Lord are steadfast love and faithfulness, for those who
keep his covenant and his testimonies.
For Thy name's sake, O Lord, pardon my guilt, for it is great.
Who is the man that fears the Lord? Him will he instruct in the way that
he should choose.
He himself shall abide in prosperity, and his children shall possess the
land.
The friendship of the Lord is for those who fear him, and he makes
known to them his covenant.
My eyes are ever toward the Lord, for he will pluck my feet out of the
net.
Turn Thou to me and be gracious to me; for I am lonely and afflicted.
Relieve the troubles of my heart, and bring me out of my distresses.
Consider my affliction and my trouble, and forgive all my sins.
Consider how many are my foes, and with what violent hatred they hate
me.

O guard my life, and deliver me; let me not be put to shame, for I take refuge in Thee.

May integrity and uprightness preserve me, for I wait for Thee.

Redeem Israel, O God, out of all his troubles.

Psalm 50 (51)

Have mercy on me, O God, according to Thy steadfast love;
according to Thy abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity,
and cleanse me from my sin!

For I know my transgressions, and my sin is ever before me.

Against Thee, Thee only, have I sinned,

And done which is evil in Thy sight,

so that Thou art justified in Thy sentence
and blameless in Thy judgement.

Behold I was brought forth in iniquity,

and in sin did my mother conceive me.

Behold, Thou desirest truth in the inward being;
therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean;

wash me, and I shall be whiter than snow.

fill me with joy and gladness;

let the bones which Thou hast broken rejoice.

Hide Thy face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God,

and put a new and right spirit within me.

Cast me not away from Thy presence,
and take not Thy Holy Spirit from me.

Restore to me the joy of Thy salvation,
and uphold me with a willing spirit.

Then I will teach transgressors Thy ways,
and sinners will return to Thee.

Deliver me from bloodguiltiness, O God,

Thou God of my salvation,

And my tongue will sing aloud of Thy deliverance.

O Lord, open Thou my lips

and my mouth shall show forth Thy praise.

For Thou hast no delight in sacrifice;

were I to give a burnt offering,
Thou wouldst not be pleased.
The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, Thou wilt not despise.

Do good to Zion in Thy good pleasure;
rebuild the walls of Jerusalem,
then wilt Thou delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on Thy altar.

V V V

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 (x3)

Lord have mercy.
Lord have mercy.
Lord have mercy.

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

The Troparion of the Day

Now and ever and unto ages of ages. Amen.

Theotokion

O Theotokos, thou art the true vine that has put forth the fruit of
life.

We pray Thee, O Lady. intercede together with the Apostles
and all the saints,
that mercy may be granted to our souls.

Blessed be the Lord God:
blessed be the Lord from day to day,
and may the God of our salvation prosper us,
for He is our God, the God of Salvation.

Holy God Holy Mighty, Holy Immortal, have mercy on us (x3)

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,

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 (3)

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.

If a priest is present he says:

Priest:

For Thine is the Kingdom, and the Power and the
Glory,
of the Father and the Son and the Holy Spirit,
now and ever and unto ages of ages.

Reader: Amen

(in the absence of a priest the Reader continues with the Amen)

Reader:

Amen.

Kontakion of the Day.

Lord have mercy (12x)

Thou who at every season and every hour,
in heaven and on earth, art worshipped and glorified;

O Christ our God,
who art long suffering, merciful and compassionate;
who lovest the just and showest mercy upon the sinner;
who callest all to salvation
through the promise of blessings to come:
O Lord, in this hour, receive our supplications and direct our
lives according to Thy commandments.
Sanctify our souls,
hallow our bodies,
correct our thoughts,
cleanse our minds;
deliver us from all tribulations, evil and distress.
Compass us about with Thy holy Angels,
that guided and guarded by them,
we may attain to the unity of the faith,
and to the knowledge of Thine unapproachable glory,
for Thou art 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 honourable than the Cherubim,
and more glorious beyond compare than the Seraphim:
without defilement you gave birth to God the Word:
true Theotokos, we magnify you.

If a priest is present the Reader says:

In the Name of the Lord, give the Blessing, Father.

Priest:

God be merciful to us, and bless us, and show us the light of
His countenance, and have mercy on us.

But if there is no priest the Reader says

Bless O Lord.

▼ ▼ ▼

*On weekdays during Great Lent we say the Prayer of St Ephraim (see
page 15)*

▼ ▼ ▼

Prayer of St Mardarios

Reader:

O God the Master, Father Almighty,
O Lord Jesus Christ, the Only-begotten Son,
and Thou, O Holy Spirit, One God-head, One Power,
have mercy upon me a sinner,
and according to Thy divine judgement save me, Thine
unworthy servant:
for blessed art Thou unto the ages of ages. Amen.

If no priest is present, or another service follows, the service ends here.



If a priest is present, and no other service follows, it ends thus:

Reader:

Lord, have mercy (*3 times*)
Father, bless.

Priest:

May Christ our true God, through the prayers of His most pure
Mother; of the holy, glorious and all-laudable apostles; of
Saint ____, whom we commemorate today, of the holy and
righteous ancestors of God, Joachim and Anna;, and of all
the saints; have mercy on us and save us, for He is good and
loves mankind.

The Sixth Hour (English)

If the Sixth Hour follows directly after another service, it begins here. If it is said on its own, or at the beginning of a service, it is preceded by the Trisagion Prayers (see page 7)

Reader:

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 53 (54)

Save me, O God, by Thy Name, and vindicate me by Thy
might.
Hear my prayer, O God; give ear to the words of my mouth.
For insolent men have risen against me, ruthless men seek my
life;
they do not set God before them.
Behold, God is my helper;
the Lord is the upholder of my life.
He will requite my enemies with evil; in Thy faithfulness put an
end to them.
With a free-will offering I will sacrifice to Thee;
I will give thanks to Thy Name, O Lord, for it is good.
For Thou hast delivered me from every trouble, and my eye has
looked in triumph on my enemies.

Psalm 54 (55)

Give ear to my prayer, O God; and hide not Thyself from my
supplication!
Attend to me, and answer me; I am overcome by my trouble.
I am distraught by the noise of the enemy, because of the oppression of
the wicked.
For they bring trouble upon me, and in anger they cherish enmity against
me.
My heart is in anguish within me, the terrors of death have fallen upon
me.
Fear and trembling come upon me, and horror overwhelms me.
And I say,
“O that I had wings like a dove! I would fly away and be at rest;
yea, I would wander afar,
I would lodge in the wilderness,

I would haste to find me a shelter from the raging wind and tempest.”
Destroy their plans, O Lord, confuse their tongues;
for I see violence and strife in the city.
Day and night they go around it on its walls;
and mischief and trouble are within it, ruin is in its midst;
oppression and fraud do not depart from its market place.
it is not an enemy that taunts me
- then I could bear it;
it is not an adversary who deals insolently with me
- then I could hide from him.
But it is you, my equal,
my companion,
my familiar friend.
We used to hold sweet converse together;
within God’s house we walked in fellowship.
Let death come upon them;
let them go down to Sheol alive;
let them go away in terror into their graves.
But I call upon God; and the Lord will save me.
Evening and morning and at noon I utter my complaint and moan,
and He will hear my voice.
He will deliver my soul in safety from the battle that I wage,
for many are arrayed against me.
God will give ear, and humble them,
He who is enthroned from of old;
because they keep no law, and do not fear God.
My companion stretched out his hand against his friends,
he violated his covenant.
His speech was smoother than butter,
yet war was in his heart;
his words were softer than oil, yet they were drawn swords.
Cast your burden on the Lord, and He will sustain you;
He will never permit the righteous to be moved.
But Thou, O God, wilt cast them down into the lowest pit;
men of blood and treachery shall not live out half their days.
But I will trust in Thee.

Psalm 90 (91)

He who dwells in the shelter of the Most High,
who abides in the shadow of the Almighty,
will say to the Lord,
“My refuge and my fortress; my God, in whom I trust.”

For He will deliver you from the snare of the fowler and from the deadly pestilence;
He will cover you with His pinions, and under His wings you will find refuge;
His faithfulness is a shield and buckler.
You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.
A thousand may fall at your side, ten thousand at your right hand; but it will not come near you.
You will only look with your eyes and see the recompense of the wicked. Because you have made the Lord your refuge, the Most High your habitation, no evil shall befall you, no scourge come near your tent.
For He will give His angels charge of you to guard you in all your ways. On their hands they will bear you up, lest you dash your foot against a stone.
You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. Because he cleaves to Me in love, I will deliver him; I will protect him, because he knows My name. When he calls to Me, I will answer him; I will be with him in trouble, I will rescue him and honour him. With long life I will satisfy him, and show him My salvation.

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 ! (x3)

Lord have mercy. Lord have mercy. Lord have mercy.

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

The Troparion of the Day

Now and ever and unto ages of ages. Amen.

Theotokion

As there is no boldness in us because of the multitude of our sins

do thou O Virgin Theotokos, intercede with the Son whom thou
has borne,
for the entreaty of a mother has great power to win the favour
of the Master.

Despise not, O all-venerable Lady, the prayers of sinners,
for He who took upon Himself to suffer for our sake is merciful
and strong to save.

Let Thy tender mercies, O Lord, speedily go before us, for we
are becoming exceeding poor.

Help us, O God of our salvation, for the glory of Thy Name:
O Lord, deliver us and purge away our sins, for Thy Name's
sake.

V V V

Holy God, Holy Mighty, Holy Immortal, have mercy on us.
(x3)

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.
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 (x3)

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 the Son, and the Holy Spirit, now and ever and
unto ages of ages.

Reader :

(in the absence of a priest the Reader continues with the Amen)

Amen.

Kontakion of the Day.

Lord have mercy (12x)

Thou who at every season and every hour,
in heaven and on earth, art worshipped and glorified;
O Christ our God,
who art long suffering, merciful and compassionate;
who lovest the just and showest mercy upon the sinner;
who callest all to salvation
through the promise of blessings to come:
O Lord, in this hour, receive our supplications, and direct our
lives according to Thy commandments.
Sanctify our souls,
hallow our bodies,
correct our thoughts,
cleansing our minds;
deliver us from all tribulations, evil and distress.
Compass us about with Thy holy Angels,
that guided and guarded by them,
we may attain to the unity of the faith,
and to the knowledge of Thine unapproachable glory,
for Thou art 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 honourable than the Cherubim,
and more glorious beyond compare than the Seraphim;
without defilement you gave birth to God the Word:
true Theotokos, we magnify you.

In the Name of the Lord, give the Blessing, Father.

In the absence of a priest the Reader says:

Bless O Lord.

Priest:

God be merciful to us and, bless us, and show us the light of
His countenance, and have mercy on us.

▼ ▼ ▼

*On weekdays during Great Lent we say the Prayer of St Ephraim (see
page 15)*

▼ ▼ ▼

Reader:

Prayer of St Basil the Great

O God, the Lord of hosts, and Author of all creation,
who in Thine ineffable tender mercy hast sent down Thine
Only-begotten Son, Our Lord Jesus Christ,
for the Salvation of our kind,
and through His Holy Cross hast torn up the handwriting of our
sins and thereby triumphed over the princes and dominions
of darkness:

do Thou, O Master, who lovest mankind,
accept these prayers of thanksgiving and supplication even
from us sinners,
and deliver us from every deadly and dark transgression
and from all the visible and invisible enemies that seek to do us
harm.

Nail our flesh with the fear of Thee, and let not our hearts
incline to evil words or thoughts,
but wound our souls with Thy love,
that ever gazing upon Thee,
guided by Thy light and beholding Thee, the eternal Light
that no man can approach,
we may send up unceasing praises and thanks unto Thee,
the Father without beginning,
together with Thine Only-begotten Son
and Thy most holy, good, and life-giving Spirit,
now, and ever, and unto ages of ages. Amen.

If no priest is present, or another service follows, the service ends here.

▼ ▼ ▼

If a priest is present, and no other service follows, it ends thus:

Reader:

Lord, have mercy (*3 times*)

Father, bless.

Priest:

May Christ our true God, through the prayers of His most pure Mother; of the holy, glorious and all-laudable apostles; of Saint _____, whom we commemorate today, of the holy and righteous ancestors of God, Joachim and Anna;, and of all the saints; have mercy on us and save us, for He is good and loves mankind.

▼ ▼ ▼

The Ninth Hour (English)

If the Ninth Hour follows directly after another service it begins here. If it is said on its own, or at the beginning of a service, it is preceded by the Trisagion Prayers (see page 7)

Reader:

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 83 (84)

How lovely is thy dwelling place, O Lord of hosts!
My soul longs, yea faints for the courts of the Lord; my heart and flesh
sing for joy to the living God.
Even the sparrow finds a home, and the swallow a nest for herself, where
she may lay her young, at thy altars, O Lord of hosts, my King and my
God.
Blessed are those who dwell in thy house, ever singing thy praise!
Blessed are the men whose strength is in Thee, in whose heart are the
highways to Zion.
As they go through the valley of Baca they make it a place of springs; the
early rain also covers it with pools.
They go from strength to strength; to God of gods will be seen in Zion.
O Lord God of hosts, hear my prayer; give ear, O God of Jacob!
Behold our shield, O God; look upon the face of Thine anointed!
For a day in thy courts is better than a thousand elsewhere. I would
rather be a doorkeeper in the house of my God than dwell in the tents
of wickedness.
For the Lord God is a sun and shield; he bestows favour and honour. No
good thing does the Lord withhold from those who walk uprightly.
O Lord of hosts, blessed is the man who trusts in Thee!

Psalm 84 (85)

Lord thou wast favourable to thy land; thou didst restore the fortunes of
Jacob.
Thou didst forgive the iniquity of thy people; thou didst pardon all their
sin.
Thou didst withdraw all thy wrath; thou didst turn from thy hot anger.
Restore us again, O God of our salvation and put away thy indignation
toward us!

Wilt thou be angry with us for ever? Wilt thou prolong thy anger to all generations?
Wilt thou not revive us again, that they people may rejoice in Thee?
Show us thy steadfast love, O Lord, and grant us thy salvation.
Let me hear what God the Lord will speak, for he will speak peace to his people, to his saints, to those who turn to him in their hearts.
Surely his salvation is a hand for those who fear him, that glory may dwell in our land.
Steadfast love and faithfulness will meet; righteousness and peace will kiss each other.
Faithfulness will spring up from the ground and righteousness will look down from the sky.
Yea, the Lord will give what is good and our land will yield its increase.
Righteousness will go before him, and make his footsteps a way.

Psalm 85 (86)

Incline thy ear, O Lord, and answer me, for I am poor and needy.
Preserve my life, for I am godly; save they servant who trusts in Thee.
Thou art my God
Be gracious to me, O Lord, for to Thee do I cry all the day.
Gladden the soul of thy servant, for to Thee, O Lord, do I lift up my soul.
For thou, O Lord, art good and forgiving abounding in steadfast love to all who call on Thee.
Give ear, O Lord to my prayer; hearken to my cry of supplication.
In the day of my trouble I call on Thee, for thou dost answer me.
There is none like Thee among the gods, O Lord, nor are there any works like Thine.
All the nations thou hast made shall come and bow down before Thee, O Lord, and shall glorify they name.
For thou art great and doest wondrous things, thou alone art God.
Teach me thy way, O Lord, that I may walk in they truth; unite my heart to fear thy name.
I give thanks to Thee, O Lord my God with my whole heart, and I will glorify they name for ever.
For great is they steadfast love toward me; thou hast delivered my soul from the depths of Sheol.
O God insolent men have risen up against me; ruthless men seek my life, and they do not set Thee before them.
But thou, O Lord, art a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.
Turn to me and take pity on me; give thy strength to thy servant, and save the son of thy handmaid

Show me the sign of thy favour, that those who hate me may see and be put to shame because thou, Lord, has helped me and comforted me.

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 ! (x3)

Lord have mercy. Lord have mercy. Lord have mercy.

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

The Troparion of the Day

Now and ever and unto ages of ages. Amen.

Theotokion

Thou who for our sake was born of a Virgin, and suffered crucifixion, O Good One, and trampled down death by death, and as God revealed the resurrection.

Despise not those whom thou hast created with Thine own hand
Show forth Thy love for mankind, O merciful One
Accept the Theotokos who bore Thee, and entreats Thee for our sake,
And save The despairing people, O our Saviour.

Forsake us not utterly, for thy Name's sake, and destroy not Thy covenant
Take not Thy mercies from us, for the sake of Abraham whom Thou loved
For the sake of Isaac Thy servant, and Israel Thy holy one.

V V V

Holy God, Holy Mighty, Holy Immortal, have mercy on us.
(x3)

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.
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 (x3)

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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 the Son, and the Holy Spirit, now and ever and
unto ages of ages.

Reader :

(in the absence of a priest the Reader continues with the Amen)

Amen.

Kontakion of the Day.

Lord have mercy (12x)

Thou who at every season and every hour,
in heaven and on earth, art worshipped and glorified;
O Christ our God,
who art long suffering, merciful and compassionate;
who lovest the just and showest mercy upon the sinner;
who callest all to salvation
through the promise of blessings to come:
O Lord, in this hour, receive our supplications, and direct our
lives according to Thy commandments.
Sanctify our souls,
hallow our bodies,
correct our thoughts,
cleansing our minds;
deliver us from all tribulations, evil and distress.
Compass us about with Thy holy Angels,
that guided and guarded by them,
we may attain to the unity of the faith,

and to the knowledge of Thine unapproachable glory,
for Thou art 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 honourable than the Cherubim,
and more glorious beyond compare than the Seraphim;
without defilement you gave birth to God the Word:
true Theotokos, we magnify you.

In the Name of the Lord, give the Blessing, Father.

in the absence of a priest the Reader says:

Bless O Lord.

Priest:

God be merciful to us and, bless us, and show us the light of
His countenance, and have mercy on us.

▼ ▼ ▼

*On weekdays during Great Lent we say the Prayer of St Ephraim (see
page 15)*

▼ ▼ ▼

Reader:

Prayer of St Basil the Great

O Master, Lord Jesus Christ our God, who art long-suffering
toward our sins, and hast led us even to the present hour
In which, as Thou didst hang upon the life-giving Tree, Thou
didst make a way into Paradise for the penitent thief, and by
death didst destroy death

Cleanse us sinners and Thine unworthy servants

For we have sinned and dealt iniquitously

And we are not worthy to lift up our eyes and look upon the
heights of heaven

Since we have departed from the path of Thy righteousness,
and have walked after the desires of our own hearts.

But we implore of Thy boundless goodness; Spare us O Lord,
according to the multitude of Thy mercies
And save us for Thy name's sake, for our days have passed
away in vanity.
Wrest us out of the hand of the adversary, and forgive our sins,
and mortify us in carnal imagination
That putting off the old man we may be clothed with the new
man
And may live unto Thee, our Master and Benefactor
And that so following thy commandments we may attain unto
rest eternal, where is the dwelling of all who rejoice.
For Thou art in truth the true joy and exaltation of those who
love Thee, O Christ our God
And unto Thee we ascribe glory, together with the Father, who
is without beginning
And Thine All-Holy and good and life-giving Spirit
Now and ever, and unto the ages of ages.
Amen.

If no priest is present, or another service follows, the service ends here.

▼ ▼ ▼

If a priest is present, and no other service follows, it ends thus:

Reader:

Lord, have mercy (*3 times*)
Father, bless.

Priest:

May Christ our true God, through the prayers of His most pure
Mother; of the holy, glorious and all-laudable apostles; of
Saint _____, whom we commemorate today, of the holy and
righteous ancestors of God, Joachim and Anna;, and of all
the saints; have mercy on us and save us, for He is good and
loves mankind.

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The Reader's Service (Obednitsa) in English

*Upon completion of the **Hours**, the curtain of the Royal Gates is drawn open. (Note: Not the Doors, just the Curtain) Then we begin the Obednitsa.*

Reader:

Through the prayers of our Holy Fathers,
O Lord Jesus Christ our God, have mercy on us.

Choir: Amen

In place of the GREAT LITANY, the choir sings

Choir:

Lord, have mercy.
Lord, have mercy.
Lord, have mercy.

FIRST ANTIPHON: PSALM 102

(The text given below is sung on Sundays, Feasts of the Theotokos, in the time of the Forefeast or Afterfeast of a Great Feast, for the entire time of the Pentecostarion and for those saints for whom special verses on the Beatitudes are prescribed to be sung. Traditionally the entire Psalm 102 is sung but sometimes only the verses in boldface are sung)

Choir:

Bless the Lord, O my soul!
Blessed art Thou, O Lord!
Bless the Lord, O my soul;
and all that is within me, bless His holy Name!
Bless the Lord, O my soul,
and forget not all His benefits.
Who forgives all your iniquity,
who heals all your diseases.
Who redeems your life from the Pit, who crowns you with
steadfast love and mercy.
Who satisfies you with good as long as you live so that your
youth is renewed like the eagle's.
The Lord works vindication and justice for all who are
oppressed.
He made known His ways to Moses, His acts to the people of
Israel.

**The Lord is compassionate and merciful,
long-suffering and of great goodness.**

He will not always chide, nor will He keep His anger for ever.
He does not deal with us according to our sins, nor requite us
according to our iniquities.

For as the heavens are high above the earth, so great is His
steadfast love towards those who fear Him.

As far as the east is from the west, so far does He remove our
transgressions from us.

As a father pities his children, so the Lord pities those who fear
Him.

For He knows our frame; He remembers that we are dust.
As for man, his days are like grass; he flourishes like a flower
of the field.

For the wind passes over it, and it is gone, and its place knows
it no more.

But the steadfast love of the Lord is from everlasting to
everlasting upon those who fear Him, and his righteousness
to children's children,

to those who keep His covenant and remember to do His
commandments.

The Lord has established His throne in the heavens, and His
kingdom rules over all.

Bless the Lord, O you His angels, you mighty ones who do his
word, hearkening to the voice of His word!

Bless the Lord, all His hosts, His ministers that do His will!

Bless the Lord, all His works, in all places of His dominion.

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

Now and ever and unto ages of ages. Amen.

**Bless the Lord, O my soul,
and all that is within me bless His Holy Name.
Blessed art Thou, O Lord!**

Reader:

Lord, have mercy. (*3 times*)

*(The text given below is sung on Sundays, Feasts of the Theotokos, in the
time of the Forefeast or Afterfeast of a Great Feast, for the entire time of
the Pentecostarion and for those saints for whom special verses on the
Beatitudes are prescribed to be sung. Traditionally the entire Psalm 145
is sung but sometimes only the verses in boldface are sung)*

SECOND ANTIPHON: PSALM 145

Choir:

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

Praise the Lord, O my soul!

**I will praise the Lord as long as I live; I will sing praises to
my God while I have being.**

**Put not your trust in princes, in sons of men, in whom there
is no salvation.**

**When his breath departs he returns to his earth; on that
very day his plans perish.**

**Happy is he whose help is the God of Jacob, whose hope is in
the Lord his God.**

**Who made heaven and earth, the sea, and all that is in them;
who keeps faith for ever;**

**Who executes justice for the oppressed; Who gives food to the
hungry.**

**The Lord sets the prisoners free; the Lord opens the eyes of the
blind. The Lord lifts up those who are bowed down; the
Lord loves the righteous.**

**The Lord watches over the sojourners, He upholds the widow
and the fatherless; but the way of the wicked He brings to
ruin.**

**The Lord will reign forever, Thy God, O Zion, to all
generations.**

Now and ever and unto ages of ages. Amen

Only-begotten Son and Immortal Word of God.

**Who for our salvation didst will to be incarnate of the holy
Theotokos and Ever-Virgin Mary.**

Who without change didst become man and was crucified

O Christ, our God, trampling down death by death,

who art one of the Holy Trinity,

Glorified with the Father and the Holy Spirit:

save us.

Reader:

Lord, have mercy (*3 times*)

THIRD ANTIPHON: THE BEATITUDES

Choir:

**In Thy Kingdom remember us, O Lord,
when Thou comest in Thy Kingdom.**

**Blessed are the poor in spirit:
for theirs is the Kingdom of heaven.**

**Blessed are those who mourn:
for they shall be comforted.**

**Blessed are the meek:
for they shall inherit the earth.**

**Blessed are those who hunger and thirst after
righteousness:
for they shall be filled.**

**Blessed are the merciful:
for they shall obtain mercy.**

**Blessed are the pure in heart:
for they shall see God.**

**Blessed are the peace makers:
for they shall be called the sons of God.**

**Blessed are those who are persecuted for Righteousness
sake:
for theirs is the Kingdom of heaven.**

**Blessed are you when men shall revile you and persecute
you,
and shall say all manner of evil against you falsely, for my
sake.**

**Rejoice and be exceedingly glad:
for great is your reward in heaven.**

THE INTROIT (ENTRANCE HYMN)

Choir: [Sundays]

Come, let us bow down to Christ
as we worship him, the Son of God
save us, O Son of God, who didst rise from the dead.
we sing to Thee:
Alleluia, [Alleluia. Alleluia]

[Weekdays]

Come, let us worship
and fall down before Christ,
who is wonderful in His Saints, O Son of God,
save us who sing to Thee:
Alleluia, [Alleluia. Alleluia]

[Feasts of the Theotokos]

Come, let us worship
and fall down before Christ,
through the prayers of the Theotokos,
O Son of God,
save us who sing to Thee:
Alleluia, [Alleluia. Alleluia]

Then the Choir sings in the appointed tones

(1) Troparia of the day.

(2) Troparion of the church

NOTE: Kontakia are generally taken after the Lord's Prayer.

Reader:

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

Choir: Amen.

THE TRISAGION.

Choir:

**Holy God, Holy Mighty, Holy Immortal,
have mercy on us (3)
Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.
Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal,
have mercy on us.**

THE PROKEIMENON.

The PROKEIMENON of the day is intoned and sung in the usual manner.

Reader:

The Prokeimenon is in the _____ tone.

Then the Reader intones the one appointed for the day, either one of the EIGHT TONES, or the one for a FEAST.

After the Reader, the Choir repeats the same, and once more after its verse. The Reader then intones the first half, and the choir sings the last half.

THE EPISTLE

Reader:

The lesson from the Epistle of the holy Apostle Paul to the

[or - from the Acts of the Holy Apostles.]

[or - from the Catholic Epistle of Saint _____]

The Reader chants the Epistle, or Epistles for the day. Upon its completion, the Reader says:

Reader:

Alleluia. Alleluia. Alleluia.

Choir:

Alleluia. (3)

The Reader chants the two ALLELUIA VERSES as appointed. After each one, the Choir repeats the "Alleluia"

THE GOSPEL

According to custom, ONLY the Subdeacon or the Tonsured Reader reads the Gospel Lesson and with the permission of his Pastor. All others must receive permission from their Pastor specifically for this.

Reader:

The Lesson from the Holy Gospel according to Saint

Choir:

Glory to Thee, O Lord, glory to Thee.

The selected Gospel Lesson(s) for the day is now chanted (read).

Upon its completion the choir sings:

Choir:

Glory to Thee, O Lord, glory to Thee.

In some parishes it is the custom for the Choir to sing instead of the AUGMENTED LITANY, the following:

Choir:

Lord, have mercy (3)

Lord, have mercy (3)

Lord, have mercy (3)

The Reader then reads the following prayer:

PRAYER TO THE LORD OF HOSTS.

Reader:

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

Amen.

**Remember us, O Lord, when Thou comest in Thy
Kingdom. (Reverence)**

**Remember us, O Master, when Thou comest in Thy
Kingdom. (Reverence)**

**Remember us, O Holy One, when Thou comest in Thy
Kingdom. (Reverence)**

**The heavenly choir sings to Thee, and cries: Holy, Holy,
Holy, Lord God of Hosts; heaven and earth are full of
Thy glory.**

Verse:

**Come to Him and be enlightened, and your faces shall not
be ashamed.**

**The heavenly choir sings to Thee, and cries: Holy, Holy,
Holy, Lord God of Hosts; heaven and earth are full of
Thy glory.**

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

**The choir of the holy Angels and Archangels, with all the
Powers of heaven, sing Thy praises and do cry: Holy,
Holy, Holy, Lord God of Hosts; heaven and earth are
full of Thy glory.**

Now and ever and unto ages of ages. Amen.

THE SYMBOL OF FAITH.

Choir:

**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 again, 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.

PRAYER OF FORGIVENESS

Reader:

O God, remit, pardon and forgive our sins,
whether voluntary or involuntary,
whether by words or deeds,
whether in knowledge or in ignorance
whether by day or night,
whether in mind or thought;
forgive us all these, for Thou art good and lovest mankind.

THE LORD'S PRAYER

Choir:

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.

Choir:

Amen.

The Choir sings in the appointed Tones:

1. Kontakia of the day

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

2. Kontakion of the church.

Now and ever and unto ages of ages. Amen.

Then on every day except Saturday is sung in TONE 6 this Theotokion.

Choir:

**O Steadfast Protectress of Christians,
constant advocate before the Creator,
do not despise the prayers of sinners
but in your mercy help those who call on you in faith,
Hasten to hear our petitions and intercede for us, O
Theotokos,
for you always protect those who honour you.**

Reader:

Lord, have mercy (12)

▼ ▼ ▼

On weekdays during Great Lent we say the Prayer of St Ephraim (see page 15)

▼ ▼ ▼

**All-holy Trinity , Mighty one in essence,
Kingdom undivided, origin of all good things,
be graciously inclined also to me, a sinner.
Establish me; give understanding to my heart,
and purge away all my vileness. Enlighten my
mind, that I may glorify, sing praises, and adore Thee, and
say:**

Choir:

**One is Holy, One is Lord,
Jesus Christ, to the glory of God the Father,
Amen.**

Choir:

**Blessed be the Name of the Lord, henceforth and for
evermore. (3)**

Reader:

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

PSALM 33 (34)

Reader:

I will bless the Lord at all times; his praise shall continually be in my mouth.

My soul makes its boast in the Lord; let the afflicted hear and be glad.

O magnify the Lord with me, and let us exalt His name together.

I sought the Lord, and he answered me, and delivered me from all my fears.

Look to Him and be radiant; so your faces shall never be ashamed.

This poor man cried, and the Lord heard him, and saved him out of all his troubles.

The angel of the Lord encamps around those who fear Him, and delivers them.

O taste and see that the Lord is good! Happy is the man who takes refuge in Him!

O fear the Lord, you His saints, for those who fear Him have no want.

The young lions suffer want and hunger; but those who seek the Lord lack no good thing.

Come, O sons, listen to me, I will teach you the fear of the Lord.

What man is there who desires life, and covets many days, that he may enjoy good?

Keep your tongue from evil, and your lips from speaking deceit.

Depart from evil, and do good; seek peace, and pursue it.

The eyes of the Lord are toward the righteous, and his ears toward their cry.

The face of the Lord is against evildoers, to cut off the remembrance of them from the earth.

When the righteous cry for help, the Lord hears, and delivers them out of all their troubles.

The Lord is near to the broken-hearted, and saves the crushed in spirit.

Many are the afflictions of the righteous; but the Lord delivers him out of them all.

He keeps all his bones; not one of them is broken.

Evil shall slay the wicked; and those who hate the righteous will be condemned.

The Lord redeems the life of his servants; none of those who take refuge in Him will be condemned.

THE HYMN TO THE THEOTOKOS (ZADOSTOYNIK) TONE 8

Choir:

It is truly meet to bless you, O Theotokos,
ever blessed and most pure, and the Mother of our God.
More honourable than the Cherubim,
and more glorious beyond compare than the Seraphim:
without defilement you gave birth to God the Word:
true Theotokos, we magnify you.

Or at Pascha

The angel cried to the Lady full of grace:
Rejoice (rejoice) O pure Virgin!
Again I say rejoice!
Your Son is risen from his three days in the tomb!
With Himself he has raised all the dead!
Rejoice (rejoice) all ye people!

Shine! (Shine!) Shine O New Jerusalem!
The glory of the Lord has shone on you!
Exult now (exult) and be glad O Zion!
Be radiant, O Pure Theotokos, in the Resurrection (the
Resurrection) of your Son!

*In Great Lent, and other Great Feasts, check the Paschal and Festal
cycles for the special Hymn to the Theotokos*

THE DISMISSAL.

Choir:

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

**Lord have mercy (3)
Bless, O Lord.**

Reader:

**Lord Jesus Christ, Son of God,
through the prayers of Thy most pure mother;**

**by the power of the honourable and life-giving Cross;
and by the holy bodiless powers of heaven;
of our Holy, Venerable and God-bearing Fathers;
and of all Thy saints,
have mercy on us.**

Choir:

Amen.

Congregation venerates the HOLY CROSS placed on the Analoy. The Choir sings the Troparia and Kontakia of the day and others.

When all have venerated, as the curtain of the Royal Gates are being CLOSED, the Choir reverently and slowly sings:

Choir:

Lord have mercy (3)

[End of Obednitsa]

A bell is tolled before the Service of the Hours begins. Toward the end of the Hours the bells are rung joyously.

A small Gospel book and a hand Cross are kept on its own Analoy or both on a small table on the Amvon in front of the Royal Doors, and for services they are brought to the foot of the Amvon or the Cross to the middle of the Nave.

The one who is to read the Epistle enters the Sanctuary during the singing of the Trisagion, kneels, then proceeds around the Prestol, and exits out of the left (north) door and to the middle of the Nave. There he intones the prokeimenon and reads the Epistle Lesson for the day.

After the "Alleluias," the Reader or another approaches the Analoy with the Gospel and reads the Gospel Lesson for the day. The usual practice is to face the Altar while reading the Gospel, standing near the foot of the Amvon.

A practice that is common is for the senior Reader to begin the services and also to take the "Through the prayers of the holy Fathers," etc.

At the end of the service, the people venerate the Holy Cross. After the veneration and closing of the service, the Gospel and the Cross are put back in their customary

The Resurrection Tones (Octoechos)

tone 1

TROPARION

When the stone had been sealed by the Jews;
while the soldiers were guarding Thy most pure Body
Thou didst rise on the third day, O Saviour,
granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of Life:
Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!
Glory to Thy dispensation, O Thou who lovest mankind.

KONTAKION

As God, Thou didst rise from the tomb in glory, raising the
world with Thyself.
Human nature praises Thee as God, for death has vanished!
Adam exults, O Master!
Eve rejoices, for she is freed from bondage, and cries to Thee:
Thou art the Giver of Resurrection to all, O Christ!

PROKEIMENON: (Psalm 33)

Let Thy mercy, O Lord, be upon us as we have set our hope on
Thee
Rejoice in the Lord, O you righteous! Praise befits the just!

ALLELUIA VERSES (Psalm 18)

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully
with His Christ, with David and his seed forever.

STONE 2

TROPARION

When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendour of Thy Godhead!
And when from the depths Thou didst raise the dead,
all the powers of heaven cried out:
O Giver of Life! Christ our God! Glory to Thee!

KONTAKION

Hell became afraid, O Almighty Saviour,
seeing the miracle of Thy Resurrection from the tomb!
The dead arose!
Creation, with Adam, beheld this and rejoiced with Thee!
And the world, O my Saviour, praises Thee forever.

PROKEIMENON: (Psalm 118)

The Lord is my strength and my song.
He has become my salvation.

The Lord has chastened me sorely,
but He has not given me over to death.

ALLELUIA VERSES (Psalm 20)

The Lord answer you in the day of trouble!
The name of the God of Jacob protect you!

Save the king, O Lord, and hear us on the day we call!

TONE 3

TROPARION

Let the heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm!
He has trampled down death by death!
He has become the first-born of the dead!
He has delivered us from the depths of hell,
and has granted the world great mercy!

KONTAKION

On this day Thou didst rise from the tomb,
O Merciful One,
leading us from the gates of death.
On this day Adam exults as Eve rejoices;
with the prophets and patriarchs
They unceasingly praise the divine majesty of Thy Power!

PROKEIMENON: (Psalm 47)

Sing praises to our God, sing praises!
Sing praises to our King, sing praises!

Clap your hands, all peoples!
Shout to God with loud songs of joy!

ALLELUIA VERSES: (Psalm 31)

In Thee, O Lord, have I hoped;
let me never be put to shame!

Be Thou a God of Protection for me,
a house of refuge, in order to save me.

TONE 4

TROPARION

When the women disciples of the Lord
learned from the angel the joyous message of Thy Resurrection;
They cast away the ancestral curse
and elatedly told the apostles:
Death is overthrown!
Christ God is risen,
granting the world great mercy.

KONTAKION

My Saviour and Redeemer as God rose from the tomb
and delivered the earthborn from their chains
He has shattered the gates of hell,
and as Master,
He has risen on the third day!

PROKEIMENON: (Psalm 104)

O Lord, how manifold are Thy works!
In wisdom has Thou made them all.

Bless the Lord, O my soul!
O Lord, my God, Thou art very great!

ALLELUIA VERSES: (Psalm 45)

Go forth and prosper and reign,
because of truth and meekness and righteousness

You love righteousness and hate iniquity.

STONE 5

TROPARION

Let us, the faithful, praise and worship the Word,
coeternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death, and to raise the dead
by His glorious Resurrection.

KONTAKION

Thou didst descend into hell, O my Saviour,
shattering its gates as almighty:
resurrecting the dead as Creator,
and destroying the sting of death.
Thou hast delivered Adam from the curse, O Lover of Man.
and we all cry to Thee: O Lord, save us!

PROKEIMENON: (*Psalm 12*)

Thou, O Lord, shalt protect us and preserve us from this
generation forever.

Save me, O Lord, for there is no longer any that is godly.

ALLELUIA VERSES: (*Psalm 89*)

I will sing of Thy mercies, O Lord, forever;
with my mouth I will proclaim Thy truth from generation to
generation.

Thou hast said: Mercy will be established forever,
and My Truth will be prepared in the heavens.

STONE 6

TROPARION

The angelic powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy Grave,
seeking Thy most pure Body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life:
O Lord who didst rise from the dead: glory to Thee!

KONTAKION

When Christ God the Giver of Life,
raised all of the dead from the valleys of misery with His
mighty hand,
He bestowed resurrection on the human race.
He is the Saviour of all, the Resurrection, the Life, and the God
of all.

PROKEIMENON (*Psalm 28*)

O Lord, save Thy people and bless Thine inheritance.

To Thee, O Lord, will I call, O my God be not silent to me.

ALLELUIA VERSES (*Psalm 91*)

He who dwells in the shelter of the Most High
will abide in the shadow of the heavenly God.

He will say to the Lord:
My Protector and My Refuge; my God, in whom I trust.

STONE 7

TROPARION

By Thy Cross, Thou didst destroy death!
To the thief, Thou didst open Paradise!
For the myrrhbearers, Thou didst change weeping into joy!
And Thou didst command Thy disciples,
O Christ God,
to proclaim that Thou art risen,
granting the world great mercy.

KONTAKION

The dominion of death can no longer hold men captive,
for Christ descended, shattering and destroying its powers!
Hell is bound, while the prophets rejoice and cry:
The Saviour has come to those in faith!
Enter, you faithful, into the Resurrection!

PROKEIMENON (Psalm 29)

The Lord shall give strength to His people!
The Lord shall bless His people with peace!

Offer to the Lord, O you sons of God!
Offer young rams to the Lord!

ALLELUIA VERSES (Psalm 92)

It is good to give thanks to the Lord
to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning
and Thy truth by night!

STONE 8

TROPARION

Thou didst descend from on high,
O Merciful One!
Thou didst accept the three-day burial
to free us from our sufferings!
O Lord, our Life and Resurrection;
glory to Thee!

KONTAKION:

By rising from the tomb, Thou didst raise the dead and resurrect
Adam.
Eve exults in Thy Resurrection,
and the world celebrates Thy rising from the dead,
O greatly Merciful One!

PROKEIMENON (Psalm 76)

Pray and make your vows before the Lord our God!

In Judah God is known; His name is Great in Israel!

ALLELUIA VERSES (Psalm 95)

Come let us rejoice in the Lord!
Let us make a joyful noise to God our Saviour!

Let us come before His face with thanksgiving;
let us make a joyful noise to Him with psalms!



Most of the services begin with the Trisagion prayers, and when reading one of the Hours on its own, one should begin with the Trisagion Prayers. If, as often happens on Sundays, the Sixth Hour follows the Third Hour directly, the Trisagion Prayers are said before the Third Hour, and not before the Sixth Hour.