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

Glory to thee, our 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. (thrice)

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

All-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. (thrice) 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.

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

Lord, have mercy. (Twelve times)
Glory to the Father and to the Son and to 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.
PSALM 19
The Lord hear thee in the day of affliction; the Name of the God of Jacob defend thee. May he send thee help from the sanctuary, and aid thee out of Sion. May he remember all thy sacrifice, and fatten thy whole-burnt offering. May he grant thee according to thy heart, and fulfill all thy counsel. We shall rejoice in thy salvation, and in the Name of our God shall we be magnified; the Lord fulfill all thy petitions. Now have I known that the Lord has saved his Christ; he will hear him from his holy heaven; the salvation of his right hand is wrought in mighty acts. Some trust in chariots and some in horses, but we will call upon the Name of the Lord. They are overthrown and fallen, but we are risen and set upright. O Lord, save the king, and hear us in the day when we call upon thee.

PSALM 20
The king shall be glad in thy strength, O Lord, and in thy salvation shall he greatly rejoice. Thou hast granted him his heart’s desire, and hast not denied him the request of his lips. For thou hast gone before him with the blessings of goodness; thou hast set upon his head a crown of precious stone. He asked life of thee, and thou gavest him length of days for ever and ever. His glory is great in thy salvation; glory and majesty shalt thou lay upon him. For thou shalt give him blessing for ever and ever; thou shalt make him glad with joy by thy countenance. For the king hopes in the Lord, and in the mercy of the Most High he shall not be shaken. Let thy hand be found on all thine enemies; let thy right hand find out all them that hate thee. Thou shalt make them as a fiery oven at the time of thy presence; the Lord shall trouble them in his wrath, and fire shall devour them. Their fruit shalt thou destroy from the earth, and their seed from among the sons of men. For they intended evils against thee; they devised counsels which they cannot establish. For thou shalt make them turn their back. In thy remnant, thou shalt prepare their face. Be thou exalted, O Lord, in thy strength. We shall sing and praise thy mighty acts.

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. (thrice)

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

All-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. (thrice) 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. [Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.] Amen.

O Lord, save thy people, and bless thine inheritance. Grant victories to the Orthodox Christians over their adversaries, and by virtue of thy Cross, preserve thy habitation. Glory to the Father and to the Son and to the Holy Spirit. As thou wast voluntarily crucified for our sake, grant mercy to those who are called by thy Name, O Christ God. Make all Orthodox Christians glad by thy power, granting them victories over their adversaries, by bestowing on them the invincible trophy, thy weapon of peace. Now and ever and unto ages of ages. Amen.

O awesome Protectress who cannot be put to shame, despise not our prayers, O good and all-hymned Theotokos; confirm the habitation of the Orthodox; save those called upon to govern us, and grant them the victory which is from heaven, for thou hast given birth to God and alone art blessed.

[Lord, have mercy. (Thrice) Glory... now and ever...]
AND AGAIN:
I laid me down and slept; I awoke, for the Lord will help me.

PSALM 37
O Lord, rebuke me not in thine anger, neither chasten me in thy wrath. For thine arrows are stuck fast in me, and thou hast pressed thy hand heavily upon me. For there is no health in my flesh in the face of thy wrath. There is no peace in my bones in the face of my sins. For mine iniquities have gone over my head; they have weighed upon me like a heavy burden. My wounds stank and festered in the face of my foolishness. I was wretched and bowed down until the end. I went mourning all the day long. For my loins are filled with insults, and there is no health in my flesh. I am afflicted and greatly humbled; I have roared from the groaning of my heart. Lord, all my desire is before thee, and my groaning is not hidden from thee. My heart is troubled, my strength has failed me, and the light of mine eyes itself is not with me. My friends and my neighbors drew near and stood before me, and my nearest of kin stood afar off. And they that sought my soul took to violence, and they that sought evils for me spoke empty things, and devised deceits all the day long. But I, like a deaf man, heard not, and was as a speechless man not opening his mouth. And I became as a man that hears not, and whose mouth has no reproofs. For in thee, O Lord, have I hoped. Thou wilt hear, O Lord my God. For I said, 'Let my enemies never rejoice over me'; for when my feet were shaken, they spoke boastful words against me. For I am ready for scourges, and my grief is continually before me. For I will declare mine iniquity, and be sorry for my sin. But my enemies live, and are stronger than I, and they that hate me unjustly are multiplied. They that reward evil for good have slandered me, because I pursued goodness. Forsake me not, O Lord my God; depart not from me. Attend unto my help, O Lord of my salvation.

AND AGAIN:
Forsake me not, O Lord my God; depart not from me. Attend unto my help, O Lord of my salvation.

PSALM 62
O God, my God, I keep watch for thee at dawn. My soul has thirsted for thee; how often has my flesh longed for thee, in a barren and trackless and waterless land. So have I appeared before thee in the sanctuary, to see thy power and thy glory. For thy mercy is better than life; my lips shall praise thee. Thus will I bless thee while I live; I will lift up my hands in thy Name. Let my soul be filled as with marrow and fat, and my mouth shall praise thee with joyful lips. If I remembered thee upon my bed, at dawn I did meditate on thee. For thou hast been my helper, and in the shelter of thy wings will I rejoice. My soul has cleaved to thee; thy right hand has upheld me. But they sought after my soul in vain; they shall go into the lowest parts of the earth. They shall be delivered up to the edge of the
sword; they shall be portions for foxes. But the king shall rejoice in God. Everyone that
swears by him shall be praised, for the mouth of them that speak unjust things is stopped.

AND AGAIN:

At dawn I did meditate on thee. For thou hast been my helper, and in the shelter of thy
wings will I rejoice. My soul has cleaved to thee; thy right hand has upheld 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. (thrice)

Lord, have mercy. (thrice)

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

PSALM 87

O Lord God of my salvation, I have cried day and night before thee. Let my prayer
come before thee; incline thine ear to my supplication. For my soul is filled with evils,
and my life has drawn nigh unto hell. I have been counted with them that go down to the
pit; I am become as a man without help, free among the dead, like the slain that sleep in the
grave, whom thou rememberest no more; and they are cast off from thy hand. They laid
me in the lowest pit, in dark places, and in the shadow of death. Thine anger lies hard upon
me, and thou hast brought all thy waves upon me. Thou hast removed mine acquaintances
far from me; they made me an abomination to themselves. I have been delivered up, and
have not gone forth. Mine eyes are weakened from poverty. I cried unto thee, O Lord, all
the day. I have stretched out my hands unto thee. Wilt thou work wonders for the dead?
Or shall physicians raise them up, that they shall praise thee? Shall anyone tell of thy mercy
in the grave, and of thy truth in destruction? Shall thy wonders be known in darkness, and
thy righteousness in the land of forgetfulness? But unto thee have I cried, O Lord, and in
the morning shall my prayer come before thee. Lord, why dost thou cast off my prayer, and
turnest thy face away from me? I am poor and in troubles from my youth. And after I was
exalted, I was humbled and distressed. Thy wrath passed over me, and thy terrors greatly
troubled me. They encircled me like water; all the day long they surrounded me together.
Thou hast put far from me friend and neighbor, and mine acquaintances, because of my
misery.

AND AGAIN:

O Lord God of my salvation, I have cried day and night before thee. Let my prayer come
before thee; incline thine ear to my supplication.
PSALM 102

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 thine iniquities, who heals all thy diseases, who redeems thy life from corruption, who crowns thee with mercy and compassion, who satisfies thy desire with good things, so that thy youth shall be renewed like the eagle’s. The Lord executes mercy and judgment for all them that are wronged. He made known his ways unto Moses, his will to the children of Israel. The Lord is compassionate and merciful, long-suffering and plenteous in mercy. His wrath will not endure until the end, neither will he be angry forever. He has not dealt with us according to our iniquities, nor rewarded us according to our sins. As high as heaven is above the earth, so the Lord has strengthened his mercy toward them that fear him. As far as the east is from the west, so far has he removed our iniquities from us. As a father has compassion on his children, so the Lord has compassion upon them that fear him. For he knows our fashioning; he has remembered that we are dust. As for man, his days are like grass; as a flower of the field shall he flourish. For the wind passes over it, and it shall be no more, and no longer shall it know its place. But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness to children’s children, to them that keep his covenant, and remember his commandments to do them. The Lord has prepared his throne in the heavens, and his kingdom rules over all. Bless the Lord, all ye his angels, mighty in strength, that do his word, hearkening to the voice of his words. Bless the Lord, all ye his hosts, his ministers that do his will. Bless the Lord, all his works, in every place of his dominion: bless the Lord, O my soul.

AND AGAIN:

In every place of his dominion: bless the Lord, O my soul.

PSALM 142

Hear my prayer, O Lord; give ear to my supplication in thy truth; hearken unto me in thy righteousness. And enter not into judgment with thy servant, for in thy sight shall no man living be justified. For the enemy has persecuted my soul; he has humbled my life to the earth; he has set me in dark places, like those long dead. And my spirit was despondent within me; my heart within me was troubled. I remembered days of old, I meditated on all thy deeds; on the works of thy hands did I meditate. I spread forth my hands unto thee; my soul thirsts for thee like a waterless land. Hear me speedily, O Lord, my spirit has failed; turn not thy face from me; lest I become like them that go down to the pit. Cause me to hear thy mercy in the morning, for I have hoped in thee; make known to me, O Lord, the way wherein I should walk, for I have lifted my soul up to thee. Deliver me from my enemies, O Lord; I have fled unto thee for refuge. Teach me to do thy will, for thou art my God; thy good Spirit shall guide me in the land of uprightness. Thou shalt
quicken me, O Lord, for thy Name’s sake; in thy righteousness thou shalt bring my soul out of affliction, and in thy mercy thou wilt lay waste my enemies. And thou wilt destroy all them that afflict my soul; for I am thy servant. Hearken unto me in thy righteousness. And enter not into judgment with thy servant.

AND AGAIN:
Hearken unto me in thy righteousness. And enter not into judgment with thy servant.
Hearken unto me in thy righteousness. And enter not into judgment with thy servant.
Thy good Spirit shall guide me in the land of uprightness.

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. (thrice)

[Lord, have mercy. (Twelve times) Glory... now and ever... ]

In the eighth tone: Alleluia, alleluia, alleluia. In the night my soul rises early for thee, O God, for thy commandments are a light on the earth.

Alleluia, alleluia, alleluia.
Learn righteousness, ye that dwell upon the earth.

Alleluia, alleluia, alleluia.
Jealousy shall take hold of an untaught people.

Alleluia, alleluia, alleluia.
Bring more evils upon them, O Lord, bring more evils upon those who are glorious on the earth.

Alleluia, alleluia, alleluia.

TROPARION, TONE 8
Behold, the Bridegroom comes at midnight, and blessed is the servant whom he shall find watching; and again, unworthy is the servant whom he shall find heedless. Beware, therefore, O my soul, do not be weighed down with sleep, lest thou be given up to death, and lest thou be shut out of the Kingdom! But rouse thyself, crying: “Holy, holy, holy, art Thou, O our God”; through the Theotokos have mercy on us. (Thrice)

Lord, have mercy. (Thrice)
Glory to the Father and to the Son and to the Holy Spirit.
Now and ever and unto ages of ages. Amen.
KATHISMA 14 (Ps. 101-104)¹
Lord, have mercy. (Thrice)
Sessional Hymn, Tone 3
The harlot came to Thee, O Lover of mankind, pouring myrrh and tears on thy feet. At thy command she was delivered from the stench of her evil deeds, but thy graceless disciple, though breathing thy grace, rejected it and wallowed in filth, selling thee in his love of money. Glory, O Christ, to thy compassion!
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
The harlot came to Thee … (repeat the same as above)

KATHISMA 15 (Ps. 105-108)
Sessional Hymn, Tone 4
Deceitful Judas, burning with love of money, deceitfully plotted to betray thee, O Lord, the treasury of life. He drunkenly runs to the Jews and says to those transgressors: “What will ye give me, and I shall deliver him to you, that he may be crucified?”
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
Deceitful Judas… (repeat the same as above)

KATHISMA 16 (Ps. 109-117)
Sessional Hymn, Tone 1
In tears the harlot cried out, O compassionate One, as she fervently wiped thy most pure feet with the hair of her head, and she groaned from the depths of her soul: “Cast me not away, neither abhor me, O my God, but receive me in my repentance and save me, for thou alone art the Lover of mankind!”
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
In tears the harlot cried out… (repeat the same as above)

The reading of the Holy Gospel according to John
(John 12:17-50)
Glory to thee, O Lord, glory to thee!
At that time, the crowd that had been with Jesus when he called Lazarus out of the tomb and raised him from the dead bore witness. The reason why the crowd went to meet

¹ In the parish practice, the kathismas of the Psalter are usually omitted. It is recommended, however, that the sessional hymns should still be read or sung.
him was that they heard he had done this sign. The Pharisees then said to one another, “You see that you can do nothing; look, the world has gone after him.” Now among those who went up to worship at the feast were some Greeks. So these came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; Andrew went with Philip and they told Jesus. And Jesus answered them, “The hour has come for the Son of man to be glorified. Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. He who loves his life loses it, and he who hates his life in this world will keep it for eternal life. If any one serves me, he must follow me; and where I am, there shall my servant be also; if any one serves me, the Father will honor him. Now is my soul troubled. And what shall I say? ‘Father, save me from this hour?’ No, for this purpose I have come to this hour. Father, glorify thy name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing by heard it and said that it had thundered. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world, now shall the ruler of this world be cast out; and I, when I am lifted up from the earth, will draw all men to myself.” He said this to show by what death he was to die. The crowd answered him, “We have heard from the law that the Christ remains for ever. How canst thou say that the Son of man must be lifted up? Who is this Son of man?” Jesus said to them, “The light is with you for a little longer. Walk while you have the light, lest the darkness overtake you; he who walks in the darkness does not know where he goes. While you have the light, believe in the light, that you may become sons of light.”

When Jesus had said this, he departed and hid himself from them. Though he had done so many signs before them, yet they did not believe in him; it was that the word spoken by the prophet Isaiah might be fulfilled: “Lord, who has believed our report, and to whom has the arm of the Lord been revealed?” Therefore they could not believe. For Isaiah again said, “He has blinded their eyes and hardened their heart, lest they should see with their eyes and perceive with their heart, and turn for me to heal them.” Isaiah said this because he saw his glory and spoke of him. Nevertheless many even of the authorities believed in him, but for fear of the Pharisees they did not confess it, lest they should be put out of the synagogue: for they loved the praise of men more than the praise of God.

And Jesus cried out and said, “He who believes in me, believes not in me but in him who sent me. And he who sees me sees him who sent me. I have come as light into the world, that whoever believes in me may not remain in darkness. If any one hears my sayings and does not keep them, I do not judge him; for I did not come to judge the world but to save the world. He who rejects me and does not receive my sayings has a judge; the word that I have spoken will be his judge on the last day. For I have not spoken on my own
authority; the Father who sent me has himself given me commandment what to say and what to speak. And I know that his commandment is eternal life. What I say, therefore, I say as the Father has bidden me.”

**Glory to thee, O Lord, glory to thee!**

**PSALM 50**

Have mercy on me, O God, according to thy great mercy, and according to the multitude of thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is continually before me. Against thee only have I sinned, and done what is evil before thee, that thou mightest be justified in thy words, and prevail when thou art judged. For, behold, I was conceived in iniquities, and in sins did my mother bear me. For, behold, thou hast loved truth, the unknown and hidden things of thy wisdom hast thou made known unto me. Thou shalt sprinkle me with hyssop, and I shall be cleansed; thou shalt wash me, and I shall be made whiter than snow. Thou shalt cause me to hear joy and gladness, the bones that have been humbled shall rejoice. Turn thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy Holy Spirit from me. Restore unto me the joy of thy salvation, and establish me with a ruling spirit. I will teach transgressors thy ways, and the ungodly shall return to thee. Deliver me from blood-guiltiness, O God, thou God of my salvation, and my tongue shall rejoice in thy righteousness. O Lord, thou shalt open my lips, and my mouth shall declare thy praise. For if thou hadst desired sacrifice, I would have given it; thou wilt not be pleased with whole-burnt-offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in thy good pleasure unto Sion, and let the walls of Jerusalem be built. Then shalt thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt-offerings. Then shall they offer bullocks upon thine altar.

[Lord, have mercy. (Twelve times) Glory... now and ever... ]

Then we read the three-ode canon by St Cosmas of Maiuma: the heirmoi are sung, the troparia are read with the refrain: **Glory to thee, our God, glory to thee.**

Ode 3
Heirmos, tone 2
Thou hast established me on the rock of faith. Thou hast opened wide my mouth against my enemies, for my spirit rejoices in singing: “None is holy but our God, and none is righteous but thou, O Lord.”

Glory to thee, our God, glory to thee.
The assembly of lawless men gathers together for empty discussion and with evil intent, to pronounce sentence upon thee, O Christ the Deliverer. But we sing to thee: “Thou art our God, and none is holy but thou, O Lord.”

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
The fearful council of lawless men, with souls full of hatred toward God, intends to kill the righteous Christ as an evildoer. But we sing to thee: “Thou art our God, and none is holy but thou, O Lord.”

Katavasia:
Thou hast established me on the rock of faith. Thou hast opened wide my mouth against my enemies, for my spirit rejoices in singing: “None is holy but our God, and none is righteous but thou, O Lord.”

[Lord, have mercy. (Thrice) Glory... now and ever...]

Kontakion, Tone 4
Though I have transgressed more than the harlot, O Good One, I have not offered thee a flood of tears, but praying in silence I fall down before thee. With love I embrace thy most pure feet. As Master, grant me remission of sins, when I cry to thee, O Savior: Deliver me from the filth of my evil deeds!

Ikos
The woman who was once a profligate suddenly is wise. She hates her shameful deeds and carnal pleasures, remembering the magnitude of her shame and the verdict of condemnation which awaits profligates and harlots. Of these, I am indeed the first, and though in terror, I foolishly remain in my evil ways. But the harlot, though in terror, hastens to the Deliverer to cry: “In thy compassion and love for mankind, deliver me from the filth of my evil deeds!”
Ode 8
Heirmos, tone 2
The command of the tyrant prevailed; the furnace was heated seven-fold. But the Youths were not burned in it. Trampling on the king’s decree, they sang: “Praise the Lord, all works of the Lord; sing and exalt him throughout all ages!”

Glory to thee, our God, glory to thee.
The woman poured precious myrrh upon thy kingly, divine and awesome head, O Christ. She grasped Thy most pure feet with her impure hands and cried: “Praise the Lord, all works of the Lord; sing and exalt him throughout all ages!”

Glory to thee, our God, glory to thee.
The woman who was guilty of an abundance of sins, washed thy feet with the abundance of her tears and wiped them with her hair. Therefore she was not deprived of absolution for the many sins of her life, but cried: “Praise the Lord, all works of the Lord; sing and exalt him throughout all ages!”

Let us bless the Father, the Son, and the Holy Spirit, the Lord, now and ever and unto ages of ages. Amen.
A sacred rite of redemption, wrought of saving compassion and a flood of tears, is administered to the right-minded woman. Washed in this fountain by her confession, she is not ashamed, but cries out: “Praise the Lord, all works of the Lord; sing and exalt him throughout all ages!”

We praise, bless, and worship the Lord, singing and exalting him throughout all ages.
Katavasia:
The command of the tyrant prevailed; the furnace was heated seven-fold. But the Youths were not burned in it. Trampling on the king’s decree, they sang: “Praise the Lord, all works of the Lord; sing and exalt him throughout all ages!”

The Magnificat is not sung.

Ode 9
Heirmos, tone 2
With pure souls and blameless lips, come, let us magnify the all pure and spotless Mother of Emmanuel. Through her, let us offer prayers to him who was born of her: “Spare our souls, O Christ our God, and save us.”
Glory to thee, our God, glory to thee.
Envious Judas proved himself both ignorant and evil. He sold the divine Gift through Whom our debt of sin is loosed. This miserable man sold the grace of God’s love. But spare our souls, O Christ our God, and save us.

Glory to thee, our God, glory to thee.
Judas went to the lawless rulers and said: “What will ye give me if I betray to you Christ whom ye seek?” From intimate companionship with Christ, Judas is drawn away by gold. But spare our souls, O Christ our God, and save us.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
O blind and greedy avarice! Hast thou forgotten what thou wast taught, that the whole world is not worth thy soul? Yet thou, O traitor, didst despair of thy life, and made a noose and hanged thyself. But spare our souls, O Christ our God, and save us.

Katavasia:
With pure souls and blameless lips, come, let us magnify the all pure and spotless Mother of Emmanuel. Through her, let us offer prayers to him who was born of her: “Spare our souls, O Christ our God, and save us.”

[Lord, have mercy. (Three times) Glory... now and ever... ]

Exapostilarion
Thy bridal chamber I see adorned, O my Savior, and I have no wedding garment that I may enter. O Giver of Light, enlighten the vesture of my soul, and save me. (thrice)

Then read the psalms of Praises (Ps. 148-150) with the appointed stichera:
Praise the Lord from the heavens.
To thee is due praise, O God.
Praise the Lord from the heavens; praise him in the highest.
To thee is due praise, O God.
Praise him, all ye angels of his; praise him, all his hosts.
To thee is due praise, O God.
Praise him, sun and moon; praise him, all ye stars and light. Praise him, ye heavens of heavens, and thou water above the heavens. Let them praise the Name of the Lord; for he spoke, and they came to be; he commanded, and they were created. He established them forever, yea, for ever and ever;
he made a decree, and it shall not pass away. Praise the Lord from the earth, ye dragons and all the deeps. Fire and hail, snow and ice, stormy wind, performing his word. Mountains and all hills; fruitful trees and all cedars; beasts and all cattle; creeping things and winged birds; kings of the earth and all peoples; princes and all judges of the earth; young men and maidens, old men with the younger: let them praise the Name of the Lord: for his Name alone is exalted; his praise is above earth and heaven, and he shall exalt the horn of his people, a hymn for all his saints, for the children of Israel, a people that draws near to him.

**PSALM 149**
Sing unto the Lord a new song; his praise in the church of the saints. Let Israel be glad in him that made him; and let the sons of Sion rejoice in their king. Let them praise his Name in the dance; let them sing praises unto him with timbrel and harp. For the Lord is well pleased with his people, and will exalt the meek with salvation. The saints shall boast in glory and shall rejoice upon their beds. The high praises of God shall be in their throat, and two-edged swords in their hands; to execute vengeance upon the nations, and punishments upon the peoples; to bind their kings with chains, and their nobles with fetters of iron; to execute upon them the judgment that is written; this glory shall be for all his saints.

**PSALM 150**
Praise God in his saints; praise him in the firmament of his power.

(4) **Praise him for his mighty acts; * praise him according to his abundant greatness.**

Tone 1
A harlot recognized thee as God, O Son of the Virgin. With tears equal to her past deeds, she besought thee, weeping: “Loose my debt, as I have loosed my hair. Love the woman who, though justly hated, loves thee. Then with the publicans will I proclaim thee, O Benefactor, who lovest mankind.”

(3) **Praise him with the sound of the trumpet; * praise him with psaltery and harp.**
The harlot mingled precious myrrh with her tears. She poured it on thy most pure feet and kissed them. At once thou didst justify her. O Lord, who didst suffer for our sakes, forgive us also and save us.

(2) **Praise him with timbrel and dance; * praise him with strings and pipe.**
As the sinful woman was bringing her offering of myrrh, the disciple was scheming with lawless men. She rejoiced in pouring out her precious gift. He hastened to sell the priceless One. She recognized the Master, but Judas parted from him. She was set free, but Judas was enslaved to the Enemy. How terrible his slothfulness! How great her repentance! O Savior, who didst suffer for our sakes, grant repentance to us also and save us.
Praise him with tuneful cymbals; praise him with loud clashing cymbals. * Let every breath praise the Lord!

O the wretchedness of Judas! He saw the harlot kiss the footsteps of Christ, but deceitfully he contemplated the kiss of betrayal. She loosed her hair while he bound himself with wrath. He offered the stench of wickedness instead of myrrh, for envy cannot distinguish value. O the wretchedness of Judas! Deliver our souls from it, O God!

Glory to the Father, and to the Son, and to the Holy Spirit.
Tone 2
The sinful woman ran to buy the precious myrrh with which to anoint her Savior. She cried to the merchant: “Give me myrrh, that I may anoint him who has cleansed all my sins!”

Now and ever, and unto ages of ages. Amen.
Tone 6
The woman who was engulfed in sin found in thee a haven of salvation. She poured out myrrh with her tears and cried to thee: “Behold the One who brings repentance to sinners. Rescue me from the tempest of sin, O Master, through thy great mercy!”

Then read the Doxology:
Glory to thee who hast shown us the light.
Glory to God in the highest, and on earth peace, good will among men. We praise thee; we bless thee; we worship thee; we glorify thee; we give thanks to thee for thy great glory: O Lord, heavenly King, God the Father Almighty; O Lord, the Only-begotten Son Jesus Christ; and thou, O Holy Spirit. O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of the Father, have mercy on us. For thou only art holy, thou only art Lord, O Jesus Christ, to the glory of God the Father. Amen. Every day will I bless thee and praise thy name for ever, yea for ever and ever.
Lord, thou hast been our refuge from generation to generation. I said, Lord, be merciful to me, heal my soul for I have sinned against thee. Lord, I have fled unto thee. Teach me to do thy will, for thou art my God. For with thee is the fountain of life, and in thy light shall we see light. O continue thy mercy unto them that know thee.
Vouchsafe, O Lord, to keep us this day without sin. Blessed art thou, O Lord, God of our fathers, and praised and glorified is thy Name forever. Amen.
Let thy mercy, O Lord, be upon us, as we have set our hope on thee. Blessed art thou, O Lord, teach me thy statutes. Blessed art thou, O Master, make me to understand thy statutes. Blessed art thou, O Holy One, enlighten me with thy statutes.
Thy mercy, O Lord, endureth forever: despise not the works of thy hands. To thee is due praise, to thee is due song, to thee is due 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. (Twelve times) Glory... now and ever... ]

APOSTICHA

Tone 6
Today Christ comes to the house of the Pharisee. A sinful woman crawls to his feet and cries: “Look at me who am engulfed in sin, in despair because of my evil deeds, but in thy goodness do not despise me. Grant me forgiveness of my evil deeds, O Lord, and save me.”

**Verse:** We were filled with thy mercy in the morning, O Lord, and we rejoiced and were glad. In all our days let us be glad for the days in which thou didst humble us, for the years in which we saw evils. And look upon thy servants and upon thy works, * and do thou guide their sons.

The harlot spread out her hair to thee, O Master, Judas spread out his hands to lawless men: she in order to receive forgiveness; he in order to receive some silver. We cry to thee, who wast sold for us and yet didst set us free: “O Lord, glory to thee.”

**Verse:** And let the brightness of the Lord our God be upon us, and do thou guide aright the works of our hands upon us, * yea, the works of our hands do thou guide aright.

The corrupt and filthy woman drew near to thee, O Savior. She poured out her tears on thy feet and thus announced thy Passion. How can I gaze on thee, O Master? Yet thou didst come to save the harlot. Raise me from the depths, for I am dead in sin, as thou didst raise Lazarus from the tomb after four days. Accept me in my misery, O Lord, and save me.

**Verse:** I will thank thee, O Lord, with all my heart; I will tell of all thy wondrous works.

Despairing for her life, and despaired of for her deeds, the woman came bearing myrrh to thee and cried: “O Son of the Virgin, though I am a harlot, do not cast me aside. O Joy of the angels, do not despise my tears. As thou didst not reject me as a sinner, accept me now as a penitent, in thy great mercy!”

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.
**Tone 8 Composition of Cassia the Nun**

The woman had fallen into many sins, O Lord, yet, when she perceived thy divinity, she joined the ranks of the myrrh-bearing women. In tears she brought thee myrrh before Thy burial. She cried: “Woe is me! For I live in the night of licentiousness, shrouded in the dark and moonless love of sin. But accept the fountain of my tears, thou who didst gather the waters of the sea into clouds. Bow down thine ear to the sighing of my heart, O thou, who didst bow the heavens in thine ineffable condescension. Once Eve heard thy footsteps in Paradise in the cool of the day, and in fear she ran and hid herself. But now I will tenderly embrace those pure feet and wipe them with the hair of my head. Who can measure the multitude of my sins, or the depth of thy judgments, O Savior of my soul? Do not despise thy servant in thine immeasurable mercy.”

Then, read this:

It is good to give thanks to the Lord, and to sing praises to thy Name, O Most High, to proclaim thy mercy in the morning, and thy truth by night. (twice)

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

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

All-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. (thrice) 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.

[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.]

Amen.

Standing in the temple of thy glory, we think that we are standing in heaven; O Theotokos, the Gate of heaven, open to us the doors of thy mercy.

Lord, have mercy. (40 times)
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.

O heavenly King, strengthen the Orthodox Christians, confirm the Faith, calm the nations, give peace to the world, preserve well this holy church (or: this household, or: this city), grant repose in the mansions of the righteous to our fathers and brethren who have departed this life and accept us in repentance and confession, for thou art Good and the Lover of mankind.

PRAYER OF ST EPHREM
O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (prostration) But give rather a 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. Amen. (prostration)

And we make twelve bows from the waist, quietly saying O God, cleanse me a sinner each time. And again, the whole prayer O Lord and Master … with only one prostration at the end.

And we begin the First Hour (see below).

If the First Hour is not said, then after the Prayer of St Ephraim, say: Glory … now and ever … Lord, have mercy. (Thrice). Lord, bless, and the DISMISSAL as appointed at the end of the First Hour.
FIRST HOUR

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, consider my cry. Attend to the voice of my supplication, my King and my God, for unto thee will I pray, O Lord. In the morning thou shalt hear my voice; in the morning I shall stand before thee, and thou shalt look upon me, for thou art not a god that willest iniquity; neither shall the wicked man dwell with thee; nor shall transgressors abide before thine eyes; thou hast hated all them that work iniquity. Thou shalt destroy all them that speak falsehood. The Lord abhors the bloody and deceitful man. But as for me, in the multitude of thy mercy I will go into thy house. I will worship toward thy holy temple in fear of thee. Lead me, O Lord, in thy righteousness because of my enemies; make my way straight before thy face. For there is no truth in their mouth; their heart is vain; their throat is an open sepulcher; they dealt deceitfully with their tongues. Judge them, O God; let them fall by their own counsels; cast them out according to the multitude of their ungodliness, for they have embittered thee, O Lord. And let all them that hope in thee be glad; they shall rejoice forever, and thou shalt dwell among them; and all that love thy Name shall boast in thee. For thou shalt bless the righteous. O Lord, thou hast crowned us with good pleasure as with a shield.

PSALM 89

Lord, thou hast been our refuge from generation to generation. Before the mountains were brought forth, and before the earth and the world were formed, even from everlasting to everlasting, Thou Art. Turn not man away unto humiliation. And thou hast said, Turn back, ye sons of men. For a thousand years in thy sight are but as yesterday that is past, and as a watch in the night. Their years shall count for nothing; in the morning he shall pass away like grass. In the morning he shall flourish, and pass away; in the evening he shall fall, and wither, and dry up. For we have fainted away in thy wrath, and in thine anger we were troubled. Thou hast set our iniquities before thee, our age in the light of thy countenance. For all our days have passed away, and we have passed away in thy wrath. Our years are considered weak as a cobweb. The days of our years are threescore years and ten, and if we be in strength, fourscore years, and most of them are labor and sorrow, for mildness is come upon us, and we shall be chastened. Who knows the might of thy wrath? And who can recount thine anger from fear of thee? Make known thy right hand unto me and to them that are instructed in wisdom in their heart. Return, O Lord, how long? And be thou
entreated concerning thy servants. We were filled with thy mercy in the morning, and we rejoiced and were glad. In all our days let us be glad for the days in which thou didst humble us, for the years in which we saw evils. And look upon thy servants and upon thy works, and do thou guide their sons. And let the brightness of the Lord our God be upon us, and do thou guide aright the works of our hands upon us, yea, the works of our hands do thou guide aright.

Psalm 100
I will sing of mercy and judgment unto thee, O Lord. I will sing and have understanding in a blameless way. O when wilt thou come unto me? In the midst of my house I have walked in the innocence of my heart. I have set no lawless thing before mine eyes; I have hated the workers of transgression. A perverse heart has not cleaved unto me; the wicked man, who turned from me, I did not know. He who speaks secretly against his neighbor, I have driven him away from me; he who has a proud eye and an insatiable heart, with him I have not eaten. Mine eyes are upon the faithful of the land, that they might dwell with me. He that walked in a blameless way, he served me. The proud doer dwelt not in the midst of my house; the speaker of unjust things prospered not before mine eyes. In the morning I slew all the sinners of the land, that I might utterly destroy all the workers of iniquity 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. (thrice)

Lord, have mercy. (thrice)

Troparion of the Hour, Tone 6
Hearken in the morning to my voice, my King and my God.
Hearken in the morning to my voice, my King and my God. (prostration)

Hear my words, O Lord; consider my cry.
Hearken in the morning to my voice, my King and my God. (prostration)

For unto thee will I pray, O Lord.
Hearken in the morning to my voice, my King and my God. (prostration)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.
What shall we call thee, O Full of Grace? Heaven – for thou didst shine forth the Sun of righteousness. Paradise – for thou didst blossom forth the Flower of incorruption. Virgin – for thou hast remained incorrupt. Pure Mother – for thou hast held in thy holy embrace a Son who is God of all. Beseech Him to save our souls.

Order my steps according to thy word, and let no iniquity have dominion over me. (twice)
Deliver me from the false accusation of men, and so will I keep thy commandments. (twice)
Make thy face to shine upon thy servant, and teach me thy statutes. (twice)
Let my mouth be filled with thy praise, O Lord, that I may hymn thy glory and majesty all the day long. (3 times)

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

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

All-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. (thrice) 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.
[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us.] Amen.

KONTAKION OF HOLY WEDNESDAY

Though I have transgressed more than the harlot, O Good One, I have not offered thee a flood of tears, but praying in silence I fall down before thee. With love I embrace thy most pure feet. As Master, grant me remission of sins, when I cry to thee, O Savior: “Deliver me from the filth of my evil deeds!”
PRAYER OF THE HOURS

Thou who, at every season and every hour, in heaven and on earth, art worshiped and glorified, O Christ our God, who art long-suffering, merciful, and compassionate; who loveth the just and showeth 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 tribulation, evil, and distress. Surround us with thy holy angels, that guided and guarded by their host, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for blessed art thou unto ages of ages. Amen.

Lord, have mercy. (thrice)
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.

PRAYER OF ST EPHREM

O Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, and idle talk. (prostration) But give rather a 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. Amen. (prostration)

And we make twelve bows from the waist, quietly saying: O God, cleanse me a sinner each time. And again, the whole prayer: O Lord and Master… with only one prostration at the end.

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

All-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. (thrice) 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.
[Through the prayers of our holy fathers, Lord Jesus Christ, Son of God, have mercy on us. ]
Amen.

Lord, have mercy. (12 times)

PRAYER OF THE FIRST HOUR
O Christ, the true Light, which illumines and sanctifies every man who comes into the world: Let the light of thy countenance be signed upon us, that in it we may behold the light unapproachable. Guide our footsteps aright, to the keeping of thy commandments, through the intercessions of thine all-immaculate Mother and of all thy saints. Amen.
And we sing:
O victorious leader of triumphant hosts, we, thy servants, delivered from evil, sing our grateful thanks to thee, O Theotokos. As thou dost possess invincible might, set us free from every calamity, so that we may sing: Rejoice, O unwedded Bride!

DISMISSAL
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. (Thrice) O Lord, bless!

O thou who art going to thy voluntary Passion for our salvation, Lord Jesus Christ, Son of God, through the prayers of thy most pure Mother and of all the saints, have mercy on us and save us, for thou art good and lovest mankind.