

ΓΡΕΑΤ ΓΟΜΠΡΙΝΕ
WITN TNE ΓΑΠΟΠ ΟΡ
ST. ΑΠΟΓΕΩ ΟΡ ΓΓΕΤΕ



**Served during
the first week of
Great Lent**

Great Compline

The priest, vested only in epitrahkil, opens the royal doors and incenses around the altar only.

Deacon: Master, give the blessing!

Priest: Blessed be our God, always, now and for ever and ever.

Choir: Amen.

Glory be to You, our God, glory be to You!

Heavenly King, Advocate, Spirit of Truth,* Who are everywhere present and fill all things,* Treasury of Blessings, Bestower of Life, come and dwell within us;* cleanse us of all that defiles us,* and, O Good One, save our souls.

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

Glory be to the Father and to the Son and to the Holy Spirit,* now and for ever and ever. Amen.

Trinity most holy, have mercy on us.* Cleanse us of our sins, O Lord;* pardon our transgressions, O Master;* look upon our weaknesses and heal them, O Holy One;* for the sake of Your name.

Lord, have mercy. (3x)

Glory be to the Father and to the Son and to the Holy Spirit,* now and for ever and ever. Amen.

Our Father, Who art in heaven,* hallowed be Thy name.* Thy kingdom come.* They 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 the kingdom, the power and the glory are Yours, Father, Son, and Holy Spirit, now and for ever and ever.

Choir: Amen.

Lord, have mercy. (12x)

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Come, let us adore the King, our God.

Come, let us adore Christ, the King and our God.

Come, let us adore and bow down to the only Lord Jesus Christ, the King and our God.

The royal doors are now closed.

Psalm 4 (Monday Evening)

O God, make haste to my rescue,* O Lord, come, to my aid!

Let there be shame and confusion* on those who seek my life.

Let them turn back in confusion,* who delight in my harm,

Let them retreat, covered with shame,* who jeer at my lot.

Let there be rejoicing and gladness* for all who seek You.

Let them say for ever: "God is great,"* who love Your saving help.

As for me, wretched and poor,* come to me, O God.

You are my rescuer, my help,* O Lord, do not delay.

The Great Canon of St. Andrew of Crete is now read.

Psalm 4 (Monday Evening)

When I call, answer me* O God of justice;

From anguish You released me;* have mercy and hear me!

O men, how long will your hearts be closed,* will you love what is futile and seek what is false?

It is the Lord who grants favours to those whom he loves;* the Lord hears me whenever I call Him.

Fear Him; do not sin:* ponder on your bed and be still.

Make justice your sacrifice* and trust in the Lord.

“What can bring us happiness? many say.* Let the light of Your face shine on us, O Lord.

You have put into my heart a greater joy* than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once* for You alone, Lord, make me dwell in safety.

Psalm 6 (Tuesday Evening)

Lord, do not reprove me in Your anger:* punish me not in Your rage.

Have mercy on me, Lord, I have no strength;* Lord, heal me, my body is racked;

My soul is racked with pain.* But You, O Lord...how long?

Return, Lord, rescue my soul.* Save me in Your merciful love,

For in death no one remembers You;* from the grave, who can give Your praise?

I am exhausted with my groaning;* every night I drench my pillow with tears;* I bedew my bed with weeping.

My eye wastes away with grief;* I have grown old surrounded by my foes.

Leave me, all you who do evil;* for the Lord has heard my weeping.

The Lord has heard my plea;* the Lord will accept my prayer.

All my foes will retire in confusion,* foiled and suddenly confounded.

Psalm 12 (Wednesday Evening)

How long, O Lord, will You forget me?* How long will You hide Your face?

How long must I bear grief in my soul,* this sorrow in my heart day and night?

How long shall my enemy prevail?* Look at me, answer me, Lord my God!

Give light to my eyes* lest I fall asleep in death,

Lest my enemy say:* I have overcome him;

Let my foes rejoice* to see my fall.

As for me, I trust in Your merciful love.* Let my heart rejoice in Your saving help:

Let me sing to the Lord for His goodness to me* singing psalms to the name of the Lord, the Most High.

Psalm 24 (Thursday Evening)

To You, O Lord, I lift up my soul;* I trust You.

Let me not be disappointed,* do not let my enemies triumph.

Those who hope in You shall not be disappointed,* but only those who wantonly break faith.

Lord, make me know Your ways* Lord, teach me Your paths.

Make me walk in Your truth, and teach me,* for You are God my Saviour.

In You I hope all day long* because of Your goodness, O Lord.

Remember Your mercy, Lord,* and the love You have shown from of old.

Do not remember the sins of my youth.* In Your love remember me.

The Lord is good and upright.* He shows the path to those who stray,

He guides the humble in the right path,* He teaches His way to the poor.

His ways are faithfulness and love* for those who keep His covenant and will.

Lord, for the sake of Your name forgive my guilt,* for it is great.

To those who revere the Lord* He will show the path they should choose.

Their souls will live in happiness* and their children shall possess the land.

The Lord's friendship is for those who refer Him;* to them He reveals His covenant.

My eyes are always on the Lord,* for He recuses my feet from the snare.

Turn to me and have mercy* for I am lonely and poor.

Relieve the anguish of my heart* and set me free from my distress.

See my affliction and my toil* and take all my sins away.

See how many are my foes,* how violent their hatred for me.

Preserve my life and rescue me.* Do not disappoint me, You are my refuge.

May innocence and uprightness protect me,* for my hope is in You, O Lord.

Redeem Israel, O God,* from all its distress.

Psalm 30 (Friday Evening)

In You, O Lord, I take refuge.* Let me never be put to shame

In Your justice, set me free,* hear me and speedily rescue me.

Be a rock of refuge for me, a mighty stronghold to save m,* for You are my rock, my stronghold.

For Your name's sake, lead me and guide me.* Release me from the snares they have hidden* for You are my refuge, Lord.

Into Your hands I commend my spirit.* IT is You Who will redeem me, Lord.

O God of truth, You detest those who worship false and empty gods.* As for me, I trust in the Lord:

Let me be glad and rejoice in Your love.* You who have seen my affliction

And taken heed of my soul's distress,* have not handed me over to the enemy, but set my feet at large.

Have mercy on me, O Lord, for I am in distress.* Tears have wasted my eyes, my throat and my heart.

For my life is spent with sorrow* and my years with sighs.

Affliction has broken down my strength,* and my bones waste away.

In the face of all my foes I am a reproach,* an object of scorn to my neighbours and of fear to my friends.

Those who see me in the street* run far away from me.

I am like a dead man, forgotten,* like a thing thrown away.

I have heard the slander of the crowd,* fear is all around me,
As they plot together against me,* as they plan to take my life.

But as for me, I trust in You, Lord,* I say: You are my God.

My life is in Your hands,* deliver me from the hands of those who hate me.

Let Your face shine on Your servant.* Save me in Your love.

How great is the goodness, Lord, that You keep for those who fear You,* that You show to those who trust You in the sign of men.

You hide them in the shelter of Your presence from the plotting of men;* You keep them safe within Your tent from disputing tongues.

Blessed be the Lord* Who has shown me the wonders of His love in a fortified city.

"I am far removed from Your sign,"* I said in my alarm.

Yet You heard the voice of my plea* when I cried for help.

Love the Lord, all you saints.* He guards His faithful.

But the Lord will repay you to the full* those who act with pride.

Be strong, let your heart take courage,* all who hope in the Lord.

Psalm 90 (Saturday & Sunday Evening)

Those who dwell in the shelter of the Most High* and abide in the shade of the Almighty.

Say to the Lord: My refuge, my stronghold,* my God in whom I trust!

It is He who will free you from the snare of the fowler* who seeks to destroy you;

He will conceal you with His pinions,* and under His wings you will find refuge.

You will not fear the terror of the night* nor the arrow that flies by day,

Nor the plague that prowls in the darkness* nor the scourge that lays waste at noon.

A thousand may fall at your side, ten thousand fall at your right,* you, it will never approach,* His faithfulness is buckler and shield.

Your eyes have only to look to see* how the wicked are repaid, You who have said: Lord, my refuge!* and have made the Most High your dwelling

Upon you no evil shall fall,* no plague approach where you dwell.

For you He has commanded His angels* to keep you in all your ways.

They shall bear you upon their hands* lest you strike your foot against a stone.

On the lion and the viper you will tread* and trample the young lion and the dragon.

You set your love on Me so I will save you,* protect you for you know My name.

When I call I shall answer: I am with you,* I will save you in distress and give you glory.

With length of days I will content you;* I shall let you see my saving power.

Glory be to the Father and to the Son and to the Holy Spirit:*
Now and for ever and ever. Amen.

Alleluia! Alleluia! Alleluia! Glory be to You, O God! (3x)

Lord, have mercy. (3x)

Glory be to the Father and to the Son and to the Holy Spirit:*
Now and for ever and ever. Amen.

Immediately we recite:

Now that the day has come to a close, I thank You, Lord, and I ask of You that my evening and my night be without sin: grant this to me, O Saviour, and save me!

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

Now that the day has come to a close, I glorify You, O Master, and I ask of You that my evening and my night be undisturbed: grant this to me, O Saviour, and save me!

Now and for ever and ever. Amen.

Now that the day has come to a close, I praise You, O holy One, and I ask of You that my evening and my night be undisturbed: grant this to me, O Saviour, and save me!

The incorporeal cherubim glorify You with unceasing praise. The seraphim, the six-winged angels, exalt You with tireless voices. And all the armies of angels praise You with the thrice-holy hymn. Because You are, before all else, O Father; and Your Son, like Yourself, is without beginning. By breathing forth the Spirit of life, equal in honour to You, You make manifest the indivisibility of the Trinity.

Most holy Virgin, Mother of God, and you eyewitnesses of the Lord and his servants, intercede for us! All the choirs of the prophets and martyrs who are enjoying eternal life, intercede for us! Intercede for all of us unceasingly, for we are all in distress. That escaping from the terrors of evil, we may sing the angels' hymn: Holy, holy, holy, O thrice-holy Lord, have mercy on us and save us!

The Symbol of Faith

I believe in One God, the Father, the Almighty, Maker of heaven and earth, of all that is seen and unseen.

I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father. Light from Light, true God from true God, begotten, not made, one in being with the Father. Through Him all things were made. For us men and for our salvation He came down from heaven; by the power of the Holy Spirit He was born of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate; He suffered, died and was buried. On the third day He rose again in fulfillment of the Scriptures; He

ascended into heave and is seated at the right of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the Giver of life, Who proceeds from the Father. With the Father and the Son He is worshipped and glorified. He has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

Most holy Lady, Mother of God, intercede for us sinners.

All you heavenly powers, holy angels and archangels, intercede for us sinners.

Holy John, the forerunner, prophet, and baptizer of the Lord Jesus Christ, intercede for us sinners.

Glorious saints, apostles, prophets, martyrs, and all of you holy ones, pray for us sinners.

You just ones, and you God-bearing fathers Anthony and Theodosius, and other wonderworkers of the Kyivan Caves, pray for us sinners.

O you divine, undefeated and incomprehensible power of the precious and life-giving cross, do not forsake us sinners.

O God, have mercy on us sinners.

O God cleanse us of our sins and have mercy on us.

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

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

Now and for ever and ever. Amen.

Trinity most holy, have mercy on us.* Cleanse us of our sins, O Lord;* pardon our transgressions, O Master;* look upon our weaknesses and heal them, O Holy One;* for the sake of Your name.

Lord, have mercy. (3x)

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

Now and for ever and ever. 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 the kingdom, the power and the glory are Yours, Father, and Son, and Holy Spirit, now and for ever and ever.

Choir: Amen.

On Mondays and Wednesdays (Tone 2)

Enlighten my eyes, O Christ God, lest I sleep to death; lest my enemy say: I prevailed over him!

Verse: O God, look down upon me and have mercy on me.

O God, be the Defender of my soul, for I walk in the midst of my snares. Deliver me from them, O gracious Lord, and save me, for You are the Lover of mankind.

Glory be to the Father and to the Son and to the Holy Spirit; now and for ever and ever. Amen.

Since our many transgressions prevent us from finding favor before God, be our intercessor with Him Who was born of you, O Virgin Mother of God; for the prayers of mothers have much weight in obtaining the Master's favor. O Most venerable one, despise not the pleadings of us sinners, for He who willed to suffer for us is merciful, and He has power to save us.

On Mondays and Wednesdays (Tone 2)

O Lord, You know well the alertness of my invisible enemies and the weakness of my own wretched body for You Yourself have made me. Wherefore, I entrust my soul to Your hands, cover me with the wins of Your bounty, lest I sleep to death; enlighten my spirit with the delight of Your divine Word; awaken me at the time appointed for Your glory, for You alone are a gracious God and the Lover of mankind.

Verse: O God look down upon me and have mercy on me!

How dreadful is Your judgment-seat, O Lord, where angels will be on guard, all men assembled, the book of life opened, all my

works uncovered, and all my thoughts revealed! What judgment shall be mine, O Lord, for I was conceived in sin! Who shall put out for me the raging fires? Who shall bring light to my darkness, if You, O Lord, and Lover of mankind, have no mercy on me?

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

Give me tears, O Lord, as You did to the sinful woman; make me worthy to wash Your feet that saved me from the ways of error. Grant that I may offer You, as a fragrant ointment, a blameless life that repentance has redeemed, so that I also may hear Your sweet words: Go in peace, your faith has saved you.

Now and for ever and ever. Amen.

O Mother of God, because of my great confidence in you, I shall obtain salvation. Because I have succeeded in having you for my intercessor, O Purest of all, I shall not fear. Imploring your most powerful help, I shall pursue my enemies and drive them away, for I wear your protection as a breastplate. O Lady, save me through your intercession, and, by the power of God who was made of your flesh, awaken me from my dark slumber that I may sing your glory.

Lord, have mercy (40x).

Glory be to the Father and to the Son and to the Holy Spirit; now and for ever and ever. Amen.

More honourable than the cherubim, and by far more glorious than the seraphim; ever a virgin, you gave birth to God the Word; O true Mother of God, we magnify you.

Give the blessing, Father, in the name of the Lord!

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

Choir: Amen.

Prayer of St. Basil the Great

O Lord, O Lord, Who delivered us from every arrow that flies in the light of day, protect us against any difficulty that lurks around at night, and accept our outstretched hands as an evening sacrifice. Make us worthy to spend the night

blamelessly, and fully sheltered against all evil; protect us against all disturbances or fear of the devil. Grant repentance to our souls and diligence to our minds, that we may understand your dreadful and just judgment; subdue our flesh with the fear of You, let our passions die out, so that in the stillness of night we may be enlightened by the thinking of Your precepts; keep afar from us all indecent dreams and harmful cravings; awaken us in time for prayers, strengthened in the faith and able to obey Your commands through the mercy and kindness of Your only-begotten Son, with Whom You are blessed, together with Your all-holy, good, and life-giving Spirit, always, now and for ever and ever. Amen.

Part II

Come, let us adore the King, our God.

Come, let us adore Christ, the King and our God.

Come, let us adore and bow down to the only Lord Jesus Christ, the King and our God.

Psalm 50

Have mercy on me, God, in Your kindness.* In Your compassion blot out my offense.

O wash me more and more from my built* and cleanse me from my sin.

My offenses truly I know them;* my sin is always before me.

Against You, You alone, have I sinned;* what is evil in Your sight I have done.

That You may be justified when You give sentence* and be without reproach when You judge.

O see, in guilt I was born,* a sinner was I conceived.

Indeed, You love truth in the heart;* then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean;* O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,* that the bones You have crushed may thrill.

From my sins turn away Your face* and blot out all my guilt.

A pure heart create for me, O God,* put a steadfast spirit within me.

Do not cast away from Your presence,* nor deprive me of Your Holy Spirit.

Give me again the joy of Your help;* with a spirit of fervor sustain me,

That I may teach transgressors Your ways* and sinners may re turn to You.

O rescue me, God, my helper,* and my tongue shall ring out Your goodness.

O Lord, open my lips* and my mouth shall declare Your praise.

For in sacrifice You take no delight,* burnt offering from me You would refuse.

My sacrifice, a contrite spirit.* A humbles, contrite heart You will not spurn.

In Your goodness, show favour to Zion:* rebuild the walls of Jerusalem.

Then You will be pleased with lawful sacrifice, burnt offerings wholly consumed,* Then You will be offered young bulls on Your altar.

Psalm 101

O Lord, listen to my prayer* and let my cry for help reach You.

Do not hide Your face from me* in the day of my distress.

Turn Your ear towards me* and answer me quickly when I call.

For my days are vanishing like smoke,* my bones burn away like a fire.

My heart is withered like the grass.* I forget to eat my bread.

I cry with all my strength* and my skin clings to my bones.

I have become like a pelican in the wilderness,* like an owl in desolate places.

I lie awake and I moan* like some lonely bird on a roof.

All day long my foes revile me;* those who hate me use my name as a curse.

The bread I eat is ashes;* my drink is mingled with tears.

In Your anger, Lord, and Your fury,* You have lifted me up and thrown me down.

My days are like a passing shadow* and I wither away like the grass.

But You, O Lord, will endure for ever,* and Your name from age to age.

You will arise and have mercy on Zion:* for this is the time to have mercy; yes, the time appointed has come.

For Your servants love her very stones,* are moved with pity even for her dust.

The nations shall fear the name of the Lord* and all the earth's kings, Your glory,

When the Lord shall build up Zion again* and appear in all His glory.

Then He will return to the prayers of the helpless;* He will not despise their prayers.

Let this be written for ages to come* that a people yet unborn may praise the Lord;

For the Lord leaned down from His sanctuary on high.* He looked down from heaven to the earth

That He might hear the groans of the prisoners* and free those condemned to die.

The sons of Your servants shall dwell untroubled* and their race shall endure before You

That the name of the Lord may be proclaimed in Zion* and His praise in the heart of Jerusalem,

When peoples and kingdoms are gathered together* to pay their homage to the Lord.

He has broken my strength in mid-course;* He has shortened the days of my life.

I say to God: Do not take me away before my days are complete,* You, Whose days last from age to age.

Long ago You founded the earth* and the heavens are the work of Your hands.

They will perish but You will remain.* They will all wear out like a garment.

You will change them like clothes that are changed.* But You neither change, nor have an end.

The sons of Your servants shall dwell untroubled* and their race shall endure before You.

Prayer

Lord almighty, God of our fathers Abraham and Isaac and Jacob and of their righteous descendants, Who made heaven and earth with all their adornment, Who encompassed the sea with the word of Your command, Who closed the deep and sealed it with Your fearful and glorious name, Whose presence all things revere and before Whose power they quake, because the magnificence of Your glory is unendurable, and irresistible the wrath of Your threat against sinners: the kindness of Your promise is both immeasurable and inscrutable, for You are the Lord most high, compassionate, long-suffering and most merciful, offering atonement for the evils of men.

You, O Lord, in the abundance of Your goodness, promised repentance and forgiveness to those who sinned against You; and in the abundance of Your compassion, You decreed repentance for sinners, that they may be saved. Therefore, O Lord, God of the righteous, You appointed repentance, not for the righteous, You appointed repentance, not for the righteous, not for Abraham and Isaac and Jacob who did not sin against You, but for me a sinner, for I committed more sins than there are grains of sand in the sea. My transgressions are multiplied, O Lord, they are multiplied! I am not worthy to look up and see the height of heaven because of the multitude of my iniquities, being weighed down by many iron chains so that I cannot raise my head; and there is no release for me because I have provoked Your anger and have done what is evil in Your sight,

not doing Your will nor keeping Your commandments, but setting up abominations and multiplying offenses.

Now I kneel in my heart, beseeching Your kindness: I have sinned, O Lord, I have sinned, and I acknowledge my transgressions; I pray and beg You: release me, Lord, release me! Do not destroy me together with my transgression! Do not remember forever our wrongs! Do not condemn me to the depths of the earth! For You are God, the God of those who repent, and in me You will show all Your kindness: for unworthy as I am You will save me according to the abundance of Your mercy, and I will praise You continually all the days of my life. For all the hosts of heavens sing Your praise, and Yours is the glory for ever and ever. Amen.

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

Glory be to the Father and to the Son and to the Holy Spirit,
Now and for ever and ever. Amen.

Trinity most holy, have mercy on us.* Cleanse us of our sins, O Lord;* pardon our transgressions, O Master;* look upon our weaknesses and heal them, O Holy One;* for the sake of Your name.

Lord, have mercy. (3x)

Glory be to the Father and to the Son and to the Holy Spirit,
Now and for ever and ever. 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 the kingdom, the power and the glory are Yours, Father, and Son, and Holy Spirit, now and for ever and ever.

Choir: Amen.

Troparia (Tone 6)

Have mercy on us, O Lord, have mercy on us!* Since we have no defense,* we sinners offer this supplication to You our Master:* have mercy on us!

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

O Lord, have mercy on us,* for in You we place our hope.* Be not exceedingly angry with us nor mindful of our transgressions,* but look upon us even now with mercy and deliver us from our enemies,* for You are our God and we are Your people;* we are all the work of Your hands,* and we call upon Your name.

Now and for ever and ever. Amen.

Open to us the doors of mercy, O blessed Mother of God,* that we, who place our trust in You, may not perish,* but that through you we may be delivered from misfortune,* for you are the salvation of all Christians.

Lord, have mercy. (40x)

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

Now and for ever and ever. Amen.

More honourable than the cherubim, and by far more glorious than the seraphim; ever a virgin, you gave birth to God the Word; O true Mother of God, we magnify you.

Give the blessing, Father, in the name of the Lord!

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

Choir: Amen.

Prayer

O God, our Master, almighty Father; only-begotten Son, Lord Jesus Christ; and You, O Holy Spirit, one God and one Might, have mercy on me a sinner, and save me, your unworthy servant, according to the ways of Your wisdom. For You are blessed for ever and ever. Amen.

Part III

Come, let us adore the King, our God.

Come, let us adore Christ, the King and our God.

Come, let us adore and bow down to the only Lord Jesus Christ, the King and our God.

Psalm 69 (Monday & Wednesday)

O God, make haste to my rescue,* Lord, come to my aid!

Let there be shame and confusion* on those who seek my life.

Let them turn back in confusion,* who delight in my harm,

Let them retreat, covered with shame,* who jeer at my lot.

Let there be rejoicing and gladness* for all who seek You.

Let them say for ever: "God is great,"* who love Your saving help

As for me, wretched and poor,* come to me, O God.

You are my rescuer, my help,* O Lord, do not delay.

Psalm 142 (Tuesday & Thursday)

Lord, listen to my prayer;* turn Your ear to my appeal.

You are faithful, You are just;* give answer.

Do not call Your servant to judgment* for no one is just in Your sight.

The enemy pursues my soul;* he has crushed my life to the ground;

He has made me dwell in darkness* like the dead, long forgotten.

Therefore, my spirit fails;* my heart is numb within me.

I remember the days that are past:* I ponder all Your works.

I muse on what Your hand has wrought* and to You I stretch out my hands.

Like a parched land my soul thirsts for You;* Lord, make haste and answer; for my spirit fails with me.

Do not hide Your face* lest I become like those in the grave.

In the morning let me know Your love* for I put my trust in You.

Make me know the way I should walk;* to You I lift up my soul.

Rescue me, Lord, from my enemies;* I have fled to You for refuge.

Teach me to do Your will,* for You, O Lord, are my God.

Let Your good Spirit guide me* in ways that are level and smooth.

For Your name's sake, Lord, save my life;* in Your justice save my soul from distress.

In Your love make an end of my foes;* destroy all those who oppress me for I am Your servant, O Lord.

Canon of Supplication to the Mother of God is now taken.

It is truly right to bless you, O God-bearing One, as the ever-blessed and immaculate Mother of our God. More honourable than the cherubim and by far more glorious than the seraphim; ever a virgin, you gave birth to God the Word, O trust Mother of God, we magnify you.

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

Glory be to the Father and to the Son and to the Holy Spirit,
Now and for ever and ever. Amen.

Trinity most holy, have mercy on us.* Cleanse us of our sins, O Lord;* pardon our transgressions, O Master;* look upon our weaknesses and heal them, O Holy One;* for the sake of Your name.

Lord, have mercy. (3x)

Glory be to the Father and to the Son and to the Holy Spirit,
Now and for ever and ever. 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 the kingdom, the power and the glory are Yours, Father, and Son, and Holy Spirit, now and for ever and ever.

Choir: Amen.

Troparia (Tone 6)

Lord of powers, be with us, for in times of distress we have no other help but You;* Lord of powers, have mercy on us!

Verse: Praise God in His holy place, praise Him in His mighty heavens.

Verse: Praise Him for His powerful deeds, praise Him surpassing greatness.

Verse: Praise Him with sound of trumpet, praise Him with lute and harp.

Verse: Praise Him with timbrel and dance; praise Him with strings and pipes.

Verse: Praise Him with resounding cymbals; praise Him with clashing of cymbals. May everything that lives and that breathes give praise to the Lord.

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

O Lord, had we not Your saints to intercede for us and your bounty to have mercy on us, how would we dare, O Saviour, to sing to You Whom the Angels endlessly praise? O You Who know the heart, spare our souls!

Now and for ever and ever. Amen.

Great is the number of my transgressions, O Mother of God. It is in you, all-chaste One, that I seek refuge in my need for salvation. Visit my diseased soul and intercede with your Son, our God, that He deign to forgive the evil I have done, O you who, alone are blessed.

Most holy Mother of God, forsake me not all the time of my life, entrust me not to human protection, but take care yourself of my safety, and have mercy on me.

To you I entrust all my hope, O Mother of God; keep me under your protection.

Lord, have mercy (40x).

O Christ our God, in all times and places You are worshiped and glorified both in heave and on earth. You are long-suffering and generous in Your mercy and compassion. You love the just and show mercy to the sinner, calling all people to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of Your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble and distress; surround us with Your holy angels to that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of Your unspeakable glory. For You are blessed for ever and ever. Amen.

Lord, have mercy (3x).

Glory be to the Father and to the Son and to the Holy Spirit; now and for ever and ever. Amen.

More honourable than the Cherubim,* and by far more glorious than the Seraphim.* Ever a virgin, you gave birth to God the Word* O true Mother of God, we magnify you.

Give the blessing, Father, in the name of the Lord!

Priest: May God be merciful to us and bless us; may His countenance shine upon us, and may He have mercy on us.

Choir: Amen.

Prayer of St. Ephraim

O Lord and Master of my life! Keep from me the spirit of indifference and discouragement, lust of power, and idle chatter.

Prostration.

Instead, grant to me, your servant, the spirit of wholeness of being, humble-mindedness, patience and love. *Prostration.*

O Lord and King! Grant me the grace to be aware of my sins and not to judge my brothers and sisters; for You are blessed, now and forever and ever. Amen. *Prostration.*

God, be merciful to me a sinner! God cleanse me of my sins and have mercy on me! I have sinned without number, forgive me, O Lord!

Then repeat the prayer once more, with only one prostration at the conclusion.

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

Glory be to the Father and to the Son and to the Holy Spirit,
Now and for ever and ever. Amen.

Trinity most holy, have mercy on us.* Cleanse us of our sins, O Lord;* pardon our transgressions, O Master;* look upon our weaknesses and heal them, O Holy One;* for the sake of Your name.

Lord, have mercy. (3x)

Glory be to the Father and to the Son and to the Holy Spirit,
Now and for ever and ever. 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. Amen

Lord, have mercy (12x).

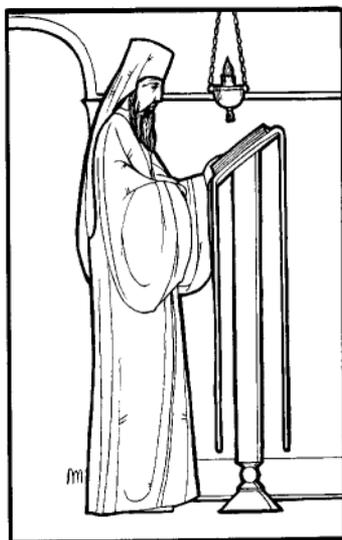
Two prayers: To the Mother of God; To Jesus Christ.

Choir: Glory be to the Father and the Son and the Holy Spirit, now and for ever and ever. Amen.* Lord, have mercy. Lord, have mercy. Lord, have mercy.* Give the blessing.

Priest: O most merciful Master, Lord Jesus Christ our God, through the prayers of our most pure Lady, the Mother of God, and ever-virgin Mary, and of Saint (whose day it is), and of Blessed Nykyta, first exarch of Canada, and of Blessed Vasyl, elder of Winnipeg, and of all the saints, make our prayer acceptable; grant us remission of our transgressions, cover us with the shadow of Your wings; drive far from us every foe and adversary. Make our life peaceful, O Lord; have mercy on us and on Your world, and save our souls for You are gracious and love mankind.

Choir: Amen.

Give Glory to God



and have a Blessed Lenten Journey!

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