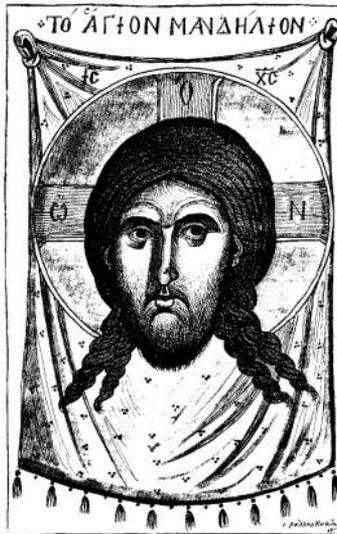


# ЩОДЕННА УТРЕНЯ ПІД ЧАС ВЕЛИКОГО ПОСТУ

## DAILY MATINS DURING THE GREAT FAST



*This text was originally prepared for use in Holy Spirit Seminary  
in Edmonton, Alberta and made available online at [lit.royaldoors.net](http://lit.royaldoors.net).*

*It was prepared from a variety of sources.*

*Originally prepared:  
Great Fast 2018  
Ottawa, ON.*

*Edited & reformatted:  
Great Fast 2021  
Rossburn, MB.*



## DAILY MATINS DURING THE GREAT FAST

*Priest:* Glory be to the holy, consubstantial, life-giving, and undivided Trinity, now and for ever and ever.

*All:* Amen.

*Reader:* Glory to God in the highest, and to His people on earth, His peace and good will. (3)

Lord, You shall open my lips, and my mouth will declare Your praise. (2)

### *Psalm 3*

How many are my foes, O Lord! How many are rising up against me! How many are saying about me: There is no help for him in God. But You, Lord, are a shield about me, my glory, who lifts up my head. I cry aloud to the Lord. He answers from His holy mountain. I lie down to rest and I sleep. I wake, for the Lord upholds me. I will not fear even thousands of people who are ranged on every side against me. Arise, Lord; save me, my God, You who strike all my foes on the mouth, You who break the teeth of the wicked! O Lord of salvation, bless Your people! I lie down to rest and I sleep. I wake, for the Lord upholds me.

### *Psalm 37*

O Lord, do not rebuke me in Your anger; do not punish me, Lord, in Your rage. Your arrows have sunk deep in me; Your hand has come down upon me. Through Your anger all my body is sick: through my sin,

there is no health in my limbs. My guilt towers higher than my head; it is a weight too heavy to bear. My wounds are foul and festering, the result of my own folly. I am bowed and brought to my knees. I go mourning all the day long. All my frame burns with fever; all my body is sick. Spent and utterly crushed, I cry aloud in anguish of heart. O Lord, You know all my longing: my groans are not hidden from You. My heart throbs, my strength is spent; the very light has gone from my eyes. My friends avoid me like a leper; those closest to me stand afar off. Those who plot against my life lay snares; those who seek my ruin speak of harm, planning treachery all the day long. But I am like the deaf who cannot hear, like the dumb unable to speak. I am like a man who hears nothing in whose mouth is no defense. I count on You, O Lord: it is You, Lord God, who will answer. I pray: Do not let them mock me, those who triumph if my foot should slip. For I am on the point of falling and my pain is always before me. I confess that I am guilty and my sin fills me with dismay. My wanton enemies are numberless and my lying foes are many. They repay me evil for good and attack me for seeking what is right. O Lord, do not forsake me! My God, do not stay afar off! Make haste and come to my help, O Lord, my God, my Saviour! O Lord, do not forsake me! My God, do not stay afar off! Make haste and come to my help, O Lord, my God, my Saviour!

### *Psalm 62*

O God, You are my God, for You I long; for You my soul is thirsting. My body pines for You like a dry, weary land without water. So I gaze on You in the sanctuary to see Your strength and Your glory. For Your love is better than life, my lips will speak Your praise. So I will bless You all my life, in Your name I will lift up my hands. My soul shall be filled as with a banquet, my mouth shall praise You with joy. On my bed I remember You. On You I muse through the night for You have been my help; in the shadow of Your wings I rejoice. My soul clings to You; Your right hand holds me fast. Those who seek to destroy my life shall go down to the depths of the earth. They shall be put into the power of the sword and left as the prey of the jackals. But the king shall rejoice in God; all that swear by Him shall be blessed for the mouth of liars shall be

silenced. On my bed I remember You. On You I muse through the night for You have been my help; in the shadow of Your wings I rejoice. My soul clings to You; Your right hand holds me fast.

*Reader:* Glory be to the Father and to the Son and to the Holy Spirit.

*All:* Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia; glory be to You O God. (3)

Lord, have mercy. (3)

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

*Reader:* Now and for ever and ever. Amen.

### *Psalm 87*

Lord my God, I call for help by day; I cry at night before You. Let my prayer come into Your presence. O turn Your ear to my cry. For my soul is filled with evils; my life is on the brink of the grave. I am reckoned as one in the tomb: I have reached the end of my strength, like one alone among the dead; like the slain lying in their graves; like those You remember no more, cut off, as they are, from Your hand. You have laid me in the depths of the tomb, in places that are dark, in the depths. Your anger weighs down upon me: I am drowned beneath Your waves. You have taken away my friends and made me hateful in their sight. Imprisoned, I cannot escape; my eyes are sunken with grief. I call to You, Lord, all the day long; to You I stretch out my hands. Will You work Your wonders for the dead? Will the shades stand and praise You? Will Your love be told in the grave or Your faithfulness among the dead? Will Your wonders be known in the dark or Your justice in the land of oblivion? As for me, Lord, I call to You for help: in the morning my prayer comes before You. Why do you reject me? Why do you hide Your face? Wretched, close to death from my youth, I have borne Your trials; I am numb. Your fury has swept down upon me; Your terrors have utterly destroyed me. They surround me all the day like a flood, they assail me all together. Friend and neighbour You have taken away: my one companion is darkness. Lord my God, I call for help by day; I cry at night before You. Let my prayer come into Your presence. O turn Your ear to my cry.

## *Psalm 102*

My soul, give thanks to the Lord, all my being, bless His holy Name. My soul, give thanks to the Lord and never forget all His blessings. It is He who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion, who fills your life with good things, renewing your youth like an eagle's. The Lord does deeds of justice, gives judgement for all who are oppressed. He made known His ways to Moses and His deeds to Israel's sons. The Lord is compassion and love, slow to anger and rich in mercy. His wrath will come to an end; He will not be angry for ever. He does not treat us according to our sins nor repay us according to our faults. For as the heavens are high above the earth so strong is His love for those who fear Him. As far as the east is from the west so far does He remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear Him; for He knows of what we are made, He remembers that we are dust. As for man, his days are like grass; he flowers like the flower of the field; the wind blows and he is gone and his place never sees him again. But the love of the Lord is everlasting upon those who hold Him in fear; His justice reaches out to children's children when they keep His covenant in truth, when they keep His will in their mind. The Lord has set His sway in heaven and His Kingdom is ruling over all. Give thanks to the Lord, all His angels, mighty in power, fulfilling His word, who heed the voice of His word. Give thanks to the Lord, all His hosts, His servants who do His will. Give thanks to the Lord, all His works, in every place where He rules. My soul, give thanks to the Lord! Give thanks to the Lord, all His works, in every place where He rules. My soul, give thanks to the Lord!

## *Psalm 142*

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 judgement 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 within 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. Lord, listen to my prayer: do not call Your servant to judgement. Let Your good spirit guide me in ways that are level and smooth.

*Reader:* Glory be to the Father and to the Son and to the Holy Spirit.

*All:* Now and for ever and ever. Amen.

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

### *Great Ektenia*

*Іерей:* В мирі Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За мир в висот і спасіння душ наших, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За мир всього світу, добрий стан святих божих Церков і з'єднання всіх, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За святий храм цей і тих, що з вірою, побожністю і страхом божим входять до нього, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За святишого вселенського Ариєрея *і'мя*, Папу Римського, і за блаженішого Патріярха нашого Кир *і'мя*, і за преосвященнішого Архи-єпископа Митрополита нашого Кир *і'мя*, і за боголюбивого

Єпископа нашого Кир *і'мя*, чесне пресвітерство, у Христі дияконство, за весь причет і людей, Господеві помолімся.

*Всі:* Господи, помилуй.

*Ієрей:* За Богом бережений народ наш, за правління і все військо, Господеві помолімся.

*Всі:* Господи, помилуй.

*Ієрей:* За місто цей, і за кожне місто, країну і за тих, що вірою живуть у них, Господеві помолімся.

*Всі:* Господи, помилуй.

*Ієрей:* За добре поліття, за врожай плодів земних і часи мирні, Господеві помолімся.

*Всі:* Господи, помилуй.

*Ієрей:* За тих, що плавають, подорожують, за недужих, за страждоучих, полонених і за спасіння їх Господеві помолімся.

*Всі:* Господи, помилуй.

*Ієрей:* Щоб визволитися нам від усякої скорби, гніву, і нужди, Господеві помолімся.

*Всі:* Господи, помилуй.

*Ієрей:* Заступи, спаси, помилуй і охорони нас, Боже, Твоєю благодаттю.

*Всі:* Господи, помилуй.

*Ієрей:* Пресвяту, пречисту, преблагословенну, славну Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помянувши, самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Ієрей:* Бо Тобі належить усяка слава, честь і поклоніння, Отцю, і Сину, і Святому Духові, нині і повсякчас, і на віки віяні.

*Всі:* Амінь.

## *Alleluia*

### *sung in the Tone of the Week*

*verse:* Out of the night my spirit wakes at dawn to You, O God, for Your commandments are a light upon the earth!

*verse:* Learn righteousness, you who dwell on earth!

*verse:* Zeal shall lay hold upon an uninstructed people.

*verse:* Add more evils upon them, O Lord; add more evils upon them that are glorious on earth.

## *Hymns to the Trinity*

### *Tone 1*

Through bodily images let us ascend\* to the spiritual and immaterial understanding of the bodiless powers;\* singing the Thrice-Holy Hymn\* and awaiting the illumination of the Godhead in three Persons,\* let us cry aloud as the cherubim to the one and only God:\* Holy, holy, holy are You, our God;\* ...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** With all the heavenly hosts,\* let us offer the Thrice-Holy Hymn of praise\* and cry aloud as the cherubim to Him who dwells on high:\* Holy, holy, holy are You, our God,\* through the prayers of all Your Saints, have mercy on us.

**Now:** Rising from sleep, we fall down before You, loving Lord,\* and with the angels' song\* we cry to You, All-Powerful:\* Holy, holy, holy are You, our God,\* through the Theotokos, have mercy on us.

## ***Tone 2***

Doing as the powers on high,\* we on earth offer You, O loving Lord, a hymn of victory:\* Holy, holy, holy are You our God;\* ...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** O uncreated Nature, Maker of all things,\* open our lips that we may proclaim Your praises, crying:\* Holy, holy, holy are You, our God,\* through the prayers of all Your Saints, have mercy on us.

**Now:** You, O Lord, have raised me from my bed and sleep,\* enlighten my mind and my heart,\* and open my lips that I may praise You, Holy Trinity:\* Holy, holy, holy are You, our God,\* through the Theotokos, have mercy on us.

## ***Tone 3***

O Trinity, one in Essence and undivided,\* Unity in three co-eternal Persons,\* to You as God we sing the angels' hymn:\* Holy, holy, holy are You, our God;\* ...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** Daring to give glory to the one Godhead,\* to the eternal Father, the co-eternal Son, and the timeless Spirit,\* as the cherubim we say:\* Holy, holy, holy are You, our God,\* through the prayers of all Your Saints, have mercy on us.

**Now:** Suddenly the Judge will come,\* and the acts of every man will be laid bare.\* But at midnight let us cry with fear:\* Holy, holy, holy are You, our God,\* through the Theotokos, have mercy on us.

### *Tone 4*

Daring, mortal though we are,\* to offer to You the hymn of Your angelic ministers, we say:\* Holy, holy, holy are You, our God;\* ...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** As the angelic hosts of heaven,\* we men on earth, standing now with fear,\* offer to You, O loving Lord, a hymn of victory:\* Holy, holy, holy are You, our God:\* through the prayers of all Your Saints, have mercy on us.

**Now:** Daring to give glory to Your eternal Father,\* and to You, O Christ our God,\* and to Your Most Holy Spirit,\* as the cherubim we say:\* Holy, holy, holy are You, our God;\* through the Theotokos, have mercy on us.

### *Tone 5*

Now is the hour for praise and prayer;\* let us cry fervently to the one and only God:\* Holy, holy, holy are You, our God;\* ...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** We dare to act as icons of Your spiritual hosts,\* and with our unworthy mouths we cry to You O Trinity without beginning:\* Holy, holy, holy are You, our God:\* through the prayers of all Your Saints, have mercy on us.

**Now:** O Christ our God, who though contained within a virgin womb,\* was not divided from the Father,\* accept us as we call upon You with the angels:\* Holy, holy, holy are You, our God,\* through the Theotokos, have mercy on us.

## *Tone 6*

With fear and trembling standing in Your presence,\* the cherubim and seraphim offer the Thrice-Holy Hymn\* with voices that are never still.\* And with them we sinners also cry aloud:\* Holy, holy, holy are You, our God; ...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** In never-silent hymns of glory,\* with their bodiless mouths the six-winged seraphim\* sing to You our God the Thrice-Holy Hymn;\* and we on earth offer praise to You from our unworthy lips:\* Holy, holy, holy are You, our God:\* through the prayers of all Your Saints, have mercy on us.

**Now:** Let us glorify the Godhead, three in one,\* united and yet unconfused,\* and let us sing the angels' hymn:\* Holy, holy, holy are You, our God;\* through the Theotokos, have mercy on us.

## *Tone 7*

Praised by the cherubim in Your almighty power,\* and worshipped by the angels in Your divine glory,\* accept us sinners also\* who, though unworthy, dare to cry to You:\* Holy, holy, holy are You, our God; \*...

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** Casting off both sleep and slothfulness, O my soul,\* bring to the Judge more fervent hymns of praise,\* and cry aloud with fear:\* Holy, holy, holy are You, our God:\* through the prayers of all Your Saints,\* have mercy on us.

**Now:** To the Godhead that no man can approach, to the Trinity in Unity,\* let us offer the Thrice-Holy Hymn of the seraphim,\* and cry aloud with fear:\* Holy, holy, holy are You, our God;\* through the Theotokos,\* have mercy on us.

### *Tone 8*

Lifting up our hearts to heaven,\* let us imitate the hierarchy of angels.\* Let us fall down with fear before the righteous Judge,\* singing a triumphal hymn of praise.\* Holy, holy, holy are You, our God;\*. . . .

*Monday:* through the protection of Your Angels, have mercy on us.

*Tuesday:* through the prayers of Your Forerunner, have mercy on us.

*Wednesday:* by the power of Your Cross, save us, O Lord.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, have mercy on us.

*Friday:* by the power of Your Cross, save us, O Lord.

**Glory:** Daring not to gaze upon You, the winged Cherubim cry out\* in the words of the Thrice-Holy Hymn inspired by God;\* and with them we sinners also cry out:\* Holy, holy, holy are You, our God;\* through the prayers of all Your Saints, have mercy on us.

**Now:** Bent beneath the multitude of our iniquities,\* we dare not look up at the height of heaven;\* but, bowing down in soul and body, with the angels we sing to You:\* Holy, holy, holy are You, our God;\* through the prayers of the Theotokos, have mercy on us.

### *Readings from the Psalter*

*All:* Lord, have mercy. (3) Glory be to the Father and to the Son and to the Holy Spirit.

*Reader:* Now and for ever and ever. Amen.

### *and the appointed reading*

*Reader:* Glory be to the Father and to the Son and to the Holy Spirit.

*All:* Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia. Glory be to You, O God. (3)

### *Small Ektenia*

*Іерей:* Ще і ще в мирі Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За добре поліття, за врожай плодів земних і часи мирні, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* Пресвяту, пречисту, преблагословенну, славному Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помя'нувши, самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Іерей:* Хай благословиться і прославляється всечесне і величне і'мя твоє, Отця, і Сина, і Святого Духа, нині, повсякчас і на віки вічні.

*Всі:* Амінь.

### *Sessional Hymn II (from the Triodion)*

*All:* Lord, have mercy. (3) Glory be to the Father and to the Son and to the Holy Spirit.

*Reader:* Now and for ever and ever. Amen.

#### *and the appointed reading*

*Reader:* Glory be to the Father and to the Son and to the Holy Spirit.

*All:* Now and for ever and ever. Amen.

Alleluia, alleluia, alleluia. Glory be to You, O God. (3)

### *Small Ektenia*

*Іерей:* Ще і ще в мирі Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За добре поліття, за врожай плодів земних і часи мирні, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* Пресвяту, пречисту, преблагословенну, славному Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помя'нувши,

самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Іерей:* Бо твоє є володіння і твоє є царство і сила, і слава Отця, і Сина, і Святого Дух, нині, повсякчас і на віки вічні.

*Всі:* Амінь.

### *Sessional Hymn II (from the Triodion)*

#### *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 iniquity  
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 iniquity 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 iniquity.

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

Do not cast me away from your presence,

nor deprive me of your holy spirit.

Give me again the joy of your salvation;  
with a spirit of fervour sustain me,

That I may teach transgressors your ways  
and sinners may return 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 humbled, contrite heart you will not spurn.

In your goodness, show favour to Sion:  
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.

*Priest:* God, save your people and bless your inheritance, watch over  
Your world with favour and compassion, lift up the strength of Your  
Christian people, and send down on us the riches of Your mercy; by the  
prayers of our most pure Lady, the Theotokos and ever-virgin Mary; by  
the power of the precious and life-giving Cross; by the intercessions of  
the holy bodiless Powers of heaven; of the holy prophet, forerunner and  
baptizer, John; by the prayers of the holy, glorious and illustrious  
Apostles; by the prayers of our fathers among the saints, the great  
ecumenical teachers and hierarchs, Basil the Great, Gregory the  
Theologian and John Chrysostom; of our father among the saints  
Nicholas, Archbishop of Myra in Lycia, the wonderworker; of the holy  
Cyril and Methodius, equals to the apostles and teachers of the Slavic  
nations; of the holy and faithful Vladimir, Great Prince and equal to the  
apostles, of our holy father, the Bishop and martyr Josaphat; of all the  
holy and victorious martyrs; of our venerable and God-bearing fathers

Anthony and Theodosius and all the wonderworkers of the Monastery of the Caves in Kiev; of the holy and just ancestors of God, Joachim and Anna; and by the prayers of all the saints. We implore You, O Lord, so rich in mercy, hear us sinners as we pray to You, and have mercy on us!

*All:* Lord, have mercy. (12)

*Priest:* Through the mercy and compassion and love for mankind of Your only-begotten Son, with whom You are blessed together with Your all-holy, good and life-giving Spirit, now and forever and ever.

*All:* Amen.

### **Canon**

*(taken from the Lenten Triodion)*

*After the 8th Ode the priest says:*

### *Magnificat*

*Priest:* Let us magnify in hymns the Theotokos and the Mother of the Light!

*All:* My soul magnifies the Lord,\* and my spirit has rejoiced in God my Saviour!

### *Refrain:*

*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!*

For He has regarded the low estate of His handmaiden,\* behold, from henceforth all generations shall call me blessed. *R.*

For He that is mighty has done great things and holy is His Name,\* and His mercy is on them that fear Him from generation to generation. *R.*

He has shown strength with His arm,\* He has scattered the proud in the imagination of their hearts. *R.*

He has put down the mighty from their seats and exalted the lowly.\* He has filled the hungry with good things, and the rich He has sent away empty. *R.*

He has helped His servant Israel, in remembrance of His mercy,\* as He swore to our Fathers, to Abraham and his seed forever. *R.*

*And then the 9th irmos and the rest of the canon.*

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 true Mother of God, we magnify you. *Prostration*

***Small Ektenia***

*Іерей:* Ще і ще в мирі Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* За добре поліття, за врожай плодів земних і часи мирні, Господеві помолімся.

*Всі:* Господи, помилуй.

*Іерей:* Пресвяту, пречисту, преблагословенну, славному Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помянувши, самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Іерей:* Бо тебе хвалять усі сили небесні і тобі славу віддаємо, Отцю, і Сину, і Святого Духові, нині, повсякчас і на віки вічні.

*Всі:* Амінь.

***Hymn of Light***

***Tone 1***

O Christ who makes light to shine,\* cleanse my soul from every sin,\* ...

*Monday:* through the protection of Your Angels, O Lord, and save me.

*Tuesday:* through the prayers of Your Forerunner, O Lord, and save me.

*Wednesday:* by the power of Your Cross, O Lord, and save me.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

*Friday:* by the power of Your Cross, O Lord, and save me.

**Glory:** O Christ who makes light to shine,\* cleanse my soul from every sin,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** O Christ who makes light to shine,\* cleanse my soul from every sin,\* through the prayers of the Mother of God, O Lord, and save me.

### *Tone 2*

Send forth Your eternal light, O Christ my God,\* and illumine the secret eyes of my heart,\* ...

*Monday:* through the protection of Your Angels, O Lord, and save me.

*Tuesday:* through the prayers of Your Forerunner, O Lord, and save me.

*Wednesday:* by the power of Your Cross, O Lord, and save me.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

*Friday:* by the power of Your Cross, O Lord, and save me.

**Glory:** Send forth Your eternal light, O Christ my God,\* and illumine the secret eyes of my heart,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** Send forth Your eternal light, O Christ my God,\* and illumine the secret eyes of my heart,\* through the prayers of the Mother of God, O Lord, and save me.

### *Tone 3*

Send forth Your light, O Christ my God, and illumine my heart,\* ...

*Monday:* through the protection of Your Angels, O Lord, and save me.

*Tuesday:* through the prayers of Your Forerunner, O Lord, and save me.

*Wednesday:* by the power of Your Cross, O Lord, and save me.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

*Friday:* by the power of Your Cross, O Lord, and save me.

**Glory:** Send forth Your light, O Christ my God, and illumine my heart,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** Send forth Your light, O Christ my God, and illumine my heart,\* through the prayers of the Mother of God, O Lord, and save me.

#### ***Tone 4***

O You who make light to shine upon Your world,\* cleanse from every sin my soul that is in darkness,\* ...

*Monday:* through the protection of Your Angels, O Lord, and save me.

*Tuesday:* through the prayers of Your Forerunner, O Lord, and save me.

*Wednesday:* by the power of Your Cross, O Lord, and save me.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

*Friday:* by the power of Your Cross, O Lord, and save me.

**Glory:** O You who make light to shine upon Your world,\* cleanse from every sin my soul that is in darkness,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** O You who make light to shine upon Your world,\* cleanse from every sin my soul that is in darkness,\* through the prayers of the Mother of God, O Lord, and save me.

#### ***Tone 5***

O Lord and Giver of Light,\* send down Your light and illumine my heart,\* ...

*Monday:* through the protection of Your Angels, O Lord, and save me.

*Tuesday:* through the prayers of Your Forerunner, O Lord, and save me.

*Wednesday:* by the power of Your Cross, O Lord, and save me.

*Thursday:* through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

*Friday:* by the power of Your Cross, O Lord, and save me.

**Glory:** O Lord and Giver of Light,\* send down Your light and illumine my heart,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** O Lord and Giver of Light,\* send down Your light and illumine my heart,\* through the prayers of the Mother of God, O Lord, and save me.

## ***Tone 6***

Send down upon our souls\* Your everlasting light,\* ...

***Monday:*** through the protection of Your Angels, O Lord, and save me.

***Tuesday:*** through the prayers of Your Forerunner, O Lord, and save me.

***Wednesday:*** by the power of Your Cross, O Lord, and save me.

***Thursday:*** through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

***Friday:*** by the power of Your Cross, O Lord, and save me.

**Glory:** Send down upon our souls\* Your everlasting light,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** Send down upon our souls\* Your everlasting light,\* through the prayers of the Mother of God, O Lord, and save me.

## ***Tone 7***

Rouse me to sing Your praises, O Lord,\* and teach me to do Your will, O Holy One,\* ...

***Monday:*** through the protection of Your Angels, O Lord, and save me.

***Tuesday:*** through the prayers of Your Forerunner, O Lord, and save me.

***Wednesday:*** by the power of Your Cross, O Lord, and save me.

***Thursday:*** through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

***Friday:*** by the power of Your Cross, O Lord, and save me.

**Glory:** Rouse me to sing Your praises, O Lord,\* and teach me to do Your will, O Holy One,\* through the prayers of Your Saints,\* O Lord, and save me.

**Now:** Rouse me to sing Your praises, O Lord,\* and teach me to do Your will, O Holy One,\* through the prayers of the Mother of God,\* O Lord, and save me.

## ***Tone 8***

You are the Light, O Christ,\* fill me with Your radiance,\* ...

***Monday:*** through the protection of Your Angels, O Lord, and save me.

***Tuesday:*** through the prayers of Your Forerunner, O Lord, and save me.

***Wednesday:*** by the power of Your Cross, O Lord, and save me.

***Thursday:*** through the prayers of Your Apostles and St. Nicholas, O Lord, and save me.

***Friday:*** by the power of Your Cross, O Lord, and save me.

**Glory:** You are the Light, O Christ,\* fill me with Your radiance,\* through the prayers of Your Saints, O Lord, and save me.

**Now:** You are the Light, O Christ,\* fill me with Your radiance,\* through the prayers of the Mother of God, O Lord, and save me.

## ***Praise Psalms***

### ***Psalms 148***

Praise the Lord from the heavens,

Praise Him in the heights.

Praise Him, all His angels,

Praise Him, all His host.

Praise Him sun and moon,

praise Him, shining stars.

Praise Him highest heavens

and the waters above the heavens.

Let them praise the name of the Lord.

He commanded: they were made.

He fixed them for ever,

gave a law which shall not pass away.

Praise the Lord from the earth,

sea creatures and all oceans,

fire and hail, snow and mist,

stormy winds that obey His word;

all mountains and hills,

all fruit trees and cedars,

beasts, wild and tame,  
reptiles and birds on the wing;  
all earth's kings and peoples,  
earth's princes and rulers;  
young men and maidens,  
old men together with children.

Let them praise the name of the Lord for He alone is exalted.  
The splendour of His name reaches beyond heaven and earth.

He exalts the strength of His people.

He is the praise of all His saints, of the sons of Israel,\* of the people to whom He comes close.

### *Psalm 149*

Sing a new song to the Lord,  
His praise in the assembly of the faithful.

Let Israel rejoice in its Maker,  
let Sion's sons exult in their King.

Let them praise His name with dancing  
and make music with timbrel and harp.

For the Lord takes delight in His people.  
He crowns the poor with salvation.

Let the faithful rejoice in their glory,  
shout for joy and take their rest.

Let the praise of God be on their lips  
and a two-edged sword in their hand,

to deal out vengeance to the nations  
and punishment on all the peoples;

to bind their kings in chains  
and their nobles in fetters of iron;

to carry out the sentence pre-ordained:  
this honour is for all His faithful.

### *Psalm 150*

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

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

O praise Him with sound of trumpet,  
praise Him with lute and harp;

Praise Him with timbrel and dance,  
praise Him with strings and pipes.

O praise Him with resounding cymbals,  
praise Him with clashing of cymbals.

Let everything that lives and that breathes  
give praise to the Lord.

*Priest:* To You is due glory, O Lord our God, and to You we send up  
glory—to the Father, and to the Son, and to the Holy Spirit, now and  
forever and ever.

*All:* Amen.

### *Small Doxology*

*Priest:* Glory to You who have shown us the light!

*Reader:* Glory be to God in the highest, and on earth peace, good will  
among men. We praise You, we bless You, we worship You, we glorify  
You, we give You thanks for Your great glory. O Lord God, heavenly  
King, God the Father Almighty, O Lord, the only-begotten Son, Jesus  
Christ; and You, O Holy Spirit! O Lord God, Lamb of God, Son of the  
Father, Who take away the sin of the world, have mercy on us; You that  
take away the sin of the world, receive our prayer. You that sit at the  
right hand of the Father, have mercy on us. For You alone are holy, you  
alone are the Lord, O Jesus Christ, to the glory of God the Father. Amen.  
Every day I will bless You and praise Your Name for ever and ever. O  
Lord, You have been our refuge, from generation to generation! I said:  
Lord, have mercy on me; heal my soul, for I have sinned against You. O  
Lord, to You have I fled for refuge: teach me to do Your will, for You  
are my God. For with You is the fountain of life, and in Your light shall  
we see light! Vouchsafe, O Lord, to keep us this day without sin. Blessed  
are You, O Lord, God of our fathers, and praised and glorified is Your  
Name forevermore. O Lord, let Your mercy lighten upon us as our trust

is in You! Blessed are You, O Lord; teach me Your statutes: Blessed are You, O Master; grant me to understand Your statutes. Blessed are You, O Holy One; enlighten me with Your statutes. O Lord, Your mercy is for ever: despise not the works of Your hands. To You is due praise, to You is due song, to You is due glory, to the Father, the Son and the Holy Spirit, now and for ever and ever. Amen.

### *Litany of Supplication*

*Іерей:* Сповнім ранішню молитву нашу Господеві.

*Всі:* Господи, помилуй.

*Іерей:* Заступи, спаси, помилуй і охорони нас, Боже, Твоєю благодаттю.

*Всі:* Господи, помилуй.

*Іерей:* Дня всього досконалого, святого, мирного й безгрішного у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Ангела миру, вірного наставника, охоронця душ і тіл наших у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Прощення й відпущення гріхів і прогрішень наших у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Доброго й позиточного для душ наших і миру для світу у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Осталий час життя нашого в мирі й покаянні скінчити у Господа просім.

*Всі:* Подай, Господи.

*Іерей:* Християнської кончини життя нашого, безболісної, бездоганної, мирної, і доброго одвіту на страшному суді Христовому просім.

*Всі:* Подай, Господи.

*Іерей:* Пресвяту, пречисту, преблагословенну, славному Владичицю нашу Богородицю і приснодіву Марію, з усіма святими помя'нувши, самі себе, і один одного, і все життя наше Христу Богові віддаймо.

*Всі:* Тобі, Господи.

*Іерей:* Бо ти Бог милости, ласк і чоловіколюбности, і тобі славу віддаємо, Отцю, і Сину, і Святому Духові, нині і повсячас, і на віки вічні.

*Всі:* Амінь.

*Іерей:* Мир всім!

*Всі:* І духові твоєму

*Іерей:* Голови ваші Господеві приклоніть

*Всі:* Тобі, Господи.

*Priest:* Holy Lord, You live on high and yet stoop to look down upon earth, and with Your divine eyes You see all creatures. Before You we bow down in spirit and body, and we pray You, O Holy of Holies, stretch forth Your invisible hand from Your holy dwelling and bless us. If we have sinned in any way, either deliberately or through human frailty, forgive us, for You are good; You give us earthly and heavenly blessings, and You alone love all. For it is You alone who have mercy and save us, and we give You glory, Father, Son, and Holy Spirit, now and for ever and ever.

*All:* Amen.

### *Aposticha*

#### *verse from the Triodion*

In the morning fill us with Your love; we shall exalt and rejoice all our days. Give us joy to balance our affliction for the years when we knew misfortune. Show forth Your work to Your servants; let Your glory shine on their children.

#### *verse from the Triodion*

Let the favour of the Lord be upon us; give success to the work of our hands! Give success to the work of our hands!

#### *verse from the Triodion*

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

*verse from the Triodion*

*Reader:* It is good to give thanks to the Lord, and to sing praise to Your Name, O Most High; to tell of Your mercy in the morning and Your truth every night.

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

Glory be to the Father and to the Son and to the Holy Spirit, now and forever 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. (3)

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

*All:* Amen.

*Troparion, Tone 1*

Standing in Your temple in the presence of Your Holy Glory,\* is like standing in Paradise itself.\* And you, O Mother of God and Gate of Heaven,\* open to us the portals\* of your mercy.

Lord, have mercy. (40)

Master, give the blessing.

*Priest:* Blessed is He-Who-Is, Christ our God, at all times both now and for ever.

*All:* Amen.

*Priest:* O Heavenly King, strengthen the Church, uphold the faith, calm the nations, give peace to the world, protect this holy city, grant our departed fathers and brethren a share in the dwelling of the just, and lead us to repent and confess our sins, for You are good and You love mankind.

*All:* Amen.

Lord, have mercy. (3)

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

*All:* Amen.

### *Prayer of St. Ephraim the Syrian*

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!

### *Dismissal*

*Priest:* Glory be to You, Christ God our hope, glory be to You.

*All:* Glory be to the Father and to the Son and to the Holy Spirit, now and

for ever and ever. Amen. Lord, have mercy. (3) Give the blessing.

*Priest:* May Christ, our true God, have mercy on us and save us through the prayers of His most pure Mother, through the prayers of Saint N., patron of this holy Temple and of Saint N., whom we commemorate this day, and of all the Saints; for He is good and the Lover of mankind.

*All:* Amen.



## Prayers of Matins

1. We give you thanks, Lord our God, for raising us from bed and pouring the words of your praise into our mouths, that we may adore and invoke your holy name. We entreat your mercies which you have revealed throughout our lives: now, too, send forth your help to those who stand in the presence of your holy glory, waiting for your rich mercy. Enable those who worship you in awe and love, to praise your inexpressible goodness. For you deserve all glory, honour, and worship, Father, Son, and Holy Spirit: now and forever and ever. Amen.

2. Early does our spirit rise from the night, O our God, for your commandments are light upon earth. Fill us with awe, teaching us to accomplish what is right and holy, that we may glorify you, our only true God! Lend an ear to us and hear us; and remember by name, Lord, all those who are here praying with us, and save them by your might. Bless your people and sanctify your inheritance. Give peace to this world of yours, to your churches, to the clergy, to our civil authorities, and to all your people. For blessed and glorified be your great name, so deserving of all honour, Father, Son, and Holy Spirit: now and forever and ever. Amen.

3. Early does our spirit rise from the night, O God, for your commandments are light for us. Teach us your justice, O God; teach us your commandments and your statutes. Enlighten the eyes of our understanding, lest we fall into the sleep of death in the state of sin. Dispel all darkness from our hearts, and graciously let the sun of justice shine upon us. With the seal of your Holy Spirit, preserve our life from every evil assault, and direct our steps along the path of peace. Let us greet the morning and the coming day with joy, as we offer you our morning service. For yours is dominion, and yours is the kingdom and the power and the glory, Father, Son, and Holy Spirit: now and forever and ever. Amen.

4. O God and Master, who are holy and inscrutable! Who commanded the light to shine forth in the darkness! You have blessed us with rest during the night that has passed, and now you call us to praise your boundless goodness. We entreat your tender mercies: accept us and the praise we bring you this morning together with our humble thanks, and

grant us everything we need for our salvation. Make us children of light and day, heirs of the good things of eternity. In your immense compassion, be mindful of all your people present here with us who unite their voices to ours. Be mindful, too, of our absent brethren wherever they may be throughout your dominion. Do not forget their need of your help and your love, and bestow upon all of us your great mercy. Grant that, safe and sound in soul and body, we may ever zealously persevere in glorifying your wondrous and blessed name. For you are a God full of mercy, tenderness, and love for all men, and we give glory to you, Father, Son, and Holy Spirit: now and forever and ever. Amen.

5. O holy Father! Unfailing source and treasury of all goodness! All-powerful Author of marvels, O Master of all things! We bow low before you, entreating you to support our lowliness with your help and your compassion. Remember, Lord: we are your servants. Accept us, then, and these prayers we make to you this morning as the fragrance of incense offered in your sight. Do not reject us, but touch our lives with your mercies. Be mindful of all who rise early to praise you with your Son and Spirit. Be their comfort and their defense, and receive their worship upon your immaterial altar in heaven above. For you are our God, and we give you glory, Father, Son, and Holy Spirit: now and forever and ever. Amen.

6. We thank you, Lord God of our salvation, for the way you do all things for our good, that we may always look upon you as the Saviour and Benefactor of our souls. During the past night you gave us rest; now you raise us from bed and bring us here to worship your great name which deserves all honour. Therefore, we beg you, Lord, give us grace and strength to sing your praises with understanding, and to pray to you unceasingly, working out our salvation in fear and trembling with the help of your Christ. For you are the King of peace and the Saviour of our souls, and we give you glory, Father, Son, and Holy Spirit: now and forever and ever. Amen.

7. O God and Father of our Lord Jesus Christ! After raising us from bed and gathering us here for prayer, give us the grace to open our mouths and offer you our thanks to the best of our ability. Accept our humble gratitude and teach us your judgments. For unless you direct us by your

Holy Spirit, Lord, we do not know how to pray to you as we should. And if we have sinned to this very moment from malice or weakness, Lord, forgive us everything and spare us. For if you mark our sins, Lord, who will survive? You, after all, are the only one who can redeem us, the only holy one, the mighty help and shield of our lives, and our songs of praise are yours for ever! And may your mighty power be blessed and glorified, Father, Son, and Holy Spirit: now and forever and ever. Amen.

8. You have shaken from us the laziness of sleep, O Lord our God, and enabled us to hear the holy call to raise our hands in prayer at this hour, singing forth the praises of the judgments of your justice. Accept our prayers and entreaties, our morning worship of praise and supplication. Give us unshakable faith, O God; give us firm hope and sincere love. Bless our comings and goings, our activity and our work, our deeds and our desires. Enable us to begin this day praising and blessing the ineffable boundlessness of your goodness. For blessed and glorified be your precious name and your mighty power, Father, Son, and Holy Spirit: now and forever and ever. Amen.

9. O Lord our God, who pardon those who do penance! You have shown us how to acknowledge and confess our sins by giving us the example of the prophet David, whose repentance won him pardon. Pity us, then, in your great mercy, O Lord, for we have fallen into many sins. In your immense and tender compassion, wash away all our fault. Through the mercies and compassion and love for us of your only Son, with whom you are blessed, together with your all-holy, good, and life-giving Spirit: now and forever and ever. Amen.

10. O God our God! Of your own free will you fashioned the powers of reasoning and speech! Humbling ourselves before you, we beg you to accept our songs of praise which we offer as well as we can in union with all creation. In return, gift us with an abundance of your grace. Every knee in heaven, earth and hell bends before you, O only true and merciful God, and all creation sings the praises of your inaccessible glory. For all the powers of heaven praise you, and we give you glory, Father, Son, and Holy Spirit: now and forever and ever. Amen.

Praise and honour, glory and thanksgiving are the blessing we give you, Lord God of our fathers, for having escorted us through the shadows of

the night and shown us once more, the light of day! We beseech your goodness: in your great tenderness, wash away our faults and receive our prayer, for we seek refuge in you, our mighty and merciful God. Make the light of your justice shine forth in our hearts. Illumine our minds and keep watch over our senses, that we may finally reach life everlasting, after walking the path of your commandments every day of our lives as we should. You are the very source of light, and we beg you to count us worthy of delighting in the vision of your inaccessible light. For you are indeed our God, and we give you glory, Father, Son, and Holy Spirit: now and forever and ever. Amen.