MATINS OF THE BRIDEGROOM SERVED ON HOLY TUESDAY EVENING

After the Dismissal of the Midnight Office the Priest, having made the customary metania to the Superior, or to his stall, enters the sanctuary and makes three bows before the holy Table. He puts on the Epitrachelion and, standing in front of the holy Table, intones:

Priest: Blessed is our God, always, now and ever, and to the ages of ages.

Reader: Amen.

Priest: Glory to you....Heavenly King...

The Priest blesses the incense and begins to <u>cense with the katzion</u> the sanctuary and the whole church as usual.

Reader: Holy God. Holy Mighty. Holy Immortal. Have mercy on us. (x3)

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

All-Holy Trinity: Have mercy on us. Lord: Cleanse our sins. Master: Pardon our transgressions. Holy One: watch over and heal our infirmities, for Your name's sake.

Lord, have mercy. (x3)

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

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come. Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

Priest: For yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen.

Lord, have mercy (x12). Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

Come let us worship, and fall down before the king, our God. Come let us worship, and fall down before Christ the king, our God. Come let us worship, and fall down before Christ himself, the king and our God.

With three metanias. Then the following two Psalms.

Psalm 19

To completion, a psalm to David.

The Lord hear you in the day of affliction, the name of the God of Jacob shield you.

- ²May he send you help from the holy place, and from Sion take hold of you.
- ³ May he remember your every sacrifice, and your whole burnt offering let him fatten.
- ⁴ The Lord give you according to your heart, and fulfill your every counsel.
- ⁵We will rejoice upon your salvation, and in the name of the Lord our God we will be magnified.
- ⁶ The Lord fulfill all your requests, now I know that the Lord has saved his christ.
- ⁷He will hear him from his holy heaven, in powerful deeds the salvation of his right hand.
- ⁸ These on chariots, and these on horses, but we will call upon the name of the Lord our God.
- ⁹They were shackled and fell, but we have risen and have been set upright.
- ¹⁰ Lord, save the king and hear us, on whichever day we call upon you.

Psalm 20

A psalm to David.

- O Lord, in your power the king will be gladdened, and in your salvation will rejoice greatly.
- ²His heart's desire you gave him, and of the will of his lips you did not deprive him.
- ³ For you came before him with blessings of kindness, you set upon his head a crown of precious stone.
- ⁴ Life he asked of you, and you gave him length of days to age of age.
- ⁵ Great is his glory in your salvation, glory and majesty you will place upon him.
- ⁶ For you will give him blessing to age of age, and will gladden him in delight with your Face.
- ⁷ For the king hopes in the Lord, and in the mercy of the Most High he will not, will not be moved.
- ⁸ May your hand be found by all your enemies, and may your right hand find all who hate you.
- ⁹ For you will set them like a fiery kiln, at the time of your Face.
- ¹⁰ The Lord in his wrath will confound them, and fire will devour them.
- ¹¹ Their offspring you will destroy from the earth, and their seed from the sons of men.
- ¹² For they inclined toward you bad things, and plotted counsels by which they are not, are not able to stand.
- ¹³ For you will put them to turn their back, in your remnants you will prepare their face.
- ¹⁴ Be lifted up, O Lord, in your power, we will sing and praise your powerful deeds.

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

Holy God. Holy Mighty. Holy Immortal. Have mercy on us. (x3)

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

All-Holy Trinity: Have mercy on us. Lord: Cleanse our sins. Master: Pardon our transgressions. Holy One: watch over and heal our infirmities, for Your name's sake.

Lord, have mercy. (x3)

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

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come. Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

Priest: For Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen.

The priest must take care that he is standing beneath the Polyeleos to say this conclusion. He then enters the sanctuary, puts away the censer and takes his stand in front of the Holy Table.

And the following Troparia:

O Lord, save your people and bless your inheritance, bestowing victories to your people against barbarians and guarding by your cross your citizenry.

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

Lifted up on the Cross willingly, Christ God, give your pities to the new citizenry of your name, gladden our rulers by your power, granting them victories against the adversaries; may they have your alliance, a weapon of peace, an invincible trophy.

Now and ever and to the ages of ages. Amen. Theotokion.

Champion fearful and unashamed, do not overlook our supplications, O good one, all-hymned Birthgiver of God; establish the citizenry of the right-glorifying, save the ones whom you have called to rule, and from heaven grant them the victory, for you gave birth to God, only blessed one.

Deacon/Priest: Have mercy on us, O God, according to your great mercy, we pray you, hear and have mercy.

Reader: Lord have mercy (x3).

Deacon/Priest: Again we pray for the civil authorities of this country and for those serving in its armed forces.

Reader: Lord have mercy (x3).

Priest: For you are a merciful God and love mankind, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen. In the Name of the Lord, Father, bless!

Priest (*making the sign of the cross over the altar with the censer*): Glory to the holy and consubstantial and life-creating and undivided Trinity, always now and ever and to the ages of ages. **Reader:** Amen.

THE SIX PSALMS

During the first three psalms the priest takes the SKOUFIA OFF and reads the first six prayers of the light from before the holy table. And we begin the Six Psalms, listening with complete silence and compunction. The designated reader, with devotion and fear of God says:

Glory to God in the highest, and on earth peace, Good Will among men. (3x) Lord, you will open my lips and my mouth will proclaim your praise. (2x)

Psalm 3

A psalm to David, when he escaped from the face of Abesalom his son.

Lord, why did the one who afflict me multiply? Many rise up upon me.

- ²Many tell my soul, There is not salvation for him in his God.
- ³ But you, O Lord, are the one who takes hold of me, my glory, and the one who lifts up my head.
- ⁴ With my voice I cried to the Lord, and he heard me from his holy mountain.
- ⁵ And I lay down and fell asleep, I was awakened, that the Lord will take hold of me.
- ⁶I will not be frightened by tens of thousands of people who round about set up together upon me.
- ⁷Rise, O God, save me, my God, for you struck all those who are at enmity with me for nothing, the teeth of sinners you shattered.
- ⁸ Salvation is the Lord's, and your blessing upon your people.

Psalm 37

A psalm to David, for remembrance concerning the Sabbath.

Lord, do not rebuke me in your anger, nor chastise me in your wrath.

- ² For your arrows stuck fast in me, and you laid your hand hard upon me.
- ³ There is not healing in my flesh from the Face of your wrath, there is not peace in my bones from the face of my sins.
- ⁴ For my iniquities rose over my head, like a heavy burden they weighed upon me.
- ⁵ My bruises stank and rotted, from the face of my mindlessness.
- ⁶ I was wretched and was bent down utterly, all the day I walked about glooming.
- ⁷ For my loins were filled with mockings, and there is not healing in my flesh.
- ⁸ I was distressed and was humbled greatly, I howled from the groaning of my heart.
- ⁹Lord, in front of you all my desire, and my groaning from you was not hidden.
- ¹⁰ My heart was troubled, my strength forsook me, and the light of my eyes, it too is not with me.
- ¹¹ My friends and my neighbors drew near in front of me and stood, and those nearest me stood from afar off.
- ¹² The ones who seek my soul used force, and the ones who seek bad things for me spoke vanities, and were thoughtful of deceits all the day.
- ¹³ But as for me I, like someone deaf, did not hear, and, like someone mute who does not open his mouth.
- ¹⁴ And I became like the one who does not hear, and who does not have reproofs in his mouth.
- ¹⁵ For in you, O Lord, I have hoped; you will hear, O Lord my God.
- ¹⁶ For I said, Only let not my enemies be joyful over me. And when my feet faltered, they spoke boastfully over me.
- ¹⁷ For I am prepared for whippings, and my pain is always before me.
- ¹⁸ For I will proclaim my iniquity, and will worry about my sin.
- ¹⁹ But my enemies live and prevailed over me, and the ones who hate me unjustly multiplied.
- ²⁰ The ones who repay me bad things for good accused me, since I closely pursued goodness.
- ²¹ Do not forsake me, O Lord. My God, do not keep away from me. Attend to my help, Lord of my salvation.

Psalm 62

A psalm to David, when he was in the wilderness of Judea.

- O God, my God, at dawn I keep vigil for you. My soul has thirsted for you, how often my flesh—for you in a desert land, untrodden, and waterless.
- ²Thus I appeared to you in the holy place, to see your Power and your Glory.
- ³ For your mercy better than lives, my lips will praise you.
- ⁴ Thus I will bless you in my life, and in your name I will lift up my hands.
- ⁵ That my soul be filled with marrow and fatness, my mouth will praise you with lips of rejoicing.

- ⁶ If I remembered you upon my bed, at dawn I was thoughtful of you.
- ⁷ For you became my helper, and in the shelter of your wings I will rejoice.
- ⁸ My soul cleaved to you, and your right hand took hold of me.
- ⁹ But in vain they sought my soul, they will go into the deepest parts of the earth, will be delivered into the hands of the sword, and will be portions for foxes.
- ¹⁰ But the king will be gladdened in God, everyone who swears in him will be praised, for the mouth of those who speak unrighteous things has been muzzled.

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

Alleluia, Alleluia. Glory to you, O God. (x3)

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

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

When the people finish the third psalm and say "Glory to the Father and to the Son and to the Holy Spirit. . ." the priest exits the sanctuary and reads the remaining prayers of the light from before the icon of Christ.

Psalm 87

An ode of psalm to the sons of Kore, to completion, over Maeleth, that a word be answered. Of understanding to Aitham the Israelite.

Lord God of my salvation, I have cried by day and at night in front of you.

- ² Let my prayer come in front of you, incline your ear to my supplication.
- ³ For my soul was filled with bad things, and my life drew near to hell.
- ⁴I was counted with the ones who go down to the pit, I became like a helpless man, free within the dead.
- ⁵ Like ones slain who sleep in a tomb, whom you no longer remembered, and they were driven away from your hand.
- ⁶ They put me in the lowest pit, in dark places and in shadow of death.
- ⁷Your anger was laid hard upon me, and you brought all your risings upon me.
- ⁸ You took the ones who know me far off from me, and they made me an abomination to themselves.
- ⁹I was handed over and I did not come out, my eyes weakened from poverty.
- ¹⁰ I cried to you, O Lord, all the day, I stretched out my hands toward you.
- ¹¹ Surely you will not work wonders for the dead? Or will physicians raise up again, and will confess to you?
- ¹² Surely someone will not describe your mercy in the tomb, and your truth in destruction?
- ¹³ Surely your wonders will not be known in the dark, or your righteousness in a forgotten land?

- ¹⁴ But I, O Lord, I cried to you, and in the morning my prayer will be before you.
- ¹⁵ What for, O Lord, did you drive away my soul, what for do you turn your Face from me?
- ¹⁶ Poor am I and in toils from my youth; and lifted up, I was humbled and brought to despair.
- ¹⁷Over me your wraths spread out, and your terrors troubled me.
- ¹⁸ They encircled me like water, all the day they surrounded me altogether.
- ¹⁹ You took far off from me friend and neighbor, and the ones who know me because of my misery.

Psalm 102

To David.

Bless the Lord, O my soul, and all which are within me – his holy name.

- ²Bless the Lord, O my soul, and do not forget all his repayments.
- ³ Who is much-forgiving to all your iniquities, who heals all your diseases.
- ⁴Who redeems your life from rotting, who crowns you with mercy and pities.
- ⁵ Who fills your desire with good things, your youth will be renewed like an eagle's.
- ⁶ The Lord who makes mercies, and judgment to all who are wronged.
- ⁷He made known his ways to Moses, to the sons of Israel his wills.
- ⁸ The Lord pitying and merciful, long-suffering and full of mercy. He will not be wrathful utterly, nor will he be enraged to the age.
- ⁹ Not according to our iniquities has he done to us, nor according to our sins has he repaid us.
- ¹⁰ For according to the height of heaven from the earth, has the Lord strengthened his mercy over the ones who fear him.
- ¹¹ As far as the east is from the west, so far off has he taken our iniquities from us.
- ¹² As a father pities his sons, has the Lord pitied the ones who fear him; for he knew our fashioning, has remembered that we are dust.
- ¹³ The human his days like grass; like a flower of the field, so he will blossom.
- ¹⁴ For a wind has passed through it and it will not be, and it will no longer know its place.
- ¹⁵ But the mercy of the Lord from the age, and until the age over the ones who fear him.
- ¹⁶ And his righteousness over sons of sons, over the ones who keep his testament, and remember his commandments to do them.
- ¹⁷ The Lord in heaven has prepared his throne and his kingdom has dominion over all.
- ¹⁸ Bless the Lord, all his angels, powerful in strength, who do his word, in order to hear the voice of his words.
- ¹⁹ Bless the Lord, all his powers, his liturgizers who do his will.
- ²⁰ Bless the Lord, all his works, in every place of his dominion. Bless the Lord, O my soul.

Psalm 142

A psalm to David, when Abesalom, his son, was pursuing him.

Lord, hear my prayer, give ear to my supplication in your truth, hear me in your righteousness.

- ² And do not enter into judgment with your servant, for everyone living will not be righteous before you.
- ³ For the enemy closely pursued my soul, to the ground he humbled my life.
- ⁴He made me sit in dark places like the dead of the age, and my spirit became despondent in me, and my heart was troubled within me.
- ⁵I have remembered days of old, I have been thoughtful of all your works, I was thoughtful of the makings of your hands.
- ⁶I stretched out my hands toward you, my soul—like waterless land, to you.
- ⁷Quickly hear me, O Lord; my spirit has vanished.
- ⁸ Do not turn your Face from me, and I will be like the ones who go down into the pit.
- ⁹ Make your mercy heard to me in the morning, for I have hoped in you.
- ¹⁰ Lord, make known to me the way in which I will walk, for I have lifted up my soul toward you.
- ¹¹ Take me away from my enemies, O Lord, for I have run to you for refuge. Teach me to do your will, for you, you are my God.
- ¹² Your good Spirit will guide me in a straight land; for your name's sake, O Lord, you will make me live.
- ¹³ In your righteousness you will lead my soul out of affliction, and in your mercy you will destroy my enemies.
- ¹⁴ And you will lay waste to all who afflict my soul, for I, I am your servant.

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

Alleluia, Alleluia. Glory to you, O God. (3x).

When the psalms are finished, the priest puts the SKOUFIA ON and, if there is a deacon, enters the sanctuary while the deacon says the litany from before the holy doors. If there is no deacon, the priest himself says the great litany from before the holy doors.

LITANY OF PEACE

Deacon/Priest: In peace let us pray to the Lord.

Reader: Lord, have mercy. (and after each petition)

For the peace from above and for the salvation of our souls, let us pray to the Lord.

For the peace of the whole world, for the stability of the holy Churches of God, and for the union of all, let us pray to the Lord.

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

For our archbishop and father _____, for the honorable priesthood, the diaconate in Christ, for all the clergy and the people, let us pray to the Lord.

For the civil authorities of this country and for those serving in its armed forces, let us pray to the Lord.

For this city, for every monastery, city, and countryside, and for those who in faith dwell in them, let us pray to the Lord.

For good temperance of the air, abundance of the fruits of the earth, and for peaceful seasons, let us pray to the Lord.

For travelers by land, sea, and air, the sick, the suffering, the imprisoned, and for their salvation, let us pray to the Lord.

For our deliverance from all affliction, wrath, danger, and necessity, let us pray to the Lord.

Help us, save us, have mercy on us, and keep us, O God, by your grace.

Remembering our all-holy, pure, most blessed, and glorious Lady, the Birthgiver of God and ever-virgin Mary, with all the saints, let us offer ourselves and one another, and our whole life to Christ God.

Reader: To You, O Lord.

Priest: For to you are due all glory, honor, and worship, to the Father and to the Son and to the Holy Spirit, now and ever and to ages of ages.

Reader: Amen.

Alleluia. Verses from Isaias 26.

Deacon/Priest: Alleluia! Alleluia! Out of night my spirit keeps vigil for you at dawn, O God, for your commands are light upon the earth.

Reader: Alleluia! Alleluia! Alleluia!

Deacon/Priest: Learn righteousness, you who dwell upon the earth.

Reader: Alleluia! Alleluia! Alleluia!

Deacon/Priest: Zeal will seize an unchastised people, and now fire will consume the adversaries.

Reader: Alleluia! Alleluia! Alleluia!

Deacon/Priest: Set bad things before them, O Lord, set bad things before them, the glorious ones of the earth.

Reader: Alleluia! Alleluia! Alleluia!

Then the following Troparion is sung solemnly 3 times as the priest stands at the icon of the Bridegroom censing it.

Tone 8 Behold, the Bridegroom comes in the middle of the night, and blessed is that servant whom he finds watching; but unworthy is the one whom he finds slothful. Take care then, my soul, not to be overcome with sleep, lest you be given up to death, and be shut out of the kingdom; but rouse yourself and cry: Holy, holy, holy are you, O God; through the power of Your cross, have mercy on us.

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

Behold, the Bridegroom comes in the middle of the night, and blessed is that servant whom he finds watching; but unworthy is the one whom he finds slothful. Take care then, my soul, not to be overcome with sleep, lest you be given up to death, and be shut out of the kingdom; but rouse yourself and cry: Holy, holy, holy are you, O God; through the prayers of the Archbishop Nicholas, have mercy on us.

Now and ever and to the ages of ages. Amen.

Behold, the Bridegroom comes in the middle of the night, and blessed is that servant whom he finds watching; but unworthy is the one whom he finds slothful. Take care then, my soul, not to be overcome with sleep, lest you be given up to death, and be shut out of the kingdom; but rouse yourself and cry: Holy, holy, holy are you, O God; through the Mother of God, have mercy on us.

The priest enters the altar.

[According to the Russian Typikon the ending is the same each time: through the Mother of God have mercy on us. The modern Greek books place a small Litany here, with the ekphonesis, For yours is the might...]

[Then we recite Kathisma 14 [Psalms 101-104] of the Psalter. After the Psalter the following Kathisma:] READ. Tone 3. Awed by the beauty.

A harlot came to you, emptying with her tears sweet myrrh upon your feet, O Lover of humankind; and from the foul stench of her sins at your command she was released; but though he breathed your grace, the ungrateful disciple threw it all away, and with filth he was defiled, selling you for love of money. Glory, O Christ, to your compassion!

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

A harlot came to you, emptying with her tears sweet myrrh upon your feet, O Lover of humankind; and from the foul stench of her sins at your command she was released; but though he breathed your grace, the ungrateful disciple threw it all away, and with filth he was defiled, selling you for love of money. Glory, O Christ, to your compassion!

[Then Kathisma 15 [Psalms 105-108] of the Psalter is read, and after it the following Kathisma to the same melody.]

READ. Tone 4. Your Martyr, O Lord.

The cunning Judas, in his love for money, cunningly thought to betray you, Lord, the treasury of life. Therefore like a drunkard he runs to the Jews, says to the lawless: What are you willing to give me, and I shall hand him over to you for you to crucify him?

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

The cunning Judas, in his love for money, cunningly thought to betray you, Lord, the treasury of life. Therefore like a drunkard he runs to the Jews, says to the lawless: What are you willing to give me, and I shall hand him over to you for you to crucify him?

[Then Kathisma 16 [Psalms 109-117] of the Psalter is read, and after it the following Kathisma:] The priest puts on the phelonion.

READ. Tone 1. The soldiers watching.

The harlot cried aloud with weeping and eagerly wiped your immaculate feet, O Merciful, with the hairs of her head, as she groaned from the depth of her heart, 'Do not reject me, do not loathe me, my God, but accept as I repent, and save me, as you alone love humankind'.

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

The harlot cried aloud with weeping and eagerly wiped your immaculate feet, O Merciful, with the hairs of her head, as she groaned from the depth of her heart, 'Do not reject me, do not loathe me, my God, but accept as I repent, and save me, as you alone love humankind'.

The priest opens the holy doors.

[The Russian Typikon prescribes three readings, one after each Kathisma, from St John Chrysostom's commentary on St Matthew's Gospel, without specifying the references precisely, and from St Ephrem the Syrian 'On the Harlot'. We give a hyperlink to St John's homily—Homily 80—on St Matthew's account of the supper in Bethany, which will be read at Vespers.]

Deacon/Priest: And that we be accounted worthy of hearing the holy Gospel, let us implore the Lord our God.

Reader: Lord, have mercy, Lord, have mercy, Lord, have mercy.

Deacon/Priest: Wisdom! Upright, let us hear the holy Gospel.

Priest: Peace to all.

Reader: And to your Spirit.

Priest: The reading from the holy Gospel according to John. [12:17-50]

Reader: Glory to you, Lord, glory to you!

Deacon/Priest: Let us attend.

Priest: At that time the crowd that had been with Jesus when he called Lazarus out of the grave and raised him from the dead bore witness. For this reason also the crowd went to meet him: because they heard that he had performed this sign. So the Pharisees said to one another, 'You see, you can do nothing. Look, the world has gone after him!' Now there were some Greeks among those who went up to worship at the feast. They came to Philip, who was from Bethsaida in Galilee, and made this request to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, 'The hour has come for the Son of Man to be glorified. Amen, amen, I tell you, unless a grain of wheat falls into the earth and dies, it remains a single grain; but if it dies, it bears much fruit. Those who love their life will lose it, and those who hate their life in this world will keep it for eternal life. If anyone would serve me, let them follow me, and where I am, there will my servant be also. If anyone would serve me, the Father will honour them. Now my soul is troubled. And what should I say? Father, save me from this hour. But it is for this reason that I have come to this hour. Father, glorify your name'. Then a voice came from heaven, 'I have glorified it, and I will glorify it again.' The crowd standing there heard it and said that it had thundered. Others said, 'An angel has spoken to him.' Jesus answered, 'This voice has not come for my sake, but for yours. Now is the judgement of this world; now the ruler of this world will be cast out. And I, when I am lifted up from the earth, will draw all to myself.' He said this to signify the kind of death he was to die. The crowd answered him, 'We have heard from the law that the Christ remains forever. How can you 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, that the darkness may not overtake you. One who walks in the darkness, does not know where they are going. While you have the light, believe in the light, so that you may become children of light.' After Jesus had said this, he departed and hid from them. Although he had performed so many signs in their presence, they did not believe in him, that the word spoken by the prophet Isaias might be fulfilled, 'Lord, who has believed our message, and to whom has the arm of the Lord been revealed?' And so they could not believe, because Isaias also said, 'He has blinded their eyes and hardened their heart, so that they might not look with their eyes, and understand with their heart and turn back, and I will heal them.' Isaias said this when he saw his glory and spoke about him. Nevertheless many, even of the rulers, believed in him. But because of the Pharisees they did not confess it, for fear that they would be put out of the synagogue; for they loved human glory more than the glory of God. Then Jesus cried out and said, 'Whoever believes in me believes not in me but in the One who sent me. And whoever sees me sees the One who sent me. I have come as light into the world, so that everyone who believes in me should not remain in the darkness. And if anyone who hears my words and does not believe, I do not judge them, for I did not come to judge the world, but to save the world. The one who rejects me and does not receive my words has one who judges them; the word that I have spoken will judge them on the last day, for I have not spoken on my own, but the Father who sent me has himself given me a commandment about what to say and what to speak. And I know that his commandment is eternal life. What I speak, therefore, I speak just as the Father has told me.'

Reader: Glory to you, Lord, glory to you!

And at once:

Psalm 50

To completion, a psalm to David when Nathan the prophet came to him, at the time when he went in to Virsavee, the woman of Ourias.

- ¹Have mercy on me, O God, according to your great mercy, and according to the fullness of your compassions blot out my transgression.
- ²More thoroughly wash me from my lawlessness, and cleanse me from my sin.
- ³ For I do know my lawlessness, and my sin is ever before me.
- ⁴ Against you only I have sinned and have done the evil before you, so that you are righteous in your words and conquer in your judging.
- ⁵ For, behold, in iniquities I was conceived, and in sins my mother bore me.
- ⁶ For, behold, you have loved truth, the unseen and hidden things of your wisdom you have shown me.
- ⁷You will sprinkle me with hyssop and I will be cleansed; you will wash me, and I will be made whiter than snow.
- ⁸ You will make me hear joy and gladness; the humbled bones will rejoice.
- ⁹Turn away your face from my sins, and blot out all my iniquities.
- ¹⁰ Create a clean heart in me, O God, and renew a right Spirit in my inward parts.

- ¹¹ Do not cast me away from your Face, and do not take your Holy Spirit from me.
- ¹² Give me back the joy of your salvation, and make me steadfast with a governing Spirit.
- ¹³ I will teach the lawless your ways, and the impious will turn around to you.
- ¹⁴ Deliver me from blood, O God, God of my salvation, and my tongue will rejoice in your righteousness.
- ¹⁵ Lord, you will open my lips, and my mouth will proclaim your praise.
- ¹⁶ For if you had willed a sacrifice, I would have given it; you will not well-will whole burnt offerings.
- ¹⁷ A sacrifice to God is a shattered spirit; a shattered and humbled heart God will not despise.
- ¹⁸ Do good, Lord, to Sion in your good pleasure and the walls of Jerusalem be rebuilt.
- ¹⁹ Then you will well-will sacrifice of righteousness, offering and whole burnt offerings.
- ²⁰ Then they will offer calves upon your altar.

The priest closes the holy doors.

We READ the Canon by St Kosmas, of which the Acrostic is:

On Wednesday I shall sing.

In each Ode the Irmos is sung twice and the troparia repeated to make 12. The Irmos is repeated as Katavasia.

Ode 3. Tone 2. Irmos.

'Establishing me on the rock of the faith, you have broadened my mouth against my foes; for my spirit has rejoiced to sing: None is holy as our God, and none is just but you, O Lord.'

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

In vain is the Sanhedrin of the lawless being assembled with evil intent, O Christ, to pass sentence of condemnation on you the Deliverer, to whom we sing: You are our God, and there is none holy but you, O Lord.

Now and ever and to the ages of ages. Amen.

The dread council of the lawless, their souls making war on God, plans how to slay as a malefactor Christ, the just, to whom we sing: You are our God, and there is none holy but you, O Lord.

Katavasia

Establishing me on the rock of the faith, you have broadened my mouth against my foes; for my spirit has rejoiced to sing: None is holy as our God, and none is just but you, O Lord.

LITTLE LITANY

Deacon/Priest: Again and again in peace let us pray to the Lord.

Reader: Lord, have mercy.

Deacon/Priest: Help us, save us, have mercy on us, and keep us, O God, by your grace.

Reader: Lord, have mercy.

Deacon/Priest: Remembering our all-holy, pure, most blessed, and glorious Lady, the Birthgiver of God and Ever-Virgin Mary, with all the saints, let us offer ourselves and one another, and our whole life to Christ God.

Reader: To you, O Lord.

Priest: for you are the king of peace and the savior of our souls, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen.

After the small litany the Kontakion

Tone 4. Lifted up on the Cross

I have transgressed far more than the harlot, O Good One, yet have never brought you showers of tears; but entreating in silence, I fall before you, as I kiss your immaculate feet with love, that as Master you may grant me forgiveness of offences, as I cry out, O Saviour: deliver me from the filth of my works.

READ. The Ikos

The woman, who before was dissolute, suddenly appeared temperate, hating the works of shameful sin and the pleasures of the body, as she thought on the great shame and the judgement of punishment, to which harlots and the dissolute bring themselves. Of them I am first, and I tremble, but I continue in my evil way, fool that I am; while the harlot, trembling and hastening with zeal, came crying to the Redeemer, 'Merciful Lover of humankind, deliver me from the filth of my works'.

READ.

On holy and great Wednesday the most godly fathers ordered that the commemoration be kept of the harlot who anointed the Lord with sweet myrrh, because this occurred shortly before the saving passion.

Verses.

A woman casting myrrh upon Christ's body. Anticipates Nikydemos' anointing.

On Holy and Great Wednesday the divine Fathers ordained a commemoration to be kept of the woman who was a harlot and who anointed the Lord with myrrh, inasmuch as this took place a short time before the saving Passion.

As Jesus was going up to Jerusalem, when He was in the house of Simon the leper, a woman came and poured most precious myrrh on the head of Christ and wiped His feet with her hair, rendering Him service at a very great cost to herself. This event is set forth here that, according to the Savior's word, her act of great fervor may be proclaimed to everyone everywhere, and because it occurred a short time before the Passion. What moved her to act thus? She had seen how merciful Christ was and how accessible to all; now, in particular, she saw Him enter the house of a leper, whom the Law deemed unclean and unfit for society. She thought to herself that He would heal the man's leprosy and likewise the illness of her own soul. Thus, while He was seated, she poured on the top of His head a quantity of myrrh, which was worth about "three hundred thirteen denarii in silver coin," that is, sixty assaria, and she wiped His feet with her hair. She placed her head at His feet, showing her zeal for repentance, but the disciples rebuked her, particularly Judas Iscariot. Christ, however, welcomed her, not allowing them to frustrate her good intention. He further mentioned His burial, dissuaded Judas from becoming a traitor, and honored the woman by saying that her good deed would be related everywhere, throughout the whole world.

Let it be known that there are two women who anointed the Lord with myrrh, as the divine Chrysostom says. He said that in the three Evangelists there is a certain woman who is also called a harlot, while in Saint John there is another woman, Mary the sister of Lazarus, who was not a harlot but a friend of Christ. Thus, the woman in St. John's Gospel is not the same as the one mentioned by the other Evangelists. Whether both of them anointed Christ on the same day - this is not mentioned. Others, however, assert that there was a third woman: the one who was at the house of Simon the Pharisee; a second, Mary the sister of Lazarus; and a third woman, a different one who was at the supper. Although this opinion is added as a supplement, it is not known whether it can be held as accurate, since one of these women is not she who is now set before us.

That nard, or rather myrrh, with which the harlot anointed Christ, was very costly. It belonged to that type of compound called myrrh, which Moses was commanded by

God to make for the anointing of priests and chief priests. It is of this that David says, "It is like the precious oil on the head, running down to the beard, to Aaron's beard, running down to the edge of his garment" (Ps. 132:2). It was a compound of four substances: myrrh, flowers, fragrant cinnamon, and oil. It was called true or genuine, because skilled and trusted men were appointed to prepare that which God had in a mysterious manner revealed to Moses alone. An alabaster jar is a glass vessel made with no handle, which is also called a vykion.

We should know that today the deceitful Judas, that lover of money, that whelp of Satan, began the negotiations with the wicked Sanhedrin to betray the Master for thirty pieces of silver. Being indignant after Christ rebuked him for showing concern for the cost of the oil of myrrh, he sought out the Jews who were at the court of Caiaphas. After taking council with the Jewish High Priests, he searched for an opportunity to betray the Lord when He was alone, for the Sanhedrin feared the multitude that followed Christ.

We see in today's Gospel (Matt. 26:6-16) that the sinful woman brought oil of myrrh to anoint Christ, while Judas brought his greed to the Sanhedrin. She spread out her hair to wipe the Lord's feet, while Judas stretched out his hands for the money. She rejoiced to pour out the very precious oil on the Lord, while Judas made plans to sell the One who is above all price. By anointing Christ, she acknowledged Him as Lord, while Judas severed himself from the Master. She was set free of her sins, while Judas was entrapped and became a slave of the devil. She tenderly kissed the feet of Christ, asking for forgiveness, while Judas plotted to betray the Lord with a kiss, anticipating the silver.

Because the betrayal of Christ occurred on a Wednesday, the Orthodox Church has received the tradition from Apostolic times to observe Wednesday as a fast day throughout the entire year.

But, Christ our God, anointed with the spiritual myrrh, free us from the flowing passions, and have mercy on us, as you alone are good and love mankind. Amen.

Ode 8. Irmos.

'Since the word of the tyrant prevailed, the furnace was once heated seven times. In it the youths, having trampled on the king's decree, were not consumed by flames, but cried aloud, 'All you works of the Lord praise the Lord, and highly exalt him to all the ages'.'

Glory to you, O God, glory to you.

A woman emptied out precious ointment on your royal, divine and awesome head, O Christ; with her polluted palms laid hold on your immaculate feet and cried aloud, 'All you works of the Lord praise the Lord, and highly exalt him to all the ages.'

We praise the Father, Son, and Holy Spirit: the Lord.

Guilty of sins, she washed with tears the feet of the Creator and wiped them with her hair; and so she did not fail to find redemption of all that she had done in life, but cried aloud, 'All you works of the Lord praise the Lord, and highly exalt him to all the ages.'

Now and ever and to the ages of ages. Amen.

Redemption was ministered to the grateful woman from the Saviour's compassion and the fountain of her tears. Washed clean by which, through her confession, she was not ashamed, but cried aloud, 'All you works of the Lord praise the Lord, and highly exalt him to all the ages.'

Let us praise, bless, and worship the Lord, praising and supremely exalting Him to all ages.

Katavasia Since the word of the tyrant prevailed, the furnace was once heated seven times. In it the youths, having trampled on the king's decree, were not consumed by flames, but cried aloud, 'All you works of the Lord praise the Lord, and highly exalt him to all the ages.'

The Magnificat is not sung, but instead the 9th Ode. The priest censes the icon of the Mother of God ninefold, and then the whole church.

Priest: The Birthgiver of God and the Mother of Light, let us magnify in song.

Ode 9. The Irmos.

With pure souls and undefiled lips, come, let us magnify the unsullied and all-pure Mother of Emmanuel, as through her we offer intercession to the one born of her, 'Spare our souls, Christ God, and save us'.

Glory to you, O God, glory to you.

Revealed as ungrateful, wicked and envious, the wretched Judas calculates the price of a gift worthy of God, through which she was released from the debt of her sins, and he traffics in the grace of God's love. Spare our souls, Christ God, and save us.

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

Judas goes to the lawless rulers and says, 'What are you willing to give me, and I shall hand over to you who want him Christ whom you seek?' So he exchanged Christ's fellowship for gold. Spare our souls, Christ God, and save us.

Now and ever and to the ages of ages. Amen.

Unrelenting in blind avarice, why have you forgotten that the world is not equal to the soul, as you were taught; for in despair, traitor, you hanged yourself. Spare our souls, Christ God, and save us.

Katavasia

With pure souls and undefiled lips, come, let us magnify the unsullied and all-pure Mother of Emmanuel, as through her we offer intercession to the one born of her, 'Spare our souls, Christ God, and save us'.

LITTLE LITANY

Deacon/Priest: Again and again in peace let us pray to the Lord.

Reader: Lord, have mercy.

Deacon/Priest: Help us, save us, have mercy on us, and keep us, O God, by your grace.

Reader: Lord, have mercy.

Deacon/Priest: Remembering our all-holy, pure, most blessed, and glorious Lady, the Birthgiver of God and Ever-Virgin Mary, with all the saints, let us offer ourselves and one another, and our whole life to Christ God.

Reader: To you, O Lord.

Priest: for all the powers of heaven praise you and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen.

After the small litany, the Exapostilarion sung slowly and solemnly: Tone 3. Model Melody.

Your bridal chamber, O my Saviour, I see all adorned, but I have no garment so that I may enter it. Make bright the mantle of my soul, O Giver of light, and save me! (x3)

At Lauds we READ 4 Idiomel Stichera, doubling them. Tone 1

READ. Psalm 148 Reader 1 takes odd numbered verses, Reader 2 takes even.

Alliluia. Of Aggaios and Zacharias.

¹Praise the Lord from the heavens, praise him in the highest.

² Praise him, all his angels; praise him, all his powers.

- ³ Praise him, sun and moon; praise him, all the stars and the light.
- ⁴ Praise him, heavens of the heavens, and water above the heavens.
- ⁵ Let them praise the name of the Lord, for himself spoke and they were made, he commanded and they were created.
- ⁶He made them stand to the age, and to the age of age; he set a precept, and it will not pass away.
- ⁷Praise the Lord from the earth, dragons and all deeps.
- ⁸ Fire, hail, snow, ice, and wind of tempest, which do his word.
- ⁹ Mountains and all hills, fruit-bearing trees and all cedars.
- ¹⁰ Beasts and all herds, creeping things and winged birds.
- ¹¹ Kings of the earth and all peoples, rulers and all judges of the earth.
- ¹² Young men and maidens, old with the young, let them praise the name of the Lord, for the name of him alone has been lifted up.
- ¹³ The confession of him is upon earth and heaven, and he will lift up the horn of his people.
- ¹⁴ A hymn to all his venerable ones, to the sons of Israel, to a people which draws near him.

Psalm 149

Alliluia.

- ¹Sing to the Lord a new song, his praise in a church of the venerable ones.
- ²Let Israel be gladdened in him who made him, and the sons of Sion rejoice in their king.
- ³Let them praise his name in dance, let them chant his praise with timbrel and harp.
- ⁴ For the Lord is well-pleased in his people, he will lift up the meek in salvation.
- ⁵ Venerable ones will boast in glory, and will rejoice in their beds.
- ⁶ The liftings-up of God in their throat, and two-edged swords in their hands.
- ⁷To make vengeance within the nations, punishments within the peoples.

- ⁸ To bind their kings in shackles, and their nobles in wrist-chains of iron.
- ⁹To make in them a written judgment, this glory will be to all his venerable ones.

Psalm 150

Alliluia.

- ¹Praise God in his holies, praise him in the firmness of his power.
- ²Praise him for his powerful acts, praise him according to the magnitude of his majesty.

READ. By Monk Kosmas. Tone 1

A harlot knowing you, the Son of the Virgin, to be God, imploring you with weeping, for she had done things worthy of tears, said, 'Loose my debt, as I unloose my hair; love one who loves, though justly hated, and along with tax-collectors I shall proclaim you, O Benefactor, who love humankind'.

³ Praise him in sound of trumpet, praise him with harp and lute.

The harlot mixed the sweet myrrh of great price with tears, poured it over your immaculate feet and kissed them. Her you justified at once, but grant us pardon, who suffered for us and save us.

⁴ Praise him in timbrel and dance, praise him with strings and pipe. By the same. Tone 5

When the sinful woman offered myrrh, then the disciple made an agreement with the lawless. The one rejoiced as she emptied out something of great price, while the other hurried to sell the One beyond price. She acknowledged the Master; he was parted from the Master. She was set free while Judas became the slave of the foe. Dreadful is sloth! Great is repentance! Grant it to me, Saviour, who suffered for us, and save us.

⁵ Praise him with tuneful cymbals, praise him with cymbals of great shout. Let every breath praise the Lord.

O the wretchedness of Judas! He watched the harlot kissing your feet and began plotting with guile the kiss of betrayal. She untied her locks and he was being bound by rage, bringing foul-smelling wickedness instead of myrrh; for envy does not know how to prefer its advantage. O the wretchedness of Judas! From it, O God, deliver our souls.

Glory to the Father and to the Son and to the Holy Spirit. Tone 2

The sinful woman ran for the myrrh, to buy myrrh of great price, to anoint with myrrh the Benefactor, and to the myrrh-seller she cried, 'Give me the myrrh, that I may anoint the One who has wiped away all my sins'.

Now and ever and to the ages of ages. Amen. Tone 6. Rejected.

The woman drowned by sin found you, the harbour of salvation, and emptying out myrrh with tears, she cried out to you, 'See, the one who has authority to pardon sins. See, the One who waits for the repentance of the sinful. But, Master, save me from the tempest of my sin through your great mercy'.

Then the Reader says:

To you is due glory, Lord our God, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amin. Glory to God in the highest, and on earth peace, Good Will among men.

We hymn you, we bless you, we worship you, we glorify you, we give thanks to you, for your great Glory.

Lord King, heavenly God, Father all-ruling; Lord Son only-begotten, Jesus Christ; and the Holy Spirit.

Lord God, the lamb of God, the Son of the Father, who take up the sin of the world, have mercy on us, you who take up the sins of the world.

Receive our supplication, you who sit at the right of the Father, and have mercy on us.

For you alone are holy, you alone are Lord, Jesus Christ, to the Glory of God the Father. Amin.

Every day I will bless you, and I will praise your name to the age, and to the age of age.

Count us worthy, Lord, to be kept in this day without sin.

Blessed are you, O Lord, the God of our fathers, and praised and glorified your name to the ages. Amin.

Lord, your mercy be upon us, as we have hoped in you.

Blessed are you, O Lord, teach me your precepts.

Blessed are you, O Lord, teach me your precepts.

Blessed are you, O Lord, teach me your precepts.

Lord, you have become a refuge to us in generation and generation. I said: Lord, have mercy on me, heal my soul, for I have sinned to you.

Lord, I fled to you, teach me that I do your will, for you are my God.

For from you is the spring of life, in your Light we will see light.

Stretch out your mercy to the ones who know you.

LITANY OF SUPPLICATION

Deacon/Priest: Let us complete our morning supplication to the Lord.

Reader: Lord, have mercy.

Deacon/Priest: Help us, save us, have mercy on us and keep us, O God, by your grace.

Reader: Lord, have mercy.

Deacon/Priest: The whole day perfect, holy, peaceful, and sinless, let us ask of the Lord.

Reader: Grant it, O Lord. (and after the next petitions)

An angel of peace, faithful guide, guardian of our souls and bodies, let us ask of the Lord.

Pardon and remission of our sins and transgressions, let us ask of the Lord.

The things good and profitable for our souls, and peace for the world, let us ask of the Lord.

To complete the remaining time of our life in peace and repentance, let us ask of the Lord.

The completions of our life to be Christian, painless, blameless, and peaceful; and a good defense before the fearful judgment seat of Christ, let us ask.

Remembering our all-holy, pure, most blessed, and glorious Lady, the Birthgiver of God and Ever-Virgin Mary, with all the saints, let us offer ourselves and one another, and our whole life to Christ God.

Reader: To you, O Lord

Priest: For you are a God of mercy, compassions, and love for mankind, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen.

BOWING OF HEADS

Priest: Peace to all.

Reader: And to your spirit.

Deacon/Priest: Let us bow our heads to the Lord. **Reader:** To You, O Lord.

Priest: Holy Lord, who dwell on high and regard the lowly and with your all-seeing eye watch over all creation, to you we have bent the neck of our soul and body, and we implore you, Holy of holies: stretch forth your invisible hand from your holy dwelling place and bless us all, and, whether we have sinned voluntarily or involuntarily, forgive as a good God who loves mankind, granting us your earthly and heavenly good things, for yours it is to have mercy and to save us, our God, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages.

Reader: Amen.

After the Litany and the Prayer at the Bowing down of heads, the priest enters the altar and the Reader READS the Aposticha:

Tone 6

Today Christ comes to the house of the Pharisee and a sinful woman draws near and flings herself at his feet, crying, 'See one who has been drowned by sin, without hope because of her deeds, yet not rejected with loathing from your goodness, and give me, Lord, forgiveness of my evil deeds and save me'.

Verse 1. In the morning we have been filled with your mercy, O Lord, and we have rejoiced, and have been gladdened in all our days. (Psalm 89:16)

The harlot spread out her hair for you, the Master; Judas spread out his hands to the lawless: she to receive forgiveness, he to receive silver. And so we cry to you, sold and who set us free, 'Lord, glory to you!'

Verse 2: Let us be gladdened for the days when you humbled us, for the years in which we saw bad things. And look upon your servants and upon your works, and guide your sons. (Psalm 89:17-18)

A woman foul-smelling and defiled drew near, pouring tears upon your feet, O Saviour, and proclaiming your passion. 'How can I gaze upon you, Master? For you have come yourself to save a harlot. You roused Lazarus from the tomb after four days, raise me who am dead from the deep. Accept me in my misery, Lord, and save me'.

Verse 3. And be the brightness of the Lord our God upon us, and make straight the works of our hands upon us, and make straight the work of our hands. (Psalm 89:19)

By Monk John. Same Tone. Model melody.

Rejected because of her life, well-known because of her ways, she approached you carrying sweet myrrh and crying, 'You, who were born of a Virgin, do not cast me out, who am a harlot. Joy of the Angels, do not despise my tears; but, Lord, as I repent, accept me, whom you did not thrust from you when I sinned, through your great mercy'.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amen. *Tone 8. By the Nun Kassiani*.

Lord, the woman who had fallen into many sins, perceiving your divinity, took up the role of myrrh-bearer, and with lamentation brings sweet myrrh to you before your burial. 'Alas!', she says, 'for night is for me a frenzy of lust, a dark and moonless love of sin. Accept the fountains of my tears, you who from the clouds draw out the water of the sea; bow yourself down to the groanings of my heart, you who bowed the heavens by your ineffable self-emptying. I shall kiss your immaculate feet, and wipe them again with the locks of my hair, those feet whose sound Eve heard at dusk in Paradise, and hid herself in fear. Who can search out the multitude of my sins and the depths of your judgements, my Saviour, saviour of souls? Do not despise me, your servant,// for you have mercy without measure'.

Then the Superior says:

It is good to confess to the Lord, and to chant to your name, O Most High. So that to proclaim your mercy in the morning and your truth through the night. (*Psalm 91:2*)

Reader: Holy God. Holy Mighty. Holy Immortal. Have mercy on us. (x3)

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

All-Holy Trinity: Have mercy on us. Lord: Cleanse our sins. Master: Pardon our transgressions. Holy One: watch over and heal our infirmities, for Your name's sake.

Lord, have mercy. (x3)

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

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come. Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the evil one.

Priest: For Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and ever and to the ages of ages. **Reader:** Amen.

After the Our Father, we say the following Apolytikion:

Standing in the temple of your glory, we think we stand in heaven, O Mother of God. O gate of heaven, open to us the door of your mercy.

[The modern Greek books replace this with the Kontakion of the day: Think, miserable soul, on the hour of the end, and made fearful by the cutting down of the fig tree, work with love of toil at the talent given you, as you watch and cry: May we not be left outside Christ's bridal chamber!]

Then

Lord have mercy (x40).

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim: without defilement you gave birth to God the Word: true Birthgiver of God, we magnify you! In the name of the Lord, Father, bless.

Priest: Blessed is He-who-is, Christ our God, always, now and ever and to the ages of ages.

Reader: Amen.

The Superior: Heavenly King, establish our rulers: strengthen the faith: calm the nations: make the world peaceful: guard well this holy church: assign our fathers and brothers who have gone before us to the tents of the just, and accept us in repentance and confession, as you are good and love humankind.

The Superior: Heavenly King, make firm our rulers, establish the faith, calm the nations, make the universe peaceful, keep well this holy church, assign our fathers and brothers who have gone before us to the tents of the righteous, and accept us in repentance and confession, as one who is good and loves mankind.

Then the prayer of St Ephrem with 4 full and 12 small metanias

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. (**Prostration**)

But give rather the spirit of chastity, humility, patience, and love to your servant. **(Prostration)**

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed are you, to the ages of ages. **(Prostration)**

We then make 12 small metanias saying

God, cleanse me, the sinner.

then one further great metania as we repeat the prayer entirely.

The Apolysis

Priest: Glory to you, Christ God, our hope, glory to you!

Reader: Glory to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amen. Lord, have mercy. (x3) Father, bless!

Priest: He who is coming to his voluntary passion for our salvation, Christ our true God, through the intercessions of his all-pure and all-blameless holy mother; of the holy and all-laudable apostles; of the holy and righteous ancestors of God, Ioakeim and Anna; and of all the saints, have mercy on us and save us, as one who is good and loves mankind.

Reader: Amen.

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

Reader: Amen.

Translation taken from Archimandrite Ephrem Lash and Ieratikon: Volume I (Cherubim Press).