Reader’s Vespers on Thursday, March 26th

Service for Our Venerable Father Benedict of Nursia (March 14th/27th)

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

Glory to Thee, our God, glory to Thee.

O Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. ***(Thrice)***

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

Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

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

Lord have mercy. ***Twelve Times***

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

O come, let us worship God our King.

O come, let us worship and fall down before Christ our King and God.

O come, let us worship and fall down before Christ Himself, our King and God.

Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly. Confession and majesty hast Thou put on, Who coverest Thyself with light as with a garment, Who stretchest out the heaven as it were a curtain; Who supporteth His chambers in the waters, Who appointeth the clouds for His ascent, Who walketh upon the wings of the winds, Who maketh His angels spirits, and His ministers a flame of fire, Who establisheth the earth in the sureness thereof; it shall not be turned back for ever and ever.  The abyss like a garment is His mantle; upon the mountains shall the waters stand.  At Thy rebuke they will flee, at the voice of Thy thunder shall they be afraid.  The mountains rise up and the plains sink down, unto the place where Thou hast established them.  Thou appointedst a bound that they shall not pass, neither return to cover the earth.  He sendeth forth springs in the valleys; between the mountains will the waters run.  They shall give drink to all the beasts of the field; the wild asses will wait to quench their thirst.  Beside them will the birds of the heaven lodge, from the midst of the rocks will they give voice.  He watereth the mountains from His chambers; the earth shall be satisfied with the fruit of Thy works.  He causeth the grass to grow for the cattle, and green herb for the service of men, To bring forth bread out of the earth; and wine maketh glad the heart of man.  To make his face cheerful with oil; and bread strengtheneth man's heart.  The trees of the plain shall be satisfied, the cedars of Lebanon, which Thou hast planted.  There will the sparrows make their nests; the house of the heron is chief among them.  The high mountains are a refuge for the harts, and so is the rock for the hares.  He hath made the moon for seasons; the sun knoweth his going down.  Thou appointedst the darkness, and there was the night, wherein all the beasts of the forest will go abroad.  Young lions roaring after their prey, and seeking their food from God. The sun ariseth, and they are gathered together, and they lay them down in their dens. But man shall go forth unto his work, and to his labor until the evening. How magnified are Thy works, O Lord! In wisdom hast Thou made them all; the earth is filled with Thy creation. So is this great and spacious sea, therein are things creeping innumerable, small living creatures with the great. There go the ships; there this dragon, whom Thou hast made to play therein. All things wait on Thee, to give them their food in due season; when Thou givest it them, they will gather it. When Thou openest Thy hand, all things shall be filled with goodness; when Thou turnest away Thy face, they shall be troubled.  Thou wilt take their spirit, and they shall cease; and unto their dust shall they return.  Thou wilt send forth Thy Spirit, and they shall be created; and Thou shalt renew the face of the earth.  Let the glory of the Lord be unto the ages; the Lord will rejoice in His works.  Who looketh on the earth and maketh it tremble, Who toucheth the mountains and they smoke. I will sing unto the Lord throughout my life, I will chant to my God for as long as I have my being.  May my words be sweet unto Him, and I will rejoice in the Lord.  O that sinners would cease from the earth, and they that work iniquity, that they should be no more. Bless the Lord, O my soul.

The sun knoweth his going down, Thou appointedst the darkness, and there was the night.  How magnified are Thy works, O Lord!  In wisdom hast Thou made them all.

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

Alleluia, alleluia, alleluia.  Glory to Thee, O God. ***Thrice****.*

Lord, have mercy. ***Forty Times***

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

In my distress I cry to the Lord that He may answer me. Deliver me, O Lord, from lying lips, from a deceitful tongue. What shall be given to you? And what more shall be done to you, you deceitful tongue? A warrior's sharp arrows with glowing coals of the broom tree. Woe is me, that I sojourn in Meshech that I dwell among the tents of Kedar. Too long have I had my dwelling among those who hate peace. I am for peace; but when I speak they are for war. I lift up mine eyes to the hills. From whence does my help come? My help comes from the Lord Who made Heaven and earth. He will not let your foot be moved; He Who keeps you will not slumber. Behold, He Who keeps Israel, will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not smite you by day nor the moon by night. The Lord will keep you from all evil; He will keep your life. The Lord will keep your going out and your coming in from this time forth and forever more. I was glad when they said to me, "Let us go to the house of the Lord." Our feet have been standing within your gates, O Jerusalem. Jerusalem, built as a city which is bound firmly together, to which the tribes go up. The tribes of the Lord, as was decreed for Israel, to give thanks to the Name of the Lord. There thrones for judgment were set, the thrones of the house of David. Pray for the peace of Jerusalem! "May they prosper who love you. Peace be within your walls and security within your towers." For my brethren and companions' sake I will say, "Peace be within you." For the sake of the House of the Lord our God, I will seek your good. To Thee I lift up mine eyes, O Thou, Who art enthroned in the heavens. Behold, as the eyes of a servant look to the hand of their master, as the eyes of a maid to the hand of her mistress. So our eyes look to the Lord our God, ‘til He has mercy on us. Have mercy on us, O Lord, have mercy on us for we have had more than enough of contempt. Too long our soul has been sated with the scorn of those who are at ease, the contempt of the proud. If it had not been the Lord Who was on our side, let Israel now say, If it had not been the Lord Who was on our side, when men rose up against us, Then they would have swallowed us alive, when their anger was kindled against us; Then the flood would have swept us away, the torrent would have gone over us, the raging waters. Blessed be the Lord, Who has not given us as prey to their teeth. We have escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped. Our help is in the Name of the Lord Who made Heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Alleluia, alleluia, alleluia! Glory to Thee, O God! Alleluia, alleluia, alleluia! Glory to Thee, O God! Alleluia, alleluia, alleluia! Glory to Thee, O God!

Those who trust in the Lord are like Mount Zion, which cannot be moved but abides forever. As the mountains are round about Jerusalem, so the Lord is round about His people from this time forth and forever more. For the scepter of wickedness shall not rest, upon the land allotted to the righteous. Lest the righteous put forth their hands to do wrong. Do good, O Lord, to those who are good. And to those who are upright in their hearts. But those who turn aside upon their crooked ways. The Lord will lead away with evildoers. Peace be in Israel. When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter and our tongue with shouts of joy; Then they said among the nations, "The Lord has done great things for them." The Lord has done great things for us; we are glad. Restore our fortunes, O Lord, like the watercourses in the Negev. May those who sow in tears reap with shouts of joy. He that goes forth weeping bearing the seeds for sowing. Shall come home with shouts of joy, bringing his sheaves with him. Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; so He gives to His beloved sleep. Lo, sons are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the sons of one's youth; Happy is the man who has his quiver full of them. He shall not be put to shame when he speaks with his enemies in the gate. Blessed is every one who fears the Lord, who walks in His ways. You shall eat the fruit of the labor of your hands; you shall be happy, and it shall be well with you. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. Lo, thus shall the man be blest who fears the Lord. The Lord bless you from Zion. May you see the prosperity of Jerusalem all the days of your life. May you see your children's children. Peace be upon Israel. "Sorely have they afflicted me from my youth," let Israel now say "Sorely have they afflicted me from my youth, yet they have not prevailed against me. The plowers plowed upon my back; they made long their furrows." The Lord is righteous; He has cut the cords of the wicked. May all who hate Zion be put to shame and turned backward. Let them be like the grass on the housetops, which withers before it grows up, With which the reaper does not fill his hand or the binder of sheaves his bosom, While those who pass by do not say, "The blessing of the Lord be upon you. We bless you in the Name of the Lord."

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Alleluia, alleluia, alleluia! Glory to Thee, O God! Alleluia, alleluia, alleluia! Glory to Thee, O God! Alleluia, alleluia, alleluia! Glory to Thee, O God!

Out of the depths I cry to Thee, O Lord. Lord, hear my voice. Let Thine ears be attentive to the voice of my supplications. If Thou, O Lord, shouldst mark iniquities, Lord, who could stand? But there is forgiveness with Thee, that Thou mayest be feared. I wait for the Lord, my soul waits, and in His word I hope. My soul waits for the Lord more than the watchmen for the morning more than watchmen for the morning. O Israel, hope in the Lord, for with the Lord there is mercy. And with Him is plenteous redemption. And He will redeem Israel from all his iniquities. O Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a child quieted at its mother's breast. O Israel, hope in the Lord from this time forth and forever more. Remember, O Lord, in David's favor all the hardships he endured; How he swore to the Lord and vowed to the Mighty One of Jacob: "I will not enter my house or get into my bed; I will not give sleep to mine eyes or slumber to mine eyelids, Until I find a place for the Lord, a dwelling place for the Mighty One of Jacob." Lo, we heard of it in Ephrathah, we found it in the fields of Ja’ar. "Let us go to His dwelling place; let us worship at His footstool." Arise, O Lord, and go to Thy resting place, Thou and the Ark of Thy might. Let Thy priests be clothed with righteousness, and let Thy saints shout for joy. For Thy servant David's sake do not turn away the face of Thine anointed one. The Lord swore to David a sure oath / from which He will not turn back: "One of the sons of your body I will set on your throne. If your sons keep My covenant and My testimonies which I shall teach them, Their sons also forever shall sit upon your throne." For the Lord has chosen Zion; He has desired it for His habitation: "This is My resting place forever here I will dwell for I have desired it. I will abundantly bless her provisions; I will satisfy her poor with bread. Her priests I will clothe with salvation, and her saints will shout for joy. There I will make a horn to sprout for David; I have prepared a lamp for Mine anointed. His enemies I will clothe with shame, but upon himself his crown will shed its luster. Behold, how good and pleasant it is when brothers dwell in unity. It is like the precious oil upon the head, running down upon the beard, Upon the beard of Aaron, running down on the collar of his robes. It is like the dew of Hermon which falls on the mountains of Zion. For there the Lord has commanded the blessing life forever more. Come, bless the Lord, all you servants of the Lord, Who stand by night in the House of the Lord. Lift up your hands to the holy place and bless the Lord. May the Lord bless you from Zion, He who made Heaven and earth.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. Alleluia, alleluia, alleluia! Glory to Thee, O God! Alleluia, alleluia, alleluia! Glory to Thee, O God! Alleluia, alleluia, alleluia! Glory to Thee, O God!

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

In the 4th Tone: Lord, I have cried unto Thee, hearken unto me.

Lord, I have cried unto Thee, hearken unto me. \* Hearken unto me, O Lord. \* Lord, I have cried unto Thee, hearken unto me; \* attend to the voice of my supplication, \* when I cry unto Thee. \* Hearken unto me, O Lord.

Let my prayer be set forth \* as incense before Thee, \* the lifting up of my hands \* as an evening sacrifice. \* Hearken unto me, O Lord.

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins.

With men that work iniquity; and I will not join with their chosen.

The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto hades.

For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made supplication.

I will pour out before Him my supplication, mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou knewest my paths.

In this way wherein I have walked they hid for me a snare.

I looked upon my right hand, and beheld, and there was none that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.

I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my supplication, for I am brought very low.

Deliver me from them that persecute me, for they are stronger than I.

Bring my soul out of prison:  that I may confess Thy name.

The righteous shall wait patiently for me until Thou shalt reward me.

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.

If Thou shouldest mark iniquities, O Lord, O Lord, who shall stand? For with Thee there is forgiveness.

O Lord, you have enabled us to kiss your ever-blessèd Cross

by which you have saved us!

We praise your goodness of heart, and we beseech you:

“Restore to us all the joy of your salvation, O Savior.

Grant us to behold in penitence //

your holy sufferings and Resurrection.

For Thy name’s sake have I patiently waited for Thee, O Lord; my soul hath patiently waited for Thy word, my soul hath hoped in the Lord.

You endured death on the Cross,

destroying death by resurrecting the dead with your life-bearing Word!

Now I beseech you to give life to my deadened soul.

Grant me compunction, deliverance from all evils //

during the holy days of your fast, O Lover of man.

From the morning watch until night, from the morning watch let Israel hope in the Lord.

You have counted us worthy

to behold and embrace your holy Cross with joy.

Now we entreat you, O God our Savior,

enable us also to attain your most pure sufferings

by being strengthened through fasting

so that we may bow down and sing of your crucifixion,

the spear, the reeds, and the sponge

by which you have taken us from death,

returning us to the joyous life of Paradise. //

O lover of man, we now thankfully glorify you!

In the 2nd Tone: For with the Lord there is mercy, and with Him is plenteous redemption; \* and He shall redeem Israel out of all his iniquities.

O holy father Benedict,

in faith and true love you abandoned the world from your youth,

and with joy you followed the crucified Christ!

Through many struggles you mortified the flesh

and received abundantly the grace of healing

to put an end to many illnesses

and to put to flight the spirits of evil, //

O greatly admirable Benedict.

O praise the Lord, all ye nations; praise Him, all ye peoples.

O holy father Benedict,

you were the ornament of monks:

you gathered together a countless multitude to praise the Lord in hymns;

on the paths to heaven you led those who rightly followed your godly

teachings

and who imitated your virtuous life;

and at your passing you brought them together again, //

O blessèd Benedict.

For He hath made His mercy to prevail over us, and the truth of the Lord abideth forever.

O holy father Benedict,

you are like Elijah of old:

as he caused rain to fall from heaven by his prayers,

you caused the flask to gush forth oil;

you also raised the dead and accomplished many other miracles

entirely to the glory of our God and Savior; //

therefore in joy we celebrate your godly memory, O Benedict!

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

### When the Ewe-lamb beheld You, her own Lamb

### pierced with nails on the Cross, she lamented,

### and with tears she cried to You:

### “How can you die, O my Son, if you will to save fallen Adam

### and tear up the handwriting against the first-formed man,

### and to save the whole race of man from the death that came of it?

Glory to Your dispensation, O long-suffering Lord.”

O Gladsome Light of the holy glory of the immortal, heavenly, holy, blessed Father, O Jesus Christ: Having come to the setting of the sun, having beheld the evening light, we praise the Father, the Son, and the Holy Spirit: God.  Meet it is for Thee at all times to be praised with reverent voices, O Son of God, Giver of life.  Wherefore, the world doth glorify Thee.

The Prokeimenon in the 8th Tone: Pray and make your vows before the Lord our God.

**Verse**: In Judah God is known; His name is great in Israel!

Pray and make your vows // before the Lord our God.

The reading from Genesis: These were the families of the sons of Noah, according to their generations, in their nations; and from these the nations were divided on the earth after the flood. Now the whole earth had one language and one speech. And it came to pass, as they journeyed from the east, that they found a plain in the land of Shinar, and they dwelt there. Then they said to one another, “Come, let us make bricks and bake them thoroughly.” They had brick for stone, and they had asphalt for mortar. And they said, “Come, let us build ourselves a city, and a tower whose top is in the heavens; let us make a name for ourselves, lest we be scattered abroad over the face of the whole earth.” But the Lord came down to see the city and the tower which the sons of men had built. And the Lord said, “Indeed the people are one and they all have one language, and this is what they begin to do; now nothing that they propose to do will be withheld from them. “Come, let Us go down and there confuse their language, that they may not understand one another’s speech.” So the Lord scattered them abroad from there over the face of all the earth, and they ceased building the city. Therefore its name is called Babel, because there the Lord confused the language of all the earth; and from there the Lord scattered them abroad over the face of all the earth.

The Prokeimenon in the 7th Tone:I cried with my voice to God, and he heard me!

**Verse**: In the day of my trouble I sought the Lord!

I cried with my voice to God, // and he heard me!

The reading from Proverbs: A desire accomplished is sweet to the soul, but it is an abomination to fools to depart from evil. He who walks with wise men will be wise, but the companion of fools will be destroyed. Evil pursues sinners, but to the righteous, good shall be repaid. A good man leaves an inheritance to his children’s children, but the wealth of the sinner is stored up for the righteous. Much food is in the fallow ground of the poor, and for lack of justice there is waste. He who spares his rod hates his son, but he who loves him disciplines him promptly. The righteous eats to the satisfying of his soul, but the stomach of the wicked shall be in want. The wise woman builds her house, but the foolish pulls it down with her hands. He who walks in his uprightness fears the Lord, but he who is perverse in his ways despises Him. In the mouth of a fool is a rod of pride, but the lips of the wise will preserve them. Where no oxen are, the trough is clean; but much increase comes by the strength of an ox. A faithful witness does not lie, but a false witness will utter lies. A scoffer seeks wisdom and does not find it, but knowledge is easy to him who understands.

Vouchsafe, O Lord, to keep us this evening without sin.  Blessed art Thou, O Lord, the God of our fathers, and praised and glorified is Thy name unto the ages.  Amen.

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.  Blessed art Thou, O Lord, teach me Thy statutes.  Blessed art Thou, O Master, give me understanding of Thy statutes.  Blessed art Thou, O Holy One, enlighten me by Thy statutes.

O Lord, Thy mercy endureth forever; disdain not the work of Thy hands.  To Thee is due praise, to Thee is due a song, to Thee glory is due, to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages.  Amen.

Lord, have mercy. ***Twelve Times***

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

In the 6th Tone:

Learn from the Lord, O my soul,

for your sake he humbled himself

even to death on a Cross.

Exaltation humiliates, but humility exalts.

Do not become arrogant because of your good deeds;

do not justify yourself by judging your neighbor, as the self-praising

Pharisee.

### Instead, strive in your broken reasoning

always to remember the great number of your own transgressions.

Therefore cry out with the Publican: //

“Have mercy on me a sinner, O God, have mercy on me!”

Unto Thee have I lifted up mine eyes, unto Thee that dwellest in heaven.  Behold, as the eyes of servants look unto the hands of their masters, as the eyes of the handmaid look unto the hands of her mistress, so do our eyes look unto the Lord our God, until He take pity on us.

Have mercy on us, O Lord, have mercy on us, for greatly are we filled with abasement.  Greatly hath our soul been filled therewith; let reproach come upon them that prosper, and abasement on the proud.

Your martyrs, O Lord,

did not deny you.

They did not forsake your commandments. //

Through their intercessions have mercy on us!

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

When your mother beheld you crucified, O Christ,

she cried: “What strange mystery do I see, O my son?

How are you dying upon the Cross? //

How are you crucified in the flesh?

For you are the Giver of life!”

Now lettest Thou Thy servant depart in peace, O Master, according to Thy word, for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all peoples; a light of revelation for the Gentiles, and the glory of Thy people Israel.

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

Lord have mercy. ***(Thrice)***

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

Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

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

O Theotokos and Virgin, rejoice! Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb; for thou hast born the Savior of our souls.

(***prostration***)

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

O Baptizer of Christ, keep us all in remembrance, that we may be delivered from our iniquities; for to thee was given grace to intercede for us.

(***prostration***)

Both now and ever and unto ages of ages. Amen.

Plead in our behalf, O holy apostle and all the saints, that we may be delivered from perils and afflictions; for we have acquired you as fervent mediators before the Savior.

(***prostration***)

Beneath thy compassion do we take refuge, O Theotokos; disdain not our supplication in times of affliction; but do thou deliver us from perils, O only pure, O only blessed one.

(***bow from waist***)

Lord have mercy. ***(Forty times)***

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

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify. Lord have mercy, Lord have mercy, Lord have mercy, Lord bless!

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

O Heavenly King, strengthen Orthodox Christians, establish the Faith, subdue the nations, give peace to the world, keep well this holy city; settle our departed fathers and brethren in the tabernacles of the righteous, and receive us in penitence and confession, for Thou art good and the Lover of mankind.

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

But give rather a spirit of chastity, humility, patience, and love, to me Thy servant. (***prostration***)

Yea, O Lord and King, grant me to see my own sins, and not to judge my brother; for blessed art Thou unto ages of ages. Amen. (***prostration***)

O God, cleanse me, a sinner (***12 times, with a bow from the waist each time***)

Lord and Master of my life, give me not a spirit of sloth, despair, lust of power, or idle talk.

But give rather a spirit of chastity, humility, patience, and love, to me Thy servant. Yea, O Lord and King, grant me to see my own sins, and not to judge my brother; for blessed art Thou unto ages of ages. Amen. (***prostration***)

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

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

O Most Holy Trinity, have mercy on us. O Lord, blot out our sins. O Master, pardon our iniquities. O Holy One, visit and heal our infirmities for Thy name's sake.

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Our Father, Who art in the Heavens, 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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

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

Lord have mercy (***12 times***)

O All Holy Trinity, the Consubstantial Dominion, the Indivisible Kingdom, and Cause of every good: Show Thy good will even unto me, the sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say: One is Holy, One is Lord, Jesus Christ, to the glory of God the Father. Amen.

Blessed be the name of the Lord, henceforth and forevermore (***Thrice***)

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

I will bless the Lord at all times; His praise *shall* continually *be* in my mouth. My soul shall make its boast in the Lord; The humble shall hear *of it* and be glad. Oh, magnify the Lord with me, And let us exalt His name together. I sought the Lord, and He heard me, And delivered me from all my fears. They looked to Him and were radiant, And their faces were not ashamed. This poor man cried out, and the Lord heard *him,* And saved him out of all his troubles. The angel of the Lord encamps all around those who fear Him, And delivers them. Oh, taste and see that the Lord *is* good; Blessed *is* the man *who* trusts in Him! Oh, fear the Lord, you His saints! *There is* no want to those who fear Him. The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good *thing.*

It is truly meet to bless the, O Theotokos, ever blessed and most pure, and the Mother of our God (***prostration***)

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim; who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

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

Lord have mercy, Lord have mercy, Lord have mercy, Lord bless!

Through the prayers of the Theotokos, of our holy fathers, of St Benedict of Nursia, and of all the saints, O Lord, Jesus Christ, Son of God, have mercy on us. Amen.