A BOOK FOR PRAYER
A Book for Prayer

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THE ANGEL OF THE GREAT WILL

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I CAME NOT TO DO MY WILL BUT THE WILL OF HIM WHO SENT ME
INTRODUCTION

"God is with us!" He has come among us in Christ. By the indwelling of the Holy Spirit He remains among us in His Church forever. The Christian community is the dwelling place of God, His temple "where God lives through his Spirit" (Ephesians 2:22). Whether we recognize it or not, we are continually standing in the presence of God, who has come among us and dwells in our midst. We can ignore His presence or acknowledge it. To acknowledge the presence of God is prayer.

In the Scriptures we are called to be constantly aware of God's presence, to be always in communication with him. "Pray on every occasion, as the Spirit leads" (Ephesians 6:18). "Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus" (1 Thessalonians 5:16-18). If God is everywhere present to us, there is no time when we cannot recognize His presence and acknowledge Him in prayer.

To help us become a people of prayer, the Church encourages all believers to set aside a certain time each day which we can devote to
prayer. Some people prefer early morning, before the day's tasks begin. Others choose a quiet time during the day or before going to bed. Some people vary their prayer times according to the demands of each day. The manner of scheduling such a time is for each one to decide with the help of a *SPIRITUAL FATHER.* One thing is certain: without making room for prayer in our daily lives, we risk so losing touch with God that we fail to recognize His presence at all.

**Planning a Prayer Time**

The first thing to do in setting up a rule of prayer is to choose a regular time for practicing it daily. It should be a time when you will not be rushed, when others will not be bothering you and when you can reasonably expect to complete your prayer without haste or disruption. How long you pray depends on how much prayer is a part of you. Beginners should not commit themselves to over ten or fifteen minutes at a time, lest they find it too much and give up altogether.

* Terms in this type are explained in the listing at the end of this book.
It is also important to find a place to pray where you will not be disturbed. A church, your bedroom, your basement or the outdoors: any of these are suitable if they make it possible for you to spend a few moments alone with God. If it is possible to do so in the place you choose, set up an ICON CORNER to help you recall God’s eternal presence. One or more icons, with a lamp, the Scriptures, the holy cross, incense can transform any spot into a temple where God’s presence is proclaimed.

Finally many people are helped by choosing a regular position in which to pray. It is customary in the Eastern tradition that most prayer is offered standing, with prostrations made from time to time. Find which position is best for you, but don’t choose such a relaxing posture that you doze off!

**How Should We Pray?**

The first thing to do in prayer is to recognize that we are in the presence of God, ask Him to calm our hearts and make us receptive to His will. Repeating the **Jesus Prayer** or other short, familiar prayers like the **Trisagion Prayers** help us to recall in whose presence we stand.
Once our minds and hearts are in tune with our ever-present God, we may begin to pray in earnest. The forms and style of Christian prayer are many and varied, but in all of them we see four basic kinds of prayer: adoration, (expressing worship of God), confession (expressing sorrow for sin), thanksgiving (expressing gratitude for His gifts), and supplication (asking His blessings on the world). The first letters of these four prayer styles form the word acts. This makes it easy to remember both the kinds of prayer and the order in which we pray them.

Why a Prayer Book?

Many people are uncomfortable about using formal prayers such as those found in this book, preferring to pray in their own words. Often, however, prayer in our own words doesn’t seem to get us past our personal needs and wants. Formal prayers express wider concerns, and when we use them, we are learning to make these concerns our own. Knowing formal prayers also helps us to pray when our minds are blank, our spirits are dry or when we are overwhelmed by sorrows. Thus Christ Himself, in the midst of
His death on the cross, found strength by quoting the psalms, the prayer book of His day.

The prayers in this book express the values of our prayer Tradition in general ways. They invite us, for example, to praise God for the gifts He has given all creation. We can also make these prayers more particularly our own by being specific: recalling our own personal blessings, sins and needs, and incorporating them into our prayer. Using these prayers regularly we can become people of praise and supplication, nor simply people who say prayers of praise or supplication.

The Scriptures and Our Prayer

Prayer, we say, is conversation with God. But conversation is a two-way street. When does God speak to us? One way of coming into contact with God's word to us is to read prayerfully the Scriptures. In this manner we allow God to speak to us, to encourage us to serve Him in new ways or to point out our failings to us. Several Scripture readings are appointed to be read in the church services daily, and some of them may be found on the liturgical calendar. In general, they follow this order:
<table>
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<tr>
<th>Season</th>
<th>Epistle</th>
<th>Gospel</th>
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<tbody>
<tr>
<td>Easter</td>
<td>Acts of Apostles</td>
<td>John</td>
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<td>(April-May)</td>
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<td>Pentecost</td>
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<td>(June-Sept)</td>
<td>Corinthians</td>
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<td>Holy Cross</td>
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<td>(Sept-Dec)</td>
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<td>Theophany</td>
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<td>(Jan)</td>
<td>Peter</td>
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<tr>
<td>Pre-Lent</td>
<td>1,2,3 John</td>
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<tr>
<td>(Feb)</td>
<td>Jude</td>
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<td>Great Lent</td>
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<td>Great Week</td>
<td>Exodus</td>
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<tr>
<td>(April)</td>
<td>Jonah</td>
<td>Gospels</td>
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You may choose the epistle, for example, in the morning and the Gospel in the evening; or the epistle one year and the Gospel the next.
Whatever schedule you follow will lead you to greater familiarity with God’s word to the degree that you remain faithful to it.

Prayer During the Day

As you go about your daily activities, you may have time to slip away for a moment of prayer. If so, you may choose to make use of the occasional prayers in this book. If that is not convenient, it is always possible to employ the JESUS PRAYER to keep oneself aware of God’s presence. This prayer, "Lord Jesus Christ, Son of God, have mercy on me a sinner," repeated again and again until it enters the deepest recesses of your consciousness, is always available to recall you to God’s presence and remind you of His merciful love.

Receiving the Holy Mysteries

The next section of this book contains prayers for use when receiving the MYSTERIES of repentance and the Eucharist. With the pace in which we live, it is all too easy to rush into these MYSTERIES without any preparation or to dash from them without any thought of what we have
received. Whenever we anticipate encountering Christ in one of these *Mysteries*, we should recall that it is a climactic experience of God and be prepared to set aside a little extra time to savor it.

**Feasting and Fasting**

We are constantly in the presence of God and recognition of His presence touches our every action as believers. One area of life which has been given religious meaning since the first days of Christianity is eating. The Divine Liturgy, our most solemn contact with God, is also our most intimate: we express our absolute oneness with Christ by eating His body and drinking His blood. There are other liturgical foods in our Tradition: blessed eggs for Easter, blessed grapes for Transfiguration, even blessed snacks (*arto-klasia*) for the vigils of feasts! Meals become a time for prayer as well. The great feasts become occasions for festive meals at church and home.

Fasting (not eating) is also a way of turning mealtime over to recognition of God. When we fast, we give up certain foods or meals, recycling the time saved to increased prayer or the money saved to increase acts of sharing.
Christ Himself fasted and commanded His followers to do the same. Thus both feasting and fasting are non-verbal forms of prayer as we use our style of eating to glorify God.

From the earliest days of the Church we find that fasting was practiced before Easter, as well as every Wednesday and Friday, remembering the betrayal and crucifixion of Christ. Today the following fast periods are generally observed by Byzantine Christians:

Every Wednesday and Friday (except for the weeks immediately following Easter, Christmas, Theophany, the Sunday of the Pharisee and the Publican, and Pentecost)
The Great Fast (40 days before the Great and Holy Week)
The Great and Holy Week (especially the last three days before Easter)
The Christmas Fast (November 15/December 10 to December 24)
The Fast of the Theotokos (August 1 to August 14)
The Fast of Peter and Paul (All Saints Sunday to June 28)
How Should We Keep the Fast?

Fasting, like prayer, is something we grow into. We must begin at one level and deepen our practice of it as we grow in Christ. Thus we can grow from one degree of fasting to the next. The following is a good place to start.

_beginning level_ - on Wednesday and Friday do not eat any meat and offer brief prayer several times throughout the day. During fasting seasons, such as the Great Fast or the Fast of the Theotokos, attend at least one lenten service each week. Before the Presanctified Liturgy during the Great Fast, do not eat anything for several hours.

_A Deeper Level_ - on fast days do not eat anything before noon and no meat thereafter. Keep additional fast day(s) during the fasting seasons. During the Great Fast, avoid dairy products also. Attend two lenten services weekly and strive to perform some act of sharing each day.

_A Further Level_ - in addition to the above, keep each day in fasting seasons as a fast day. At-
tend all services during fasting seasons. Replace entertainments (TV, movies, etc.) with spiritual reading and acts of sharing.

As you deepen your practice of fasting, still further ways of entering into this practice will suggest themselves. In any case, a person should only plan a rule of fasting with the advice of a **Spiritual Father**.

**Sharing (Almsgiving)**

Prayer and fasting have a third companion in Christ's outline of the believer's personal lifestyle: the sharing of ourselves and our resources with others. As Christians we realize that "the earth and its fullness belong to the Lord" (Psalm 24:1) and that He entrusts these things to us so that we may use them for His glory. Material goods are given to us, we believe, that we "may have something to give to those in need" (The Marriage Service).

Ways of sharing differ because each person's lifestyle is different. However, the principle remains: sharing is as basic to Christian life as are prayer and fasting. By it, the Fathers teach, we act as God Himself:
"Help the afflicted. Comfort those in sorrow. You who are strong, help the weak. You who have, help those who have not. You who stand upright, help the fallen and the crushed. You who are joyful, comfort those in sadness. You who enjoy good fortune, help those who have met with disaster. Be as God to the unfortunate, by imitating the mercy of God. For in nothing do we draw so close to God as in doing good to one another."

St. Gregory Nazianzen

Building our Christian life around prayer, fasting and sharing we become people who will sense more deeply that God is with us. May this booklet help you to formulate a rule of prayer, fasting and sharing for your daily life, so that you may find yourself more often aware of God’s presence and rejoice in His love.
MORNING PRAYERS

Before the beginning of the day, stand with reverence before the all-seeing God, make the sign of the cross and say:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Keep silence for a while so that your thoughts and feelings may be freed from outward concerns. Pray the Jesus Prayer as you may be accustomed, to focus your attention on the Lord. Then offer the following prayers without haste and with your whole heart.

Glory to You, our God, glory to You.

O heavenly King, Consoler, Spirit of truth, present in all places and filling all things, the treasury of blessings and the giver of life, come, O good One, and dwell in us, cleanse us of all stain and save our souls.

Holy God, Holy mighty One, Holy Immortal One, have mercy on us (three times).
Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

All-holy Trinity, have mercy on us. Lord, forgive us our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name’s sake.

Lord, have mercy (three times).

Glory to the Father and to the Son and to the Holy Spirit, now and always 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.
For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and always and forever and ever. Amen.

Troparia to the Holy Trinity

As we rise from sleep we worship You, O good and powerful Lord, and to You we sing the angel’s hymn: holy, holy, holy are You, O God, through the Mother of God have mercy on us.

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

Having raised me from bed and sleep, O Lord, enlighten my mind and open my heart and lips to praise You, O Holy Trinity: holy, holy, holy are You, O God; through the Mother of God, have mercy on us.

Now and always and forever and ever. Amen.
Suddenly the Judge will come, and the deeds of each will be laid bare; so let us cry with fear before the day begins: holy, holy, holy are You, O God; through the Mother of God, have mercy on us.

Lord, have mercy (Twelve times).
Prayer of St. Basil the Great
to the Most Holy Trinity

As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You were not angered with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for me, and when I was prostrate in despair, You have raised me to keep the morning watch and glorify Your power. And now enlighten my mind's eye and open my mouth to study Your words, understand Your commandments, do Your will, sing to You in heartfelt adoration and praise Your most holy name of Father, Son and Holy Spirit, now and always and forever and ever. Amen.

*Here the daily reading(s) from the Scriptures may be read. Reflect for a while on what you have read, then say:*
Psalm 50

O God have mercy on me
   in the greatness of Your love;
in the abundance of Your tender mercies
   wipe out my offense.
Wash me thoroughly from malice
   and cleanse me from sin,
for I am well aware of my malice
   and my sin is before me always.
It is You alone I have offended,
   I have done what is evil in Your sight,
Wherefore You are just in Your deeds
   and triumphant in Your judgment.
Behold I was born in iniquities
   and in sins my mother conceived me.
But You are the lover of truth:
   You have shown me the depths and
   secrets of Your wisdom.
Wash me with hyssop and I shall be pure,
   cleanse me and I shall be whiter than
   snow.
Let me hear sounds of joy and feasting:
   the bones that were afflicted shall re-
   joice.
Turn Your face away from my offenses
   and wipe off all my sins.
A spotless heart create in me, O God;
   renew a steadfast spirit in my breast.
Cast me not afar from Your face,
   take not Your blessed Spirit out of
   me.
Restore to me the joy of Your salvation
   and let Your guiding Spirit dwell in
   me.
I will teach Your ways to the sinners
   and the wicked shall return to You.
Deliver me from blood-guilt, O God, my
   saving God,
   and my tongue will joyfully sing Your
   justice.
O Lord, You shall open my lips,
   and my mouth will declare Your
   praise.
Had You desired sacrifice, I would have of-
   fered it,
but You will not be satisfied with whole-burnt offerings.
Sacrifice to God is a contrite spirit:
a crushed and humbled heart God will not spurn.
In Your kindness, O Lord, be bountiful to Sion;
may the walls of Jerusalem be restored.
Then will You delight in just oblation,
in sacrifice and whole-burnt offerings.
Then shall they offer calves upon Your altar.

The Nicene Creed

I believe in one God, Father almighty,
creator of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all ages: light of Light, true God of true God, begotten not made, of one sub-
stance with the Father by whom all things were made; who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and was made man; who was crucified for us under Pontius Pilate and suffered and was buried; who rose again on the third day in accordance with the Scriptures and ascended into heaven and is enthroned at the right hand of the Father; who will come again with glory to judge the living and the dead; and of whose kingdom there shall be no end.

And in the Holy Spirit, the Lord, the giver of life who proceeds from the Father, who together with the Father and the Son is worshiped and glorified, who spoke through the prophets.

In one, holy, catholic and apostolic Church.

I profess one baptism for the remission of sins.

I look forward to the resurrection of the dead and the life of the world to come. Amen.
A Prayer of St. Basil the Great

We bless You, O most high God and Lord of mercies, ever doing great and wondrous deeds for us: glorious, wonderful and without number. You provide us with sleep as a rest from our infirmities and as a repose for our bodies tired by labor. We thank You that You have not destroyed us in our transgressions, but in Your love for mankind You have raised us up as we lay in despair that we may glorify Your majesty. We entreat Your infinite goodness: enlighten the eyes of our understanding; raise up our minds from the heavy sleep of indolence; open our mouths and fill them with Your praise that we may unceasingly sing and confess You, who are God, glorified in all and by all: the eternal Father, the only begotten Son and the all-holy, good and life-giving Spirit, now and always and forever and ever. Amen.
Prayer to the Mother of God

Virgin Mother of God, 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 borne the Savior of our souls.

Invocation to the Saint
Whose Name You Bear

Pray for me, Saint...(name), for with fervor I come to you, speedy helper and intercessor for my soul.

Here may be added your own private devotions and intercessions, using your own words or the "Occasional Prayers" printed in this book.
When you have finished, conclude with this prayer:

O Christ, true light, who enlighten and sanctify every man in the world: mark us + with the light of Your countenance that we may see the unapproachable radiance. Let our life be straight along the way of Your commandments, through the prayers of Your Mother all-pure and of all Your saints. Amen.

O Lord Jesus Christ, Son of God, have mercy on us and save us for the sake of the prayers of Your most pure Mother and of all Your saints for You are a merciful God and the lover of mankind.
PRAYER AT MEALS

First Set

Before the Meal

All: The eyes of all look hopefully to You, O Lord, and You give them food in due season. You open Your merciful hand and fill every living thing with blessing.

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

Lord, have mercy (three times).

Leader: Christ God, bless the food and drink of Your servants, for You are holy at all times, now and always and forever and ever.

All: Amen.
After the Meal

All: We thank You, O Christ our God, that You have filled us with Your earthly gifts. Deprive us not of Your heavenly kingdom, but - as You came upon Your disciples, O Savior, and gave them peace - come to us now and save us.

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

Lord, have mercy (three times).

Leader: God is with us by His grace and love for mankind, at all times, now and always and forever and ever.

All: Amen.
Second Set

Before the Meal

All: The poor shall eat and be satisfied. Those who seek the Lord shall praise Him and their hearts shall live forever.

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

Lord, have mercy (three times).

Leader: Christ God, bless the food and drink of Your servants, for You are holy at all times, now and always and forever and ever.

All: Amen.
After the Meal

_All_: Glory to You, O Lord; glory to You, O holy One; glory to You, O King, for You have given us food in joy. Fill us with Your Holy Spirit that we may stand before You all pleasing and blameless when You come to render to each according to his deeds.

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

Lord, have mercy (_three times_).

_Leader_: Blessed is God who is merciful to us and provides for us in His grace and love for mankind at all times, now and always and forever and ever.

_All_: Amen.
EVENING PRAYERS

Many families find dinner time to be a good opportunity for family prayer. After the meal prayers you may read the Scripture reading(s) appointed for the day along with the following prayer and intercession.

Prayer of the Hours

O You, who in all times and places are worshiped and glorified, both in heaven and on earth: Christ God, long-suffering, generous in mercy and rich in compassion, loving to the just and merciful to the sinner - O You who call all men to repentance with the promise of blessings to come: deign, O Lord, at this very hour to receive our supplications and to direct our lives in the way of Your commandments. Sanctify our souls; purify our bodies; set our minds aright; cleanse our thoughts; deliver us from all tribulation, evil and distress; surround us with Your holy angels so that, guided and guarded in their camp, we may reach the oneness of
the faith and the knowledge of Your unutterable glory: O You who are blessed forever and ever. Amen.

Evening Hymn

O joyful Light of the holy glory of the Father immortal: heavenly, holy, blessed Jesus Christ! Since we have come to the setting of the sun and have seen the evening light, we praise God, the Father, the Son and the Holy Spirit. It is proper for You to be praised at all times by fitting melodies, O Son of God, Giver of life; therefore the world glorifies You.

Prayer of Intercession

O God, our heavenly Father, who love mankind and are most merciful and compassionate: have mercy upon Your servants (name those you wish to remember) for whom I humbly pray and commend to Your gracious care and protection. O God, be their
guide and guardian in all their endeavors. Lead them in the path of Your truth and draw them nearer to You that they may lead a godly and righteous life in love and reverence for You, doing Your will in all things. Grant them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy and grant them wisdom and strength to resist all temptation and corruption of this life. Direct them in the way of salvation through the merits of Your Son, our Savior Jesus Christ, and the intercession of His holy Mother and Your blessed saints. Amen.

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.
PRAYERS BEFORE SLEEP

Stand with reverence before the all-seeing God, make the sign of the cross and say:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Keep silence for a while so that your thoughts and feelings may be freed from outward concerns. Pray the Jesus Prayer as you may be accustomed, to focus your attention on the Lord. Then offer the following prayers without haste and with your whole heart.

Glory to You, our God, glory to You.

O Heavenly King, Consoler, Spirit of truth, present in all places and filling all things, the treasury of blessings and the giver of life, come, O good One, and dwell in us, cleanse us of all stain and save our souls.

Holy God, Holy mighty One, Holy Immortal One, have mercy on us (three times).
Glory to the Father and to the Son and to the Holy Spirit, now and always and forever and ever. Amen.

All-holy Trinity, have mercy on us. Lord, forgive us our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for Your name’s sake.

Lord, have mercy (three times).

Glory to the Father and to the Son and to the Holy Spirit, now and always 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.
For Thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and always and forever and ever. Amen.

Troparia

Now that the day has come to a close, I thank You, O Lord, and I ask of You that my evening and my night be without sin. Grant this to me, O Savior, and save me.

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

Now that the day has come to a close, I glorify You, O Master, and I ask of You that my evening and my night be without offense. Grant this to me, O Savior, and save me.

Now and always and forever and ever. Amen.

Now that the day has come to a close, I praise You, O holy One, and I ask of You that my
evening and my night be undisturbed. Grant this to me, O Savior, and save me.

Prayer of St. Macarius the Great

O eternal God and King of all creation, who have granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed I may please Your most holy name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord from vain and frivolous thoughts and from evil desires which defile me. For Yours is the kingdom, the power and the glory of the Father, Son and Holy Spirit, now and always and forever and ever. Amen.

If you have not already read the Scripture readings for the day, they may be added here.
You made all things in wisdom

Daily Confession of Sins

(Lacking the opportunity of asking pardon of each person)

O God, absolve, remit and pardon our voluntary and involuntary sins, in word and deed, known and unknown, by day and by night, in mind and thought; forgive us all, in Your goodness and love for mankind.

Prayer of Intercession

O Lord, lover of mankind, forgive those who hate and wrong us. Do good to those who do good. Grant our brethren and relatives their
saving petitions and eternal life. Visit the sick and grant them healing. Guide those at sea. Travel with the travellers. Struggle alongside the **Orthodox**. To those who serve and are kind to us, grant remission of sins. On those who have charged us, unworthy as we are, to pray for them, have mercy according to Your great mercy. Remember, O Lord, our fathers and brethren who have fallen asleep, and grant them their saving petitions and eternal life. Remember also, O Lord, us Your humble, sinful and unworthy servants, and enlighten our minds with the light of knowledge of Yourself, and guide us in the way of Your commandments, by the prayers of our immaculate Lady, Mother of God, and ever-virgin Mary, and of all Your saints, for You are blessed forever and ever. Amen.

*Then add your private devotions and intercessions, and conclude with this prayer:*

Lord Jesus Christ, Son of God, by the prayers of Your most pure Mother, of our holy and
God-bearing Fathers and all the saints, have mercy on us. Amen.

*Kiss the cross and, as you prepare for sleep, say some short prayers such as:

The Father is my hope, the Son is my refuge, the Holy Spirit is my protection: all-holy Trinity, glory to You.

All my hope I place in you, O *THEOTOKOS*. Keep me under the wings of your protection.

Guard me, O Lord, by the power of Your holy and life-giving cross and keep me from all evil.

Into Your hands, O Lord Jesus Christ my God, I surrender my spirit and body. Bless me, save me and grant me eternal life. Amen.
PREPARING FOR THE MYSTERY OF REPENTANCE

God's forgiveness comes to us through Jesus Christ, first of all in baptism. It is constantly available to us throughout our lives when we repent of our sins. In the Church's Tradition, asking for God's forgiveness is especially appropriate as we approach the Eucharist which we receive "for the forgiveness of sins." During the Church's fasting seasons or anytime we are conscious of serious sin, we also should approach the MYSTERY of Repentance or Confession, the "second baptism" as the Fathers called it, and rededicate ourselves to the Lord.

That we may more sensitively approach the holy MYSTERIES with a greater awareness of our weaknesses and God's mercy, each evening we should:

1. Give thanks to almighty God for granting us during the past day by His grace, His gifts of life and health.
2. Examine our conscience by going through each hour of the day, beginning from the time of rising and recall where we went, how we acted and reacted toward all persons and other creatures, what we talked about and what we neglected to do.

3. If we have done any good, let us not ascribe it to ourselves but to God who gives us all good things and thank Him. Pray that He may strengthen us in this good and enable us to continue in it.

4. But if we have done anything evil, admit that this comes from ourself and our own weaknesses, from bad habits or weak will. Let us repent and pray to the Lover of Mankind for His forgiveness.

5. Whenever possible, let us resolve to quickly ask the pardon of anyone we may have offended by these actions.
Before we approach the priest, we say the following prayers:

The TRISAGION PRAYERS (page 17).

Troparia of Repentance

Have mercy on us, O Lord, have mercy on us. At a loss for any defense, we sinners offer this prayer to You, the Master: have mercy on us.

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

Lord, have mercy on us, for we have put our trust in You. Rise not in full anger against us, remember not our transgressions; but look upon us even now in the depth of Your mercy and save us from our enemies; for You are our God and we are Your people. All of us are the work of Your hands and we constantly call upon Your name.

Now and always and forever and ever. Amen.
Blessed Mother of God, open the portal of your deep mercy to us who put our trust in you, so that we may not be brought to confusion, but through you, may be delivered from adversity, for you are the salvation of the Christian fold.

I have sinned, O Lord: have mercy.

O God be merciful to me, a sinner.

*Confess your sins to God in the presence of the priest, saying:*

Father, Lord of heaven and earth, I confess to You all the hidden and open sins of my heart and mind which I have committed. I ask of You, the merciful and righteous Judge, forgiveness and the grace to sin no more.

*Then make your confession. The priest may counsel you or pray with you. Then, laying the stole over your head, he will pray the prayer of forgiveness and dismiss you.*
PREPARING FOR THE MYSTERY OF HOLY COMMUNION

Every time we attend the Divine Liturgy, we are called to share in the Holy Gifts of Christ’s Body and Blood. Yet we are also reminded that

Everyone should examine himself first and then eat the Bread and drink from the Cup. For if he does not recognize the meaning of the Lord’s body when he eats the Bread and drinks from the Cup, he
brings judgment on himself as he eats and drinks.

(1 Corinthians 11:28-29)

For this reason the church reminds us to deepen our appreciation of the Eucharist each time we receive. The evening and morning before we plan to attend the Liturgy, we recite one or more of the following prayers:

A Prayer of St. Basil the Great

O Lord and Master Jesus Christ, my God, Source of life and immortality, Maker of all things visible and invisible, co-eternal Son of the immortal Father, accept the repentance of me, a sinner. Incline Your ear and hear my prayer: I have sinned, O Lord, I have sinned before Your face, and I am not worthy to lift up my eyes to Your glory. I have provoked Your goodness; I have transgressed Your commandments and disobeyed Your statutes. O Lord, be long-suffering with me and show me Your mercy. O You who said through the prophet: "I desire not the death of a sinner,
but that he may repent and live," show me Your love and forgive me. Wherefore, even unworthy of heaven and of earth as I am, I despair not of Your salvation. In this life I have wholly yielded myself to sin and have become the slave of the pleasures of this world. I have defiled Your image in me and turned my back on Your loving kindness. When I consider Your infinite compassion, I dare to come back to You, my God and my Maker. Receive me, O Christ, as You received the adulteress; accept me as You accepted the prodigal son, the publican, and the thief on the cross; take away the heavy burden of my sins, O You who take away the sins of the world, You who heal the infirmities of men and who call to Yourself and give rest to those who are weary and heavy-laden.

Cleanse me, O Lord, from every stain of flesh and spirit; teach me to fulfill Your will in fear and holiness that, having the witness of a pure conscience, I may receive my share of
Your holy things and may be united to Your holy body and blood. May I have You to abide in me with the Father and the Holy Spirit. Grant me, until my last breath, to receive the bread and the wine which are Your body and blood, and thereby to receive communion with the Holy Spirit as a provision for the journey to eternal life, and as an acceptable answer at Your dread judgment seat. May I, together with all Your saints, be a partaker of these good things You have prepared for those who love You, O Lord my God. Amen.

A Prayer of St. John of Damascus

O Lord and Master Jesus Christ, my God, who alone have power to absolve men from their sins: forgive all my transgressions both deliberate and indeliberate, committed in word or in deed. O Lover of mankind, allow me to partake of Your divine, glorious and pure MYSTERIES. Let my sharing in Your body and blood be for the cleansing of my sins and
the healing of my body and a pledge of the life to come and of Your kingdom. You are a God of mercy, loving and kind and full of compassion. To You I render glory, Father, Son and Holy Spirit. Amen.

Another Prayer of St. Basil the Great

I know, O Lord, that if I partake unworthily of Your pure body and of Your precious blood, I will be guilty. I will be eating and drinking my own condemnation, not discerning Your body and blood. When I consider Your loving kindness, O my Christ and my God, I dare not come to You, who said: "He who eats My flesh and drinks My blood abides in Me and I in him". Be merciful to me a sinner, O Lord, and rebuke me not. Deal with me according to Your mercy. Let the bread and wine be for the healing of my soul and body, for the enlightenment of my mind and the protection of my life. Let them give me confidence in You and love for my brethren. Let them be for the amendment of
my conduct, for perseverance, for increase in virtue, and for perfection in the fellowship of Your Holy Spirit. Give me Your body and blood, O Lord, as a provision for the journey to eternal life and for an acceptable answer at Your judgement seat: do not let them be for my judgement or condemnation. Amen.

A Prayer of St. John Chrysostom

O God, absolve, remit and forgive me the transgressions I have committed in thought, word or deed, wittingly and unwittingly. Pardon me all my sins, for You are a gracious God and the Lover of mankind. Allow me to receive Your holy body and blood for the good of my soul and the healing of my body through the prayers of Your most pure Mother, of the spiritual and holy powers of heaven who serve You in holiness, and of all the saints who were pleasing to You since the beginning of the world. Yours is the kingdom and Yours is the glory, Father, Son and Holy Spirit. Amen.
PRAYERS OF THANKSGIVING AFTER HOLY COMMUNION

Just as we pray in preparation for receiving Communion to heighten our appreciation of this great gift, we also pray after having received. The following prayers may be said in church after receiving or that evening as part of our daily prayers.

Glory to You, O God (three times).

I give thanks to You, O Lord my God, for You have not rejected me a sinner, but have made me worthy to share in Your sanctifying MYSTERIES. I thank You for having granted that I, unworthy as I am, be a partaker of these pure and heavenly gifts. O Lord and Lover of mankind who died and are risen for us, who gave us these dread and life-giving MYSTERIES for the good of our bodies and the sanctification of our souls: make them serve for the healing of my soul and body, that they may set to flight every foe. Enlighten the eyes of my heart; give peace to the powers of my
mind; inspire me with a faith in which there is no shame, a sincere love, a deep wisdom and obedience to Your commandments. May they increase in me Your divine grace, and make me dwell in Your kingdom. Being preserved by them in Your holiness, I will remember Your love at all times. From now on, I will not live for myself, but for You, my Lord and Benefactor. And thus having spent my earthly life in the hope of life without end, I will one day reach eternal rest where the sound of rejoicing never ceases, where the delight of those who look upon the beauty of Your face has no bounds. For You are truly the object of our desire and the inexpressible joy of those who love You, Christ our God, and all creatures glorify You forever and ever. Amen.

Prayer of Thanksgiving of St. Basil the Great

O Master, Christ God, King forever, Maker of all things, I thank You for all the favors You granted me, and particularly for having
given me Your pure and life-giving MYSTERIES. I pray You, O gracious God and Lover of mankind: keep me under Your protection and under the shadow of Your wings; grant that, until my last breath, I may worthily receive Your holy MYSTERIES with a clear conscience, for the remission of my sins and for life everlasting. For You are the bread of life, the fountain of holiness and the provider of graces. We render glory to You, together with Your Father and Your Holy Spirit, now and always and forever and ever. Amen.

Prayer of Simeon Metaphrastes to Our Lord Jesus Christ

O You who graciously gave Your flesh to me as food, who are a fire consuming the unworthy: consume me not, O my Creator, but rather pass through all the parts of my body, into all my joints, my heart, my soul; burn, O good Lord, the thorns of my transgressions, cleanse my soul and purify all my thoughts. Ever shelter, guard and keep me in Your
love. Chasten me, purify me, and control all my passions. Adorn me, teach me, and enlighten me always. Show me how to be a tabernacle of Your Holy Spirit, and in no wise the dwelling place of sin; that from me, Your habitation, and because of the communion of Your holy mysteries, every evil deed and passion may flee as from fire. I bring to You all the saints, especially Your pure and most holy Mother to intercede for me. O my Christ and my God, accept their prayers in my favor, and make me, Your child, to be a child of light: for You alone are the sanctification and the splendor of my soul, and to You, my God and my Master, I shall give glory and honor forever and ever. Amen.

A Prayer to the Holy Mother of God

O most holy Lady, Mother of God, light of my poor soul, my hope, my protection, my refuge, my comfort and my joy: I thank you for having enabled me to be a partaker of the most pure body and the most precious blood
of your Son. Enlighten the eyes of my heart, you who carried the Source of immortality. O most tender and loving Mother of the merciful God, have mercy on me and grant me a repentant and contrite heart with humility of mind. Recall my thoughts from wandering into all kinds of distractions, and make me worthy always - even to my last breath - to receive the most pure mysteries of Christ for the healing of my soul and body. Give me tears of repentance and thanksgiving, that I may chant and praise you all the days of my life, you who are blessed and glorified forever. Amen.
OCCASIONAL PRAYERS

Prayer for God's Blessing

God, be gracious to us and bless us. Shine Your countenance upon us and have mercy on us.

Prayers Before Beginning Any Task

Almighty God, our refuge and our help, Fountain of wisdom and Tower of strength, I can do nothing without Your guidance and help. Assist me, I pray You, and direct me by Your divine wisdom and power, that I may accomplish this task and whatever I may undertake to do faithfully and diligently, according to Your will, so that it may be for my good and for the good of others and to the glory of Your holy name. For to You we render glory - Father, Son and Holy Spirit - now and always and forever and ever. Amen.
or this:

O Lord, give Your blessing.

Prayer on Completing Any Task

Lord Jesus Christ, You are the fulfillment of all blessings. Fill me with joy and gladness and save me. Grant that Your holy name be always glorified: for not to us, but to Your holy name is due all glory, honor and adoration - Father, Son and Holy Spirit - now and always and forever and ever. Amen.

or this:

Glory to You, O Lord: glory to You.

Prayer for Enlightenment

Blessed are You, O Lord: teach me Your statutes.
Prayer Before an Icon of Christ

Before Your most pure image we bow in worship, O good One, begging forgiveness for our sins, O Christ God; because You chose of Your own free will to ascend upon the cross in the flesh in order to deliver from the enemy’s bondage those You had created. For this reason we cry out to You in thanksgiving: You have filled all things with joy, O our Savior, when You came to save the world.

Prayer Before an Icon of the Theotokos

Mother of God, since you became a fountain of mercy, count us worthy of your compassion. Look upon a people that has sinned. Show forth your power as you always do. Because we have put our trust in you, we hail you as once did Gabriel, the captain of the angels.
The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me a sinner.

Lenten Prayer of St. Ephrem the Syrian

*(Recited whenever we pray during the Great Fast)*

O Lord, Master of my life, grant that I may not be infected with the spirit of slothfulness and inquisitiveness, with the spirit of ambition and vain talking. *(Make a prostration)*

Grant instead to me, Your servant, the spirit of purity and humility, the spirit of patience and neighborly love. *(Make a prostration)*

O Lord and King, bestow upon me the grace of being aware of my sins and of not thinking evil of those of my brethren. *(Make a prostration)*

For You are blessed forever and ever. Amen.
Supplicatory Verses of St. John Chrysostom

Lord, sprinkle into my heart the dew of Your grace.

O Lord, plant in me the root of all blessings: reverence for You in my heart.

O Lord, grant me to love always to do Your will.

Lord, send Your grace to help me, that I may glorify Your holy name.

Troparion of Pascha

*(Recited whenever we pray during the Easter season)*

Christ is risen from the dead and by His death He has trampled upon death and has given life to those who are in the tombs.
Troparion of the Holy Cross

O Lord, save Your people and bless Your inheritance. Strengthen our public authorities in every good deed, and protect Your nation by the power of Your cross.

Prayer of Metropolitan Philaret

O Lord, I know not what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either cross or consolation. I can only wait on You. My heart is open to You. Visit and help me for Your great mercy's sake. Strike me and heal me. Cast me down and raise me up. I worship in silence Your holy will and Your unsearchable ways. I offer myself as a sacrifice to You. I have no other desire than to fulfill Your will. Teach me how to pray. Do You Yourself pray in me. Amen.
A General Intercession
( Rememberance of the Living and the Dead)

Remember, O Lord Jesus Christ our God, Your mercies and bounties which are from all eternity. By them You became man, willing to suffer crucifixion and death for the salvation of those who rightly believe in You. Having risen from the dead and ascended into heaven, You sit at the right hand of God the Father, hearing the humble prayers of those who call on You with their whole heart. Incline Your ear and accept my prayer, unprofitable servant though I am, as the fragrance of spiritual incense which I offer You for all people.

Remember first Your holy, catholic and apostolic Church which You have established through Your precious blood. Confirm, strengthen, extend and increase it and keep it in peace, forever proof against the power of hell. Calm the dissensions of the Churches and foil the plans of the powers of darkness.
Dispel the prejudice of unbelievers and root out the risings of heresies, frustrating them by the power of the Holy Spirit. (*bow*)

Save, O Lord, and have mercy on the government empowered by the American people and their armed forces. Protect their power with peace. Speak peace and blessings in their hearts for Your holy Church and for all Your people, and grant that in their tranquility we may lead a quiet and peaceful life in true belief, in all piety and honesty. (*bow*)

Save, O Lord, and have mercy on our Archbishop N., beloved of God, upon his priests and deacons and all who serve in the Church and whom You have ordained to feed Your spiritual flock. By their prayers have mercy on me, a sinner. (*bow*)

Save, O Lord, and have mercy on our parish priest N., and on my spiritual Father N., and by their prayers forgive my sins. (*bow*)
Save, O Lord and have mercy on my parents, my brothers and sisters and all my relatives, my neighbors and friends and all the members of our parish, granting them Your worldly and spiritual goods. (bow)

Save, O Lord, and have mercy in Your boundless generosity on all priests, deacons, monks, nuns and all living in virginity, devotion, fasting and right faith in every place of Your domain. Lighten their burden, console them in their afflictions, and grant them strength, power and perseverance in their struggle; and by their prayers grant me the remission of my sins. (bow)

Save, O Lord, and have mercy on the old and the young, the poor and the destitute, the orphans and widows, those suffering from spiritual, mental and physical illnesses, those in misfortune, tribulation and sorrow, those held captive or sent into exile and especially on those of Your servants who are suffering
persecution for Your sake. Visit, strengthen, comfort and heal them and by Your power quickly grant them relief, freedom and deliverance. (bow)

Save, O Lord, and have mercy on those whom I have offended or scandalized by my neglect or carelessness and whom I may have turned from the way of salvation or led into harmful and evil deeds. By Your divine providence restore them again to the way of salvation. (bow)

Save, O Lord, and have mercy on those who hate and offend me and who do me harm, and let them not perish through me, a sinner. (bow)

Illumine with the light of Your grace all who have given up the Orthodox faith or who hold heretical teachings and draw them to Yourself, uniting them to Your holy, catholic and apostolic Church. (bow)
Remember, O Lord, all those who have departed from this life in the true faith and grant them rest with the saints in Your eternal dwellings. (bow)

Remember, O Lord, the souls of Your servants who have reposed: my parents and all my relatives NN. Forgive them every transgression whether committed voluntarily or involuntarily. Grant them the Kingdom, a share in Your eternal joys and the delight of Your blessed and everlasting life. (bow)

Remember, O Lord, all the members of our Church who have reposed in the hope of resurrection to eternal life as well as all Orthodox Christians. Give them repose with Your saints where the light of Your face shines and have mercy on us, for You are good and the Lover of Mankind.
Prayers to the Mother of God

It is truly right to bless you, O *Theotokos*, who are ever blessed and all blameless and the Mother of our God. More honored than the cherubim and more glorious beyond compare than the seraphim, you who without stain did bear God the Word. You are truly *Theotokos*: we magnify you.

Under your tender compassion we run, O Mother of God. Reject not our prayer in our trouble but deliver us from harm, only pure, only blessed one.

Most glorious ever virgin Mother of Christ our God, present our prayer to your Son and our God and pray that through you He may save our souls.

O good Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of your Son and our God on my passionate soul and guide me in good works by your
prayers, that I may pass the rest of my life without defilement and find paradise through you, O Virgin Mother of God who alone are pure and blessed.

O never failing protectress of Christians and their ever present intercessor before the Creator, despise not the petitions of us sinners, but in your goodness extend your help to us who call upon you with confidence. Hasten, O Mother of God, to intercede for us, for you have always protected those who honor you.

Triumphant Leader, to you belongs our prize of victory. And since you saved us from adversity, we offer you our thanks; we are your people, O Theotokos. So, as you have that invincible power, continue to deliver us from danger that we may cry out to you: Hail, O Virgin and Bride ever pure!

At the magnificence of your virginity and your exceedingly splendidous purity Gabriel
stood amazed and cried out to you, O Theotokos: what praise may I offer you that is worthy of your beauty? By what name shall I call upon you? I am lost and bewildered. But I shall greet you as I was commanded: Hail, O full of grace.
A BRIEF CALENDAR OF THE MAJOR FEAST DAYS OF OUR CHURCH

(The Twelve Great Feasts are given in Capitals)

The Paschal Cycle

The Great Fast (40 Days before the Great Week)

The Great Week, which includes the following commemorations:
- Lazarus Saturday (the raising of Lazarus from the dead)
- PALM SUNDAY (entry of Christ into Jerusalem)
- Holy Wednesday (anointing of Christ by the woman)
- Holy Thursday (the Last Supper)
- Holy Friday (passion and death of Christ)
- Holy Saturday (descent of Christ to the dead)

HOLY AND GREAT PASCHA: the feast of feasts, the resurrection of Christ

ASCENSION OF CHRIST (40 days after Pascha)
Saturday of the Dead (Saturday before Pentecost)

PENTECOST (the descent of the Holy Spirit)

Sunday of All Saints (Sunday after Pentecost)

September

1 - Indiction (beginning of the Church year)
8 - NATIVITY OF THE THEOTOKOS
14 - EXALTATION OF THE HOLY CROSS

October

1 - Protection of the Theotokos

November

8 - St. Michael and All Holy Angels

21 - ENTRANCE OF THE THEOTOKOS INTO THE TEMPLE

December

4- St. Barbara the Great Martyr; St. John of Damascus
6 - St. Nicholas the Wonderworker
25 - NATIVITY OF CHRIST
26 - SYNAXIS of the Mother of God

January

1 - Circumcision of Christ; St. Basil the Great
6 - THEOPHANY (Baptism of Christ in the Jordan)
30 - Three Holy Hierarchs

February

2 - ENTRANCE OF CHRIST INTO THE TEMPLE

March

9 - Forty Martyrs of Sebaste
25 - ANNUNCIATION TO THE THEOTOKOS

April

23 - St. George the Great Martyr

May

8 - St. John the Theologian
21 - Ss. Constantine and Helen
June

Monday after All Saints to June 28 - Fast of Ss. Peter and Paul
24 - Nativity of St. John the Baptist
29 - Ss. Peter and Paul

July

20 - St. Elias the Prophet
25 - DORMITION of St. Ann

August

1-14 - Fast of the THEOTOKOS
6 - TRANSFIGURATION OF CHRIST
15 - DORMITION OF THE THEOTOKOS
29 - Beheading of St. John the Baptist
LITURGICAL TERMS USED IN THIS BOOK

Artoklasia - The blessing of bread, wheat, wine and oil performed at vespers at major feasts. This food was originally used to sustain those who would spend the whole night of the feast as a vigil of prayer.

Dormition - Literally, "falling asleep." This is the Church's word meaning death and is used as the title of feasts which remember the death of a saint.

Icon Corner - A prayer shrine placed in the corner of a room, usually the eastward corner, as the focus for personal or family prayer. Icons, the cross, a candle, incense as well as the Holy Scriptures and any other sacred item should be placed there.

Jesus Prayer - A brief prayer centered around the name of Jesus such as "Lord Jesus Christ, have mercy on me a sinner." In the Byzantine tradition it is prayed rhythmically, in time with one's breathing, and often with the aid of a prayer rope. Use of this prayer helps the believer reach a depth of tranquility which is the fruit of unceasing prayer.

Mysteries - More common Eastern term for what the West calls sacraments. While the word sacrament,
meaning sign, emphasizes what is seen, the word mystery stresses the divine power which is present in an unseen way.

Orthodox - Literally, "right glorifying." One of the most ancient and respected ways of describing the Church and its people. Like the term "Melkite," it was first used to describe those who remained faithful to the true faith in the theological controversies of the early centuries.

Presanctified Liturgy - The evening Communion service held with vespers during the Great Fast to climax a day of fasting.

Spiritual Father - A counselor or guide who helps us in our spiritual life. Every believer should avail himself of the help of such a guide.

Synaxis - Literally, "assembly." The Church calendar uses it to speak of the second day of a major feast when we assemble again to honor someone associated with that feast. Thus the day after Christmas we assemble in honor of the Mother of God.

Theotokos - Literally, "bearer of God." The most solemn term used to speak of Mary, the Mother of God, in the Byzantine tradition.
Trisagion Prayers - The series of prayers, beginning with the Trisagion ("Holy God...") and ending with the Lord's Prayer which usually begins prayers or services in Byzantine Churches.

Troparion - (Plural: troparia) A brief chant expressing a theme of devotion or the event remembered on a feast. Every feast has a troparion which becomes the theme song of the feast.

Twelve Great Feasts - The most important feasts of the Church year, along with Easter which is the feast of feasts. The events remembered on these feasts are often shown on the icon screen in church.
PRIESTLESS SERVICES

"You are a chosen race, a royal priesthood, a holy nation, God’s own people, that you may declare the wonderful deeds of Him who called you out of darkness into His marvelous light" (1 Pt 2:9).

All believers exercise their royal priesthood when they join other members of God’s people in declaring His wonderous deeds in divine worship. We join, not only other members of the Body, but the Head Himself, our High Priest, who said: Where two or three are gathered in my name, there am I in the midst of them (Mt 18:20). It is here that we are gathered "in His name", to join Him in His priestly ministry before the throne of the Father. This happens, not only in the Divine Liturgy, but also in the various other prayers of the Body such as the daily offices of praise intended for various hours during the day: vespers, compline, the midnight office, orthros, and the hours.

But even when there is no church service - because none is scheduled, no church is at hand, or no priest available - believers can exercise their priesthood by praying the daily services of the Church on their own, in union with the whole Body of Christ. Believers can thus make present the Church and show forth their
union with its Head and members of all times and places, whether a priest is present or not.

Compline and the hours are the services most easily accessible for individual use, because they have few or no congregational responses. It is also customary to pray canons or akathists in the same way, either separately or in conjunction with the daily services. In this way two or three believers, or even a solitary Christian, can unite with the whole Church - Head and members - in its daily praise of God.

When non-sacramental services are conducted by deacons, lesser clergy or laity, the following rules are observed:

1. All of the Priest’s and Deacon’s blessings, petitions and exclamations are omitted. In place of the blessings nothing is said; in place of the exclamations the leader says, *Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.*

2. In choral services (e.g. vespers or orthros), *Lord, have mercy* is said twelve times in place of the longer litanies; in place of the little litany, it is said three times.

3. The Scriptures are read simply, without ceremony or exclamation (*Let us be attentive!* etc.)

4. All hymns, psalms and prayers are read or sung as usual.