

**LITURGICAL
PROPER
Great Lent 2016:
Presactified
Divine Liturgy**



Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 8

v. Lead my soul forth from prison that I may give thanks to Your name.*
10. O faithful, while fasting bodily,

let us also fast in spirit.

Let us loosen every bond of injustice;

let us tear apart the strong chains of violence;

let us rip up all unjust assertions;

let us give bread to the hungry

and welcome the poor and homeless to our houses,

that we may receive from Christ our God, His great mercy.

v. The just shall gather around me when You have been good to me.*

9. O faithful, while fasting bodily, (See Above)

In Tone 2

v. Let Yours ears be attentive to the voice of my prayer.*

7. Jesus, the true spiritual Sun,

sent you as lighting through all the world,

to overcome the darkness of error

by the brightness of your divine teachings;

O holy apostles, who have seen the Lord,

beseech Him to send His light and His mercy on us.

v. If You mark iniquities, Lord, who can stand? But with You forgiveness is*

that You may be revered.

6. Elijah ascended in the divine chariot of his virtues,

and by his fasting he was carried to the heights of heaven in glory.

Stive, O my humble soul, as he did,

fast and shed all evil, malice, envy, and corrupting luxury

so that you may be delivered from all eternal pain of death

and cry out to Christ:

O Lord, glory be to You!

In Tone 5

v. I have waited for You as You have commanded; my soul patiently relies on Your promise, for it has trusted in the Lord.*

5. O divine apostles,

fervent intercessors for the world and defenders of the faithful.

You received from Christ our God the boldness to intercede for us.

We beseech you that we may pass this solemn time of the Fast untroubled and receive the grace of the consubstantial Trinity.

O great and glorious preachers, pray for our souls.

In Tone 1

v. From the morning watch until night let Israel trust in the Lord.*

4. The height of the virtues and foundation of the faithful,

the glory of bishops and boast of the martyrs,

summons all the faithful to his holy memorial with splendour

that they may sing to him as a victor who glorified God on earth!

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. The height of the virtues and foundation of the faithful,

the glory of bishops and boast of the martyrs,

summons all the faithful to his holy memorial with splendour

that they may sing to him as a victor who glorified God on earth!

v. Praise the Lord, all the nations; proclaim His glory, all you people.*

2. You were moved by a vision of Christ,

the Angel of great counsel,

as you beheld the evil assembly, wise martyr.

You went at once to the tribunal.

You took the trophies of victory in your hand!

Now you dwell in the heavens, all-holy one.

v. Strong is the love of the Lord for us; eternally will His truth endure.*

1. With the drops of your blood, martyr Blaise,

you wove a beautiful robe for the Church

embroidered by your well-anointed fingers

and dyed with your manifold sufferings.

She wears it as a beautiful bride

singing hymns to Christ the Bridegroom!

In Tone 4, Glory... Now...

O Mother of Christ our God,

you who gave birth to the Maker of all,

deliver us from every danger,

so that we may cry out to you with one accord:

Rejoice, O only intercessor for our souls!

Prokeimenon I, Tone 5

You, O Lord, will guard us, and will keep us,* from this generation, and

forever!

verse: Save me, O Lord, for there is no longer left a just man.

Reading I: Genesis 1:24-2:3

God said, "Let the earth bring forth all kinds of living creatures: cattle, creeping

things, and wild animals of all kinds." And so it happened: God made all kinds

of wild animals, all kinds of cattle, and all kinds of creeping things of the earth.

God saw how good it was. Then God said: "Let us make man in our image,

after our likeness. Let them have dominion over the fish of the sea, the birds

of the air, and the cattle, and over all the wild animals and all the creatures

that crawl on the ground." God created man in his image; in the divine image

he created him; male and female he created them. God blessed them, saying:

"Be fertile and multiply; fill the earth and subdue it. Have dominion over the

fish of the sea, the birds of the air, and all the living things that move on the

earth." God also said: "See, I give you every seed-bearing plant all over the

earth and every tree that has seed-bearing fruit on it to be your food; and to all

the animals of the land, all the birds of the air, and all the living creatures that

crawl on the ground, I give all the green plants for food." And so it happened.

God looked at everything he had made, and he found it very good. Evening

came, and morning followed-the sixth day. Thus the heavens and the earth and

all their array were completed. Since on the seventh day God was finished with

the work he had been doing, he rested on the seventh day from all the work he

had undertaken. So God blessed the seventh day and made it holy, because on

it he rested from all the work he had done in creation.

Prokeimenon II, Tone 6

Look at me and answer me* O Lord my God!

verse: How long, O Lord, will You forget me? How long will You hide Your

face from me?

sold for a large sum, and given to the poor.” But Jesus, aware of this, said to them, “Why do you trouble the woman? For she has done a beautiful thing to me. For you always have the poor with you, but you will not always have me. In pouring this ointment on my body she has done it to prepare me for burial. Truly, I say to you, wherever this gospel is preached in the whole world, what she has done will be told in memory of her.”

Then one of the twelve, who was called Judas Iscariot, went to the chief priests and said, “What will you give me if I deliver him to you?” And they paid him thirty pieces of silver. And from that moment he sought an opportunity to betray him.

Reading II: Proverbs 2:1-22

My son, if you receive my words and treasure my commands, Turning your ear to wisdom, inclining your heart to understanding; Yes, if you call to intelligence, and to understanding raise your voice; If you seek her like silver, and like hidden treasures search her out: Then will you understand the fear of the LORD; the knowledge of God you will find; For the LORD gives wisdom, from his mouth come knowledge and understanding; He has counsel in store for the upright, he is the shield of those who walk honestly, Guarding the paths of justice, protecting the way of his pious ones. Then you will understand rectitude and justice, honesty, every good path; For wisdom will enter your heart, knowledge will please your soul, Discretion will watch over you, understanding will guard you; Saving you from the way of evil men, from men of perverse speech, Who leave the straight paths to walk in the way of darkness, Who delight in doing evil, rejoice in perversity; Whose ways are crooked, and devious their paths; Saving you from the wife of another, from the adulteress with her smooth words, Who forsakes the companion of her youth and forgets the pact with her God; For her path sinks down to death, and her footsteps lead to the shades; None who enter thereon come back again, or gain the paths of life. Thus you may walk in the way of good men, and keep to the paths of the just. For the upright will dwell in the land, the honest will remain in it.

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 5

v. *Lead my soul forth from prison* that I may give thanks to Your name.*

10. Come, O faithful, let us fulfil the works of God in the light;

and let us walk with dignity as in the light of day;

let us tear up every unjust contract,

and let us cast aside every object of scandal for our neighbour.

Let us turn away from the pleasures of the flesh,

so that we may grow in our spiritual gifts.

Let us give food to the poor;

let us draw near to Christ, and in repentance, let us say:

O our God, have mercy on us.

v. *The just shall gather around me* when You have been good to me.*

9. Come, O faithful, let us fulfill the works of God in the light... (See Above)

In Tone 4

v. *Out of the depths I cry to You, O Lord.* O Lord, hear my voice!*

8. You are glorified in the memory of your saints, O Christ God.

Through their intercessions,

send upon us Your great mercy.

v. *Let Yours ears be attentive* to the voice of my prayer:*

7. O God, who has accepted the long-suffering of the holy martyrs,

accept our song, O Lover of humankind,

and, through their prayers, grant us Your great mercy.

v. *If You mark iniquities, Lord, who can stand? * But with You forgiveness is*

that You may be revered.

6. O saints, who have the boldness to approach the Saviour,

pray without ceasing for us sinners,

asking remission for our transgressions,

and great mercy for our souls.

and watered their flock. When they came to their father Reuel, he said, "How is it that you have come so soon today?" They said, "An Egyptian delivered us out of the hand of the shepherds, and even drew water for us and watered the flock." He said to his daughters, "And where is he? Why have you left the man? Call him, that he may eat bread." And Moses was content to dwell with the man, and he gave Moses his daughter Zipporah. She bore a son, and he called his name Gershom; for he said, "I have been a sojourner in a foreign land."

Prokimenon II, Tone 4

Your love, O Lord, is eternal,* do not discard the work of Your hands.

verse: I thank You, Lord, with all my heart, beard of Aaron.

Reading II: Job 2:1-10

Again there was a day when the sons of God came to present themselves before the Lord, and Satan also came among them to present himself before the Lord. And the Lord said to Satan, "Whence have you come?" Satan answered the Lord, "From going to and fro on the earth, and from walking up and down on it." And the Lord said to Satan, "Have you considered my servant Job, that there is none like him on the earth, a blameless and upright man, who fears God and turns away from evil? He still holds fast his integrity, although you moved me against him, to destroy him without cause." Then Satan answered the Lord, "Skin for skin! All that a man has he will give for his life. But put forth thy hand now, and touch his bone and his flesh, and he will curse thee to thy face." And the Lord said to Satan, "Behold, he is in your power; only spare his life."

So Satan went forth from the presence of the Lord, and afflicted Job with loathsome sores from the sole of his foot to the crown of his head. And he took a potsherd with which to scrape himself, and sat among the ashes. Then his wife said to him, "Do you still hold fast your integrity? Curse God, and die." But he said to her, "You speak as one of the foolish women would speak. Shall we receive good at the hand of God, and shall we not receive evil?" In all this Job did not sin with his lips.

Gospel: Matthew 26:6-16

Now when Jesus was at Bethany in the house of Simon the leper, a woman came up to him with an alabaster flask of very expensive ointment, and she poured it on his head, as he sat at table. But when the disciples saw it, they were indignant, saying, "Why this waste? For this ointment might have been

In Tone 8, Glory... Now...

O Lord, the woman who had fallen into a multitude of sins,
recognized Your divinity and thus joined the ranks of the myrrh-bearing
women;
before Your burial, she offered You myrrh with her tears:
“Alas,” she said, “Woe is me!
The stinging night of pleasure seizes me;
the dark and moonless love of sin grasps me.
Accept the stream of my tears and my copious weeping, O Lord,
for You make the waters fall from the clouds into the sea.
Incline Your ear to the cry of my heart,
for You incline the heavens in Your ineffable condescension.
Allow me to kiss Your most pure feet,
and to dry them with the locks of my hair;
for these are the feet that Eve heard in Paradise,
and, trembling at their approach, she hid herself.
O Lord, who can search out the number of my sins?
Who shall search the depth of Your judgments, O Redeemer and Saviour of our
souls?!
In Your infinite love, do not despise Your servant.”

Prokeimenon I, Tone 4

To the God of heaven give thanks* for His love endures forever.
verse: Give thanks to the God of gods, for His love endures forever.

Reading I: Exodus 2:11-22

One day, when Moses had grown up, he went out to his people and looked on
their burdens; and he saw an Egyptian beating a Hebrew, one of his people.
He looked this way and that, and seeing no one he killed the Egyptian and hid
him in the sand. When he went out the next day, behold, two Hebrews were
struggling together; and he said to the man that did the wrong, “Why do you
strike your fellow?” He answered, “Who made you a prince and a judge over
us? Do you mean to kill me as you killed the Egyptian?” Then Moses was
afraid, and thought, “Surely the thing is known.” When Pharaoh heard of it, he
sought to kill Moses.

But Moses fled from Pharaoh, and stayed in the land of Mid’ian; and he sat
down by a well. Now the priest of Mid’ian had seven daughters; and they
came and drew water, and filled the troughs to water their father’s flock. The
shepherds came and drove them away; but Moses stood up and helped them,

*v. I have waited for You as You have commanded; my soul patiently relies on
Your promise,* for it has trusted in the Lord.*

5. O martyrs of the Lord,
you are living sacrifices and spiritual offerings
and perfect incense burnt to God.
You are sheep that know God and are known to Him,
and wolves cannot break into His fold.
Pray that we may be led with you
to pasture beside the still waters.

In Tone 2

v. From the morning watch until night let Israel trust in the Lord.*

4. Come, all you friends of the martyrs,
let us celebrate this feast in the joy of the Spirit;
for, on this day, the holy martyr Theodore prepares a spiritual banquet for us,
the lovers of the feast;
he brings joy to our hearts,
and we cry out to him:
Rejoice, invincible warrior, who has vanquished powerful tyrants;
and for the love of Christ our God,
you gave given over your body of flesh to torments.
Rejoice, for in the midst of dangers,
you showed yourself to be a valiant soldier of the heavenly army.
Therefore, we pray to you, O glory of martyrs,
intercede for the salvation of our souls.

*v. For with the Lord there is mercy, and with Him there is plentiful
redemption;* and He shall redeem Israel from all its iniquities.*

3. O holy martyr Theodore,
you generously grant the God-given grace of your miracles
to all the faithful who hasten to you.
We rejoice in this, and we sing:
You are the liberator of captives and healer of the sick,
the wealth of the poor and salvation of those who sail the seas,
the defender of those who cherish your holy memory;
now, for all of us who praise you,
beseech Christ for His great mercy.

*v. Praise the Lord, all the nations; * proclaim His glory, all you people.*

2. O holy martyr Theodore,
you are truly the “gift of God,”
for, being alive even after your death,
you are attentive to the requests of those who come to you.

A son was once seized from his mother
and made a prisoner in the pagan army;

the widow bathed your sanctuary with her tears;
and you were moved with compassion.

You mounted a white horse and mysteriously returned her child;
and even now, you do not cease to work miracles.
Beseech Christ our God to save our souls.

*v. Strong is the love of the Lord for us; * eternally will His truth endure.*

1. O Theodore, thrice-blessed,
with your name, I praise the gift of God;

you are a shining torch of the divine brightness.
By your deeds you have illuminated the universe.

You have shown yourself to be stronger than fire,
and you crushed the head of the treacherous dragon.
Therefore, Christ has placed on your head the crown of victory.

And now that you enjoy the divine favour,
O holy and great martyr,

beseech God for the salvation of our souls.
In Tone 6, Glory...

The enemy used the apostate emperor as his servant
against the Christian people who were purified by the Fast;
he tried to defile them with food polluted by the blood of sacrifices.

But, you more wisely foiled his plan,
by appearing in a dream to the bishop of that time
and warning him of the danger.

We also offer you our sacrifices of thanksgiving,
and we honour you with the title of protector
as we celebrate the annual memory of this event.

We beseech you to preserve us from the evil designs of the enemy
by interceding with God for us,
O holy martyr Theodore.

Behold, I am drowning in the abyss of sin;

I have lost all hope because of my deeds.
In Your goodness, do not turn away from me;
but grant me forgiveness, O Lord, and save me.

*v. For with the Lord there is mercy, and with Him there is plentiful
redemption; * and He shall redeem Israel from all its iniquities.*

3. The harlot loosened her hair for You, O Lord,
while Judas reached out his hand to the godless ones.
One acted to receive Your forgiveness, the other to gain money.

Therefore, we cry out to You:

O Lord, sold for our deliverance, glory to You.

*v. Praise the Lord, all the nations; * proclaim His glory, all you people.*

2. Filled with the odour of sin, the woman drew near to You, O Saviour;
she poured out her tears over Your feet and thus proclaimed Your Passion.
“O Master, how shall I dare to raise my eyes to You,” she cried.

Yet You came to save the fallen;
You raised Lazarus from the tomb;

so lift me also from the abyss of death.
O Lord, accept me in my misery and save me.

*v. Strong is the love of the Lord for us; * eternally will His truth endure.*

1. She who was rejected because of her life,
and who was accepted because of her conversion,

came to You, bearing myrrh, and saying:
Do not cast me out, O Son of the Virgin, for I am a wretched one;
O joy of the angels do not despise my tears;

but receive me in repentance, and in Your goodness, accept me a sinful one.

v. Let Yours ears be attentive to the voice of my prayer.*

7. O the misery of Judas!

He saw the sinful woman kiss the feet of the Lord,
and he shamefully thought of his kiss of betrayal.

She loosened her hair,

while he let himself be bound up by passion;

instead of the fragrance of myrrh, he bore the odour of his perverse and evil
ways;

for jealousy does not know how to seek what is good.

O the misery of Judas!

O Lord, keep our souls from falling like him.

In Tone 2

v. If You mark iniquities, Lord, who can stand? But with Your forgiveness is
that You may be revered.*

6. The sinful woman hastened to buy the precious myrrh,
in order to anoint her Saviour.

She said to the merchant:

Give me the myrrh that I might anoint the One
who washed me of all my sins.

In Tone 6

*v. I have waited for You as You have commanded; my soul patiently relies on
Your promise,* for it has trusted in the Lord.*

5. Drowning in the abyss of sin,
the harlot found in You a harbour of salvation.

She poured out myrrh with her tears, and said:

O Lord, You can forgive sins,

but You await the repentance of sinners.

Behold me, O Master, for I am sinking in the storm of sin;
in Your great goodness, save me.

In Tone 6

v. From the morning watch until night let Israel trust in the Lord.*

4. Today Christ comes to the house of the Pharisee,
and the sinful woman falls at His feet.

She bows before Him and says:

In Tone 4, Now...

O Mother of God,

because of you David the prophet became an ancestor of God;
he foretold and sang a joyous hymn of praise

and cried out to Him who worked wonders in you:

“The Queen stood at Your right hand.”

God revealed you as a life-giving mother, when He chose to be incarnate of
you without a father.

He renewed in man His image which the passions had corrupted.

He found the lost sheep in the mountains,

carried it on His shoulders, offered it to the Father,

generously numbered it among the powers of heaven,

and saved the whole world, since He is Christ of great and rich mercy.

Prokeimenon I, Tone 5

May the Lord answer in time of trial;* may the name of Jacob’s God protect
you!

verse: May He send you help from His shrine and give you support from Sion!

Reading I: Genesis 2:20-3:20

The man gave names to all the cattle, all the birds of the air, and all the wild
animals; but none proved to be the suitable partner for the man. So the LORD
God cast a deep sleep on the man, and while he was asleep, he took out one
of his ribs and closed up its place with flesh. The LORD God then built up
into a woman the rib that he had taken from the man. When he brought her
to the man, the man said: “This one, at last, is bone of my bones and flesh of
my flesh; This one shall be called ‘woman,’ for out of ‘her man’ this one has
been taken.” That is why a man leaves his father and mother and clings to his
wife, and the two of them become one body. The man and his wife were both
naked, yet they felt no shame. Now the serpent was the most cunning of all
the animals that the LORD God had made. The serpent asked the woman, “Did
God really tell you not to eat from any of the trees in the garden?” The woman
answered the serpent: “We may eat of the fruit of the trees in the garden; it
is only about the fruit of the tree in the middle of the garden that God said,
‘You shall not eat it or even touch it, lest you die.’” But the serpent said to the
woman: “You certainly will not die! No, God knows well that the moment you
eat of it your eyes will be opened and you will be like gods who know what
is good and what is bad.” The woman saw that the tree was good for food,
pleasing to the eyes, and desirable for gaining wisdom. So she took some of

Wednesday, March 22, 2016: Great and Holy Wednesday;
The Holy Venerable-Martyr Nikon and His Disciples, Martyred with Him (270-75) [Great and Holy Week Fast; liturgical day; day of fast and abstinence from meat and foods that contain meat]

Readings: Sixth Hour - Ezekiel 2:3-3:3

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 1

v. *Lead my soul forth from prison* that I may give thanks to Your name.*
10. In You, born of the Virgin, the harlot recognized her God,
ashamed of her sinful deeds, she sighed and wept, and said:
O Lord, loosen my debt to You, as I unloosen my hair.
Grant Your love to the one who loves You, despite all my unworthiness;
and I shall exalt Your love for all,
harlots and publicans alike,

O Lover of humankind and their Benefactor.

v. *The just shall gather around me* when You have been good to me.*
9. The harlot mixed her tears with the precious myrrh,
as she poured them over Your most pure feet,
which she covered with kisses;
thus You showed her to be justified.
O Lord, who suffered for us,
grant us Your forgiveness and save us.

v. *Out of the depths I cry to You, O Lord.* O Lord, hear my voice!*
8. While the sinful woman was offering You her ointment,
Your disciple conspired against You.
She rejoiced to pour out the precious myrrh,
while he hastened to sell the One who is beyond price.
As she came to recognize her Lord,
the disciple separated himself;
she was set free,
while Judas became enslaved to the Enemy.
She was ennobled through repentance,
while he was disgraced by his vile actions.
O Saviour, who suffered for us,
grant us Your forgiveness and save us.

its fruit and ate it; and she also gave some to her husband, who was with her,
and he ate it. Then the eyes of both of them were opened, and they realized
that they were naked; so they sewed fig leaves together and made loincloths
for themselves. When they heard the sound of the Lord God moving about in
the garden at the breezy time of the day, the man and his wife hid themselves
from the Lord God among the trees of the garden. The Lord God then called
to the man and asked him, "Where are you?" He answered, "I heard you in the
garden; but I was afraid, because I was naked, so I hid myself." Then he asked,
"Who told you that you were naked? You have eaten, then, from the tree of
which I had forbidden you to eat?" The man replied, "The woman whom you
put here with me—she gave me fruit from the tree, so I ate it." The Lord God
then asked the woman, "Why did you do such a thing?" The woman answered,
"The serpent tricked me into it, so I ate it." Then the Lord God said to the
serpent: "Because you have done this, you shall be banned from all the animals
and from all the wild creatures; On your belly shall you crawl, and dirt shall
you eat all the days of your life. I will put enmity between you and the woman,
and between your offspring and hers; He will strike at your head, while you
strike at his heel." To the woman he said: "I will intensify the pangs of your
childbearing; in pain shall you bring forth children. Yet your urge shall be for
your husband, and he shall be your master." To the man he said: "Because you
listened to your wife and ate from the tree of which I had forbidden you to eat,
"Cursed be the ground because of you! In toil shall you eat its yield all the days
of your life. Thorns and thistles shall it bring forth to you, as you eat of the
plants of the field. By the sweat of your face shall you get bread to eat, Until
you return to the ground, from which you were taken; For you are dirt, and to
dirt you shall return." The man called his wife Eve, because she became the
mother of all the living.

Prokeimenon II, Tone 6
O Lord, arise in Your strength;* we shall sing and praise Your power.
verse: O Lord, Your strength gives joy to the king; how Your saving help
makes him glad!

Reading II
Proverbs 3:19-34
The Lord by wisdom founded the earth, established the heavens by
understanding; By his knowledge the depths break open, and the clouds drop
down dew. My son, let not these slip out of your sight: keep advice and counsel
in view; So will they be life to your soul, and an adornment for your neck.

enter into the joy of your master.’ He also who had received the one talent came forward, saying, ‘Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.’ But his master answered him, ‘You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed? Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. So take the talent from him, and give it to him who has the ten talents. For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. And cast the worthless servant into the outer darkness; there men will weep and gnash their teeth.’

“When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the King will say to those at his right hand, ‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, ‘Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? And when did we see thee a stranger and welcome thee, or naked and clothe thee? And when did we see thee sick or in prison and visit thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.’ Then he will say to those at his left hand, ‘Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.’ Then they also will answer, ‘Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?’ Then he will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to me.’ And they will go away into eternal punishment, but the righteous into eternal life.”

When Jesus had finished all these sayings, he said to his disciples, “You know that after two days the Passover is coming, and the Son of man will be delivered up to be crucified.”

Then you may securely go your way; your foot will never stumble; When you lie down, you need not be afraid, when you rest, your sleep will be sweet. Be not afraid of sudden terror, of the ruin of the wicked when it comes; For the LORD will be your confidence, and will keep your foot from the snare. Refuse no one the good on which he has a claim when it is in your power to do it for him. Say not to your neighbor, “Go, and come again, tomorrow I will give,” when you can give at once. Plot no evil against your neighbor, against him who lives at peace with you. Quarrel not with a man without cause, with one who has done you no harm. Envy not the lawless man and choose none of his ways: To the LORD the perverse man is an abomination, but with the upright is his friendship. The curse of the LORD is on the house of the wicked, but the dwelling of the just he blesses; When he is dealing with the arrogant, he is stern, but to the humble he shows kindness.

Wednesday, February 17, 2016: The Holy and Great-Martyr Theodore the Recruit (286-305) [**Great Fast; aliturgical day; day of fast and abstinence from meat and foods that contain meat**]

Readings: *Sixth Hour* - Isaiah 5:16-26

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 1

v. Lead my soul forth from prison that I may give thanks to Your name.*

10. O faithful, to undertake a spiritual fast, we must speak no deceit with our tongues nor place obstacles in the path of each other.

But by repentance let us brighten the lamp of our souls, that with tears we may call out to Christ:

Forgive our trespasses, for You love humankind.

v. The just shall gather around me when You have been good to me.*

9. O faithful, to undertake a spiritual fast, (*See Above*)

v. Out of the depths I cry to You, O Lord; O Lord, hear my voice!*

8. O martyrs, worthy of praise, though the earth may not have covered you, heaven received you, opening to you the gates of Paradise, where you dwell, delighting in the Tree of Life.

Beseech Christ to grant our souls peace and great mercy.

In Tone 3
v. Let Yours ears be attentive * to the voice of my prayer:
7. Through the prayers of the divine apostles, O righteous Lord, grant that this time of the Fast may be well spent.
In Your kindness grant repentance to our hearts,
that we all may be saved and give glory to You.
v. If You mark iniquities, Lord, who can stand? * But with You forgiveness is that You may be revered.
6. Your coming will be great and fearful, O Lord,
when You shall sit in just judgment.
Do not pass sentence on me,
for I am already condemned;
but show Your divine favour toward me,
through the intercession of Your apostles.
In Tone 6
v. I have waited for You as You have commanded; my soul patiently relies on Your promise, * for it has trusted in the Lord.
5. O apostles of Christ who shine your light on all mortals,
you are the treasures of the holy knowledge of God.
Through your prayers deliver from temptation those who praise you.
Guide us successfully through the course of this Fast;
direct our lives in peace,
so that with our eyes lifted up to the Passion of Christ,
we may with courage give praise to our God.
In Tone 8
v. From the morning watch until night * let Israel trust in the Lord.
4. What shall we name you, God-inspired one?
Head of the orthodox Church of Christ?
Eye of piety, clearly seeing hearts with spiritual understanding,
pouring out the word of life to all the ends of the earth?
Divinely inscribed scroll of the true faith?
Pray that our souls may be saved!
v. For with the Lord there is mercy, and with Him there is plentiful redemption; * and He shall redeem Israel from all its iniquities.
3. What shall we name you, God-inspired one? (See Above)

Prokeimenon II, Tone 4

How good and how pleasant it is,* when people live in unity!

verse: It is like precious oil upon the head, running down upon the beard, upon the beard of Aaron.

Reading II: Job 1:13-22

Now there was a day when his sons and daughters were eating and drinking wine in their eldest brother's house; and there came a messenger to Job, and said, "The oxen were plowing and the asses feeding beside them; and the Sabe'ans fell upon them and took them, and slew the servants with the edge of the sword; and I alone have escaped to tell you." While he was yet speaking, there came another, and said, "The fire of God fell from heaven and burned up the sheep and the servants, and consumed them; and I alone have escaped to tell you." While he was yet speaking, there came another, and said, "The Chalde'ans formed three companies, and made a raid upon the camels and took them, and slew the servants with the edge of the sword; and I alone have escaped to tell you." While he was yet speaking, there came another, and said, "Your sons and daughters were eating and drinking wine in their eldest brother's house; and behold, a great wind came across the wilderness, and struck the four corners of the house, and it fell upon the young people, and they are dead; and I alone have escaped to tell you."

Then Job arose, and rent his robe, and shaved his head, and fell upon the ground, and worshiped. And he said, "Naked I came from my mother's womb, and naked shall I return; the Lord gave, and the Lord has taken away; blessed be the name of the Lord."

In all this Job did not sin or charge God with wrong.

Gospel: Matthew 24:36-26:2

"But of that day and hour no one knows, not even the angels of heaven, nor the Son, but the Father only. As were the days of Noah, so will be the coming of the Son of man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day when Noah entered the ark, and they did not know until the flood came and swept them all away, so will be the coming of the Son of man. Then two men will be in the field; one is taken and one is left. Two women will be grinding at the mill; one is taken and one is left. Watch therefore, for you do not know on what day your Lord is coming. But know this, that if the householder had known in what part of the night the thief was coming, he would have watched and would not have let his house be broken into. Therefore you also must be ready; for the Son of man is

v. Praise the Lord, all the nations; proclaim His glory, all you people.*

2. What shall we now call you, wondrous one?

Preacher of the truth and firm foundation?

Senior among the honoured council?

Excellent rule of teachings, possessing the measure of correction?

The one who cut down the division of Nestorius and the confusion of Eutyches with divinely-wrought revelations?

v. Strong is the love of the Lord for us; eternally will His truth endure.*

1. What shall we now call you, marvellous one?

Prince and ruler in spiritual splendour,

exercising mastery over the passions of the body?

Vessel of divine mercy; dwelling of perfect love?

Loving pastor, awaiting the repentance of sinners?

Pray that our souls may be saved!

In Tone 5, Glory... Now...

Come, all faithful, and rejoice in the Holy Scriptures!

Rejoice in the preaching of the apostles!

Rejoice in the Virgin who gave birth to God!

She is the Queen of Heaven.

In her we exult with hymns and songs,

for she is our fervent intercessor before God.

Prokeimenon I, Tone 8

Rejoice, rejoice in the Lord,* exult, O you just!

verse: Blessed are those whose offence is forgiven, whose sin is remitted.

Reading I: Genesis 4:16-26

Cain then left the LORD's presence and settled in the land of Nod, east of Eden. Cain had relations with his wife, and she conceived and bore Enoch. Cain also became the founder of a city, which he named after his son Enoch. To Enoch was born Irad, and Irad became the father of Mehujael; Mehujael became the father of Methusael, and Methusael became the father of Lamech. Lamech took two wives; the name of the first was Adah, and the name of the second Zillah. Adah gave birth to Jabal, the ancestor of all who dwell in tents and keep cattle. His brother's name was Jubal; he was the ancestor of all who play the lyre and the pipe. Zillah, on her part, gave birth to Tubalcain, the ancestor of all who forge instruments of bronze and iron. The sister of Tubalcain was Naamah. Lamech said to his wives: "Adah and Zillah, hear my voice; wives of Lamech,

listen to my utterance: I have killed a man for wounding me, a boy for bruising me. If Cain is avenged sevenfold, then Lamech seventy-sevenfold." Adam again had relations with his wife, and she gave birth to a son whom she called Seth. "God has granted me more offspring in place of Abel," she said, "because Cain slew him." To Seth, in turn, a son was born, and he named him Enosh. At that time men began to invoke the LORD by name.

Prokeimonon II, Tone 1

Let Your mercy, O Lord, be upon us* as we have hoped in You.
verse: Ring out your joy to the Lord, O you just; for praise is fitting for loyal hearts.

Reading II: Proverbs 5:15-6:3

Drink water from your own cistern, running water from your own well. How may your water sources be dispersed abroad, streams of water in the streets? Let your fountain be yours alone, not one shared with strangers; And have joy of the wife of your youth, your lovely hind, your graceful doe. Her love will invigorate you always, through her love you will flourish continually, When you lie down she will watch over you, and when you wake, she will share your concerns; wherever you turn, she will guide you. Why then, my son, should you go astray for another's wife and accept the embraces of an adulteress? For each man's ways are plain to the LORD's sight; all their paths he surveys; By his own iniquities the wicked man will be caught, in the meshes of his own sin he will be held fast; He will die from lack of discipline, through the greatness of his folly he will be lost. My son, if you have become surety to your neighbour, given your hand in pledge to another, You have been snared by the utterance of your lips, caught by the words of your mouth; So do this, my son, to free yourself, since you have fallen into your neighbour's power: Go, hurry, stir up your neighbour!

But place me on Your right with Your sheep,
and in Your love for humankind, save me.

*v. Strong is the love of the Lord for us; * eternally will His truth endure.*
I. O Bridegroom, whose grace surpasses all human beauty,
You invite us to the spiritual feast in Your palace.

Strip me of the coarse garment of my sin,
and make me a partaker of Your Passion.
Clothe me in the glorious adornment of Your beauty.
In Your mercy, accept me as a luminous guest
at the banquet in Your Kingdom.

In Tone 7, Glory... Now...

Behold, the Lord entrusts His talent to you;
accept this gift with fear, O my soul.

Multiply it for the One who granted it to you;
share it with the poor and you shall have the Lord as your friend.
Then you shall be at His right when He comes in glory,
and you shall hear His blessed voice say to you:

You are indeed my servant;
enter into the joy of Your Lord.
Even though I have gone astray, O Lord,
make me worthy of this joy.

Prokeimonon I, Tone 6

Arise, O Lord, and go to Your resting place,* You and the ark of Your might.
verse: O Lord, remember David and the many hardships he endured.

Reading I: Exodus 2:5-10

Now the daughter of Pharaoh came down to bathe at the river, and her maidens walked beside the river; she saw the basket among the reeds and sent her maid to fetch it. When she opened it she saw the child; and lo, the babe was crying. She took pity on him and said, "This is one of the Hebrews' children." Then his sister said to Pharaoh's daughter, "Shall I go and call you a nurse from the Hebrew women to nurse the child for you?" And Pharaoh's daughter said to her, "Go." So the girl went and called the child's mother. And Pharaoh's daughter said to her, "Take this child away, and nurse him for me, and I will give you your wages." So the woman took the child and nursed him. And the child grew, and she brought him to Pharaoh's daughter, and he became her son; and she named him Moses, for she said, "Because I drew him out of the water." 63

v. *If You mark iniquities, Lord, who can stand?** But with You forgiveness is that You may be revered.

6. You have heard of the condemnation of the one who hid the talent;
O my soul, do not hide the word of God.
Proclaim His wonders and increase His gifts,
that you may enter into the joy of your Lord.

v. *I have waited for You as You have commanded; my soul patiently relies on Your promise,* for it has trusted in the Lord.*

5. You have heard of the condemnation of the one who hid the talent; (See Above)

In Tone 6

v. *From the morning watch until night* let Israel trust in the Lord.*

4. Come, O faithful, let us zealously labour for the Lord;
for He entrusts His riches to His servants;
let each multiply the talent of grace.
Let one gain wisdom by doing good;
let another serve with splendour;
let the faithful share the knowledge of faith with the unenlightened;
let others share their goods with the poor.
Thus we shall multiply the treasure that has been entrusted to us,
and we shall be the faithful stewards of grace,
and we shall be worthy of the joy of the Lord.
Grant this to us, O Christ our God,
in Your goodness toward humankind.

v. *For with the Lord there is mercy, and with Him there is plentiful redemption;** and He shall redeem Israel from all its iniquities.

3. Come, O faithful, let us zealously labour for the Lord; (See Above)

v. *Praise the Lord, all the nations;** proclaim His glory, all you people.

2. When You shall come in glory with the powers of heaven,
to be seated on the throne of judgment, O Jesus,
do not cast me far away from You, O Good Shepherd.
On Your right are the paths that lead to You,
and on Your left are those who turn away from You.
Do not make me perish with the goats,
even though I have been disfigured by sin.

Friday, February 19, 2016: The Holy Apostle Archippus
[Great Fast; aliturgical day; day of fast and abstinence from meat and foods that contain meat]

Epistle: Sixth Hour - Isaiah 7:1-14

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 4

v. *Lead my soul forth from prison* that I may give thanks to Your name.*

10. Behold, this is the acceptable time,
this is the day of salvation.

Visit my soul in the abundance of Your love,
and in Your unique goodness, lighten the load of my sins.

v. *The just shall gather around me* when You have been good to me.*

9. Behold, this is the acceptable time, (See Above)

In Tone 5

v. *Out of the depths I cry to You, O Lord;** O Lord, hear my voice!

8. You were not concerned about all these earthly matters,
and you courageously braved the tortures.

You did not sin against hope,
having confidence in God's love for humankind;
thus you were made heirs to the Kingdom of Heaven,
O most praise-worthy martyrs.
Ask for peace for the world and great mercy for our souls.

v. *Let Yours ears be attentive* to the voice of my prayer.*

7. Putting on the shield of faith
and fortifying themselves with the symbol of the Cross,
Your saints, O Lord, bravely went of their own accord to torture.
They defeated the craft and insolence of the devil.
By their supplications, O all-powerful God,
send peace to the world and great mercy to our souls

v. *If You mark iniquities, Lord, who can stand?** But with You forgiveness is that You may be revered.

6. Intercede for us, O holy martyrs,
that we may be delivered from our iniquities;
for the grace to pray for us is given to you.

v. *I have waited for You as You have commanded; my soul patiently relies on Your promise, * for it has trusted in the Lord.*
5. With your souls filled with unquenchable love,
you endured the most terrible sufferings without ever denying Christ;
and you laid low the impudence of the torturers.
You kept the faith unwavering and unharmed,
and have gone to dwell in heaven.
Therefore, having the boldness to approach the Lord,
beg Him to grant us His great mercy.

In Tone 8

v. *From the morning watch until night* let Israel trust in the Lord.*
4. You revealed Your bishop in the world, Lord,
to be a successor to the apostles in word and deed!
He was a preacher of true doctrine,
therefore You made him an instructor of hierarchs
and a partaker of Your incorruptible glory!

v. *For with the Lord there is mercy, and with Him there is plentiful redemption; * and He shall redeem Israel from all its iniquities.*
3. You revealed Your bishop in the world, Lord, (See Above)

v. *Praise the Lord, all the nations; * proclaim His glory, all you people.*
2. The Church of Christ contains you as a living pillar, Leo,
and a proclaimer of the true teachings of the Word.

She ever remains unshaken,
beholding the truth and glorifying the Lord, the Master of all,
Who has glorified you!

v. *Strong is the love of the Lord for us; * eternally will His truth endure.*
1. Lord, You revealed the holy bishop
as a sharp sword against the ungodly,
fighting, Word, for Your Orthodox faith;

cutting down false teachings!
Thus, Master, you increased good teaching in the world!
In Tone 5, Glory...

I recall the prophet crying out:
I am ashes and dust.

And again, I looked into the graves and saw bones laid bare and I said:
Which is king or soldier, rich or poor, righteous or sinner?

Tuesday, March 22, 2016; Great and Holy Tuesday; The Holy Priest-Martyr Basil, Presbyter of Ancyra (363); Passing into eternal life (1924) of Fr. Isidore Dolynitsky, hymnographer, professor and spiritual father of Liv and the Greek College in Rome
[Great and Holy Week Fast; liturgical day; day of fast and abstinence from meat and foods that contain meat]

Readings: Sixth Hour - Ezekiel 1:21-2:1

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 1

v. *Lead my soul forth from prison* that I may give thanks to Your name.*
10. How shall I enter the splendour of your saints,
because of my unworthiness?
If I dare to enter into Your bridal chamber,
my garment shall give me away;

for I do not have a wedding garment,
and the angels shall cast me out.
Purify my soul, O Lord, and in Your goodness, save me.

v. *The just shall gather around me* when You have been good to me.*
9. How shall I enter the splendour of your saints, (See Above)

In Tone 2

v. *Out of the depths I cry to You, O Lord.* O Lord, hear my voice!*
8. My slothful soul has fallen into sleep, O Christ, my Spouse,
and I do not have a lamp shining with the fire of virtues.
I have become like the foolish virgins;

for, instead of labouring, I have wasted my time.
Do not close off Your love and Your heart to me, O Master;
but dispel my dark slumber;

awaken me that I may enter Your palace with the wise virgins.
There the choir of the just shall resound as they sing to You:
O Lord, glory to You.

v. *Let Yours ears be attentive* to the voice of my prayer.*

7. My slothful soul has fallen into sleep, O Christ, my Spouse, (See Above)

nations; and then the end will come.

“So when you see the desolating sacrilege spoken of by the prophet Daniel, standing in the holy place (let the reader understand), then let those who are in Judea flee to the mountains; let him who is on the housetop not go down to take what is in his house; and let him who is in the field not turn back to take his mantle. And alas for those who are with child and for those who give suck in those days! Pray that your flight may not be in winter or on a sabbath. For then there will be great tribulation, such as has not been from the beginning of the world until now, no, and never will be. And if those days had not been shortened, no human being would be saved; but for the sake of the elect those days will be shortened. Then if any one says to you, ‘Lo, here is the Christ!’ or ‘There he is!’ do not believe it. For false Christs and false prophets will arise and show great signs and wonders, so as to lead astray, if possible, even the elect. Lo, I have told you beforehand. So, if they say to you, ‘Lo, he is in the wilderness,’ do not go out; if they say, ‘Lo, he is in the inner rooms,’ do not believe it. For as the lightning comes from the east and shines as far as the west, so will be the coming of the Son of man. Wherever the body is, there the eagles will be gathered together.

“Immediately after the tribulation of those days the sun will be darkened, and the moon will not give its light, and the stars will fall from heaven, and the powers of the heavens will be shaken; then will appear the sign of the Son of man in heaven, and then all the tribes of the earth will mourn, and they will see the Son of man coming on the clouds of heaven with power and great glory; and he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

“From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see all these things, you know that he is near, at the very gates. Truly, I say to you, this generation will not pass away till all these things take place. Heaven and earth will pass away, but my words will not pass away.

But, with the just, give rest, O Lord, to Your departed servants, since You are the Lover of humankind.

Now...

A symbol of the undefiled Virgin and bride was revealed in the Red Sea. There, Moses divided the waters; here, Gabriel is the messenger of the miracle. There, the Israelites crossed the deep and their feet were not even wet; here, the Virgin gives birth to Christ without human seed. There, the sea remained uncrossed after the passing of Israel; here the immaculate remained incorrupt after giving birth to Emmanuel. Therefore, O Immortal God, who appeared in the flesh as true Man, have mercy on us!

Prokeimenon I, Tone 4

Your merciful love and Your truth* will guard me forever.

verse: I waited, I waited for the Lord and He stooped down to me; He heard my cry.

Reading I: Genesis 5:32-6:8

When Noah was five hundred years old, he became the father of Shem, Ham, and Japheth. When men began to multiply on earth and daughters were born to them, the sons of heaven saw how beautiful the daughters of man were, and so they took for their wives as many of them as they chose. Then the LORD said: “My spirit shall not remain in man forever, since he is but flesh. His days shall comprise one hundred and twenty years.” At that time the Nephilim appeared on earth (as well as later), after the sons of heaven had intercourse with the daughters of man, who bore them sons. They were the heroes of old, the men of renown. When the LORD saw how great was man’s wickedness on earth, and how no desire that his heart conceived was ever anything but evil, he regretted that he had made man on the earth, and his heart was grieved. So the LORD said: “I will wipe out from the earth the men whom I have created, and not only the men, but also the beasts and the creeping things and the birds of the air, for I am sorry that I made them.” But Noah found favour with the LORD.

Prokeimenon II, Tone 6

As for me, I said: Lord, have mercy on me;* heal my soul for I have sinned against You.

verse: Blessed are those who consider the poor and the weak. The Lord will save them in the evil day.

Observe, my son, your father's bidding, and reject not your mother's teaching; Keep them fastened over your heart always, put them around your neck; For the bidding is a lamp, and the teaching a light, and a way to life are the rooftops of discipline; To keep you from your neighbour's wife, from the smooth tongue of the adulteress. Lest not in your heart after her beauty, let her not captivate you with her glance! For the price of a loose woman may be scarcely a loaf of bread. But if she is married, is a trap for your precious life. Can a man take fire to his bosom, and his garments not burned? Or can a man walk on live coals, and his feet not be scorched? So with him who goes in to his neighbour's wife - none who touches her shall go unpunished. Men despise not the thief if he steals to satisfy his appetite when he is hungry; Yet if he be caught he must pay back sevenfold; all the wealth of his house he may yield up. But he who commits adultery is a fool; he who would destroy himself does it. A degrading beating will he get, and his disgrace will not be wiped away; For vindictive is the husband's wrath, he will have no pity on the day of vengeance; He will not consider any restitution, nor be satisfied with the greatest gifts. My son, keep my words, and treasure my commands.

sheep, three thousand camels, five hundred yoke of oxen, and five hundred she-asses, and very many servants; so that this man was the greatest of all the people of the east. His sons used to go and hold a feast in the house of each on his day; and they would send and invite their three sisters to eat and drink with them. And when the days of the feast had run their course, Job would send and sanctify them, and he would rise early in the morning and offer burnt offerings according to the number of them all; for Job said, "It may be that my sons have sinned, and cursed God in their hearts." Thus Job did continually.

Now there was a day when the sons of God came to present themselves before the Lord, and Satan also came among them. The Lord said to Satan, "Whence have you come?" Satan answered the Lord, "From going to and fro on the earth, and from walking up and down on it." And the Lord said to Satan, "Have you considered my servant Job, that there is none like him on the earth, a blameless and upright man, who fears God and turns away from evil?" Then Satan answered the Lord, "Does Job fear God for nought? Hast thou not put a hedge about him and his house and all that he has, on every side? Thou hast blessed the work of his hands, and his possessions have increased in the land. But put forth thy hand now, and touch all that he has, and he will curse thee to thy face." And the Lord said to Satan, "Behold, all that he has is in your power; only upon himself do not put forth your hand." So Satan went forth from the presence of the Lord.

Gospel: Matthew 24:3-35

As he sat on the Mount of Olives, the disciples came to him privately, saying, "Tell us, when will this be, and what will be the sign of your coming and of the close of the age?" And Jesus answered them, "Take heed that no one leads you astray. For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. And you will hear of wars and rumors of wars; see that you are not alarmed; for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places: all this is but the beginning of the birth-

pangs. "Then they will deliver you up to tribulation, and put you to death; and you will be hated by all nations for my name's sake. And then many will fall away, and betray one another, and hate one another. And many false prophets will arise and lead many astray. And because wickedness is multiplied, most men's love will grow cold. But he who endures to the end will be saved. And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all

Reading I: Exodus 1:1-20

These are the names of the sons of Israel who came to Egypt with Jacob, each with his household: Reuben, Simeon, Levi, and Judah, Is'sachar, Zeb'ulun, and Benjamin, Dan and Naph'tali, Gad and Asher. All the offspring of Jacob were seventy persons; Joseph was already in Egypt. Then Joseph died, and all his brothers, and all that generation. But the descendants of Israel were fruitful and increased greatly; they multiplied and grew exceedingly strong; so that the land was filled with them.

Now there arose a new king over Egypt, who did not know Joseph. And he said to his people, "Behold, the people of Israel are too many and too mighty for us. Come, let us deal shrewdly with them, lest they multiply, and, if war befall us, they join our enemies and fight against us and escape from the land." Therefore they set taskmasters over them to afflict them with heavy burdens; and they built for Pharaoh store-cities, Pithom and Ra-am'ses. But the more they were oppressed, the more they multiplied and the more they spread abroad. And the Egyptians were in dread of the people of Israel. So they made the people of Israel serve with rigor, and made their lives bitter with hard service, in mortar and brick, and in all kinds of work in the field; in all their work they made them serve with rigor.

Then the king of Egypt said to the Hebrew midwives, one of whom was named Shiph'rah and the other Pu'ah, "When you serve as midwife to the Hebrew women, and see them upon the birthstool, if it is a son, you shall kill him; but if it is a daughter, she shall live." But the midwives feared God, and did not do as the king of Egypt commanded them, but let the male children live. So the king of Egypt called the midwives, and said to them, "Why have you done this, and let the male children live?" The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and are delivered before the midwife comes to them." So God dealt well with the midwives; and the people multiplied and grew very strong.

Prokeimenon II, Tone 8

We bless you* in the name of the Lord.

verse: "They have oppressed me from my youth," this is the song of Israel.

Reading II: Job 1:1-12

There was a man in the land of Uz, whose name was Job; and that man was blameless and upright, one who feared God, and turned away from evil. There were born to him seven sons and three daughters. He had seven thousand

Wednesday, February 24, 2016: THE FIRST AND SECOND FINDING OF THE PRECIOUS HEAD OF THE HOLY, GLORIOUS PROPHET AND FORERUNNER JOHN THE BAPTIST

[Great Fast; aliturgical day; day of fast and abstinence from meat and foods that contain meat]

Readings: Sixth Hour - Isaiah 10:12-20

Liturgy of the Presanctified Gifts

At Psalm 140

In Tone 4

v. *Lead my soul forth from prison* that I may give thanks to Your name.*

10. Like the prodigal I squandered my paternal inheritance, and now I am in desolation.

I dwell in the land of the wicked.

In my folly, I became like the unreasoning beasts, stripped of all divine grace.

So I return and cry out to You:

O merciful and compassionate Father,

I have sinned, O God.

Receive me as a penitent and have mercy on me.

v. *The just shall gather around me* when You have been good to me.*

9. Like the prodigal I squandered my paternal inheritance, *(See Above)*

v. *Out of the depths I cry to You, O Lord;* O Lord, hear my voice!*

8. O martyrs of the Lord,

you are living sacrifices and spiritual offerings and perfect incense burnt to God.

You are sheep that know God and are known to Him, and wolves cannot break into His fold.

Pray that we may be led with you to pasture beside the still waters.

*v. For with the Lord there is mercy, and with Him there is plentiful redemption; * and He shall redeem Israel from all its iniquities.*
3. Not understanding the depth of the ineffable mystery of Your plan of salvation, (See Above)

*v. Praise the Lord, all the nations; * proclaim His glory, all you people.*
2. When You taught Your disciples to seek that which is higher,

You said to them, O Lord:
Do not imitate the pagans by jording over those who are weak;
it shall not be that way with you.

For I have chosen to be poor;

so the first among you shall become the servant of the rest;
the one who commands shall be as the one who obeys;

the most noble shall be as the lowest.

For I Myself have come to serve the poverty of Adam
and to give My life as a ransom for the many

who now sing: O Lord, glory to You!

*v. Strong is the love of the Lord for us; * eternally will His truth endure.*

1. When You taught Your disciples to seek that which is higher, (See Above)

In Tone 8, Glory...

O faithful, let us fear the punishment of the fig tree
which was dried up for not having borne any fruit;

let us offer worthy fruits of repentance to Christ,

who grants us His great mercy.

Now...

The Serpent thought he found a second Eve in the Egyptian woman,
who tried to make Joseph succumb to her words of flattery.

But he avoided sinning;

he left his garment behind, but was not ashamed of his nudity,

as were our first parents after their disobedience.

Through his prayers, O Christ, have mercy on us.

Prokimenon I, Tone 6

May the Lord bless you from Sion, * and may you see prosperity of Jerusalem.
verse: Blessed are those who fear the Lord, who walk in His ways.

*v. Let Yours ears be attentive * to the voice of my prayer:*

7. O apostles who have seen God,

and who reflect the light of the spiritual Sun for us,

pray for the illumination of our souls

and deliver us from the gloomy darkness of suffering.

Intercede that we may behold the day of salvation.

Through your prayers and intercessions

cleanse our heart which the Evil One has wounded,

so that, saved by faith, we may ever honour you

who brought the world salvation through your all-wise preaching.

*v. If You mark iniquities, Lord, who can stand? * But with You forgiveness is*

that You may be revered.

6. Into an evil land I have wandered,

prodigal that I am;

the wealth You gave to me, O compassionate Father,

I have squandered in a life filled with vice.

And now in hunger I long for the good I lost;

I am clothed with the shame of my transgression.

I have been stripped of righteous deeds and of divine grace.

Now I cry out that I have sinned.

But I know Your righteousness, O Christ;

in Your kindness receive me as Your hired servant,

through the prayers of Your apostles who love You.

v. I have waited for You as You have commanded; my soul patiently relies on

*Your promise, * for it has trusted in the Lord.*

5. Apostles of the Lord and bright lights of the universe,

you made us the recipients of salvation,

and like the heavens you proclaim the glory of God;

you are adorned with wonders and bright miracles.

Intercede for us unceasingly before the Lord,

that He may receive our prayers as a pleasing aroma,

and grant that with love we may contemplate and kiss His life-giving Cross.

In Your love for humankind,

grant mercy to us who bow low before Your Cross, O Saviour.

In Tone 5

v. Out of the depths I cry to You, O Lord; O Lord, hear my voice!*

8. O faithful, let us hasten to the saving Passion of Christ our God;
let us glorify His long-suffering which is beyond expression,
that He may save us from sin and death,
and that He may also raise us in His goodness and love for humankind.

v. Let Yours ears be attentive to the voice of my prayer.*

7. O faithful, let us hasten to the saving Passion of Christ our God; (*See Above*)

v. If You mark iniquities, Lord, who can stand? But with You forgiveness is that You may be revered.*

6. When You were going to Your Passion, O Lord,
You reassured Your disciples by taking them aside and saying:
How can You forget the words I have spoken to you?
The Scriptures say that all the prophets die only in Jerusalem!
Now the time of which I have spoken to you has arrived:
Behold, I shall be delivered into the hands of sinners;
they shall mock Me and nail Me to the Cross;
and after burying Me, they shall number Me among the dead.
Take courage, however, for I shall rise on the third day,
to bring joy and eternal life to all the faithful.

v. I have waited for You as You have commanded; my soul patiently relies on Your promise, for it has trusted in the Lord.*

5. When You were going to Your Passion, O Lord, (*See Above*)

v. From the morning watch until night let Israel trust in the Lord.*

4. Not understanding the depth of the ineffable mystery of Your plan of salvation,

the mother of the sons of Zebedee came to You, O Lord;
she asked You to grant them the places of honour in a temporal kingdom.
But in place of these honours,
You proclaimed to Your friends that they would drink from the cup of death,
the same cup from which You shall first drink
to cleanse us of our sins.
Therefore, we cry out to You:
O Saviour of our souls, glory to You!

In Tone 2

v. From the morning watch until night let Israel trust in the Lord.*

4. You that love the things of God, honouring those of the Spirit,
come today and let us behold the banquet
of the sweet savour of abstinence
which Tarasius, the godly host, by his immaterial virtues,
has prepared for us in spirit.

Let us all cry out eagerly:

We entreat you, pray that we may obtain forgiveness of our sins!

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. You that love the things of God, honouring those of the Spirit, (*See Above*)

v. Praise the Lord, all the nations; proclaim His glory, all you people.*

2. You revealed the faith to the whole world in truth,
wise and eminent father,
you wrote it in stone, shaking off the dirt of heresy,
establishing the beauty of the Church,
as you followed the teachings of the apostles of Christ.
Together with them we all cry out to you:
Rightly-praised father, pray that our souls may be saved!

v. Strong is the love of the Lord for us; eternally will His truth endure.*

1. You received everything of Christ
and the blessedness of giving alms in love for the poor.
Pouring forth alms upon them richly,
you received the mercy of the promise,
for mercy will cry out to be praised at the judgment.
Therefore you departed to life!
We beseech you, pray that we may obtain forgiveness of our sins!

In Tone 6, Glory... Now...

O Theotokos, you are the true vine,
who brought forth the fruit of Life.
Therefore we entreat you, O Lady:
intercede together with the apostles and all the saints
that our souls be granted peace and great mercy.

Prokimenon I, Tone 4

I trust in the goodness of God* forever and ever.

verse: I will thank You forevermore; for this is Your doing.

Reading I: Genesis 7:6-9

Noah was six hundred years old when the flood waters came upon the earth.

Together with his sons, his wife, and his sons' wives, Noah went into the ark because of the waters of the flood. Of the clean animals and the unclean, of the birds, and of everything that creeps on the ground, (two by two) male and female entered the ark with Noah, just as the Lord had commanded him

Prokimenon II, Tone 4

When God delivers His people from bondage,* then Jacob will be glad and Israel rejoice.

verse: Fools have said in their hearts: There is no God above.

Reading II: Proverbs 9:12-18

If you are wise, it is to your own advantage; and if you are arrogant, you alone shall bear it. The woman Folly is fickle, she is inane, and knows nothing. She sits at the door of her house upon a seat on the city heights, Calling to passers-by as they go on their straight way: "Let whoever is simple turn in here, or who lacks understanding; for to him I say, Stolen water is sweet, and bread gotten secretly is pleasing!" Little he knows that the shades are there, that in the depths of the nether world are her guests!

Epistle: 2 Corinthians 4:6-15

Brothers and Sisters, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you. But just as we have the same spirit of faith that is in accordance with scripture—"I believed, and so I spoke"—we also believe, and so we speak, because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. Yes, everything is for your sake, so

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 1

v. Lead my soul forth from prison that I may give thanks to Your name.*

10. Going freely to His Passion,

the Lord said to His disciples along the way:

Behold, we are going up to Jerusalem,

and the Son of man shall be delivered up, as it is written.

Come, let us purify our thoughts that we may go with Him;

let us be crucified with Him;

in Him we shall die to the pleasures of this life,

that we may live with Him and hear Him say to us

I am no longer going to the earthly Jerusalem to suffer,

but I am going to My Father and your Father,

to My God and your God;

you shall go with Me to the heavenly Jerusalem

in the Kingdom of Heaven.

v. The just shall gather around me when You have been good to me.*
9. Going freely to His Passion (See Above)

She is not afraid of snow for her household, for all her household are clothed in scarlet. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the gates, when he sits among the elders of the land. She makes linen garments and sells them; she delivers girdles to the merchant. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her blessed; her husband also, and he praises her: "Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised. Give her of the fruit of her hands, and let her works praise her in the gates.

Monday, March 21, 2016: Great and Holy Monday; Our
Venerable Father and Confessor James, Bishop of Catania (813-20)

[Great and Holy Week Fast; liturgical day; day of fast and abstinence from
meat and foods that contain meat]

Reading: Sixth Hour - Ezekiel 1:1-20

saw that their father was dead, they said, “It may be that Joseph will hate us and pay us back for all the evil which we did to him.” So they sent a message to Joseph, saying, “Your father gave this command before he died, ‘Say to Joseph, Forgive, I pray you, the transgression of your brothers and their sin, because they did evil to you.’ And now, we pray you, forgive the transgression of the servants of the God of your father.” Joseph wept when they spoke to him. His brothers also came and fell down before him, and said, “Behold, we are your servants.” But Joseph said to them, “Fear not, for am I in the place of God? As for you, you meant evil against me; but God meant it for good, to bring it about that many people should be kept alive, as they are today. So do not fear; I will provide for you and your little ones.” Thus he reassured them and comforted them. So Joseph dwelt in Egypt, he and his father’s house; and Joseph lived a hundred and ten years. And Joseph saw Ephraim’s children of the third generation; the children also of Machir the son of Manasseh were born upon Joseph’s knees. And Joseph said to his brothers, “I am about to die; but God will visit you, and bring you up out of this land to the land which he swore to Abraham, to Isaac, and to Jacob.” Then Joseph took an oath of the sons of Israel, saying, “God will visit you, and you shall carry up my bones from here.” So Joseph died, being a hundred and ten years old; and they embalmed him, and he was put in a coffin in Egypt.

Prokeimenon II, Tone 4

Those who put their trust in the Lord* are like Mount Sion.
verse: They cannot be shaken, for it stands unmoved forever.

Reading II: Proverbs 31:8-31

Open your mouth for the dumb, for the rights of all who are left desolate. Open your mouth, judge righteously, maintain the rights of the poor and needy. A good wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant, she brings her food from afar. She rises while it is yet night and provides food for her household and tasks for her maidens. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds her loins with strength and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the needy.

that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God.

Alleluia, Tone 4

verse: The just man shall flourish like the palm tree; and he shall grow like the cedar in Lebanon.

verse: They who are planted in the house of the Lord shall flourish the courts of our God. (Psalm

1:13,14)

Gospel: Matthew 11:2-15

At that time, when John heard in prison what the Messiah was doing, he sent word by his disciples and said to him, “Are you the one who is to come, or are we to wait for another?” Jesus answered them, “Go and tell John what you hear and see: the blind receive their sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news brought to them. And blessed is anyone who takes no offense at me.” As they went away, Jesus began to speak to the crowds about John: “What did you go out into the wilderness to look at? A reed shaken by the wind? What then did you go out to see? Someone dressed in soft robes? Look, those who wear soft robes are in royal palaces. What then did you go out to see? A prophet? Yes, I tell you, and more than a prophet. This is the one about whom it is written, ‘See, I am sending my messenger ahead of you, who will prepare your way before you.’ Truly I tell you, among those born of women no one has arisen greater than John the Baptist; yet the least in the kingdom of heaven is greater than he. From the days of John the Baptist until now the kingdom of heaven has suffered violence, and the violent take it by force. For all the prophets and the law prophesied until John came; and if you are willing to accept it, he is Elijah who is to come. Let anyone with ears listen!

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 7

v. *Lead my soul forth from prison * that I may give thanks to Your name.*

10. Like the prodigal, I have turned away from Your grace;

I have wasted the riches of Your goodness, O Lord.

I now run to You and cry out:

I have sinned, O Lord, have mercy on me.

v. *The just shall gather around me * when You have been good to me.*

9. Like the prodigal, I have turned away from Your grace; (See Above)

In Tone 6

v. *Out of the depths I cry to You, O Lord; * O Lord, hear my voice!*

8. Your martyrs did not reject You,

nor did they renounce Your commandments.

Through their prayers, have mercy on us!

v. *Let Yours ears be attentive * to the voice of my prayer.*

7. Your martyrs, O Christ,

have endured many sufferings for Your sake,

and have received their heavenly crowns.

Now they intercede for our souls.

v. *If You mark iniquities, Lord, who can stand? * But with You forgiveness is*

that You may be revered.

6. The suffering martyrs, citizens of heaven,

when taking part in the contest upon earth,

endured manifold torments.

By their intercessions and prayers, preserve us, O Lord.

v. *I have waited for You as You have commanded; my soul patiently relies on*

*Your promise, * for it has trusted in the Lord.*

5. Your Cross, O Christ, has been an invincible weapon for the martyrs;

for beholding the approach of death

and foreseeing the future life,

four days.

Struck with admiration, the Hebrew people will carry palms and branches,

and they shall go before Him.

The children shall praise the One whom their parents looked upon with envy:

Blessed is He who comes in the name of the Lord, the King of Israel!

Prokimenon I, Tone 6

Our help is in the name of the Lord, * who made heaven and earth.

verse: "If the Lord had not been on our side," this is the song of Israel.

Reading I: Genesis 49:33-50:26

When Jacob finished charging his sons, he drew up his feet into the bed, and

breathed his last, and was gathered to his people. Then Joseph fell on his

father's face, and wept over him, and kissed him. And Joseph commanded

his servants the physicians to embalm his father. So the physicians embalmed

Israel; forty days were required for it, for so many are required for embalming.

And the Egyptians wept for him seventy days. And when the days of weeping

for him were past, Joseph spoke to the household of Pharaoh, saying, "If now

I have found favour in your eyes, speak, I pray you, in the ears of Pharaoh,

saying, My father made me swear, saying, 'I am about to die: in my tomb

which I hewed out for myself in the land of Canaan, there shall you bury me.'

Now therefore let me go up, I pray you, and bury my father; then I will return."

And Pharaoh answered, "Go up, and bury your father, as he made you swear."

So Joseph went up to bury his father; and with him went up all the servants of

Pharaoh, the elders of his household, and all the elders of the land of Egypt, as

well as all the household of Joseph, his brothers, and his father's household.

only their children, their flocks, and their herds were left in the land of Goshen.

And there went up with him both chariots and horsemen; it was a very great

company. When they came to the threshing floor of Atad, which is beyond the

Jordan, they lamented there with a very great and sorrowful lamentation; and

he made a mourning for his father seven days. When the inhabitants of the

land, the Canaanites, saw the mourning on the threshing floor of Atad, they

said, "This is a grievous mourning to the Egyptians." Therefore the place was

named Abel-mizraim; it is beyond the Jordan. Thus his sons did for him as

he had commanded them; for his sons carried him to the land of Canaan, and

buried him in the cave of the field at Machpelah, to the east of Mamre, which

Abraham bought with the field from Ephron the Hittite, to possess as a burying

place. After he had buried his father, Joseph returned to Egypt with his brothers

and all who had gone up with him to bury his father. When Joseph's brothers

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. The kingdom of Hades was demolished at the sound of Your voice, O Lord; Your powerful word awakened from the tomb one who had been dead for days. Lazarus becomes a saving prelude of our regeneration. Nothing is impossible for the King of the universe; O Lord, grant to Your servants forgiveness and great mercy.

v. Praise the Lord, all the nations; proclaim His glory, all you people.*

2. Desiring to assure Your disciples of Your own Resurrection from the dead, You came to the tomb of Lazarus. And when You called him, Hades was despoiled, and it gave up the one who had been dead four days; and he cried out to You, O Saviour: Blessed are You, O Lord, glory to You!

v. Strong is the love of the Lord for us; eternally will His truth endure.*

1. Taking Your disciples with You, O Lord, You came to Bethany to awaken Lazarus from the dead; and, weeping over him in accordance with your human nature, as God, You raised the one who had been dead four days; and he cried out to You, O Saviour: Blessed are You, O Lord, glory to You!

In Tone 8, Glory...

You have come to the tomb of Lazarus, O Lord, and You called the dead one to awaken as from his sleep. He shook off the dust of the tomb at Your immortal words; and, still bound by the grave-clothes, he came forth at the sound of Your voice. For You have power and lordship over all things, and You are the Master of the whole world, O Lover of humankind: O Lord, glory to You.

Now...

Having come to the end of the forty days, we cry out: Rejoice, O city of Bethany, the home of Lazarus. Rejoice, Martha and Mary, for Christ shall come to you tomorrow; by His word, He shall give life to your departed brother. Hearing His voice, the cruel and insatiable Hades will give up Lazarus after

they were made strong by the hope that lies in You. By their intercession, have mercy on us!

In Tone 4

v. From the morning watch until night let Israel trust in the Lord.*

4. Most richly blessed one, with pious thought, purity and holiness of mind, by restraining the passions and observing the commands of Christ, you strove to preserve the dignity of the image that was fashioned in the beginning according to the image and likeness of God!

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. Most richly blessed one, (*See Above*)

v. Praise the Lord, all the nations; proclaim His glory, all you people.*

2. You undertook ascetic endeavour, followed by suffering in a godly manner. In both you were well-pleasing to the Creator Who alone requires of us purity and nobility of soul. Glorifying His incarnation, you venerated the holy image of His divine Humanity!

v. Strong is the love of the Lord for us; eternally will His truth endure.*

1. You denounced, venerable one, those who wickedly rejected the incarnation of the Word! You perfected the truth, upholding it by enduring wounds and all kinds of affliction in your bonds and imprisonment. Therefore you became an heir to the kingdom of Christ: To ineffable joy and everlasting radiance!

In Tone 6, Glory...

Your creating command was my origin and formation, for You willed to fashion me, a living creature, out of visible and invisible nature. From the earth You formed my body and gave me a soul by Your divine and life-creating breath. Therefore, O Christ, give rest to Your servant in the place of the living, in the abodes of the just.

Now...

Who would not call you blessed, O Virgin most holy?
Who would not sing a hymn of praise to the glory of your giving birth without pain or travail?
The only-begotten Son Himself,
begotten of the Father before all ages,
was made flesh out of you in a manner that cannot be explained, O Woman most pure!

And for our sake He who is God by nature assumed the nature of man.
He is not divided into two persons;
He is understood to have two natures without communion or confusion.
O noble and blessed Woman,
intercede with Him that He may have mercy on our souls.

Prokimenon I, Tone 4

Give us Your help against the foe, * for human help is vain.
verse: O God, You have rejected us and broken us. You have been angry; come back to us.

Reading I: Genesis 8:4-21

In the seventh month, on the seventeenth day of the month, the ark came to rest on the mountains of Ararat. The waters continued to diminish until the tenth month, and on the first day of the tenth month the tops of the mountains appeared. At the end of forty days Noah opened the hatch he had made in the ark, and he sent out a raven, to see if the waters had lessened on the earth. It flew back and forth until the waters dried off from the earth. Then he sent out a dove, to see if the waters had lessened on the earth. But the dove could find no place to alight and perch, and it returned to him in the ark, for there was water all over the earth. Putting out his hand, he caught the dove and drew it back to him inside the ark. He waited seven days more and again sent the dove out from the ark. In the evening the dove came back to him, and there in its bill was a plucked – off olive leaf! So Noah knew that the waters had lessened on the earth. He waited still another seven days and then released the dove once more; and this time it did not come back. In the six hundred and first year of Noah's life, in the first month, on the first day of the month, the water began to dry up on the earth. Noah then removed the covering of the ark and saw that the surface of the ground was drying up. In the second month, on the twenty - seventh day of the month, the earth was dry. Then God said to Noah: "Go out of the ark, together with your wife and your sons and your sons' wives. Bring

v. *Out of the depths I cry to You, O Lord.* O Lord, O Lord, hear my voice!*
8. O martyrs of the Lord,
we entreat you to beseech our God,
and ask great mercy for our souls
and forgiveness of our many offences.

In Tone 6
v. *Let Yours ears be attentive* to the voice of my prayer:*
7. Desiring to see the tomb of Lazarus, O Lord,
since You were soon going to dwell willingly in the tomb,
You asked: Where have you placed him?
And, when You learned that which You already knew,
You called to the one whom You loved:
Lazarus, come forth from the tomb!
And Death obeyed the Giver of life,
the Saviour of our souls.

*If You mark iniquities, Lord, who can stand? * But with You forgiveness is that You may be revered.*
6. Desiring to see the tomb of Lazarus, O Lord, (See Above)

v. *I have waited for You as You have commanded; my soul patiently relies on Your promise,* for it has trusted in the Lord.*
5. Having arrived at the tomb of Lazarus on the fourth day,
You wept for Your friend, O Lord.
You gave life to the one who had been dead four days;
Death was bound up by Your voice,
and the grave-clothes were unbound by Your hands.
Therefore, the company of apostles were filled with joy,
and all the choirs sang with one voice:
Blessed are You, O Saviour, have mercy on us.
v. *From the morning watch until night* let Israel trust in the Lord.*
4. Having arrived at the tomb of Lazarus on the fourth day, (See Above)

Reading II: Proverbs 21:23-22:4

He who keeps his mouth and his tongue keeps himself out of trouble. “Scoffer” is the name of the proud, haughty man who acts with arrogant pride. The desire of the sluggard kills him for his hands refuse to labour. All day long the wicked covets, but the righteous gives and does not hold back. The sacrifice of the wicked is an abomination; how much more when he brings it with evil intent. A false witness will perish, but the word of a man who hears will endure. A wicked man puts on a bold face, but an upright man considers his ways. No wisdom, no understanding, no counsel, can avail against the Lord. The horse is made ready for the day of battle, but the victory belongs to the Lord. A good name is to be chosen rather than great riches, and favour is better than silver or gold. The rich and the poor meet together; the Lord is the maker of them all. A prudent man sees danger and hides himself; but the simple go on, and suffer for it. The reward for humility and fear of the Lord is riches and honour and life.

Friday, March 18, 2016: Our Holy Father Cyril, Archbishop of Jerusalem (386) [Great Fast; aliturgical day; day of fast and abstinence from meat and foods that contain meat]

Readings: Sixth Hour - Isaiah 66:10-24

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 8

v. *Lead my soul forth from prison* that I may give thanks to Your name.*

10. Having come to the end of the forty days,
we beseech You, O Lord and Lover of humankind:
May we also behold the holy week of Your passion,
and glorify in it Your lofty deeds
and Your ineffable work of salvation,
as we sing with one voice:
O Lord, glory to You.

v. *The just shall gather around me* when You have been good to me.*

9. Having come to the end of the forty days, (See Above)

out with you every living thing that is with you – all bodily creatures, be they birds or animals or creeping things of the earth – and let them abound on the earth, breeding and multiplying on it.” So Noah came out, together with his wife and his sons and his sons’ wives; and all the animals, wild and tame, all the birds, and all the creeping creatures of the earth left the ark, one kind after another. Then Noah built an altar to the LORD, and choosing from every clean animal and every clean bird, he offered holocausts on the altar. When the LORD smelled the sweet odour, he said to himself: “Never again will I doom the earth because of man, since the desires of man’s heart are evil from the start; nor will I ever again strike down all living beings, as I have done.

Prokeimenon II, Tone 6

O God, hear my cry!* Listen to my prayer!

verse: So I will always praise Your name; day after day I will fulfil my vows.

Reading II: Proverbs 10:31-11:12

The mouth of the just yields wisdom, but the perverse tongue will be cut off. The lips of the just know how to please, but the mouth of the wicked, how to pervert. False scales are an abomination to the LORD, but a full weight is his delight. When pride comes, disgrace comes; but with the humble is wisdom. The honesty of the upright guides them; the faithless are ruined by their duplicity. Wealth is useless on the day of wrath, but virtue saves from death. The honest man’s virtue makes his way straight, but by his wickedness the wicked man falls. The virtue of the upright saves them, but the faithless are caught in their own intrigue. When a wicked man dies his hope perishes, and what is expected from strength comes to nought. The just man escapes trouble, and the wicked man falls into it in his stead. With his mouth the impious man would ruin his neighbour, but through their knowledge the just make their escape. When the just prosper, the city rejoices; and when the wicked perish, there is jubilation. Through the blessing of the righteous the city is exalted, but through the mouth of the wicked it is overthrown. He who reviles his neighbour has no sense, but the intelligent man keeps silent.

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 4

v. Lead my soul forth from prison that I may give thanks to Your name.*

10. The Fast that brings integrity has now run half its course.

These past days have proved acceptable,

and now we see the need of the days to come.

Our perception of their value will make them yield more abundant fruit.

Therefore, let us beseech Christ our Benefactor

who fasted and endured the Cross for us:

Grant that we might share in Your divine Pascha without condemnation

and pass our lives in peace,

worthily glorifying You, Father, Son, and Holy Spirit.

In Tone 5

v. The just shall gather around me when You have been good to me.*

9. Those who do good deeds in secret

and receive a spiritual reward,

do not boast in public about their deeds,

but they carry them in their hearts;

and He who sees the secret deeds of all

grants us the reward of self-control.

Let us then complete this Great Fast without putting on a gloomy face;

but while praying in the secrecy of our souls,

let us cry out unceasingly:

Our Father, who art in heaven,

lead us not into temptation, we pray,

but deliver us from evil.

v. Out of the depths I cry to You, O Lord. O Lord, hear my voice!*

8. With your souls filled with unquenchable love, O holy martyrs,

you endured the most terrible sufferings without ever denying Christ;

and you laid low the impudence of the torturers.

You kept the faith unwavering and unharmed.

alive.” And they bowed their heads and made obeisance. And he lifted up his

eyes, and saw his brother Benjamin, his mother’s son, and said, “Is this your

youngest brother, of whom you spoke to me? God be gracious to you, my son!”

Then Joseph made haste, for his heart yearned for his brother, and he sought

a place to weep. And he entered his chamber and wept there. Then he washed

his face and came out, and controlling himself he said, “Let food be served.”

Then Joseph could not control himself before all those who stood by him; and

he cried, “Make every one go out from me.” So no one stayed with him when

Joseph made himself known to his brothers. And he wept aloud, so that the

Egyptians heard it, and the household of Pharaoh heard it. And Joseph said

to his brothers, “I am Joseph; is my father still alive?” But his brothers could

not answer him, for they were dismayed at his presence. So Joseph said to his

brothers, “Come near to me, I pray you.” And they came near. And he said,

“I am your brother, Joseph, whom you sold into Egypt. And now do not be

distressed, or angry with yourselves, because you sold me here; for God sent

me before you to preserve life. For the famine has been in the land these two

years; and there are yet five years in which there will be neither plowing nor

harvest. And God sent me before you to preserve for you a remnant on earth,

and to keep alive for you many survivors. So it was not you who sent me here,

but God; and he has made me a father to Pharaoh, and lord of all his house

and ruler over all the land of Egypt. Make haste and go up to my father and

say to him, “Thus says your son Joseph, God has made me lord of all Egypt;

come down to me, do not tarry; you shall dwell in the land of Goshen, and you

shall be near me, you and your children and your children’s children, and your

flocks, your herds, and all that you have; and there I will provide for you, for

there are yet five years of famine to come; lest you and your household, and all

that you have, come to poverty. And now your eyes see, and the eyes of my

brother Benjamin see, that it is my mouth that speaks to you. You must tell my

father of all my splendor in Egypt, and of all that you have seen. Make haste

and bring my father down here.” Then he fell upon his brother Benjamin’s neck

and wept; and Benjamin wept upon his neck. And he kissed all his brothers

and wept upon them; and after that his brothers talked with him. When the

report was heard in Pharaoh’s house, “Joseph’s brothers have come,” it pleased

Pharaoh and his servants well.

Prokimenon II, Tone 4

I will pay my vows to the Lord,* in the presence of all His people.

verse: I trusted, even when I said: I am sorely afflicted.

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. In you we recognize “the man of God”

both by your name and by your deeds,
for you were outstanding in your virtues,
as you sought both hardship and profound poverty on earth.
Your miracles have strengthened believers in the Faith.
Intercede that our souls be granted peace and great mercy.

v. Praise the Lord, all the nations; proclaim His glory, all you people.*

2. With the dew of divine love, O Alexis,
you extinguished the burning lusts of the flesh.

For you exchanged your marriage bed for the dwelling of the Bridegroom,
and bodily pleasures for the resemblance to the bodiless angels of God.
Together with them, intercede that our souls
be granted peace and great mercy.

v. Strong is the love of the Lord for us; eternally will His truth endure.*

1. You lived unknown at the threshold of your noble parents’ home, O blessed father,
long oppressed and mistreated by your own servants.
You were recognized, when you died, by your miracles,
banishing the destructive spirits and healing maladies.

In Tone 1, Glory... Now...

We are caught in the stormy sea of temptations and sins,
striving in the tempest to reach your tranquil haven.
O Mother of God, we beg you, hear our cry;
stretch out your steady hand to your servants,
and rescue us from the raging of the enemy.

Prokeimenon I, Tone 4

I walk in the presence of the Lord* in the land of the living.
verse: I love the Lord, for He has heard the cry of my appeal.

Reading I: Genesis 43:26-31 and 45:1-16

When Joseph came home, they brought into the house to him the present which they had with them, and bowed down to him to the ground. And he inquired about their welfare, and said, “Is your father well, the old man of whom you spoke? Is he still alive?” They said, “Your servant our father is well, he is still

and have gone to dwell in heaven.

Therefore, having the boldness to approach the Lord,
beg Him to grant us His great mercy.

In Tone 1

v. Let Yours ears be attentive to the voice of my prayer.*

7. Let us all wash our souls in the water of the Fast
and approach the precious and all-praiseworthy Cross of the Lord.
Let us faithfully bow to it,
drawing divine illumination from it
and reaping the fruit of eternal salvation,
which is peace and great mercy.

v. If You mark iniquities, Lord, who can stand? But with You forgiveness is that You may be revered.*

6. O precious Cross, the boldness of the apostles,
You are revered by the Archangels, Powers and Principalities.
Save from all evil those who bow before You,
and make us worthy to pass through the course of the Fast in a holy way,
that we may see Your salvation and holy Resurrection.

In Tone 7

v. I have waited for You as You have commanded; my soul patiently relies on Your promise, for it has trusted in the Lord.*

5. Bowing before the Cross of the Lord on this day, let us sing:
Rejoice, O Tree of Life;
You are the joy of the world who destroy Hades and Death;
Your strength puts the demons to flight.
You are the invincible weapon and support of believers;
preserve and sanctify those who bow before You.

In Tone 1

v. From the morning watch until night let Israel trust in the Lord.*

4. Martyrs, three in number, you contended mightily
against those who cruelly condemned you!
You endured many cruel pains with faith
and received the kingdom on high.
Therefore, pray that God will grant our souls peace and great mercy!

v. For with the Lord there is mercy, and with Him there is plentiful redemption; * and He shall redeem Israel from all its iniquities.

3. Martyrs, three in number, you contended mightily (See Above)

2. Let us praise Eutropius with spiritual songs,

together with the steadfast Cleonicus and Basiliscus!

By the grace of piety, they utterly consumed the tinder of ungodliness with fire. Now they illumine the ends of the earth

like brilliant beacons with divine and fiery radiance,

casting all delusion into darkness.

v. Strong is the love of the Lord for us; * eternally will His truth endure.

1. When your heads were cut off, courageous athletes,

you crushed the head of the enemy beneath your beautiful feet.

You are unwavering stars and living sacrifices,

treasures of the temple of heaven.

Glorious Eutropius, Basiliscus and Cleonicus,

entreat for peace for us all!

In Tone 8, Glory... Now...

Today the inaccessible Lord draws me close to Him.

He endures His Passion to free me from my passions.

He who gives light to the blind, receives spitting from impure lips

and permits Himself to be scourged to save the captives.

When His Mother, the Virgin, saw Him on the Cross, she sighed and said:

Alas, O my beloved Child!

You surpass every mortal in beauty; yet You are now without charm or attraction,

having neither grace, nor form, nor life.

Alas! O Light of my eyes,

a sword pierces my hear, and I suffer inwardly to see You so.

I sing and praise Your Passion,

I venerate Your infinite mercy,

O long-suffering Lord, glory to You.

and that with God, I am one,

even though by nature I appear in human form.

Therefore, let us go and give life to Lazarus

so that Death may recognize this victory,

and the perfect consummation I shall bring about

by granting great mercy to the world.

v. If You mark iniquities, Lord, who can stand? * But with You forgiveness is that You may be reversed.

6. O faithful, let us imitate Martha and Mary,

and offer virtuous deeds as ambassadors before the Lord,

that when He comes, He may uplift our minds full of misery which now lie

dead in the tomb.

Without life, they have no sense of what they are neglecting,

and they are unaware of the awesomeness of God.

Behold, O Lord, now give life to all and grant us Your great mercy,

as once You had pity on Your friend Lazarus,

and by Your awesome power, You raised him from the dead.

In Tone 6

v. I have waited for You as You have commanded; my soul patiently relies on Your promise, * for it has trusted in the Lord.

5. Now Lazarus has been in the tomb for two days,

and he sees all generations of the dead.

He beholds such strange and awesome things

and a countless number held within the power of death.

His relatives weep bitterly before his tomb;

but Christ is on His way to give life to His friend,

that He may stir up the same joy in the hearts of all.

Blessed are You, O Saviour; have mercy on us.

In Tone 1

v. From the morning watch until night * let Israel trust in the Lord.

4. In you we recognize "the man of God"

both by your name and by your deeds,

for you were outstanding in your virtues,

as you sought both hardship and profound poverty on earth.

Your miracles have strengthened believers in the Faith.

Intercede that our souls be granted peace and great mercy.

Wednesday, March 16, 2016: The Holy Martyrs Sabinus and Papas (284-305) [**Great Fast; aliturgical day; day of fast and abstinence from meat and foods that contain meat**]

Readings: Sixth Hour - Isaiah 58:1-11

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 5

v. Lead my soul forth from prison that I may give thanks to Your name.*

10. I am rich in all sorts of passions,
and I am clothed in a garment of hypocrisy,
as I revel in the intemperance of sin.
My lack of mercy is beyond measure,
and I disregard my spirit lying before the gates of repentance.
Starved of every good thing, I suffer from illness.
But You, O Lord, make me like Lazarus who was poor in sin,
so that I will not have to beg for a drop of water
for my tongue suffering from thirst in the eternal fire.
Make me dwell in the bosom of the patriarch Abraham, O Lover of humankind.

v. The just shall gather around me when You have been good to me.*

9. I am rich in all sorts of passions, (*See Above*)

v. Out of the depths I cry to You, O Lord; O Lord, hear my voice!*

8. With your souls filled with unquenchable love, O holy martyrs,
you endured the most terrible sufferings without ever denying Christ;
and you laid low the impudence of the torturers.
You kept the faith unwavering and unharmed
and have gone to dwell in heaven.
Therefore, having the boldness to approach the Lord,
beg Him to grant us His great mercy.

v. Let Yours ears be attentive to the voice of my prayer.*

7. As You walked in the flesh, O Jesus,
in the land beyond the Jordan,
You said to those who were with You:
Our friend Lazarus has died and has been placed in the tomb.
But I rejoice for you, my friends,
for you will learn that I know all things,

Prokeimenon I, Tone 4

Blessed be the Lord, the God of Israel,* who alone does wondrous things.
verse: O God, give Your judgment to the king, and to the king's son Your justice.

Reading I: Genesis 9:18-10:1

The sons of Noah who came out of the ark were Shem, Ham and Japheth. (Ham was the father of Canaan.) These three were the sons of Noah, and from them the whole earth was peopled. Now Noah, a man of the soil, was the first to plant a vineyard. When he drank some of the wine, he became drunk and lay naked inside his tent. Ham, the father of Canaan, saw his father's nakedness, and he told his two brothers outside about it. Shem and Japheth, however, took a robe, and holding it on their backs, they walked backward and covered their father's nakedness; since their faces were turned the other way, they did not see their father's nakedness. When Noah woke up from his drunkenness and learned what his youngest son had done to him, he said: "Cursed be Canaan! The lowest of slaves shall he be to his brothers." He also said: "Blessed be the LORD, the God of Shem! Let Canaan be his slave. May God expand Japheth, so that he dwells among the tents of Shem; and let Canaan be his slave." Noah lived three hundred and fifty years after the flood. The whole lifetime of Noah was nine hundred and fifty years; then he died. These are the descendants of Noah's sons, Shem, Ham, and Japheth, to whom sons were born after the flood.

Prokeimenon II, Tone 4

To be near God is my happiness.* I have made the Lord God my refuge.
verse: How good God is to Israel, to those who are pure of heart.

Reading II

Proverbs 12:23-13:9

A shrewd man conceals his knowledge, but the hearts of fools gush forth folly. The diligent hand will govern, but the slothful will be enslaved. Anxiety in a man's heart depresses it, but a kindly word makes it glad. The just man surpasses his neighbour, but the way of the wicked leads them astray. The slothful man catches not his prey, but the wealth of the diligent man is great. In the path of justice there is life, but the abominable way leads to death. A wise son loves correction, but the senseless one heeds no rebuke. From the fruit of his words a man eats good things, but the treacherous one craves violence. He who guards his mouth protects his life; to open wide one's lips brings downfall. The soul of the sluggard craves in vain, but the diligent soul is amply satisfied.

Anything deceitful the just man hates, but the wicked brings shame and disgrace. Virtue guards one who walks honestly, but the downfall of the wicked is sin. One man pretends to be rich, yet has nothing; another pretends to be poor, yet has great wealth. A man's riches serve as ransom for his life, but the poor man heeds no rebuke. The light of the just shines gaily, but the lamp of the wicked goes out.

Friday, March 4, 2016: Our Venerable Father Gerasimus of the Jordan (475) [Great Fast; altiturgical day; day of fast and abstinence from meat and foods that contain meat]

Readings: Sixth Hour - Isaiah 29:13-23

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 7

v. Lead my soul forth from prison that I may give thanks to Your name.*

10. I have enslaved the dignity of my soul to the passions,

and have become like the beasts;

I can no longer raise my eyes to You, O God most high.

But, like the Publican I bow to the earth,

and I cry to You in supplication:

Forgive me, O Lord, and save me.

v. The just shall gather around me when You have been good to me.*

9. I have enslaved the dignity of my soul to the passions, (See Above)

In Tone 7

v. Out of the depths I cry to You, O Lord; O Lord, hear my voice!*

8. Glory to You, O Christ our God.

You are the praise of the apostles,

and the delight of the martyrs,

who preached the consubstantial Trinity.

v. Let Your ears be attentive to the voice of my prayer:*

7. O holy martyrs who fought the good fight

and have received your crowns,

entreat the Lord to have mercy on our souls.

Prokimenon II, Tone 4
How great are Your works, O Lord;* You have made all things in wisdom.
verse: Bless the Lord, O my soul! O Lord my God, You are exceedingly great.
Reading II: Proverbs 17:17-18:5

A friend loves at all times, and a brother is born for adversity: A man without sense gives a pledge, and becomes surety in the presence of his neighbour.

He who loves transgression loves strife; he who makes his door high seeks

destruction. A man of crooked mind does not prosper, and one with a perverse

tongue falls into calamity. A stupid son is a grief to a father, and the father of

a fool has no joy. A cheerful heart is a good medicine, but a downcast spirit

dries up the bones. A wicked man accepts a bribe from the bosom to pervert the

ways of justice. A man of understanding sets his face toward wisdom, but the

eyes of a fool are on the ends of the earth. A foolish son is a grief to his father

and bitterness to her who bore him. To impose a fine on a righteous man is not

good; to flog noble men is wrong. He who restrains his words has knowledge,

and he who has a cool spirit is a man of understanding. Even a fool who keeps

silent is considered wise; when he closes his lips, he is deemed intelligent.

He who is estranged seeks pretexts to break out against all sound judgment.

A fool takes no pleasure in understanding, but only in expressing his opinion.

When wickedness comes, contempt comes also; and with dishonour comes

disgrace. The words of a man's mouth are deep waters; the fountain of wisdom

is a gushing stream. It is not good to be partial to a wicked man, or to deprive a

righteous man of justice.

Reading: Genesis 22:1-18

Some time after these events, God put Abraham to the test. He called to him, “Abraham!” “Ready!” he replied. Then God said: “Take your son Isaac, your only one, whom you love, and go to the land of Moriah. There you shall offer him up as a holocaust on a height that I will point out to you.” Early the next morning Abraham saddled his donkey, took with him his son Isaac, and two of his servants as well, and with the wood that he had cut for the holocaust, set out for the place of which God had told him. On the third day Abraham got sight of the place from afar. Then he said to his servants: “Both of you stay here with the donkey, while the boy and I go on over yonder. We will worship and then come back to you.” Thereupon Abraham took the wood for the holocaust and laid it on his son Isaac’s shoulders, while he himself carried the fire and the knife. As the two walked on together, Isaac spoke to his father Abraham. “Father!” he said. “Yes, son,” he replied. Isaac continued, “Here are the fire and the wood, but where is the sheep for the holocaust?”

“Son,” Abraham answered, “God himself will provide the sheep for the holocaust.” Then the two continued going forward. When they came to the place of which God had told him, Abraham built an altar there and arranged the wood on it. Next he tied up his son Isaac, and put him on top of the wood on the altar. Then he reached out and took the knife to slaughter his son. But the LORD’s messenger called to him from heaven, “Abraham, Abraham!” “Yes, Lord,” he answered.

“Do not lay your hand on the boy,” said the messenger. “Do not do the least thing to him. I know now how devoted you are to God, since you did not withhold from me your own beloved son.”

As Abraham looked about, he spied a ram caught by its horns in the thicket. So he went and took the ram and offered it up as a holocaust in place of his son. Abraham named the site Yahweh-yireh; hence people now say, “On the mountain the LORD will see.” Again the LORD’s messenger called to Abraham from heaven and said: “I swear by myself, declares the LORD, that because you acted as you did in not withholding from me your beloved son, I will bless you abundantly and make your descendants as countless as the stars of the sky and the sands of the seashore; your descendants shall take possession of the gates of their enemies, and in your descendants all the nations of the earth shall find blessing – all this because you obeyed my command.”

v. If You mark iniquities, Lord, who can stand? But with You forgiveness is that You may be revered.*

6. Not caring for any earthly things, O holy martyrs,
you boldly preached Christ during your trials,
and received your due reward from Him.

But since you possess confidence before Him,
we beseech you to entreat Him, as the Almighty God, to save our souls.

v. I have waited for You as You have commanded; my soul patiently relies on Your promise, for it has trusted in the Lord.*

5. O martyrs, lofty praise is due to you,
for you are lambs of the Spirit and spiritual offerings.
You are pleasing sacrifices that have found favour with God;
and though the earth may not have covered you, the heavens received you.
We entreat you; for you have become partakers with the angels,
to join with them in beseeching our God
to give the world peace and to save our souls.

In Tone 8

v. From the morning watch until night let Israel trust in the Lord.*

4. Unfading and divine radiance,
light-bearing brilliance of the commandments of God,
ever-memorable athlete,
most excellent of martyrs!
You have dispelled the gloom of darkness like a brilliant star!
You are a good offering, blessed one;
an unblemished sacrifice.
Therefore, ever entreat Christ that He may save our souls!

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. Unfading and divine radiance, *(See Above)*

*v. Praise the Lord, all the nations; * proclaim His glory, all you people.*
2. Proclaimer of the truth:
You revealed yourself to be a sword-wielding enemy of ungodliness.
You cut off the head of the enemy with your suffering, all-wise one.
You clearly proclaimed the commandment of God,
saying good things to the untaught people.
Co-dweller with the martyrs, Conon,
entreat the Saviour that He may deliver from the passions
Your servants who honour You with hymns!
*v. Strong is the love of the Lord for us; * eternally will His truth endure.*
1. What a good change the Lord of our fathers made in you
by the right hand of the Most High!
Most glorious athlete,
you were revealed to be a fruit blossoming from the root of unbelief.
Most blessed and all-praised Conon,
you had Christ as your most excellent Commander,
as you mightily overthrew the hordes of demons!
In Tone 7, Glory...
Grant repose, O God our Saviour,
to our departed loved ones who cry out to You:
O Lord and Giver of life, glory to You.
Now...
Immaculate Mother of God,
you became a mother outside the laws of nature,
remaining a virgin in a way that exceeds all description and human
understanding.
The wonder of your birth-giving could not be told in human language,
for your conception of Christ blinded intelligence,
and your birth-giving exceeded understanding:
for whenever God so desires, the laws of nature are broken.
Wherefore we all firmly believe that you are the Mother of God,
and we eagerly beseech you to intercede for the salvation of our souls.
Prokeimenon I, Tone 6
O Shepherd of Israel, hear us, * You who lead Joseph's flock.
verse: Shine forth from Your Cherubim throne.

*v. For with the Lord there is mercy, and with Him there is plentiful
redemption; * and He shall redeem Israel from all its iniquities.*
3. The blameless Maiden said to the captain of the heavenly hosts: *(See Above)*
*v. Praise the Lord, all the nations; * proclaim His glory, all you people.*
2. The Archangel then said to her:
Whenever God wills, the order of nature is overcome,
and that which is beyond human power is accomplished.
Therefore, O most pure and ever-holy One, believe my true words.
She then cried out, saying:
Let it now be done to me according to your word,
and I will give birth to the One who is without flesh.
He will take flesh from me,
so that by the union He may raise the human race to the original dignity,
for He alone is all-powerful.
*v. Strong is the love of the Lord for us; * eternally will His truth endure.*
1. The Archangel then said to her: *(See Above)*
In Tone 2, Glory... Now...
That mystery which is from all eternity
is being revealed today.
The Son of God becomes the Son of Man.
He accepted the lowliest in order to give us the highest.
In times of old, Adam was deceived;
he desired to become like God and did not.
Now God becomes human that He may make Adam God.
Let all creation be happy:
let nature dance with joy
because the Archangel stands in awe before the Virgin and greets her.
He brings the greeting which changes our grief into joy.
Through the mercy of Your compassion, You became incarnate;
O our God, glory to You!

Prokeimenon I, Tone 4

The Lord is compassion and love, * slow to anger and rich in mercy.
verse: My soul, give thanks to the Lord; all my being, bless His holy name.

v. *Out of the depths I cry to You, O Lord;* O Lord, hear my voice!*

8. Your martyrs did not reject You,
nor did they renounce Your commandments.
Through their prayers, have mercy on us.

v. *Let Yours ears be attentive* to the voice of my prayer.*

7. Gabriel stood in your presence, O holy Virgin,
and revealed the pre-eternal plan to you.

He greeted you and announced:

Rejoice, O earth that had not been sown!

Rejoice, O burning bush that was not consumed!

Rejoice, O unsearchable depth!

Rejoice, O bridge which leads to heaven;

O high ladder which Jacob saw!

Rejoice, O vessel of divine manna!

Rejoice, O invocation of Adam!

The Lord is with you.

v. *If You mark iniquities, Lord, who can stand?* But with You forgiveness is that You may be revered.*

6. Gabriel stood in your presence, O holy Virgin, (*See Above*)

v. *I have waited for You as You have commanded; my soul patiently relies on Your promise,* for it has trusted in the Lord.*

5. Gabriel stood in your presence, O holy Virgin, (*See Above*)

v. *From the morning watch until night* let Israel trust in the Lord.*

4. The blameless Maiden said to the captain of the heavenly hosts:

You appear to me as a mortal,

and your words go beyond human thought.

You have said that God is with me,

and that He shall take up abode in my womb.

Tell me then, how am I to become a holy temple for the infinite One,
the Lord who rides on the Cherubim?

Do not mislead me with deceit,

for I have known no pleasure and have not approached wedlock.

Therefore, how shall I give birth to a child?

Reading I: Genesis 12:1-7

The LORD said to Abram: “Go forth from the land of your kinsfolk and from your father’s house to a land that I will show you. “I will make of you a great nation, and I will bless you; I will make your name great, so that you will be a blessing. I will bless those who bless you and curse those who curse you. All the communities of the earth shall find blessing in you.” Abram went as the LORD directed him, and Lot went with him. Abram was seventy-five years old when he left Haran. Abram took his wife Sarai, his brother’s son Lot, all the possessions that they had accumulated, and the persons they had acquired in Haran, and they set out for the land of Canaan. When they came to the land of Canaan, Abram passed through the land as far as the sacred place at Shechem, by the terebinth of Moreh. (The Canaanites were then in the land.) The LORD appeared to Abram and said, “To your descendants I will give this land.” So Abram built an altar there to the LORD who had appeared to him.

Prokeimenon II, Tone 4

Ring out your joy to God, our strength,* shout in triumph to the God of Jacob.
verse: Raise a song and sound the timbrel, the sweet-sounding harp and lute.

Reading II: Proverbs 14:15-26

The scoundrel suffers the consequences of his ways, and the good man reaps the fruit of his paths. The simpleton believes everything, but the shrewd man measures his steps. The wise man is cautious and shuns evil; the fool is reckless and sure of himself. The quick-tempered man makes a fool of himself, but the prudent man is at peace. The adornment of simpletons is folly, but shrewd men gain the crown of knowledge. Evil men must bow down before the good, and the wicked, at the gates of the just. Even by his neighbour the poor man is hated, but the friends of the rich are many. He sins who despises the hungry; but happy is he who is kind to the poor! Do not those who plot evil go astray? But those intent on good gain kindness and constancy. In all labour there is profit, but mere talk tends only to penury. The crown of the wise is resourcefulness; the diadem of fools is folly. The truthful witness saves lives, but he who utters lies is a betrayer. In the fear of the LORD is a strong defence; even for one’s children he will be a refuge.

Wednesday, March 9, 2016: The Holy Forty Martyrs of Sebaste (321-23) [Great Fast; altiturgical day; day of fast and abstinence from meat and foods that contain meat]
Readings: Sixth Hour - Isaiah 41:4-14

Liturgy of the Presanctified Gifts

At Psalm 140: In Tone 3

v. Lead my soul forth from prison that I may give thanks to Your name.*
10. Even more than all others, I have sinned of my own will,

and for that, I am condemned;

the arrogance of my flesh is the enemy of my soul.

O guide for those who have lost their way

and light for those without hope,

save me, O Lord, before I completely perish.

v. The just shall gather around me when You have been good to me.*

9. For the Prophet says,

my soul shall live and shall praise You, O Lord.

I am the lost sheep;

call me back and number me among Your flock.

Give me time to repent that I may sigh and cry out to You:

Save me, O Lord, before I completely perish.

v. Out of the depths I cry to You, O Lord. O Lord, hear my voice!*

8. Greatly despising You commandments,

I have sinned, O Christ our God.

Spare me, O Benefactor,

that my inner eye may be freed from darkness;

and in fear I shall cry out to You:

Save me, O Lord, before I completely perish.

v. Let Yours ears be attentive to the voice of my prayer:*

7. Having been encircled by wild beasts,

I beseech You to deliver me from their clutches, O Lord.

You wish that all be saved

and come to the knowledge of the truth;

save all Your people, O Creator,

that I may be saved with them;

save me, O Lord, before I completely perish.

came, they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner, saying, 'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.' But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?' So the last will be first, and the first will be last."

Friday, March 11, 2016: Our Holy Father Sophronius, Patriarch of Jerusalem (638) [Great Fast; altiturgical day; day of fast and abstinence from meat and foods that contain meat]
Readings: Sixth Hour - Isaiah 45:11-17

At Psalm 140: In Tone 6

v. Lead my soul forth from prison that I may give thanks to Your name.*
10. Departing from Your divine precepts as from Jerusalem,

and going down to the passions of Jericho,

travelling by way of the cares of this life

on the pathways of dishonour,

I fell prey to the thievery of thoughts;

they stripped me of my noble garment,

which You gave me by the grace of adoption.

I was left half-dead and covered with wounds;

a priest passed by and saw my misfortune, but he paid no attention;

a Levite felt nothing but disgust, and so he turned away from me;

but You, O Lord, who were born ineffably from the Virgin,

You poured as oil and wine,

the blood and water which flowed freely from Your life-giving side,

to dress and bind up my wounds.

In Your compassionate love, O Christ our God,

grant me a place in Your Kingdom.

v. The just shall gather around me when You have been good to me.*
9. Departing from Your divine precepts as from Jerusalem, (*See Above*)

even his enemies be at peace with him. Better a little with virtue, than a large income with injustice. In his mind a man plans his course, but the LORD directs his steps.

Epistle: *Hebrews 12:1-10*

Brothers and Sisters, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. In your struggle against sin you have not yet resisted to the point of shedding your blood. And you have forgotten the exhortation that addresses you as children—“My child, do not regard lightly the discipline of the Lord, or lose heart when you are punished by him; for the Lord disciplines those whom he loves, and chastises every child whom he accepts.” Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? If you do not have that discipline in which all children share, then you are illegitimate and not his children. Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness.

Gospel: *Matthew 20:1-6*

The Lord said this parable, “For the kingdom of heaven is like a landowner who went out early in the morning to hire laborers for his vineyard. After agreeing with the laborers for the usual daily wage, he sent them into his vineyard. When he went out about nine o’clock, he saw others standing idle in the marketplace; and he said to them, ‘You also go into the vineyard, and I will pay you whatever is right.’ So they went. When he went out again about noon and about three o’clock, he did the same. And about five o’clock he went out and found others standing around; and he said to them, ‘Why are you standing here idle all day?’ They said to him, ‘Because no one has hired us.’ He said to them, ‘You also go into the vineyard.’ When evening came, the owner of the vineyard said to his manager, ‘Call the laborers and give them their pay, beginning with the last and then going to the first.’ When those hired about five o’clock came, each of them received the usual daily wage. Now when the first

*v. If You mark iniquities, Lord, who can stand?** But with Your forgiveness is that You may be revered.

6. I am lying here in sin;
heal me, O Redeemer and Benefactor;
be not far from me, O Saviour.
Raise me up, O almighty One,
that I may confess all my sins and cry to You:
Save me, O Lord, before I completely perish.

v. I have waited for You as You have commanded; my soul patiently relies on Your promise, for it has trusted in the Lord.*

5. Just as the foolish servant,
I have hidden the talent You gave me;
I have buried it in the ground.
I have been condemned as useless,
and I dare not ask for anything more.
In Your goodness, spare me,
that I may also cry to You:
Save me, O Lord, before I completely perish.

v. From the morning watch until night let Israel trust in the Lord.*

4. Kindly, You dried up the marsh of her passions,
when the woman with the flow of blood touched Your garment.
I have received the forgiveness of my sins
by drawing near to You in complete faith;
receive me, as You accepted her, and heal me of my grief;
save me, O Lord, before I completely perish.

v. For with the Lord there is mercy, and with Him there is plentiful redemption; and He shall redeem Israel from all its iniquities.*

3. Lord, Your word has made heaven and earth,
and You shall come to sit upon a throne;
and we shall all stand in Your presence and confess our sins.
Before that day comes, receive my repentance;
save me, O Lord, before I completely perish.

v. Praise the Lord, all the nations; * proclaim His glory, all you people.

2. Mercifully look upon me and spare me, O Saviour;

pour out the streams of healing upon my poor and afflicted soul.

Purify it from all stain

so that I may sing to You:

Save me, O Lord, before I completely perish.

v. Strong is the love of the Lord for us; * eternally will His truth endure.

1. Now my soul has been quickly assailed by the sword that the devil prepared;

he has made me a stranger to the light of Your face, O Lord.

But, by the power of Your arm,

draw me up from his jaws;

save me, O Lord, before I completely perish.

Glory...

Your love is beyond expression, O merciful and good Lord!

You alone are without sin!

Do not reject me far from Your face,

that, with thanksgiving and with joy,

I may sing and cry out to You:

Save me, O Lord, before I completely perish.

Now...

Zealously, we sing of the ineffable condensation of God!

It is a miraculous and wondrous birth!

How has the Virgin carried You in her arms as a child,

for You are her Creator and her God?

O Benefactor, who willed to become incarnate from her,

save me before I completely perish, O Lord.

Prokeimenon I, Tone 4

O Lord, God of vengeance, * show Yourself.

verse: Rise up, O Judge of the earth; give the proud what they deserve!

Reading I: Genesis 17:1-9

When Abram was ninety-nine years old, the Lord appeared to him and said:

“I am God the Almighty. Walk in my presence and be blameless. Between you

and me I will establish my covenant, and I will multiply you exceedingly.”

When Abram prostrated himself, God continued to speak to him: “My covenant

with you is this: you are to become the father of a host of nations. No longer

shall you be called Abram; your name shall be Abraham, for I am making you

the father of a host of nations. I will render you exceedingly fertile; I will make

nations of you; kings shall stem from you. I will maintain my covenant with

you and your descendants after you throughout the ages as an everlasting pact,

to be your God and the God of your descendants after you. I will give to you

and to your descendants after you the land in which you are now staying, the

whole land of Canaan, as a permanent possession; and I will be their God.”

God also said to Abraham: “On your part, you and your descendants after you

must keep my covenant throughout the ages.”

Prokeimenon II, Tone 6

O sing to the Lord a new song; * sing to the Lord all the earth!

verse: O sing to the Lord; bless His name.

Reading II: Proverbs 15:20-16:9

A wise son makes his father glad, but a fool of a man despises his mother. Folly

is joy to the senseless man, but the man of understanding goes the straight way.

Plans fail when there is no counsel, but they succeed when counsellors are

many. There is joy for a man in his utterance; a word in season, how good it is!

The path of life leads the prudent man upward, that he may avoid the nether

world below. The Lord overturns the house of the proud, but he preserves

intact the widow's landmark. The wicked man's schemes are an abomination

to the Lord, but the pure speak what is pleasing to him. He who is greedy of

gain brings ruin on his own house, but he who hates bribes will live. The just

man weighs well his utterance, but the mouth of the wicked pours out evil.

The Lord is far from the wicked, but the prayer of the just he hears. A cheerful

glance brings joy to the heart; good news invigorates the bones. He who listens

to salutary reproof will abide among the wise. He who rejects admonition

despises his own soul, but he who heeds reproof gains understanding. The fear

of the Lord is training for wisdom, and humility goes before honours. Man

may make plans in his heart, but what the tongue utters is from the Lord. All

the ways of a man may be pure in his own eyes, but it is the Lord who proves

the spirit. Entrust your works to the Lord, and your plans will succeed. The

Lord has made everything for his own ends, even the wicked for the evil day.

Every proud man is an abomination to the Lord; I assure you that he will not

go unpunished. By kindness and piety guilt is expiated, and by the fear of the

Lord man avoids evil. When the Lord is pleased with a man's ways, he makes