

**THE NINTH HOUR
AND TYPIKA SERVICE
FOR WEDNESDAY EVENINGS
DURING GREAT LENT**



**Saint Mary Antiochian Orthodox Church
Chambersburg, PA**

THE NINTH HOUR & TYPIKA

on Wednesdays of Great Lent

Before the Divine Liturgy of the Presanctified Gifts, we say the Ninth Hour and Typika. The curtain and holy doors being closed, the priest vested in exorasson and epitachelion, comes to stand on the solea, facing east before the holy doors, and begins saying:

PRIEST: Blessed is our God always, now and ever, and unto ages of ages.

PEOPLE: Amen.

PRIEST: O Heavenly King, Comforter, the Spirit of Truth, who art in all places and fillest all things, treasury of good things and giver of life: come, and dwell in us, and cleanse us from every stain, and save our souls, O gracious Lord.

ALL: Holy God, Holy Mighty, Holy Immortal: have mercy on us. {3x}

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

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

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

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

PRIEST: For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

The Reader continues with the Psalms as the Clergy begin the specially appointed Kairon, enters the sanctuary, fully vests and makes all preparations for the Liturgy of Presanctified Gifts.

ALL: Lord, have mercy. {12x}

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

Come, let us worship and fall down before God our King.

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

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

PSALM 83

READER: How beloved are Thy dwellings, O Lord of hosts; my soul longeth and fainteth for the courts of the Lord. My heart and my flesh have rejoiced in the living God. For the sparrow hath found herself a house, and the turtledove a nest for herself where she may lay her young, even Thine altars, O Lord of hosts, my King and my God. Blessed are they that dwell in Thy house; unto ages of ages shall they praise Thee. Blessed is the man whose help is from Thee; he hath made ascents in his heart, in the vale of weeping, in the place which he hath appointed. Yea, for the lawgiver will give blessings; they shall go from strength to strength, the God of gods shall be seen in Sion. O Lord of hosts, hearken unto my prayer; give ear, O God of Jacob. O God, our defender, behold, and look upon the face of Thine anointed one. For better is one day in Thy courts than thousands elsewhere. I have chosen rather to be an outcast in the house of my God than to dwell in the tents of sinners. For the Lord loveth mercy and truth, God will give grace and glory; the Lord will not withhold good things from them that walk in innocence. **O Lord God of hosts, blessed is the man that hopeth in Thee.**

PSALM 84

READER: Thou hast been gracious, O Lord, unto Thy land; Thou hast turned back the captivity of Jacob. Thou hast forgiven the iniquities of Thy people, Thou hast covered all their sins. Thou hast made all Thy wrath to cease, Thou hast turned back from the wrath of Thine anger. Turn us back, O God of our salvation, and turn away Thine anger from us. Wilt Thou be wroth with us unto the ages? Or wilt Thou draw out Thy wrath from generation to generation? O God, Thou wilt turn and quicken us, and Thy people shall be glad in Thee. Show us, O Lord, Thy mercy, and Thy salvation do Thou give unto us. I will hear what the Lord God will speak in me; for He will speak peace to His people and to His saints and to them that turn their heart unto Him. Surely nigh unto them that fear Him is His salvation, that glory may dwell in our land. Mercy and truth are met together, righteousness and peace have kissed each other. Truth is sprung up out of the earth, and righteousness hath looked down from heaven. Yea, for the Lord will give goodness, and our land shall yield her fruit. **Righteousness shall go before Him and shall set His footsteps in the way.**

PSALM 85

READER: Bow down Thine ear, O Lord, and hearken unto me, for poor and needy am I. Preserve my soul, for I am holy; save Thy servant, O my God, that hopeth in Thee. Have mercy on me, O Lord, for unto Thee will I cry all the day long; make glad the soul of Thy servant, for unto Thee have I lifted up my soul. For Thou, O Lord, art good and gentle, and plenteous in mercy unto all them that call upon Thee. Give ear, O Lord, unto my prayer, and attend unto the voice of my supplication. In the day of mine affliction have I cried unto Thee, for Thou hast heard me. There is none like unto Thee among the gods, O Lord, nor are there any works like unto Thy works. All the nations whom Thou hast made shall come and shall worship before Thee, O Lord, and shall glorify Thy Name. For Thou art great and workest wonders; Thou alone art God. Guide me, O Lord, in Thy way, and I will walk in Thy truth; let my heart rejoice that I may fear Thy Name. I will confess Thee, O Lord my God, with all my heart, and I will glorify Thy Name forever. For great is Thy mercy upon me, and Thou hast delivered my soul from the nethermost Hades. O God, transgressors have risen up against me, and the assembly of the mighty hath sought after my soul, and they have not set Thee before them. But Thou, O Lord my God, art compassionate and merciful, long-suffering and plenteous in mercy, and true. Look upon me and have mercy upon me; give Thy strength unto Thy servant, and save the son of Thy handmaiden. Work in me a sign unto good, and let them that hate me behold and be put to shame; for Thou, O Lord, hast helped me and comforted me.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God.

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

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

For the 1st, 2nd, 3rd, 4th and 6th weeks of Great Lent, turn to the Fifth Kathisma on page 6.

For the Fifth week of Great Lent, turn to the Sixth Kathisma on page 12.

FIFTH KATHISMA

1st, 2nd, 3rd, 4th and 6th weeks of Great Lent

PSALM 32

READER: *Both now and ever, and unto ages of ages. Amen.*

Rejoice in the Lord, O ye righteous; praise is meet for the upright. Give praise to the Lord with the harp, chant unto Him with the ten-stringed psaltery. Sing unto Him a new song, chant well unto Him with jubilation. For the word of the Lord is true, and all His works are in faithfulness. The Lord loveth mercy and judgement; the earth is full of the mercy of the Lord. By the Word of the Lord were the heavens established, and all the might of them by the Spirit of His mouth, Who gathereth together as into a wineskin the waters of the sea, Who layeth up the abysses in storehouses. Let all the earth fear the Lord, and let all the inhabitants of the world be shaken before Him. For He spake, and they came into being; He commanded, and they were created. The Lord scattereth the plans of the heathens, He setteth aside the devices of the peoples, and He bringeth to nought the plans of princes. But the counsel of the Lord abideth unto eternity, the thoughts of His heart unto generation and generation. Blessed is the nation whose God is the Lord, the people whom He hath chosen for His inheritance. The Lord looked down from heaven, He beheld all the sons of men. From His habitation which He prepared, He looked upon all the inhabitants of the earth, He that alone fashioned the heart of them, Who understandeth all their works. A king is not saved by great might, nor shall a giant be saved by the magnitude of his own strength. Futile is the horse for salvation, nor by the magnitude of his might shall he be saved. Behold, the eyes of the Lord are upon them that fear Him, upon them that hope in His mercy. To deliver their souls from death, and to nourish them in famine. Our soul shall wait for the Lord, for he is our helper and our defender. For our heart shall be glad in Him, and in His holy name have we hoped. *Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.*

PSALM 33

READER: I will bless the Lord at all times, His praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my tribulations. Come unto Him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, and will deliver them. O taste and see that the Lord is good; blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; for there is no want to them that fear Him. Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, and He delivered them out of all their tribulations. The Lord is nigh unto them that are of a contrite heart, and He will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken. The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of His servants, and none of them will do wrong that hope in Him.

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

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

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

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

PSALM 34

READER: *Both now and ever, and unto ages of ages. Amen.*

Judge them, O Lord, that do me injustice; war against them that war against me. Take hold of weapon and shield, and arise unto my help. Draw out a sword, and shut the way against them that persecute me; say to my soul: I am thy salvation. Let them that seek my soul be shamed and confounded. Let them be turned back, and be utterly put to shame, they that devise evils against me. Let them become as dust before the face of the wind, an angel of the Lord also afflicting them. Let their way become darkness and a sliding, an angel of the Lord also pursuing them. For without cause have they secretly prepared for my destruction in their snare, without reason have they cast reproach on my soul. Let a snare come upon him, which he knoweth not; and let the trap, which he hath hidden, catch him, and into that same snare let him fall. But my soul shall rejoice in the Lord, it shall delight in His salvation. All my bones shall say: Lord, O Lord, who is like unto Thee? Delivering the beggar from the hand of them that are stronger than he, yea, poor man and pauper from them that despoil him. Unjust witnesses rose up against me; things I knew not they asked me. They repaid me with evil things for good, and barrenness for my soul. But as for me, when they troubled me, I put on sackcloth. And I humbled my soul with fasting, and my prayer shall return to my bosom. As though it had been a neighbour, as though it had been our brother, so sought I to please; as one mourning and sad of countenance, so humbled I myself. Yet against me they rejoiced and gathered together; scourges were gathered together upon me, and I knew it not. They were rent asunder, yet not pricked at heart; they tempted me, they mocked me with mockery, they gnashed upon me with their teeth. O Lord, when wilt Thou look upon me? Deliver my soul from their evil doing, even this only-begotten one of mine from the lions. I will confess Thee in the great congregation; among a mighty people will I praise Thee. Let not them rejoice against me that unjustly are mine enemies, they that hate me without a cause, and wink with their eyes. For peaceably indeed they spake unto me, but in their wrath were they devising deceits. And they opened wide their mouth against me; they said: Well done, well done, our eyes have seen it. Thou hast seen it, O Lord; keep not silence. O Lord, depart not from me. Arise, O Lord, and be attentive unto my judgement, my God, and my Lord, unto my cause. Judge me, O Lord, according to Thy righteousness; O Lord my God, let them not rejoice against me. Let them not say in their hearts: Well done, well done, our soul. Let them not say: We have swallowed him up. Let them be shamed and confounded together who rejoice at my woes. Let them be clothed with shame and confusion who speak boastful words against me. Let them rejoice and be glad who desire the righteousness of my cause, and let them that desire the peace of Thy servant say continually: The Lord be magnified. *And my tongue shall treat of Thy righteousness, and of Thy praise all the day long.*

PSALM 35

READER: The transgressor, that he may sin, saith to himself, that there is no fear of God before his eyes. For he hath wrought craftiness before Him, lest he should find his iniquity and hate it. The words of his mouth are iniquity and deceit, he hath not willed to understand how to do good. Iniquity hath he devised upon his bed, he hath set himself in every way that is not good, and evil hath he not abhorred. O Lord, Thy mercy is in heaven, and Thy truth reacheth unto the clouds. Thy righteousness is as the mountains of God, Thy judgements are a great abyss. Men and beasts wilt thou save, O Lord. How Thou hast multiplied Thy mercy, O God! Let the sons of men hope in the shelter of Thy wings. They shall be drunken with the fatness of Thy house, and of the torrent of Thy delight shalt Thou make them to drink. For in thee is the fountain of life, in Thy light shall we see light. O continue Thy mercy unto them that know Thee, and Thy righteousness unto the upright of heart. Let not the foot of pride come against me, nor let the hand of a sinner move me. Yonder be fallen all they that work iniquity; they are cast out, and shall not be able to stand.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God.

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

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

PSALM 36

READER: *Both now and ever, and unto ages of ages. Amen.*

Fret not thyself because of evil-doers, nor envy them that work iniquity. For like grass quickly shall they be withered, and like green herbs quickly shall they fall away. Hope in the Lord, and do good, and dwell on the earth, and like a shepherd shalt thou be fed with its riches. Delight thyself in the Lord, and He will give thee the askings of thy heart. Disclose unto the Lord thy way, and trust in Him, and He shall bring it to pass. And He shall bring forth thy righteousness as the light and thy judgement as the noonday. Submit thyself unto the Lord and supplicate Him; fret not thyself because of him that prospereth in his way, nor because of a man that doeth iniquity. Cease from wrath and forsake anger; fret not thyself so as to do evil. For evil-doers shall utterly perish, but they that wait on the Lord, they shall inherit the earth. And yet a little while, and the sinner shall not be, and thou shalt seek for his place, and shalt not find it. But the meek shall inherit the earth and shall delight themselves in an abundance of peace. The sinner will diligently keep watch over the righteous man and will gnash with his teeth upon him. But the Lord shall laugh at him, because He foreseeth that his day will come. The sinners have drawn a sword; they have bent their bow, to cast down poor man and pauper, to slay the upright in heart. Let their sword enter into their own hearts and let their bows be broken. Better is the little which the just man hath than the great riches of sinners. For the arms of the sinners shall be broken, but the Lord upholdeth the righteous. The Lord knoweth the ways of the blameless and their inheritance shall be for ever. They shall not be put to shame in an evil time, and in days of famine they shall be filled. But the sinners shall perish, and the enemies of the Lord, in the moment when they are glorified and exalted, vanish away, and like smoke have vanished away. The sinner borroweth and will not repay, but the just man showeth mercy and giveth. For they that bless him shall inherit the earth, but they that curse him shall utterly perish. By the Lord are the steps of a man rightly directed, and His way shall he greatly desire. When he falleth he shall not be utterly cast down; for the Lord upholdeth his hand. I have been young, and now indeed I am old, and I have not seen the righteous man forsaken, nor his seed begging bread. All the day long the righteous showeth mercy, and lendeth, and his seed shall be unto blessing. Decline from evil and do good, and dwell unto ages of ages. For the Lord loveth judgement, and He will not forsake His holy ones; they shall be kept for ever. But the wicked shall be banished, and the seed of the ungodly shall be utterly destroyed. The righteous shall inherit the earth and shall dwell therein unto ages of ages.

The mouth of the righteous shall meditate wisdom and his tongue shall speak of judgement. The law of his God is in his heart, and his steps shall not be tripped. The sinner watcheth the righteous one, and seeketh to slay him. But the Lord will not abandon him to his hands, nor in any way condemn him when He judgeth him. Wait on the Lord and keep His way, and He shall exalt thee to inherit the earth; when sinners are utterly destroyed, thou shalt see it. I have seen the ungodly man highly exalted and lifting himself up like the cedars of Lebanon. But I passed by, and lo, he was not; and I sought him, and place was not to be found. Keep innocence, and behold uprightness, for there is a remnant for the peaceable man. But the transgressors shall be utterly destroyed together, and the remnants of the ungodly shall be utterly destroyed. But the salvation of the righteous is from the Lord, and He is their defender in a time of affliction. And the Lord shall help them and shall deliver them, and He will rescue them from sinners and will save them because they hoped in Him.

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

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

TURN TO PAGE 18

SIXTH KATHISMA

5th week of Great Lent

PSALM 37

READER: *Both now and ever, and unto ages of ages. Amen.*

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbours drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. *Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.*

PSALM 38

READER: I said: I will take heed to my ways lest I sin with my tongue. I set a guard for my mouth, when the sinner stood up against me. I was dumb and was humbled, and held my peace, even from good, and my sorrow was stirred anew. My heart grew hot within me, and in my meditation a fire was kindled. I spake with my tongue: O Lord, make me to know mine end, and the number of my days, what it is, that I may know what I lack. Behold, Thou hast made my days as the spans of a hand, and my being is as nothing before Thee. Nay, all things are vanity, every man living. Surely man walketh about like a phantom, nay, in vain doth he disquiet himself. He layeth up treasure, and knoweth not for whom he shall gather it. And now, what is my patient endurance? Is it not the Lord? Yea, my hope is from Thee. From all mine iniquities deliver me; Thou hast made me a reproach to the foolish. I was dumb and opened not my mouth, for Thou hast made me. Take away from me Thy scourges; for from the strength of Thy hand I have fainted. With reprovings for iniquity hast Thou chastened man, and hast made his life to melt away like a spider's web; nay, in vain doth every man disquiet himself. Harken unto my prayer, O Lord, and unto my supplication; give ear unto my tears. Be not silent, for I am a sojourner with Thee, and a stranger, as were all my fathers. Spare me, that I may be refreshed before I go hence, and be no more.

PSALM 39

READER: With patience I waited patiently for the Lord, and He was attentive unto me, and He hearkened unto my supplication. And He brought me up out of the pit of misery, and from the mire of clay. And He set my feet upon a rock, and He ordered my steps aright. And He hath put into my mouth a new song, a hymn unto our God. Many shall see, and shall fear, and shall hope in the Lord. Blessed is the man, whose hope is in the name of the Lord, and who hath not looked upon vanities and false frenzies. Many, O Lord my God, are Thy wonders which Thou hast wrought, and Thy thoughts there is none that shall be likened unto Thee. I declared and spake: They are multiplied beyond number. Sacrifice and offering hast Thou not desired, but a body hast Thou perfected for me. Whole-burnt offerings and oblations for sin hast Thou not demanded. Then I said: Behold, I am come (in the heading of the book it is written concerning me) to do Thy will, O my God, and Thy law is in the midst of my bowels. I have proclaimed the good tidings of Thy righteousness in the great congregation; lo, my lips I shall not restrain; Lord, Thou knowest it. Thy righteousness have I not hid in my heart; Thy truth and Thy salvation have I declared. I have not concealed Thy mercy, nor Thy truth, from the great assemblage. But Thou, O Lord, remove not Thy compassions far from me; let Thy mercy and Thy truth continually help me.

For evils without number have encompassed me; mine iniquities took hold of me, and I became unable to see. They are multiplied more than the hairs of my head, and my heart hath failed me. Be pleased, O Lord, to deliver me; O Lord, be attentive unto helping me. Let them be shamed and confounded together which seek after my soul, to destroy it. Let them be turned back and confounded that desire evils for me. Let them quickly receive shame for their reward, who say to me: Well done, well done. Let them rejoice and be glad in Thee all they that seek after Thee, O Lord; and let them that love Thy salvation continually say: The Lord be magnified. But as for me, a poor man am I and a pauper; the Lord will care for me. My helper and my defender art Thou, O my God; make no tarrying.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. {3x}

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

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

PSALM 40

READER: Both now and ever, and unto ages of ages. Amen.

Blessed is the man that hath understanding for the poor man and the pauper; in an evil day the Lord will deliver him. May the Lord keep him, and make him to live, and make him blessed upon the earth, and never surrender him into the hands of his enemies. May the Lord help him on his bed of pain, the whole of his confinement in his sickness hast Thou turned to the better. I said: O Lord, have mercy on me, heal my soul, for I have sinned against Thee. Mine enemies have spoken evil things against me: When shall he die, and when shall his name perish? And though he came in to see me, his heart spake vanity; he gathered iniquity unto himself; he went forth, and spake in a like manner. All mine enemies whispered against me, against me they devised evils for me. An unjust word they set against me: Can it be that he that sleepeth shall rise up again? Yea, even the man of my peace in whom I hoped, who ate of my bread, hath magnified the lifting of heels against me. But Thou, O Lord, be merciful unto me, and raise me up, and I will requite them. By this I know that Thou hast delighted in me, because mine enemy shall not rejoice over me. And because of mine innocence Thou hast helped me, and hast established me before Thee for ever. *Blessed is the Lord God of Israel, from everlasting to everlasting. So be it. So be it.*

PSALM 41

READER: As the deer panteth after the fountains of water, so panteth my soul after Thee, O God. My soul thirsted for God, the mighty, the living; when shall I come, and appear before the face of God? My tears have been my bread by day and by night, whilst it is said to me daily: Where is thy God? These things have I remembered, and I poured out my soul within me, for I shall go to the place of the wondrous tabernacle, even to the house of God, with a voice of rejoicing and thanksgiving, yea, of the sound of them that keep festival. Why art thou cast down, O my soul? And why dost thou disquiet me? Hope in God, for I will give thanks unto Him; He is the salvation of my countenance, and my God. Within me my soul hath been troubled; therefore will I remember Thee from the land of Jordan and Hermoniem, from the little mountain. Deep calleth unto deep, at the voice of Thy cataracts; all Thy billows and Thy waves have passed over me. By day the Lord will command His mercy, and by night His ode shall be with me, my prayer unto the God of my life. I will say unto God: Thou art my helper. Why hast Thou forgotten me? And wherefore go I with downcast face whilst mine enemy afflicteth me? Whilst my bones were broken, mine enemies reproached me; whilst they said to me daily: Where is thy God? Why art thou cast down, O my soul? And why dost thou disquiet me? *Hope in God, for I will give thanks unto Him; He is the salvation of my countenance, and my God.*

PSALM 42

READER: Judge me, O God, and give judgement in my cause, against a nation that is not holy; from a man unjust and crafty deliver me. For Thou, O God, art my strength. Wherefore hast Thou cast me off? And wherefore go I with downcast face whilst mine enemy afflicteth me? O send out Thy light and Thy truth; they have guided me along the way, and have brought me unto Thy holy mountain, and unto Thy tabernacles. And I shall go in unto the altar of God, unto God Who giveth gladness to my youth; I will give praise unto Thee, O God, my God, with the harp. Why art thou cast down, O my soul? And why dost thou disquiet me? *Hope in God, for I will give thanks unto Him; He is the salvation of my countenance, and my God.*

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. {3x}

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

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

PSALM 43

READER: Both now and ever, and unto ages of ages. Amen.

O God, with our ears have we heard, for our fathers have told us the work which Thou hadst wrought in their days, in the days of old. Thy hand utterly destroyed the heathen, and in their stead Thou didst plant them; Thou didst bring evils upon those peoples, and didst cast them out. For not by their own sword did they inherit the land, nor did their own arm save them, But Thy right hand, and Thine arm, and the light of Thy countenance, because Thou wast well-pleased in them. Thou Thyself art my King, and my God, Thou that commandest the salvation of Jacob. Through Thee shall the horn of our strength push down our enemies, and through Thy name shall we bring to nought them that rise up against us. For not in my bow will I hope, and my sword shall not save me. For Thou hast saved us from them that afflict us, and them that hate us hast Thou put to shame. In God we will boast all the day long, and in Thy name will we give praise in the age to come. But now Thou hast cast us off and put us to shame, and wilt not go forth, O God, with our hosts. Thou hast made us to turn back before our enemies, and they that hate us took spoils for themselves. Thou hast given us up as sheep to be eaten, and among the nations hast Thou scattered us. Thou hast sold Thy people without a price, and there was no gain in the selling of us. Thou hast made us a reproach to our neighbours, a scorn and derision to them that are round about us. Thou hast made us a byword among the nations, a shaking of head among the peoples. All the day long my disgrace is before me, and the shame of my face hath covered me, because of the voice of him that reproacheth and revileth, because of the face of the enemy and pursuer. All this hath come upon us, and we have not forgotten Thee, nor have we dealt unrighteously in Thy covenant. Though our heart hath not turned back, yet Thou hast turned aside our paths from Thy ways. For Thou hast humbled us in a place of affliction, and the shadow of death hath covered us. If we have forgotten the name of our God, and if we have stretched out our hands to a strange god, Shall not God search out these things? For He knoweth the secrets of the heart. For Thy sake we are slain all the day long, we are counted as sheep for the slaughter. Rise up, why sleepest Thou, O Lord? Arise, and cast us not off at the end. Wherefore turnest Thou Thy face away? Dost Thou forget our poverty and our affliction? *For our soul hath been humbled down to the dust, our belly hath cleaved to the earth. Arise, O Lord, help us, and redeem us for Thy name's sake.*

PSALM 44

READER: My heart hath poured forth a good word; I speak of my works to the king; my tongue is the pen of a swiftly writing scribe. Comely art Thou in beauty more than the sons of men; grace hath been poured forth on Thy lips, wherefore God hath blessed Thee for ever. Gird Thy sword upon Thy thigh, O Mighty One, in Thy comeliness and Thy beauty. And bend Thy bow, and proceed prosperously, and be king, because of truth and meekness and righteousness; and Thy right hand shall guide Thee wondrously.

Thine arrows are sharp, O Mighty One, (under Thee shall peoples fall) sharp in the heart of the enemies of the king. Thy throne, O God, is for ever and ever; a scepter of uprightness is the scepter of Thy kingdom. Thou hast loved righteousness and hated iniquity. Wherefore God, Thy God, hath anointed Thee with the oil of gladness more than Thy fellows. Myrrh and stacte and cassia exhale from Thy garments, from the ivory palaces, whereby they have made Thee glad, they the daughters of kings in Thine honour. At Thy right hand stood the queen, arrayed in a vesture of inwoven gold, adorned in varied colours. Hearken, O daughter, and see, and incline thine ear; and forget thine own people and thy father's house. And the King shall greatly desire thy beauty, for He Himself is thy Lord, and thou shalt worship Him. And Him shall the daughters of Tyre worship with gifts; the rich among the people shall entreat thy countenance. All the glory of the daughter of the King is within, with gold-fringed garments is she arrayed, adorned in varied colours. The virgins that follow after her shall be brought unto the King, those near her shall be brought unto Thee. They shall be brought with gladness and rejoicing, they shall be brought into the temple of the King. In the stead of thy fathers, sons are born to thee; thou shalt make them princes over all the earth. I shall commemorate thy name in every generation and generation. *Therefore shall peoples give praise unto thee for ever, and unto the ages of ages.*

PSALM 45

Our God is refuge and strength, a helper in afflictions which mightily befall us. Therefore shall we not fear when the earth be shaken, nor when the mountains be removed into the heart of the seas. Their waters roared and were troubled, the mountains were troubled by His might. The rushings of the river make glad the city of God; the Most High hath hallowed His tabernacle. God is in the midst of her, she shall not be shaken; God shall help her right early in the morning. The nations were troubled, kingdoms tottered, the Most High gave forth His voice, the earth was shaken. The Lord of hosts is with us, our helper is the God of Jacob. Come and behold the works of God, what marvels He hath wrought on the earth, making wars to cease unto the ends of the earth. He will crush the bow and will shatter the weapon, and shields will He utterly burn with fire. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. The Lord of hosts is with us, our helper is the God of Jacob.

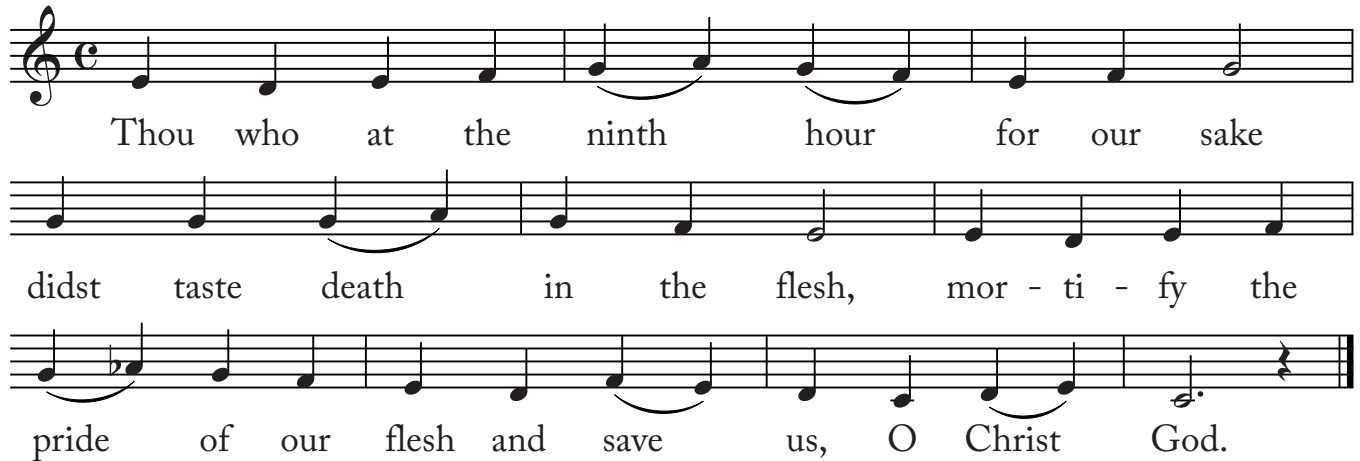
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. {3x}

*Following the appointed Kathisma Psalms, the following Lenten troparion is chanted.
Each time the troparion is chanted a prostration is made.*

TROPARION & THEOTOKION OF THE NINTH HOUR

Mode Plagal 4.



Thou who at the ninth hour for our sake
didst taste death in the flesh, mor - ti - fy the
pride of our flesh and save us, O Christ God.

ALL: *“Thou who at the ninth hour...”*

CHANTER: Let my supplication draw nigh before Thee, O Lord; according to Thine oracle give me understanding.

ALL: *“Thou who at the ninth hour...”*

CHANTER: Let my petition come before Thee, O Lord; according to Thine oracle deliver me.

ALL: *“Thou who at the ninth hour...”*

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

Thou who for our sake wast born of a Virgin, and didst suffer crucifixion, O good One, and didst despoil death through death, and as God didst reveal Resurrection; despise not those whom Thou hast created with Thine own hand; show forth Thy love for mankind, O merciful one; accept the intercession of Thy Mother, the Theotokos, for us; and save Thy despairing people, O our Savior.

Deliver us not up utterly, for Thy holy Name’s sake, neither disannul Thou Thy covenant, and cause not Thy mercy to depart from us, for Abraham’s sake, Thy beloved, and for Isaac’s sake, Thy servant, and for Israel’s, Thy holy one.

THE TRISAGION PRAYER

ALL: Holy God, Holy Mighty, Holy Immortal: have mercy on us.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon
our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

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

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

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

PRIEST: For Thine is the kingdom, and the power, and the glory, of the Father, and of the
Son, and of the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

READER: When the thief beheld the Author of life hanging upon the cross, he said: If
thou wert not God, who art here crucified with us, then had the sun not veiled
its rays, neither would the earth have shaken with trembling. But do thou, who
sufferest for all men, remember me, O Lord, when thou comest in thy kingdom.

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

In the midst, between two thieves, was thy cross found, the balance-beam of
righteousness; for while the one was led down to hades by the heaviness of his
blaspheming, the other was lightened of his sins, unto the knowledge of things
divine, O Christ God, glory to thee.

READER: *Both now and ever, and unto ages of ages. Amen.*

When she who bare thee beheld thee, the Lamb and Shepherd and Saviour of the world, she weeping said: The world rejoiceth, in that it hath received redemption, but my inward parts are inflamed as I behold thy crucifixion, which thou sufferest for all men, O my Son and my God.

Lord, have mercy. {40x}

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without corruption bearest God the Word; and art truly Theotokos: we magnify thee.

Bless, Father, in the Name of the Lord.

PRIEST: May God have compassion upon us and bless us; may He show the light of His countenance upon us and be merciful unto us.

PEOPLE: Amen.

THE PRAYER OF SAINT EPHRAIM THE SYRIAN

PRIEST: Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. {prostration}


But give rather the spirit of chastity, humility, patience, and love to Thy servant.
{prostration}

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. {prostration}

THE BEATITUDES

PRIEST: + In Thy kingdom, remember us, O Lord, when thou comest into Thy kingdom.
+ Blessed are the poor in spirit; for theirs is the kingdom of heaven.


ALL: **REFRAIN:**




Re - mem - ber us, O Lord, when Thou com - est in Thy King - dom.

PRIEST: + Blessed are they that mourn; for they shall be comforted. *{Refrain}*
+ **Blessed are the meek; for they shall inherit the earth.** *{Refrain}*
+ Blessed are they that hunger and thirst after righteousness;
for they shall be filled. *{Refrain}*
+ **Blessed are the merciful; for they shall obtain mercy.** *{Refrain}*
+ Blessed are the pure in heart; for they shall see God. *{Refrain}*
+ **Blessed are the peacemakers; for they shall be called the children of God.** *{Refrain}*
+ Blessed are they that are persecuted for righteousness' sake;
for theirs is the kingdom of heaven. *{Refrain}*
+ **Blessed are ye when men shall revile ye, and persecute ye,
and say all manner of evil against ye falsely for My sake.** *{Refrain}*
+ Rejoice and be glad, for great is your reward in heaven. *{Refrain}*
+ **Glory to the Father, and to the Son, and to the Holy Spirit.** *{Refrain}*
+ Both now and ever, and unto ages of ages. Amen. *{Refrain}*


ALL:



Re - mem - ber us, O Lord, when Thou com - est in Thy King - dom.



Re - mem - ber us, O Mas - ter, when Thou com - est in Thy King - dom.



Re - mem - ber us, O Ho - ly One, when Thou com - est in Thy



King - dom.

TYPIKA STICHOI

READER: The heavenly rank praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth, heaven and earth are full of Thy glory.

Come ye before Him and be lighted, and let not your faces be ashamed.

The heavenly rank praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth, heaven and earth are full of Thy glory.

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

The rank of the holy angels and archangels, with all the heavenly powers praise Thee, saying: Holy, Holy, Holy, Lord of Sabaoth, heaven and earth are full of Thy glory.

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

THE NICENE CREED

ALL: I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the only-begotten, begotten before all worlds: Light of Light, very God of very God, begotten not made, of one essence with the Father by Whom all things were made. Who for us men, and for our salvation, came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And was crucified also for us under Pontius Pilate, and suffered and was buried. And on the third day rose again according to the Scriptures. And ascended into heaven, and sitteth at the right hand of the Father. And He shall come again, with glory, to judge the living and the dead, Whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, the Giver of life, Who procedeth from the Father, Who with the Father and the Son together is worshipped and glorified; Who spake by the Prophets. And I believe in One, Holy, Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

READER: Pardon, remit and forgive, O God, our intentional and unintentional falls, by word or deed, wittingly or unwittingly, those by night and those by day, those of the mind or those of the senses, and forgive us all; for Thou art good and the Lover of mankind.

THE LORDS PRAYER

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

PRIEST: For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

PEOPLE: Amen.

KONTAKION OF THE TRANSFIGURATION

READER: Thou wast transfigured on the mountain, O Christ God, and thy disciples beheld thy glory as far as they could bear it; so that when they beheld thee crucified, they would understand that thy passion was voluntary and would proclaim to the world that thou art truly the Radiance of the Father.

KONTAKION OF THE CROSS

READER: Do thou, who of thine own good will wast lifted up upon the cross, O Christ our God, bestow thy bounties upon the new nation which is called by thy name. Make glad in thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in thine aid a weapon of peace and a trophy invincible.

KONTAKION OF THE DORMITION

READER: Verily, the Theotokos, who is ever watchful in intercessions, and whose prayers are never rejected, neither tomb nor death could control. But since she is the Mother of Life, He Who dwelt in her ever-virgin womb did translate her to life.

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

With the saints give rest, O Christ, to the souls of thy servants, where there is neither sickness nor sorrow nor sighing, but life everlasting.

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

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned, but be thou quick, O good one, to come unto our aid, who in faith cry unto thee. Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

READER: Lord, have mercy. {40x}

O Christ our God, Who art worshipped and glorified at all times at every hour both in heaven and on earth; Who art long-suffering and plenteous in mercy and compassion; Who lovest the just man and showest mercy upon the sinner; and Who callest all men to repentance through the promise of blessings to come; receive, O Lord, at this very hour our supplications, and direct our lives in the way of Thy commandments: sanctify our souls, purify our bodies, set our minds aright, cleanse our thoughts; deliver us from all affliction, trouble, and distress; compass us about with Thy holy angels, that, guided and guarded by them, we may attain unto the unity of the Faith, and to the knowledge of Thine unapproachable glory; for Thou art blessed unto ages of ages. Amen.

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

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

More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Thou who without corruption bearest God the Word; and art truly Theotokos: we magnify thee.

Bless, Father, in the Name of the Lord.

PRIEST: May God have compassion upon us and bless us; may He show the light of His countenance upon us and be merciful unto us.

ALL: Amen.

THE PRAYER OF SAINT EPHRAIM THE SYRIAN

PRIEST: Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. *{prostration}*

But give rather the spirit of chastity, humility, patience, and love to Thy servant. *{prostration}*

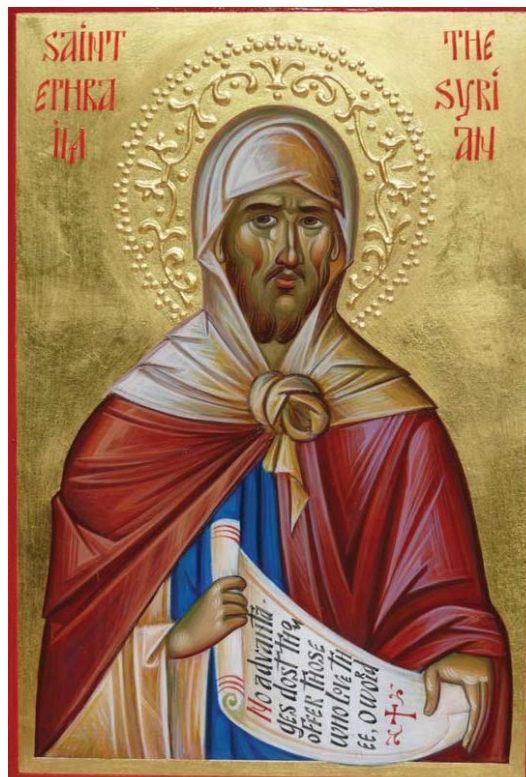
Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. *{prostration}*

O God, be gracious unto me, a sinner. *{12x}*

Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. *{prostration}*



THE TRISAGION PRAYER

ALL: Holy God, Holy Mighty, Holy Immortal: have mercy on us.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon
our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake.

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

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

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

PRIEST: For Thine is the kingdom, and the power, and the glory, of the Father, and of the
Son, and of the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

The priest now enters the sanctuary and opens the Royal Doors.

ALL: Lord, have mercy. {40x}

PRIEST: O most holy Trinity, consubstantial Power, undivided Kingship, the Cause of
all good, be gracious even to me, a sinner. Confirm and instruct my heart and
take away from me every defilement. Enlighten my mind that I may ever glorify,
praise and worship Thee, saying: One is holy; one is Lord, Jesus Christ, to the
glory of God the Father.

PEOPLE: Amen.

THE DISMISSAL

PRIEST: Wisdom.

PEOPLE: It is truly meet to bless thee, O Theotokos, the ever-blessed and all-blameless, and the Mother of our God.

PRIEST: Most holy Theotokos, save us.

PEOPLE:: More honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

PRIEST: Glory to thee, O Christ our God and our Hope, glory to thee.

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

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

Father, bless.

PRIEST: May Christ our true God, through the intercessions of his all-immaculate and all-blameless holy Mother; by the might of the precious and life-giving Cross; of the holy and righteous ancestors of God, Joachim and Anna and of all the saints: have mercy upon us, and save us, forasmuch as he is good and loveth mankind.

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

PEOPLE: Amen.

The priest returns to the holy table and begins the Divine Liturgy of the Presanctified Gifts